

The LOG

Our monthly newsletter
 Editor: Mike Dover

Anchorage Unitarian Universalist Fellowship
 3201 Turnagain Street, Anchorage, AK 99517

January 2010

Minister's Musings	1	<p style="text-align: center;">MINISTER'S MUSINGS</p> <p style="text-align: center;"><i>From the Rev. Beatrice Hitchcock, Interim Minister</i></p> <p>A new year is upon us... at least, a new calendar year, and fiscal year. We are in the middle of the "church year." Here's what I see coming up or continuing for AUUF in 2010...</p> <ul style="list-style-type: none"> ❖ Building on the strengths of the Children's and Youth's Religious Exploration Programs, the Forum, the Worship Service, and the new Contemporary Service. ❖ Selecting a social justice project for the entire fellowship to be involved in. ❖ Completing the Vision Process and setting a goal for the next five or ten years. ❖ Beginning the Mission Process. "Mission" is defined by Vision. The Vision spells out where you want to be five or ten years hence. The Mission outlines what you will do to get there. ❖ Continuing to update the process for welcoming and integrating newcomers to the Fellowship. ❖ Continuing with Pathways to Community programs for new and long-term members. These provide an opportunity to learn more about Unitarian Universalism and AUUF in the past, present, and future, to discuss the ramifications of changes at the Fellowship, and to deepen commitment. ❖ Continuing to build commitment and generosity from members and friends. ❖ Revising the fundraising process with the stewardship team. ❖ Doing a bylaws review with changes to be approved at the fall Annual General Meeting. Some of the bylaws just need to be updated, like the service times. Some may need revision, such as membership requirements. ❖ Providing leadership training and support for Fellowship volunteers. <p>Yes, there is a lot to do to transform the Anchorage Unitarian Universalist Fellowship into a really strong and healthy congregation. And, I see</p>
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enthusiasm and understanding growing, as changes work their way into the fabric of the Fellowship. If you'd like to learn more about some of the transformations underway, please check out these books from my office...

- *The Almost Church Revitalized: Envisioning the Future of Unitarian Universalism*, by Michael Durall
- *Growing a Beloved Community: Twelve Hallmarks of a Healthy Congregation*, by Tom Owen-Towle
- *Worship That Works: Theory and Practice for Unitarian Universalists*, by Wayne Arnason and Kathleen Rolenz
- *Creating Congregations of Generous People*, by Michael Durall

Welcome the New Year with good cheer!

*With love,
from Beatrice*

THE REV. BEATRICE HITCHCOCK'S SCHEDULE FOR JANUARY

The Rev. Beatrice Hitchcock is the 3/4-time consulting minister for the AUUF. She works at her home in Palmer when she is not at the Fellowship. Her day off is Monday. Her Sunday off this month will be January 17. Tuesday and Wednesday are generally spent on Fellowship, staff, and committee business, and pastoral care and counseling. Thursday, Friday, and Saturday are mostly for preparation of Sunday services. Her hours are flexible, and she is usually available before evening meetings. Email revmama@mtaonline.net or call 306-7692.

Day of Week	Date	Hours Scheduled Meetings/Activities		Day of Week	Date	Hours Scheduled Meetings/Activities
Sunday	3	8:30 a.m. – 3:30 p.m. Services		Thursday	14	6:00 - 8:30 p.m. 6:30 Contemporary Service planning
Tuesday	5	9 a.m. – 3 p.m. Office Hours		Tuesday	19	9 a.m. – 3 p.m. Office Hours
Wednesday	6	6:30 - 8:30 p.m. Welcoming Committee		Wednesday	20	5:30 – 9:00 p.m. 6:30 Pathways
Thursday	7	6:00 - 8:30 p.m. 6:30 Worship Planning Comm.		Sunday	24	8:30 a.m. – 3:30 p.m. Services
Sunday	10	8:30 a.m. – 3:30 p.m. Services		Tuesday	26	9 a.m. – 3:30 p.m. Office Hours
Tuesday	12	9 a.m. – 3 p.m. Office Hours		Saturday	30	9:00 a.m. – 5:30 p.m. 10 a.m. Pathways
Wednesday	13	4 - 8:30 p.m. 6:00 AUUF Board Meeting		Sunday	31	8:30 a.m. – 3:30 p.m. Services

CIRCLES OF LIFE, RIPPLES IN THE LARGER POND

by Shirley Dickens

A great big candle of Thanksgiving for the annual dinner potluck on Thanksgiving Day. I counted 45 plus. with several children, old members, new members, and three of our elders who were given rides. The table was laden with scrumptious food. But to me, personally, the most important thing was that many people jumped in to help set up tables and chairs, put out place settings, clean up and wash up, etc. We were very Green, using our new plates we donated at the last annual dinner, and the dishwasher to clean them. Thank you to all you generous people who helped with all the work involved. We had a really good time, with lots of talking and getting to know each other better. It was a wonderful way to share Thanksgiving Day.

