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The River

Newsletter of the Skagit Unitarian Universalist Fellowship
January 2018



FORTHCOMING SERVICES

The first three Sundays of the year are dedicated to a mini-series, "Cultivating Compassion", based on Amy Pattee Colvin's book, *Cultivating Compassion...Simple Everyday Practices for Discovering Peace of Mind and Resilience*. Her approach encompasses a choice to embrace kindness and leave criticism and judgment to the side, which in turn strengthens our resilience in times of trouble. Amy believes peace and compassion can be cultivated, and she will discuss simple and practical ways to incorporate acceptance and compassion for self, family, friends, and community into everyday life.

1/7 - Cultivating Compassion: Part 1

Speaker: Amy Pattee Colvin
Celebrant: Rosemary Stevens
Music: Pete Smith

This first week addresses the three parts of compassion: acknowledgement, empathy or concern, and action. Until we understand how integrating acceptance and compassion into our everyday lives really does make a difference, we have no reason to make this a part of our lives.

1/14 - Cultivating Compassion: Part 2

Speaker: Amy Pattee Colvin
Celebrant: Garth McMurtrey
Music: Susan Wakeman

This second session will take us through a series of self-reflection steps to see just how it would look if we made a commitment to be just as kind, respectful and forgiving of ourselves as we are of others.

1/21 - Cultivating Compassion: Part 3

Speaker: Amy Pattee Colvin
Celebrant: Jorge Manzanera
Music : Jessica Hensey

This last week we look at our interactions with others in our lives. What would it take to extend respect, compassion and acceptance to others, even those that are diametrically opposed to us? What is the "core" value in each person?

1/28 "We Shall Not Sleep, the Voices of Our Ancestors"

Speaker: Gary Giles

Celebrant: Jim Heard

Music: Jacyann McIntosh-O'Neal

Experience history brought to life as Gary portrays three key figures in African American history: Frederick Douglass, William Still and Dr. Martin Luther King. His powerful narration, in addition to actual historical photographs, will leave us inspired, empowered and eager to carry the torch into February, Black History Month, and into the next generations.

ANNOUNCEMENTS

Volunteer: Winter Shelter for the Homeless. A Partnership between the Seventh Day Adventist Church of Mount Vernon, the county government, and Friendship House has formed to open a Winter Shelter. This shelter will be open every night, regardless of the temperature, until March 31st. They desperately need volunteers to set up and tear down each day. The overnight part will be staffed, so no volunteers are needed for that.

Two hour shifts, 6PM to 8pPM and 6AM to 8AM. Evening shift: set up to receive homeless individuals and help staff get shelter guests settled. Morning shift: help staff pick up, get shelter guests on vans, and then put supplies away. All days per week available.

Please call Chris at 360-336-6138 if you are interested.

A Celebration: All the children and family of Joy Lindberg would like to invite all members, past members and friends of SUUF to join us on **January 13, 2018** to celebrate Joy's **90th** birthday. We will gather at the Skagit Unitarian Universalist Fellowship Hall at open house style from **1:00-4:00 p.m.**, and will provide light refreshments. Please bring a favorite memory, anecdote or tip on aging, but no gifts! For information, contact Karen Powell at (360) 540-4393. Thank you--we hope to see you all

The Spiritual Brain - Science and Religious Experience. Third Sunday (January 21), 15 minutes after coffee hour starts. Why do we have a spiritual brain?

This month we will cover *Near Death Experiences and the Brain*. Even at the point of death, our cerebral circuitry is quite active. The neural activity of these extreme states contributes to phenomena that some claim as evidence of life beyond death. Come to appreciate how neuroscience is broadening our perspective on the riveting reports dealing with near-death experiences.

There will be 24 classes of 30 minute lectures on DVD followed by 15 minutes of discussion. Lecturer: Andrew Newberg, MD, director of research at Thomas Jefferson University Hospital, Philadelphia, PA.

For more information, contact Nancy Miller 425-754-6138 or nmiller115@aol.com.

Covenant Circle Group. Join an invigorating and far-ranging discussion at Haggen's on Division Street in Mt. Vernon the first and third Thursday of each month (January 4 and 18) at 1:30. On the second Thursday of each month (January 11), lunch at a different place, meeting at 1:00. (Call Joy for location.)

Questions? Call Joy Lindberg at 360-424-8090 joylindber@aol.com.

Books at SUUF. The Fellowship has two libraries including many donations from members and friends. For sale at bargain prices in the dining room are paperbacks, hardcovers, and the occasional disc. For borrowing, the collection in the office overflows with great books, CDs, DVDs, and videos on many subjects. Just write your name on the sign out sheet, take your selection home, read and return.

CRE involvement opportunities! Look for opportunities to get involved with our children and their religious education. Team teach with one of the teachers this fall! We'll do all the work; you get to know the kids. Or, donate quality musical instruments to our program. Kelly will make more announcements at church.

Opportunities for Stewardship at SUUF: On the entry table is a green book full of opportunities! Take a look, take a form, and join in the fun. Skagit Unitarian Universalist Fellowship runs on volunteers. Your help is appreciated and invited! There is also a hospitality sign-up by the kitchen window. Other opportunities exist. Please speak with anyone on the Leadership Council.

Member information handouts are available with UU Principles, SUUF history, bylaws, and more! Please see Laura Herman.

Pianists and other musicians needed. We're making a roster of musicians to sustain the music we love so much while allowing Sally to share her music duties more. The budget does provide some funds for musicians. If you know someone who could help us, a retired or aspiring musician, for instance, please forward the information to Sally Riggers. Being a Unitarian Universalist, while not required, would help.

Our Page on Facebook: "*Working on Skagit Unitarian Universalist Fellowship Group*" What is going on at the UUA? Easy to find out. There are all kinds of entries. Do you want to hear a brief speech by the new UUA president? It is on there. What are the positions of

the association on some of the new political plans? They take a position. Feeling blue?
There are entries to help you get through the holidays. You will find a great resource.
- Rosemary Stevens

ACTIVITIES HOSTED AT DIVERSITY HALL

Alzheimer's support group First Thursday of each month (January 4) 10:00-11:30AM (new time) for caregivers of those with memory loss. A safe place for unpaid family caregivers, their family and friends to exchange practical information on caregiving problems and possible solutions, talk through challenges and ways of coping, share feelings, needs and concerns and learn about resources available in the community. Cheryl McRill, group facilitator 360-899-4643

Healing and Intention Drum Group. December 12. 2nd Tuesday of each month (January 9) 6:30- 8:00 PM. Rev. Elke Siller.

Dances of Universal Peace Simple, meditative, joyous, multi-cultural circle dances that use sacred phrases, chants, music and movements from the many spiritual traditions of the earth to touch the spiritual essence within ourselves and recognize it in others. 2nd Sunday (January 14) 6-8PM. Donation \$5-10. No one turned away for lack of funds. For more information contact Aarti Cathy Wooten 360-629-9190 or jstplnfolk@gmail.com

Meditation for Everyone Monday nights 7:00 to 8:30PM presented by Tom Unger, Buddhist teacher. Just drop in. Everyone is welcome. See flyer on bulletin board in the dining room.

IMPORTANT DATES

January 1 New Year
January 16 Martin Luther King, Jr., Day

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