



UU Matters

(March-April 2017: Vol. 12 No. 2)

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 March: Theresa Rowe will lead our service this week, on "Hope."

12 March: Glenn Moreton will lead this service on "Meditation and Being."

19 March: *Open Readings Service*, led by Roberta Price. Please bring readings or music that you are inspired to share. Open Readings can be some of our most special services.

26 March: *Open Readings Service*, led by Theresa Rowe. Please bring readings or music that you are inspired to share.

2 April: A volunteer is needed

9 April: Melissa Webster will lead will lead this service

16 April: *Open Readings Service*. Please bring readings or music that you are inspired to share. Open Readings can be some of our most special services.

23 April: A volunteer is needed

30 April: Gail DeVilbiss will lead a "Celebrate the Spring: Earth Day" service

Do join us downstairs after the service for coffee and conversation.

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

& at end of March for the April schedule.

Follow us on Facebook for updates at

www.facebook.com/mtvuuf/

(Services with no designated leader will be Open Readings.)

Other Upcoming Events

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

1 March

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; Mike Miller, Co-chair; Roberta Price, Co-chair; Larry Sidwell, Treasurer, and Susan Trotter, Secretary.

12 March

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 March

Social Justice Interest Group

-Second Sunday of Each Month-

-11:30 a.m. following Social Hour-

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 March

Open Minds Discussion Group

Returning to Third Wednesday of the Month **6:30 p.m.-**

Topic: for March is Animal Foods, Nutrition, and Safety

The public is welcome.

24 March

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.



Declaration of Conscience



The Unitarian Universalist Association and Unitarian Universalist Service Committee call for congregational and individual support for this [Declaration of Conscience](#), aligned with the UU Principles. The MTVUUF Board of Trustees voiced support for the **Declaration** at the February Board meeting, the Declaration was read to the Fellowship on Feb 19, and the Board affirmed MTVUUF's commitment as a Fellowship at the March 1 Board meeting.

At this extraordinary time in our nation's history, we are called to affirm our profound commitment to the fundamental principles of justice, equity and compassion, to truth and core values of American society.

In the face of looming threats to immigrants, Muslims, people of color, and the LGBTQ community and the rise of hate speech, harassment and hate crimes, we affirm our belief in the inherent worth and dignity of every person.

In opposition to any steps to undermine the right of every citizen to vote or to turn back advances in access to health care and reproductive rights, we affirm our commitment to justice and compassion in human relations.

And against actions to weaken or eliminate initiatives to address the threat of climate change – actions that would threaten not only our country but the entire planet – we affirm our unyielding commitment to protect the interdependent web of all existence.

We will oppose any and all unjust government actions to deport, register, discriminate, or despoil.

As people of conscience, we declare our commitment to translate our values into action as we stand on the side of love with the most vulnerable among us.

We welcome and invite all to join in this commitment for justice.

The time is now.

For details, see [letter of invitation](#), and Declaration and signature page at <http://connect.uusc.org/l/103112/2017-01-17/gpgn2>

Open Minds

March 15 ~ Animal Foods, Nutrition, & Safety

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

The topic for March is Animal Foods, Nutrition, and Safety, led by Diane Schwitz and Sue Trotter.

The February topic was "Immigration and Child Welfare" presented by Roberta Price. If you have a topic to discuss, concerning social justice, economic justice, environmental justice – or just being an informed citizen – please contact Donna or Roberta.



Thanks to Larry Sidwell for wonderful New Year's Day potluck hospitality

Thank You to Our Service Leaders in January & February:

- 1 January: Gail DeVilbiss, for a thoughtful and beautiful Fire Ceremony
- 8 January: Theresa Rowe, "Inherent Worth of Every Being" , the First UU Principle.
- 15 January: Donna Beaumont for leading Open Readings
- 22 January: Roberta Price for leading Open Readings
- 29 January: Mike DeVillbiss for leading Open Listening service, participants sharing music and its importance to them.
- 4 Social Justice Interest Group for the annual Souper Bowl of Caring service and potluck
- 11 February: Bonita Jane, for the theme "You Are Loved."
- 18 February: Donna Beaumont, for leading Open Readings
- 25 February: Susan Trotter, for the service "Beads of Faith."



Meditative Prayer

In her February 25, 2017 service "Beads of Faith," Susan Trotter noted some of the Unitarian Universalist views of prayer shared on the UUA Worship Web at <http://www.patheos.com/blogs/monkeymind/2011/04/unitarian-universalist-views-of-prayer.html> ,

giving a wide variety of perspectives of how UU's pray, why UU's pray, or don't pray, and the role of prayer in the lives of different UU's.



Prayer beads have been part of numerous cultures of faith around the globe, including Islamic, Christian, Hindu, Buddhist, Sikh, and Bahai.

TACKLE



HUNGER

Souper Bowl of Caring Feb 5, 2017



*Thanks for Food Pantry
Contributions*



*MTVUUF group meets teens at
One Hope United in Centralia*

Sharing Our Treasures: Feb 19-26 Book Exchange

The Fellowship book swap February 19 through 26 was a success. Our gently used treasures were exchange for other books, and a number of selections were added



Voices of Women Gathering and Newsletter

The UU Women's Connection has published their *Voices of Women (VOW) Winter Newsletter*. Please follow this link to read about the organization and upcoming activities <http://www.uuwomensconnection.org/> Open the left column link for VOW 2017 Winter Newsletter. Both the Spring Conference and Fall Retreat look exciting this year and the speakers will share special activities to honor the feminine in us all. Attendees may choose to participate as fully as they wish and/or find time to enjoy the peaceful surroundings of each location.

