



February 18, 2009

ucsonitarian

Sunday Services
9:15 and 11:00 a.m.

*The Bi-weekly Newsletter of
Unitarian Universalist Church of Tucson*

Great Things Are Taking Place at UUCT:

January's Share The Plate collection was for the Tucson Community Food Bank.

We are pleased to report that our congregation raised a generous \$408 that day for the Food Bank.

Parking Area Clean-up

Buildings and Grounds would like to thank all of the people who came out for the parking area clean up. As you'll notice, most of the trees have been limbed up and the dead plants have been removed. We'd like to thank all those who turned out to help maintain the gardens:

Terry Nordahl, Gretchen and Bill Cutts, our Colorado Springs friends, Scott Whitley, Tom Warburton, Bill Nelson, Kathy Maresh, Carl Tegethoff, Ross and Vicki Behm, Ed Savard, Mickey Dowling, Carrie Arbiter, Margo Newhouse, Paul Mclirath. Refreshments were provided by Barbara Tegethoff. Hope we haven't missed anyone...if so, know we thank you too.

The next work day will be March 14, 8:00a.m.-12:00noon. Please participate in taking care of our spiritual home. Various cacti will be available to take home. Hope to see you then.

Artist of the Month Gallery

"Land, Sea and Sky," images in pastel, oil and watercolor by Barbara De Losier and Bob Swetzer, will continue in the Sanctuary through March 1. A portion from the sale of these images goes to the Church. The Gallery's next exhibit will feature the work of three generations of the Angevine family: mother, daughter, and granddaughter, with an opening reception on March 8.

From the Minister's Study

Ancient religious wisdom asks, "Can any of you by worrying, add a single hour to your span of life?" (Luke 12:25) A certain amount of anxiety is a normal. After all, life is full of uncertainty. These days, anxiety can easily escalate into full-blown fear. In fear, access to higher cognitive function is impaired. In other words, when afraid, we don't think as clearly.

If all the bad news about the economy is ratcheting up your anxiety level, here a few things that might help.

Turn off the news. Your watching it doesn't change it. Turn off the television or radio, walk away from the computer, put down the paper. Limit time spent on the news.

Take a deep breath. Try some deep breathing exercises. Flooding your body with oxygen has a calming and curative effect.

Practice gratitude. Focus on what is good in your life. It fosters present-moment awareness. Worries about the future are put aside. Counting your blessings can elevate your mood. Even if you think there is nothing to be grateful for, try it anyway. You just might be surprised.

Reach out. If you are able to help others, get creative about helping. Are you good at resume writing? Know something about financial planning? Have time to volunteer? If you need help, it can be hard to ask. Take the risk and ask anyway. You just might be surprised. As Ralph Waldo Emerson once said, "We have a great deal more kindness than is ever spoken."

In religious community, burdens are made lighter by sharing. Together we will find a way through these anxious times.

Yours in faith,
Diane

Membership/Community Life Bulletin Board:

Mary Wiese, Membership and Community Life
Administrator

Newcomer News:

Newcomer Orientation: The next Newcomers Orientation will be held at 12:30 p.m., Sunday, February 22. Our Newcomer Orientations are intended to give newcomers an overview of UU history and theology, introductions to our programs, and opportunities for involvement. The Orientation includes a free lunch and childcare. Newcomer Orientations are a requirement for the Pathway to Membership. Please contact Mary Wiese if you have questions or to RSVP: macbrude@cox.net.

Yours in community spirit, Mary

Immigrant Rights Meetings

The UUCT Immigrant Rights Working Group will meet to plan spring actions and events, including a March 22 Border Fair and panel discussion on the separation of families and human rights violations, and what we can do to stop human rights abuses and create comprehensive immigration reform. All congregation members and friends are welcome. Our meeting schedule is: Wednesday, February 18, 5:30 - 6:30 p.m. (in Awareness); Wednesday, March 18, 5:30 - 6:30 p.m.; and Thursday, April 16, 5:30 - 6:30 p.m. Please bring some healthy snacks. For more information e-mail Leila Pine at Lpine@tds.net.

Sunday Schedule — services at 9:15 and 11:00 a.m.

Sunday, February 22, *'Horton Hears a Whu-Whu,'* by
Dr. SeUSS

This extended family service will feature a retelling, in the context of liberal religion, of Dr. Seuss's classic story about an elephant who hears a small voice. The story stars Rev. Diane Dowgiert, Lisa McDaniel Hutchings and Brian Moon. Adapted text and original music by Randall Springer, for Family Singers, Brian, and Diane.

Sunday, March 1, *Controversies That Shape Us,* Rev.
Diane Dowgiert

Sunday, March 8, *Three Keys for Abundant Living That
Will Work Even Now,* Rev. Diane Dowgiert

UUCT Auction Ole News

Donation forms for the auction are due on Feb 22. This enables us to get your item in the all-important Auction Catalog.