Another candle of thanksgiving and gratitude for the support for the Alliance's Holiday Sale November 29 and December 6, both for bringing us things to sell and for buying many of the things that were brought. The Alliance cleared a few hundred dollars and recycled big time. The remaining items were passed on to the Salvation Army thrift shop. Thanks for your participation in this annual event.

A "blue candle" for our wonderful Blue Christmas service December 1. The attendance was small but it serves a particular need for the folks whose lives and holiday season aren't happy and joyful for what ever reason. It was a beautiful service. Thank you, Beatrice, for making it happen and all of the faithful who made soup, brought bread and butter, brought cookies and stayed to eat with our guests. This is at least the eighth year we have had this unique service. Thank you, Fran Dearman, for bringing this service to us here in Anchorage.

A big candle for the generosity of our congregation and our children for loading up our "mitten tree." These caps and mittens and scarves will be collected and taken to Safe Harbor to be shared with other children who are not so fortunate. This is just one of many social justice projects our kids are involved in

As we go to print, there is hoarfrost everywhere, it's mid December and there are many events still to come here at AUUF. I hope you come join your congregational family for some of these special services, especially the darling Christmas Eve pageant featuring our talented children. Martha Amore has rewritten "How the Grinch Stole Christmas" just for us. Do take care of yourselves, especially walking on the ice. Don't get too stressed, and above all enjoy each other and your friends and family. May your days be merry and bright!

THANKS AND WISH LIST

From the Rev. Beatrice Hitchcock

THANK YOU

Thank you to **SueAnn Hamilton Bailey** who has volunteered to prepare the Braille hymnal pages each week.

Thanks to **Marie Lundstrom** who has joined the team to help plan and lead contemporary services.

Thanks to all who helped with the Blue Christmas program, including **Cheryl Childers, Shirley Dickens, Renee Frost, Fred Hillman, Susie Kobierowski, Robyn Lauster, Marie Lundstrom, Teresa Zimmer, and Lisa Fleischer** of Hospice of Anchorage.

Thanks to **Robyn Lauster** for new seasonal "altar cloths."

Thank you to **Sylvia Short** who commissioned the new table drapes with the chalice logo.

Thanks to **Ruth Sheridan** who undertook the sale of UU Service Committee holiday cards.

WISH LIST

A **Volunteer Coordinator** to match volunteers with the right place to serve within the Fellowship.

An **Office Assistant** to help me cope with the mountain of paper in my office.

A **laptop computer** for the fellowship and **someone to input and format lyrics** in PowerPoint for the contemporary service. This might be the office assistant.

A **Bulletin Board Creative Designer** to insure order, beauty, and timely and useful information on the upstairs Bulletin Boards.

Choir Members for the 1:30 service, and a **Choir Director**.

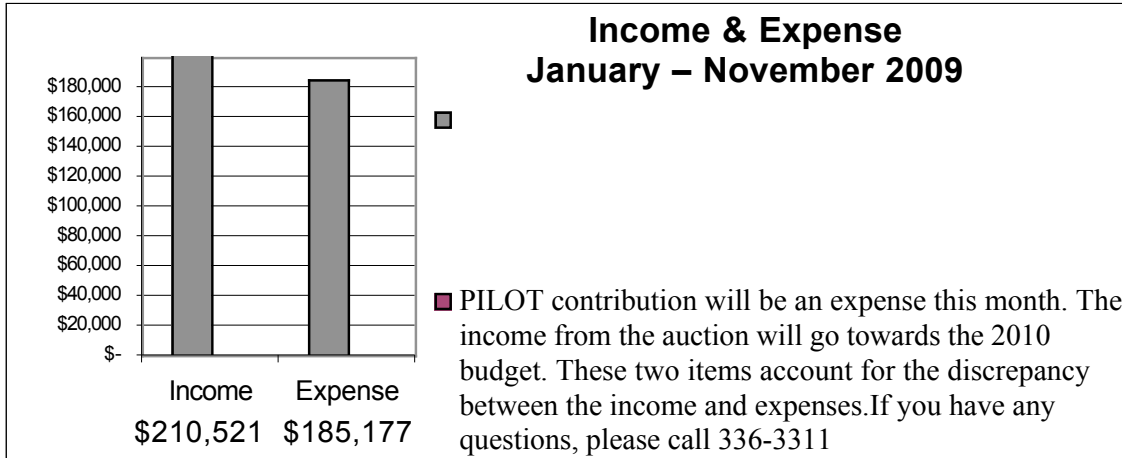
Adult Program Committee members -- to plan adult programs and spiritual practice groups at AUUF.

