



UU Matters

(June 2016: Vol. 11 No. 6)

The Mt. Vernon Unitarian Universalist Fellowship

~A Welcoming Congregation~

1600 Isabella, Mt. Vernon, IL 62864

Sunday Morning Service Schedule

(All Sunday morning services are held at 10:00 a.m. at the Fellowship building and are open to the public. If you are interested in leading a service or delivering a sermon, please use the Service Sign-up sheet at the back of the fellowship hall.)

5 June: Donna Beaumont will lead the annual Flower Communion, a favorite ceremony in the Unitarian Universalist tradition and a statement of community. Please bring a flower to the Sunday service, or take one from the vase provided. Each person places his or her flower in a shared vase. At the end of the service, each person takes home a flower other than the one that he or she brought, signifying that, as no two flowers are alike, so no two people are alike, yet each makes a unique contribution.

12 June: Open Readings service. Please bring readings or music to share.

19 June: Open Reading service, readings shared by members and friends— please bring readings or music that you are inspired to share.

26 June: Gay Pride Celebration, led by LGBT Committee, followed by our Annual Pride Potluck Meal.



Please check the MVUUF [website](#) for updates to the schedule.

Other Upcoming Events

(All Upcoming Events held at the Fellowship Building are open to the public.)

1 June Board of Trustees Meeting

-First Wednesday of Each Month-
-6:30 p.m.-

Meeting is open to anyone interested in MVUUF business. **Board of Trustees:** Greg Gibbs, Co-chair, Roberta Price, Co-chair; Terry Schwitz, Co-chair; Larry Sidwell, Treasurer, and Susan Trotter, Secretary.

12 June Buddhist Meditation

- Second Sunday of Each Month- -9:00 a.m.-

Buddhist meditation group meets downstairs. One need not be Buddhist to attend.
For more information: Debbie Czarnopys-White bdcw@frontiernet.net

12 June Social Justice Interest Group

-Second Sunday of Each Month-
-11:30 a.m. following Social Hour-

June topic: Informal economy. Learn about, discuss, and take action on social justice concerns-- issues that affect local, national, and global communities. Our group seeks projects and issues to take action on as individuals, as a group, and/or as a congregation.

15 June Open Minds Discussion Group

-Third Wednesday of the Month **6:30 p.m.**- Please note new time

July topic: To be announced

The public is welcome.

24 June Meditation Group

-Fourth Tuesday of the Month 6:00 p.m.-
-Upstairs in the Fellowship Hall-

For those who want to learn and practice a variety of visualization, meditation and relaxation techniques. For information: Nina Peacock at peacock.nina@gmail.com.

26 June LGBTQ Pride Potluck Meal

-Following the Sunday Service-

May 15th Tenth Anniversary Celebration

An immense thank you to the celebration committee, for a milestone in our Fellowship. Rowe, Donna Beaumont,



to the Tenth Anniversary celebrating the ten year milestone. Gail DeVilbiss, Theresa Roberta Price and Susan

Trotter, were our wonderful programming, food and decorations committee. Invitations were done by Nina Peacock and Susan Trotter. Mike DeVilbiss wrote and presented a special message, "Homecoming," Rev. Bill Sasso visited and recounted his memories of the early pre-MVUUF days, beautiful music by visiting singer Juanita Whitelow, accompanied by Brett Gibbs (first use of the freshly tuned piano), memorium conducted by Donna Beaumont, and also Theresa Rowe and Roberta Price conducting the service. Founding members Glenda Eubanks and Vito Maestrangelo were present. Thanks to our members from afar who sent their messages, and thanks to all who contributed to the celebration in ways that are unnamed here.

For photos, see p.6 and MVUUF

Facebook page

Committee Opportunities

Now is the Time for UUs to sign up for committees for the year beginning July 1, 2016-17. At the annual meeting, requests were made for more people to join the welcoming, music, and religious education committees. For a list of committee job/responsibilities, see [committee descriptions](#) on the web site. For 2015-16 committee members, see p. 7.