Auction Tickets are now on sale. Purchase now until February 28 for \$15.00 per adult. On March 1, the price rises to \$20.00 per adult. See the dinner menu at the Auction Table in Goddard. The early bird gets the deal! We are excited about the lovely dinner being planned.

On March 1, ticket sales begin for the 50/50 Raffle. If your winning ticket number is drawn after the live auction on March 21, and you are present, you win half of the raffle proceeds. The other half goes to the church. Raffle tickets are \$5.00 for six, or \$1.00 each. Look for the folks in the clown hats!

Coming soon is the Auction Jobs Sign Up. Lots of helpers are needed for all sorts of tasks. See where you can help out and sign up at the Auction Table.

If you haven't already marked your calendars for the Circus Ole Auction, do it now! It's the biggest, fun-most party of the year.



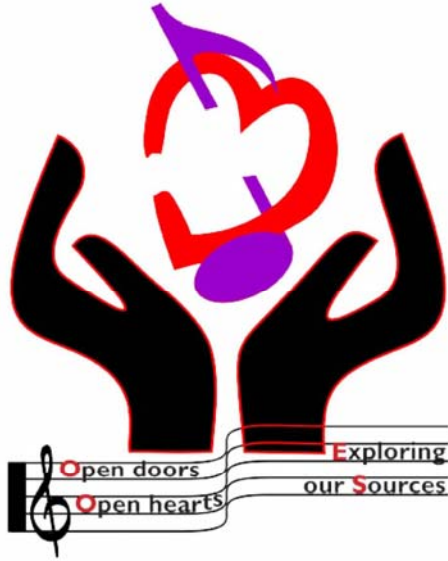
New Call for Chalice Lighters!

Chalice Lighters are a group that provides grants for UU churches throughout the district.

The second call for 2008-09 has come for support of growth in our PSWD area. The last call brought a grant of \$15,000 to the Conejo Valley UU Fellowship of Thousand Oaks, California, to help them grow their religious education program.

This call will support the Live Oak Congregation of Goleta, CA, to furnish their new sanctuary. Don't you think that Arizona, and our congregation in particular, could use a grant like that for growth? Please respond to this call with your check of \$20 (or more) per member, as soon as possible. Turn in your check at the Chalice Lighter table in Goddard Hall.

To join Chalice Lighters, or for more information, look for Susan Call or Byron Skinner after church any Sunday.



There will be worship & workshops & awards & banquets & bridging -- community & fellowship, too!

2009 District Assembly

May 1-3, Hilton Phoenix East, Mesa, AZ

Workshops on
Personal/Spiritual Development
Social Justice
Youth and Young Adult Ministry
Church Organization
Effective Fund Raising
and more

Special programs for Children
& Youth

Brochures with more information and registration forms available soon online at www.pswduua.org or from your local congregation.

Featured Performance:

"Sources," a Unitarian Universalist Cantata,
music by Jason Shelton & words by Kendyl Gibbons



May 4, 2008 performance of "Sources," at the UU Congregation of Phoenix. Pictured is the final movement, "The Promise."



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VA VA VA VROOM!!

What a super effort on the part of ye olde Fry's participants! We will receive a check in the amount of **\$1,948.96** for the last 6 months (Aug. 08 thru Jan. 09). This amount is based on \$38,979.19 worth of purchases by our group and makes a total of **\$3,493.46** rebate for the 2008-09 fiscal year. Not bad at all! Double cartwheels are in order this time!

Reminder to all **Newcomers, Winter Visitors** and **travelers** that if you have joined our rebate program thru Safeway, your card can be used to help UUCT in any Safeway anywhere. If you are with Fry's program your card can be used in any Kroger Store in the country. Basha's card can bring a rebate when used in any Basha's, AJ's, Food City, or Eddie's Country Store in Arizona.

Anyone who is not participating already can see me after services in Goddard. It costs you nothing extra and will only take a minute. Sunflower Market and Albertson's are also part of the program. Please join us!

Marjorie Smith - Grocery Rebate Coordinator

UU Hikers

The UU Hikers March 7 hike is on the Juan Bautista de Anza National Historic Trail, from Tumacacori to Tubac. The 4.5 mile trail closely follows the Santa Cruz River, crossing it twice (over bridges). The plan is to meet at UUCT at 8:00 a.m. for carpooling. Once in Tubac, we will regroup to be shuttled to the S. trail-head in Tumacacori. After hiking back to Tubac, and retrieving shuttle vehicles, you may enjoy lunch out, or bring your own picnic lunch. The Tubac Presidio State Historic Park is nearby.

Water and snacks are recommended. The trail is flat, but longer than other hikes we have done this year. Contact Ellie Nelson (615-4136) or Chris Wallace (326-6043) for further information and to let us know you will be joining us.



San Jose de Tumacacori



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