Adult Program leaders. The fellowship has ready-to-go adult RE programs that just need a leader: (1) World Religions on DVD; (2) *Heart to Heart: Fourteen Gatherings for Reflection and Sharing*; and (3) *Finding the Voice Within: Writing as a Spiritual Quest for Women*.

A **UU Service Committee representative** to coordinate Guest At Your Table, Justice Sunday, and other special projects.

FINANCIAL REPORT

by Mary Spalding, Treasurer



YEAR-END STATEMENTS

by Mary Spalding, Treasurer

Early in January, everyone who made an identifiable monetary contribution will receive a year-end statement of their 2009 contributions to AUUF. If the statement does not agree with your records, give me a call (Mary Spalding 336-3311), and I will help find the problem. Thank you everyone for your contributions.

PLEDGE FORM MYSTERY DONOR

by Wray Kinard

A big THANK YOU to everyone who pledged for 2010. I have many pledge forms on my desk, but one is a mystery; please help me figure it out. A pledge form was turned in with a nice pledge amount indicated, but there was no name, address, phone, email, etc. The only hint was a credit card number with the last four digits of 0771. Please check your credit card numbers and, if this one is yours, call me at home (345-7296). Help, I need your name! If you prefer, send an email to me at wkinard@ak.net. Thank you everyone, and the Mystery Donor as well!

HALF-PORTION FOR BENEVOLENCE - 2009

In the spirit of benevolence, the following donations have been designated by AUUF. Half of our nonpledge, nonrestricted donations from the plate each Sunday have been, or will be, given to the following:

January	Planned Parenthood of Alaska	\$1577.62
February	South Sudan Medical Project	794.50
March	Hearts and Hands to Africa	910.50
April	Turnagain Health Fair	849.80
May	Girl Scout Campership	603.01
June	Anchorage Literacy Project	616.56
July	Partners for Progress	914.75
August	Alliance for Reproductive Justice	834.27
September	Alaska Youth for Environmental Action	504.15
October (1/2)	UUA Association Sunday	428.95
October (1/2)	Church of the Younger Fellowship	428.95
November	Food Bank of Alaska	1242.73
December	Alaska Aids Assistance Association (4A's)	TBA

CHURCH OF THE YOUNGER FELLOWSHIP

Laura Jones, CYF Steering Committee

I am on the board of directors for the Church of the Larger Fellowship and serve as the liaison and representative for our young adult ministry, the Church of the Younger Fellowship (CYF.) I am also on the Steering Committee leadership for the CYF. Lorraine Dennis, CLF's Executive Director, told me that UU Anchorage was kind enough to do a second plate offering for us and asked for the money to go to the young adult ministry. I wanted to thank you all personally for your contribution - it means a great deal to us and to our young adult members, many of whom cannot afford to contribute a great deal financially. I joined as a new UU when I lived in Budapest, and as someone who often relocates or travels I love that I have a church and community that is always with me where ever I go and that I have hundreds of other people my age to interact with.

I'd be happy to introduce any of your members to our young adult ministry and show any young adults at your congregation around the community. In addition to all that CLF offers, we have our own website and community at www.uucyf.org, and we try to do original worships and other programming at least twice a month, have a newsletter, a young adult minister, and many other resources for members. We try to help young adult members to get to General Assembly each year and we are constantly updating our technology to reach out with tools like social media.

Thank you again for your support! We truly appreciate it. Please let me know if I can connect you or other members of your congregation and your young adults with our community.

STORYTELLING OPPORTUNITIES

Contemporary Service Planning Team

Each contemporary service has a place for telling stories about profound or uplifting times in your life that relate to the theme. There is no sermon at the 1:30 service. Instead, stories, poems, and readings are shared, interspersed with music. The themes for January will be:

January 3 "Gospel Sunday: Singing the Good News" -- share gospel music or a story about a gospel song's or story's positive influence on your life.

January 10 "Stories of Hope from the U.U. Service Committee" – has knowing about or helping the UUSC contributed to your life?

January 17 "Being of Service" with Shirley Dickens, Fred Hillman, and more – how has your life been enriched by doing good for others?

January 24 "Good and Bad Things Happen... To Everyone" – what has helped you cope with the bad times?

January 31 "Transforming Energy Through Drumming" – come and drum away, or tell a short story about drums in your life.

