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The River

Newsletter of the Skagit Unitarian Universalist Fellowship
February 2018



Wilma Murdock
1932 – 2018

Please join a toast for Wilma after the service January 28.

FORTHCOMING SERVICES

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

Speaker: Gary Giles

Celebrant: Anneliese Sherman

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.

Fourth Sunday donation: Parents and Friends of Lesbians and Gays (PFLAG) of Skagit County, to "... provide support, education, and advocacy for GLBTQ people and their loved ones who live here among us, in our own neighborhoods and towns ..."

2/4 - On Being a Modern Day Prophet

Speaker: Rev. Vincent Lachina

Celebrant: Rosemary Stevens

Most people who choose to be activists don't realize it, but they have a great deal in common with our ancestral prophets. Stepping forward to speak the truth when it is unpopular, or acting to right a wrong takes the same courage that the prophets of old displayed. So what makes a modern day prophet? We'll address that and you can determine if you are a prophet, or if you even want to be one.

Celebrating Church Life: Our special service will be in two parts. We will have our usual morning service but in a shortened version. Then we will have a wonderful opportunity to

hear about the work done in our SUUF congregation and what the Leadership Council hopes for our future. There will also be an opportunity for attendees to ask questions, offer ideas, or spend some time celebrating a person or some work in our church. Come expecting a joyful experience with a great deal to celebrate!

2/11 - Love Comes In Many Shapes

Speaker: Congregation

Celebrant: Matt Bianconi

In preparation for Valentine's Day, join us for a special service dedicated to those people and things we hold most dear. We'll make a valentine for a special someone. We'll sing a few time-honored love songs. And you'll have the opportunity to share what you "love". But with a twist. Anything goes. Do you have a love relationship with pasta? Your dog? Your favorite niece? Feel free to bring a memento to share as well. So what shape does **your** love come in?

2/18 - Listening To Trees

Speaker: Victoria Poling

Celebrant: Anneliese Sherman

As some of Earth's oldest living individuals, trees have much to teach us about long-term relationships: to ourselves, to each other, and to all that there is. Drawing on poetry and science, we'll explore the solace, nourishment, and wisdom of our leafy companions.

2/25 - Making Friends With Death

Speaker: Jonathan Prescott

Celebrant: Susan Thayer

Death always comes. Expected or unexpected. And it leaves us in the ripples of many emotions...sorrow, resignation, anger, relief... And how do we talk TO someone who is dying? How do we talk to someone ABOUT dying? Jonathan will help us to find some peace with this process of saying goodbye.

Fourth Sunday donation: Mount Baker Planned Parenthood

ANNOUNCEMENTS

Social Justice Team. There will be a meeting on Sunday, January 28 after church. Bring your ideas.

Pacific Western Regional Assembly. The four districts of the UUA's Pacific Western Region will gather April 27-29 in Portland, OR for the 2018 Regional Assembly. Speakers include civil rights activist, the Rev. Dr. William Barber; Washington Congresswoman Pramila Jayapal, advocate for women's, immigrant, civil, and human rights; and the Rev. Susan Frederick-Gray, newly elected UUA president. Programming includes workshops, worship, district meetings, and an optional social justice activity. Childcare and youth programming will be available. www.uua.org/pwr

The Spiritual Brain - Science and Religious Experience. Third Sunday (February 21), 15 minutes after coffee hour starts. In this course we consider the question of spirituality from a neuroscientific and evolutionary perspective. Sunday's lesson: The Believing Brain. You will learn that our beliefs are shaped by the way the brain perceives, thinks, remembers and experiences emotion.

Thirty-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 (February 1 and 15) at 1:30. On the second Thursday of each month (February 8), lunch at a different place, meeting at 1:00. (Call Joy for location.)

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

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.

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. There is also a hospitality sign-up by the kitchen window. Other opportunities exist. Please speak with anyone on the Leadership Council.

Policy advocacy training and trip to Olympia. Skagit Volunteer Center, a program of Community Action of Skagit County will offer Advocacy 101 training to learn about legislative education, lobbying and more on Tuesday January 30th noon-1:30 p.m, 320 Pacific Place, Mount Vernon. Feel free to bring a lunch. *Olympia Trip Details:* Tuesday February 6, 2018, 8 AM-7:30 PM to Olympia Capitol Campus. Reservation required. 360-416-7585 x1107

ACTIVITIES HOSTED AT DIVERSITY HALL

Emotional Intelligence and Conflict Resolution Seminar. Free to the public. Every third Wednesday (Feb. 21st) at SUUF from 5:30 to 7:00 pm. We will explore the nature of conflict and strengthen our conflict resolution skills. It is not about politics and it is non-religious. Jorge Manzanera, M.A., Certified Professional Mediator, Skagit Mediation 360-399-6429

Alzheimer's support group. First Thursday of each month (February 1) 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. 2nd Tuesday of each month (February 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 (February 13) 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.

Our Revolution Skagit. Sunday February 4, 1:30 – 3:30 pm. Come and join others concerned about political issues.

IMPORTANT DATES

February 2 Groundhog Day
February 14 Valentine's Day
February 14 Ash Wednesday
February 16 Chinese New Year
February 19 Presidents' Day

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