Rainy Day Project: Scrapbooking

If you could enjoy reviewing photos from the first ten years of MVUUF and adding them to an album or scrapbook, a volunteer is needed to arrange the photos from 10th Anniversary bulletin board. Please see Donna or Roberta on the Programming Committee.

Southern IL AIDS Walk

Saturday, March 25 Southern Illinois AIDS Walk in Carbondale area. For more information, contact Wally at [812-480-0204](tel:812-480-0204) or wallypaynter@aol.com.

Newspaper and Grocery Bags

If you can bring newspapers and plastic grocery bags, to be used for animals, please place in the plastic bin in the foyer.

Other UU Matters

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

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.

Library Matters:

Since the beginning of the year, quite a few new books have been added to the fellowship library. We received a very generous donation, of mainly Buddhist related books, from an anonymous member. In addition, a few books were left in the library by other donors, and several more books were snagged from the first round of book swapping on February 19th. Thank you to all who have given books to the library.

The recent donations have been added to the LibraryThing catalog at:

www.librarything.com/catalog/MVUUF and are on the shelves at the fellowship. A list of the most recent donations with their call numbers follows.

A gentle reminder: please returned any checked-out materials that you are not currently using and mark them off the check-out sheet. Thank you and enjoy the newest books!

After the Ecstasy, the Laundry: How the Heart Grows Wise on the Spiritual Path, by Jack Kornfield, 294.3 Kor
The Woman's Book of Spirit: Meditations for the Thirsty Soul, by Sue Patton Thoele, 648 Tho
Grace: Quotes & Passages for Heart, Mind, and Soul, 234 Gra
Soul Lessons and Soul Purpose: A Channeled Guide to Why You Are Here, by Sonia Choquette, 133.9 Cho
Zen Mind, Beginner's Mind, by Shunryū Suzuki, 294.3 Suz
Living Buddha, Living Christ, by Thích Nhất Hạnh, 294.3 Nha
The Active Life: A Spirituality of Work, Creativity, and Caring, by Parker J. Palmer, 248.8 Pal
The Present: The Gift That Makes You Happy and Successful at Work and in Life, by Spencer Johnson, F Joh
Awakening to the Sacred: Creating a Spiritual Life From Scratch, by Lama Surya Das, 294.3 Sur
Insight Dialogue: The Interpersonal Path to Freedom, by Gregory Kramer, 638.7 Kra
Secret of the Vajra World: The Tantric Buddhism of Tibet, by Reginald A. Ray, 294.3 Ray
The world of Tibetan Buddhism, by Reginald A. Ray, 294.3 Ray
Dancing With Life: Buddhist Insights for Finding Meaning and Joy in the Face of Suffering, by Phillip Moffitt, 294.3 Mof
The Indigo Journals: Spiritual Healing for Indigo Adults & Other Feminine Souls, by Yol Swan, 158.1 Swa
The Book of Secret Wisdom: The Prophetic Record of Human Destiny and Evolution, by Zinovia Dushkova, 299.934 Dus
12 Steps on Buddha's Path: Bill, Buddha, and We, a Spiritual Journey of Recovery, by Laura S., 294.3 S.
Sacred Sounds: Transformation Through Music & Word, by Ted Andrews, 577.8 And
The Lift-Your-Spirits Quote Book, 170 Lif
The Prophet, by Kahlil Gibran, 892.7 Gib
The Miracle of Mindfulness: An Introduction to the Practice of Meditation, by Thích Nhất Hạnh, 294.3 Nha
Kiss, Bow, or Shake Hands: The Bestselling Guide to Doing Business in More Than 60 Countries, by Terri Morrison, 395.5 Mor
Olympia Brown Unitarian Universalist Church Chronicle 1842-1992: The First 150 Years of Unitarian Universalism in Racine, Wisconsin, by Charlotte Coté, 289.1 Cot
Olympia Brown: The Battle for Equality, by Charlotte Coté, 305.42 Cot
Wherever You Go, There You Are: Mindfulness Meditation in Everyday Life, by Jon Kabat-Zinn, 155.9 Zin
Exploring the Labyrinth: A Guide for Healing and Spiritual Growth, by Melissa Gayle West, 291.37 Wes
Spiritual Dance and Walk: An Introduction to the Dances of Universal Peace and Walking Meditations of Samuel L. Lewis, 291.3 Lew
Peace Lagoon: Sacred Songs of the Sikhs, by Guru Amar Das Nanak, 294.638 Kau
The Gnostic Bible, 299.932 Gno
The Forgetting: Alzheimer's, Portrait of an Epidemic, by David Shenk, 616.8 She
Mataluna: 151 Afghan Pashto Proverbs, 398.9915 Mat

Juvenile books:

Gleam and Glow, by Eve Bunting, JV F Bun
Galimoto, by Karen Lynn Williams, JV F Wil
The Usborne Internet-Linked Encyclopedia of World Religions, by Susan Meredith, JV 200 Mer

Committee Matters:

Contact committee chair via information@mtvernonuuf.org

Welcoming& Hospitality

Volunteers needed

Nominating

Vito Mastrangelo

Greg Gibbs

Building& Grounds

Terry Schwitz

Religious Education

Deb Czarnopys-White

Music

Volunteers needed

Programming

Donna Beaumont

Theresa Rowe

Roberta Price

LGBT Concerns

Roberta Price, chair

Deb Czarnopys-White

Vito Mastrangelo

Diane Schwitz

Publications & Library

Nina Peacock, chair

Beth Brennan, Library

Debbie Czarnopys-White,
Newspaper

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: \[bdcw@frontiernet.net\]\(mailto:bdcw@frontiernet.net\) 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 Friday,](#)

March 24 for April web site updates, and by **April 21** for the May/June issue. 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