If you would like to share a brief story from your life, or you have a poem or reading that relates to the theme, please contact Beatrice by the Tuesday before the service. revmama@mtaonline.net or 306-7692.

WHAT IS THE 1:30 P.M. CONTEMPORARY SERVICE?

Contemporary Service Planning Team

The contemporary services are led by a team including the Rev. Beatrice Hitchcock, Amanda Cash, Beverly Grogan, Marie Lundstrom, Diane McIntyre, Don McIntyre, Bonnie Moore, and others. Each participatory service has a theme, with music and movement, a story for all ages, readings, candles of joy and concern, and a message of hope.

DEAR SANTA

by Shirley Dickens

If you would like to know what really wonderful gift you could send to AUUF this holiday season or in the New Year, I know of the perfect gift.

We desperately need another "historian," like Emmy Cox, who made our church scrapbooks for several years. Even though we have saved a lot of articles, obituaries, pictures from the news paper, etc. no loving person has put them together in a scrapbook. I bet the Alliance could be persuaded to fund any expenses that are incurred in this project. We need someone who cares about us as a group and has the time to devote to this. Please, Santa, if you come across this person (male or female) assure him or her that they would have the full cooperation of the whole Fellowship to help.

CEREMONIES WELCOME 12 NEW MEMBERS

by Marie Lundstrom

Twelve new names will be in the AUUF 2010 Directory as members after special recognition ceremonies December 13. Six were ceremonially welcomed into the Fellowship at the 11 a.m. service, and three more at the 1:30 p.m. service. Three others, Mya Abramczyk and Ron and Marie Rozak, were unable to attend that day. Ruth Mathes, Kelley and Greg Hartlieb, Erik and Robin Hill, Don McIntyre, Amanda Cash, James Burkhart, and Christopher Jenkins were introduced by friends or relatives, and each received a traditional loaf of bread. The congregation gave a collective welcome to the new members, and the Rev. Beatrice Hitchcock charged them to share their gifts and energy with us.

WELCOMING COMMITTEE SETS EVENT DATES -JANUARY 6

by Marie Lundstrom, Welcoming Committee Co-Chair

The Welcoming Committee blitzed through several issues in its December 2 meeting—a possible shift to cards for visitors rather than having them sign a book, what kind of follow-up protocol should we be following after visitors are here, revision of greeter and visitor information, what we should be doing at the December 13 New Member Welcome Ceremony, and when we're going to do what—dates!

It appears that meeting the first Wednesday of each month at 6:30 will work for most of us, so our next meeting will be **Wednesday, January 6** and first Wednesdays thereafter until further notice.

Other events for the spring look like this:

January 20	Pathways to Community series beginning—New or potential members especially encouraged to participate in the six sessions to be led by Beatrice and others.
February 3	Pathways to Community series
February 7	First Sunday—Newcomers Luncheon between 11:00 and 1:30 services
February 17	Pathways to Community series
March 3	Pathways to Community series
March 17	Pathways to Community series
March 28	Fourth Sunday—Volunteer/Recruiting Fair (same day as Soup Sunday)
March 31	Pathways to Community series
April 18	Third Sunday—New Member Recognition and Welcome Ceremony

The plan is to follow a similar pattern in the fall.

Anyone may become part of the Welcoming Committee—we are always looking for new people, and it's a good way for new members to become involved. Interested persons may show up at any meeting or call any of the three co-chairs: Marie Lundstrom (276-1528), Diane McIntyre (250-9163), or Marty Herriott (245-1461).

SOCIAL JUSTICE COMMITTEE - JANUARY 9

by Susie Kobierowski

"It is the church that assures us that we are not struggling for justice on our own, but as members of a larger community...Together, our vision widens and our strength is renewed." These words by the Rev. Dr. Mark Morrison-Reed practically jumped off the Opening Words page of my latest *UU World* magazine (Winter 2009). He's talking about what we're doing now at AUUF! During the December meeting of the Social Justice Committee (SJC) this very topic was discussed, with several exciting options before us. We're looking forward to the Continuation of the Annual General Meeting in January to see what issue the congregation chooses to address. Whatever the project, it is while working together that we *"unveil the bonds that bind each to all"* as the Rev. Morrison-Reed points out. We on the committee are anxious to strengthen these bonds as we work with YOU in putting our faith into action! Our next meeting is noon, **Saturday, January 9** in the teen room at AUUF.