Space is available on the Religious Education Committee, and Debbie invites you to please consider being a part of this committee, or consider volunteering for just a particular program. Possible future program ideas could include:

Children's Books Programming – Childrens' books are an excellent source of Sunday services or programs, with a wealth of teaching information that, although written with children in mind, can teach people of all ages

The [Tapestry of Faith](#) programs and resources for all ages are designed to nurture Unitarian Universalist identity, spiritual growth, a transforming faith, and vital communities of justice and love. In use since 2008 and continually evolving, Tapestry of Faith offers a variety of resources—downloadable, printed, viewable, interactive, and more—a religious growth and learning program for the 21st century.



[Building the World We Dream About](#) is a UU program that seeks to transform how people from different racial/ethnic groups understand and relate to one another. It consists of workshops, with Taking It Home activities, reflections, and readings to do between workshops. As Unitarian Universalists, we hope developing antiracist, anti-oppressive, and multicultural habits and skills will lead us to build the multicultural world of beloved community we dream about.

The Religious Education committee need not involve lots of travel and meetings; much can be accomplished through email efforts. A goal could be to use our knowledge gained to share at future Sunday services. (con'd p 4).

Committee Opportunities (continued from p.3)

The LGBT Committee is considering involvement in a UUA program, *Living the Welcoming Congregation: Resources for Continuing the Welcoming Congregation Journey*. Would you like to join this committee project?

Living the Welcoming Congregation, sometimes known as “Welcoming Congregation 2” or “200-level Welcoming Congregation” is a curriculum that was developed by the Unitarian Universalist Association in 2004 as one possible next step that congregations can take after becoming recognized as a Welcoming Congregation, as MVUUF has been recognized.

Many congregations utilize this series of workshops as part of a Welcoming Congregation refresher program. It is recommended that congregations and participants using Living the Welcoming Congregation already have a basic understanding of lesbian, gay, bisexual, transgender, and queer identities and issues and that they have already made a commitment to being a welcoming space for individuals of all sexual orientations and gender identities.

For more information and guidance on continuing our Welcoming Congregation commitment, we can explore Ways to Deepen Your Congregation's Welcome and the refresher program guidance.

Please consider joining the LGBT committee. Much can be accomplished by email; it need not involve lots of travel and meetings.

From UUA Worship Web

As the late spring green is refreshed around us by June rains, please enjoy this poem of gratitude, [Field at Table](#) by the Rev. Nancy Shaffer

Portions of her book *Instructions in Joy* are available online in [Google books](#).



Being Environmental

by Debbie Czarnopys-White

With the warming weather, there are several ways to keep our houses cooler. One is by the use of shades, blinds or some kind of window cover on the south and west sides of the house. There are many options available in sizes, types and colors. Plantings also can offer shade in the forms of shrubs, small trees and vines. Check the fully mature size before you make your purchasing decision. Also consider adjusting your thermostat to a less cool temperature. See what you're willing to tolerate. Try to limit more vigorous activity to earlier morning or later evening hours. If you're considering using a rain barrel, it can be used for non-food type plants. Then flowers, shrubs, trees can receive the benefit of using the water caught by rain barrels instead of just letting it go into the ground from downspouts that drain the water away. Rain barrels come in all sizes and price ranges. Check how to access the water once it's collected, as some types may work better for your individual situation than other types.

Open Minds

June 15, 6:30 p.m. Discussion on Informal Economy

Open Minds discussion on Wednesday, June 15 will center on a key human rights issue identified by the UUSC, the informal economy. Informal Economy is explained on the [UUSC website](#):

Every contemporary economy consists of three “layers.” The most visible is the “formal” sector — in which people are employed in jobs that are measured as part of the labor force, and businesses are subject to some sort of regulation, taxation, and governmental oversight. The most obscure or invisible layer is the “underground” economy, which consists of illegal activities such as the drug trade, prostitution (where it is illegal), human trafficking, and money laundering. The informal economy is the layer in which workers and entrepreneurial enterprises base their exchange in cash or barter; avoid regulation, taxation, and worker protections; and exist “as-needed” as self-employed other persons who provide commodities and labor without creating permanent institutions that would become part of the formal economy.

Though small in proportion to our total economy, the informal economy of the United States is the largest informal economy in the world. Examples of informal sector workers in the United States include day laborers; children, siblings, or spouses who provide critical labor at family-owned businesses but may not be paid, receive benefits, or contribute to Social Security; some domestic workers; “under the table” workers; and street musicians.

Donna Beaumont will facilitate a discussion of issues related to the informal economy such as unemployment as a driver of the informal economy, worker exploitation, women in the informal economy, lack of benefits and worker protections, efforts to organize.