The first opportunity in 2010 to take our helping hands into the community will be on Martin Luther King Day, **Monday, January 18**. MLK Day is becoming a national day of service, and the SJC has chosen two projects that continue our emphasis on helping the hungry in our community. In the morning we'll be serving at Bean's Café at

8:30 a.m., and then from 1-3 p.m., we'll be helping to keep the shelves stocked at the Food Bank of Alaska. We hope that you can join us; we had a GREAT time last year! Please let me know so we can tell these agencies how many of us to expect. (Thank you to Teresa Zimmer and Breck Tostevin for organizing these events!)

On Presidents Day, **Monday, February 15**, we're joining with the kids in RE to host a sledding party for our friends in the Sudanese community. It's not easy living in a very foreign place and trying new things, so we want to introduce our new Alaskan neighbors to the fine art of flying down the slopes of Russian Jack Park on a Flexible Flyer (or a toboggan, a tube, a saucer, or...?) Not only do we want to show how much fun this winter activity is, but we want to have at least 10 sleds to donate to the new learners so they'll be able to continue the fun long after we've packed up for the day. Please circle the date to join us at 1 p.m., February 15 at the Russian Jack Chalet- bring a sled for yourself and one to donate if you can (good used sleds are fine!). We'll have plenty of hot cocoa and warm smiles!

The Half-portion For Benevolence Partner in January is an agency near and dear to many in the Fellowship who volunteer as teachers with The Anchorage Literacy Program. ALP's mission is to offer educational programs that help adults and their families build the literacy skills they need to function more effectively in their daily lives. Each year as many as 1,000 learners receive English language and literacy instruction by attending classes or by being tutored, and each year ALP trains up to 100 community members to become volunteer tutors or classroom teachers.

Have questions or want to get involved with one (or more!) of the community events we're planning? Want to know more about YOUR Social Justice Committee? Please contact either Joanne (248-3006) or Susie (696-7337 skobierowski@yahoo.com)

MEDITATION MONDAYS - JANUARY 11 AND 25

In January the Monday Meditation group will meet with a fresh outlook! We are a small group of devotees who would love to have you join us to enjoy a quiet space and time, to ponder new beginnings. As noted in the December *LOG*, group mediation is better if the group reaches good size. We hope to get a covenant to this alternative "small group" by enough folks to: 1) make light work of the (small, but needed for each meeting) responsibilities of a good group and 2) have the synergy and critical mass needed to make the group rewarding for everyone.

If meditation is new to you, not to worry! It's really fairly simple: much material is available to help you get started, and, in addition, you may even arrange to receive formal lessons (by others with whom some of us have close connections)!

To sign up for the Monday Meditation group's January through April sessions (two per month), please contact our resident seminarian, Ruth Greenwood (ruthgreenwood@yahoo.com) This action will get you on the email reminder list and help us plan for seating and materials.

We will meet **Mondays, January 11 and 25**, from 6-7 p.m., in the teen room at the Fellowship.

HUNGRY BOOK CLUB - JANUARY 12

by Susie Kobierowski

The Hungry Book Club didn't meet during the all too busy month of December. We caught up on our "some day I'll get to that" reading and got a lot of good ideas for new reads from friends and families at holiday parties. Rejuvenated and with new resolve to keep up with good books, we're reconvening in Shirley Dickens' home at 7 p.m. on **Tuesday, January 12 (2010!)** to enjoy a delicious potluck dinner while we discuss *Eat, Pray, Love* by Elizabeth Gilbert ["Plagued with despair after a nasty divorce, the author ..., divides a year equally among three dissimilar countries, exploring her competing urges for earthly delights and divine transcendence." - *Publisher's Weekly*]

This book can be borrowed through the Loussac Library, or may be purchased with discount from Metro Music and Books. (Due to changes in Title Wave's inventory, we are no longer able to order books from them.) As always, our meetings are open to anyone who is interested. You don't need to have read the book, been part of the book club before, or have a dish of food. If you'd like to join in on the fun, PLEASE DO!! For more info call Susie (696-7337) or email to skobierowski@yahoo.com. It's great to read with friends!

CHILDREN AND YOUTH RELIGIOUS EXPLORATION (CYRE) NOTES

WELCOME BACK TO A NEW RE YEAR!

by Rosene Beachy, Director of Lifespan Religious Exploration (DLRE)

Happy New Year!

"We are pleased to inform you that you have been accepted at Hogwarts UU School of Wisdom and Wizardry. Our 2010 School of Wisdom and Wizardry will commence on January 10 and continue for eight weeks until February 28."

The Owls went out on Sunday delivering scrolls of acceptance into our UU School, to the children at AUUF. If you didn't get yours check the Info Spot downstairs at the Fellowship.

We will be learning our UU Principles Hogwarts style with classes in topics from Charms to Flying (and learning to play Quidditch) to Care of Magical Creatures and Defense Against the Dark Arts. Our elementary age children will join their house groups in exploring interesting topics each week. Adult volunteer helpers are welcome to join us for a day and experience a bit of magic yourself! Also fun for all ages will be the magic show at February's Winter Game Night with Alaska's Wildest Magician, Don Russell! Mark your calendars to not miss our magical celebration on **Saturday, February 13**.

Brighten up the dark winter days and join us each Sunday at the 11:00 service to find that spark of magic hidden within each of us!

In the words of Albus Dumbledore, "it matters not what someone is born, but what they grow to be."

Tootles,

Rosene Beachy, DLRE (aka Professor Dumbledora)

SUNDAY MORNING YOUNG PEOPLE'S PROGRAM

11:00 Service

January 3: Cross-age Kwanza celebration downstairs

January 10 through February 28: children will begin downstairs for cross-age RE classes with our winter theme: Hogwarts School of Wisdom and Wizardry. They will meet in their Hogwarts House groups at 10:45 and our Chalice circle at 11:00.

9:00 and 1:30 Services

Kid's Quest activities and toddler childcare

COMING EVENTS

Tuesday, December 22, 2-4 p.m.: Mandatory final dress rehearsal for all children wishing to be in the Christmas Eve pageant "**How the Grinch Stole the Fellowship's Christmas**"

Thursday, December 24, 5 p.m.: Christmas Eve Service Call time

Saturday, January 9, 1:00 – 2:30 p.m.: 4th-5th OWL Family Kick Off

Sunday, January 10, 9 a.m.: 4th-5th OWL begins, in the teen room

Sunday, January 10, 3-5 p.m.: Coming of Age meeting

Saturday, January 23: Coming of Age Activity night

Sunday, January 24: Soup Sunday, coordinated by the Sun Catchers (K-1 class)

RE SERVICE PROJECTS

November Soup Sunday collection of \$232 was donated to Providence Children's Hospital.

9:00 RE cookie project collected \$15 for Guest at Your Table.

December Project— Three huge bags of mittens, scarves, and hats were collected on our "Mitten Tree" as well as Lost and Found unclaimed items. and delivered to Safe Harbor,

THANK YOU:

- ... all the wonderful soup makers for the November Soup Sunday. It was another delicious Soup Sunday, raising \$232 which the class donated to Providence Children's Hospital.
- ... Martha Amore and Summer Lefebvre for writing and directing our Christmas pageant.
- ... our OWL teachers, Enrique Arroyo, Sam Cason, Beth Crow, Katherine Huffman,, Kethra Ramert, Ken Winterberger, and Teresa Zimmer.
- ... Hogwarts cape sewers – Robyn Lauster, Valerie Manfull, and Carma Reed,

ADULT PROGRAMS

Adult Programs Committee

PATHWAYS TO COMMUNITY

The Pathways to Community series of two-hour programs will repeat this spring. Designed for newcomers and long-term members alike, Pathways will offer greater depth of understanding of Unitarian Universalist history, the UUA's Seven Principles, the Anchorage UU Fellowship's history and how the Fellowship is run, what it means to be a member, your personal spiritual journey, and a variety of spiritual practices.

The Board encourages all new members and persons considering membership to attend as many sessions as possible. Programs will be held in the upstairs social room, on **Wednesday evenings from 6:30 to 8:30 pm**. A donation of \$5 per program will be requested, not required. This covers costs of copying and childcare. Please arrange for childcare at least three days in advance of each program evening: 248-3737 x 3.

January 20: Roots: Unitarian and Universalist History

February 3: Common Ground: The Principles and Sources of the Unitarian Universalist Association

February 17: Fellowship: AUUF History and Governance

March 3: Giving and Receiving: Rights and Responsibilities of Membership

March 17: Search for Truth and Meaning: Sharing Spiritual Journeys

March 31: Seeking Spiritual Maturity: Spiritual Practices

The programs will also be offered in two **Saturday sessions, from 10 a.m. to 5 pm**. Roots, Common Ground, and Fellowship will be offered on **January 30**. Giving and Receiving, Search for Truth and Meaning, and Seeking Spiritual Maturity will be held on **February 6**. Bring a bag lunch and a snack to share.

COMPASSIONATE COMMUNICATION PRACTICE GROUP, ALSO KNOWN AS NVC

Louise Deerfield recently led a four-week course in Compassionate Communication with ten people at AUUF. Eight of the students were members or friends of the Fellowship, including three Board members. All of them want to be able to practice these new communication and conflict resolution skills, in order to readily use them. Louise will begin a practice group at AUUF in January for members of the original group, plus others who have had enough exposure to NVC to work with them. Please contact Louise to discuss requirements: louise@theshastagroup.com. The following is Louise's description of NVC...