The Social Justice Interest Group hosts the Open Minds discussion series on the third Wednesday of each month **at 6:30 p.m.** at the fellowship building, to encourage exploration and discussion of social justice and related issues. The series is open to the public.

If you have a topic to discuss, concerning social justice, economic justice, environmental justice – or just being an informed citizen – please contact Donna or Vito.

Unitarian Universalists claim no statement of doctrine. We believe there is no one right way to lead a religious or spiritual life. We value each individual’s spiritual journey, and believe in reason, freedom, equality, and love. Join us as we gather in community, seeking peace and justice for all persons.

[Seven Principles of UU](#)



Board of Trustees News from Membership Meeting

During the past year, Nina Peacock retired from the Board of Trustees, and Susan Trotter assumed the role of Board Secretary. Roberta Price agreed to an appointment as co-chair on the Board. On June 30, Terry Schwitz steps down from 3 1/2 years on the Board of Trustees. At the May 22 Annual Meeting, the Fellowship membership approved Mike Miller to assume the open seat as co-chair on July 1, 2016.

Thank you, Terry, for your years of service on the Board of Trustees, and Nina for your years of service at this time, and also for your earlier term on the Board in the youth of the Fellowship.



10 Years of Fellowship Celebration



Other UU Matters

Considering MVUUF membership? Please ask a Board of Trustees member for a prospective member folder, or a membership form.

Library Matters:

The MVUUF Library catalogue is available online at www.librarything.com/catalog/MVUUF. More than 700 books are available on a variety of subjects and may be viewed in the LibraryThing catalog.

Treasury Matters

Financial contributions may be made in the round bowl on the back table in the Fellowship Hall. If you would like to mail a contribution, please mail to: MVUUF, 1600 Isabella, Mt. Vernon, IL, 62864. Please make checks payable to MVUUF. If you would like your offering to be used for a specific purpose, please clearly mark that purpose on the memo line on your check or on the envelope in which you place your offering.

Committee Matters:

Nominating

Vito Mastrangelo

Welcoming& Hospitality

Theresa Rowe

Glenda Eubanks

Religious Education

Deb Czarnopys-White

Music

Angela Czapiewski

Mike DeVilbiss

Memorial

Deb Czarnopys-White

LGBT Concerns

Deb Czarnopys-White

Roberta Price

Diane Schwitz

Building& Grounds

Terry Schwitz

Deb Czarnopys-White

Vito Mastrangelo

Susan Davis

Programming

Donna Beaumont

Gail DeVilbiss

Glenda Eubanks

Roberta Price

Theresa Rowe

Publications & Library

Nina Peacock

Beth Brennan, Library

Debbie Czarnopys-White,

Newspaper &FB announcements

Marji Gibbs, Web/Newsletter

Newspaper Announcement Guidelines

Submissions for the Friday "church news" sections of both the Sentinel and the Register-News are sent on the Monday morning prior to the service or event. [If you are leading a service, or planning a Fellowship event, please email your information to Debbie at:](#)

bdew@frontiernet.net by 8 p.m., on the prior Sunday. A few sentences is fine. Many new attendees have told us that they found MVUUF through articles in the newspaper, so this is an important way to let people know what is happening.

Newsletter Guidelines

Please email submissions for *UU Matters* to [marji.gibbs\(at\)gmail.com](mailto:marji.gibbs(at)gmail.com) by [deadline of Monday, June 23](#) for the July issue. [Please email dates for the website as soon as available.](#) If you are leading a service or speaking in a service, please send title, date, and description of your service/sermon. If you are coordinating a special meeting or event that is open to the public, please submit the date and description of the event.

UU Matters is an opportunity for you to share your personal work relating to Unitarian Universalism, to the MVUUF congregation, or to liberal religious thought in general. Please consider sharing your photography, poems, short stories, "deep thoughts," favorite quotes & web links, etc.



Contact Information

For more information about the Mt. Vernon Unitarian Universalist Fellowship or to be added to our mailing list, please contact us in one of the following ways:

1. By Mail: The Mt. Vernon Unitarian Universalist Fellowship, 1600 Isabella Mt. Vernon, IL 62864
2. By visiting our website: www.mtvernonuuf.org
3. By emailing our Fellowship: information@mtvernonuuf.org