What is Nonviolent Communication (NVC), also known interchangeably as Compassionate Communication? NVC is a communication process with a set of practical, usable tools grounded in empathy. It's also a consciousness. It's a way of perceiving that gets us right to the heart of why all humans act and express as we do. From that awareness we can generate a quality of connection where we're able to identify and value the needs of whoever's involved (including ourselves) in our interactions. NVC enables us to do that consistently, moment-to-moment, with whatever's going on in our lives. It's not necessary for anyone but ourselves to be using NVC skills and awareness for a conflict to shift into connection and resolution.

If you'd like to know more, the following article covers the basics of NVC:

The Nonviolent Communication Process: A Synopsis by International Center for Nonviolent Communication Certified Trainer Penny Wassman <http://www.pennywassman.ca/overview.html>

For various information, the International Center for Nonviolent Communication website is: www.cnvc.org.

SMALL GROUPS FOR WINTER-SPRING 2010

A Small Group is a group of about 8-12 AUUF members and friends who meet twice a month to discuss a topic the group chooses. The topics are usually broad -- Home, Friends, Nature, Balance, Forgiveness, Transition. They invite us to learn about ourselves and each other by listening to each other talk. Small Groups are an ideal way to find the community that draws most of us to the fellowship and that sometimes we feel we lose as the congregation grows. Both newcomers and old-timers seem to enjoy them, and the best groups include a mix of both.

Small Groups differ from other groups because they have rules or covenants for how the group will be together. They are not discussion groups in the classic sense. Instead, they use a format called active listening, where each person has a chance to talk, and others listen, but there's no debate, no direct feedback, no cross talk. Sometimes the rules seem

odd to newcomers. Most people discover they work well to encourage trust and community. And there is always some casual, unstructured socializing as the group gathers and departs.

Small Groups have a defined life, usually about 10-12 sessions. That makes it easier to commit to attend regularly, and, when the group ends, members can go on to join other groups, or they can appreciate having that free time returned to them.

As the fellowship's Small Group Coordinator, I form groups strictly based on who has the same free time, with some attention to geography if there are a lot of people who are free at the same time. It's amazing how people who have nothing obvious in common except free time on the same evening or afternoon can get to know each other.

If you're not in a small group now but you want to be part of one, please call or email and give me some ideas about times that would work well for you. Weekday evenings 7-9 (or 6:30-8:30) are the most common meeting time, but Sunday evenings, and weekday middays have also worked for particular groups. Any time is possible if there is a critical mass of people available at the same time, so tell me your ideal and a couple of second and third choices.

If you're in a small group and want to change groups to get to know some other people, that's OK too. And if you're in a small group that is ongoing but would welcome one, two, or more new members, it would be great if someone from the group would let me know that.

Reach me by email (orlansky@frozenlaw.com), or call me at work (677-8306) or home (248-1141) to ask questions or to sign up.

NOTES FROM THE ALLIANCE

by Shirley Dickens, Alliance President

The Alliance held its monthly meeting December 13, at 12:30 p.m.. We had one guest, Mindy Willis who has asked that the Alliance consider paying for name tags to match the wooden engraved ones that were gifted to the Fellowship several years ago by two members who were moving away. We would need about 150 more name tags. Decision was tabled until the January meeting. Mary Kulawik wants another company consulted before we make a decision to spend that much money.

The Alliance Holiday Sale cleared about \$700. Thanks to everyone who gave us things to sell and who purchased things. The next Alliance meeting will be **Sunday, January 10**.

UU SERVICE COMMITTEE

by Ruth Sheridan

Thanks to the help of the Social Justice Committee and the cooperation of UUs, we were able to send \$335 to the UU Service committee for its work, nationally and internationally. We sold 23 boxes of holiday cards and received \$105 in donations.

PNWD DISTRICT ASSEMBLY

February 19-21, 2010 - Hilton Hotel - Bellevue, WA

Register soon at pnwd.org

Come to the annual gathering of UUs from throughout the Northwest.

Be educated and inspired to walk out into the world shining the message that our lives matter and our actions make a difference!

- § See and hear Grammy award-winning entertainer Bill Harley
 - § Meet the Rev. Peter Morales, the new UUA President
 - § Meet with hundreds of other Northwest UUs
 - § Share knowledge, experience, and resources
 - § Learn new skills and expand your understanding of UUism at stimulating workshops
 - § Be a delegate and participate in making district decisions at PNWD Annual Meeting
- For more details and on-line registration, visit the Pacific Northwest District website:

www.pnwd.org --> News and Events --> District Assembly

**WANT TO KEEP UP WITH WHAT'S HAPPENING AT AUUF?
WANT TO ACCESS THE LOG ONLINE? JOIN THE AUUF GOOGLE GROUP!**

If you are interested in joining the **AUUF Google Group**, the fellowship's primary means of communicating with its members, go to www.anchorageuuf.org and look in the upper right portion of the page. You will see a block titled **"GOOGLE GROUPS SUBSCRIBE TO AUUF"** Follow Ken Winterberger's excellent directions.

JANUARY BIRTHDAYS

Lee Ann Garrick	January 3	Kyle Zencey	January 24
Laurel Safranek	January 5	Brittnie Read	January 24
Yolanda Meza	January 7	Kianna Gunderson	January 24
Kadin Feldis	January 8	Rob LeFebvre	January 25
Hanna Romberg	January 9	Ruth Sheridan	January 25
Jack Robbins	January 10	Jack Golden	January 25
Benjamin Stark	January 11	Sam Cason	January 27
Miles Allen	January 18	Heather Christensen	January 28
Rosene Beachy	January 19	Joyce Palmer	January 31
Shirley Dickens	January 23		

AUUF JANUARY MEETINGS AND EVENTS

Wednesday, January 6	6:30 p.m.	Welcoming Committee
Thursday, January 7	6:30 p.m.	11:00 Worship Service Planning Committee
Saturday, January 9	10:00 a.m.	RE Teachers Meeting
	Noon	Social Justice Committee
Sunday, January 10	12:30 p.m.	Alliance
Monday, January 11	6:00 p.m.	Monday Meditation Group
Tuesday, January 12	5:30 p.m.	Forum Planning Group
	7:00 p.m.	Hungry Book Club
Wednesday, January 13	6:00 p.m.	AUUF Board
Thursday, January 14	6:30 p.m.	1:30 Contemporary Service Planning Team
Sunday, January 17	LOG DEADLINE	
	12:15 p.m.	Celebrate January Birthdays
Tuesday, January 19	Noon	CYRE Committee
Wednesday, January 20	6:30 p.m.	Pathways to Community
Sunday, January 24	12:15 p.m.	RE Soup Sunday
Monday, January 25	6:00 p.m.	Monday Meditation Group
Saturday, January 30	10:00 a.m. – 5:00 p.m.	Pathways to Community
	6:00 p.m.	CUUPS ritual
Sunday, January 31	9:00 a.m.	Pre-meeting breakfast
	10:00 a.m.	Continuation of AUUF Annual General Meeting

The *LOG* deadline is the third Sunday of each month.

Late articles will go into the next *LOG*..

Please email all *LOG* articles to **anchorageuuf@alaska.com**.

Please indicate in the **SUBJECT BOX** that they are **for the *LOG*** and the **TOPIC**.

Articles sent as **MS WORD attachments** are preferred. Articles sent **in the body of the email** are acceptable. As a **VERY LAST RESORT**, articles may be placed in Micaela's mailbox.

Anchorage Unitarian Universalist Fellowship Information

Office phone: 907-248-3737, ext. 2

Office fax: 907-743-6987

Email: anchorageuuf@alaska.com

Website: www.anchorageuuf.org

Phones and Email

The Rev. Beatrice Hitchcock, Interim Minister to AUUF, 306-7692 or revmama@mtaonline.net

Rosene Beachy, Director of Lifespan Religious Exploration, 248-3737, ext. 3

Micaela (Mike) Dover, Administrator, 248-3737, ext. 2

The Rev. Beatrice Hitchcock's schedule appears on page 2.

Rosene Beachy is **usually** in the office **Tuesday** and **Thursday**, 8 a.m. – noon
She can often be reached at home.

Mike (Micaela) Dover is **usually** in the office **Monday** through **Thursday**, 9 a.m. – 3 p.m.

AUUF Board of Directors

Ron Devon, President
Doug Eby, Vice president
Mary Spalding, Treasurer
Barb Clark
Darrell Keifer

Susie Kobierowski
Robyn Lauster
Rod McCoy
Mindy Willis

The Board of Directors meets the second Wednesday of the month at 6 p.m.

AUUF Committee Chairs/Other Contact Persons

9:00 a.m. Forum Planning – Mindy Willis	Denominational Affairs – Open
11:00 a.m. Worship Planning – Beatrice Hitchcock	Finance – Mary Spalding
11:00 a.m. Worship Music – Cheryl Childers	Green Sanctuary – Jeannie Devon
1:30 p.m. Contemporary Planning – Beatrice Hitchcock	Human Resources – Jim Parker
1:30 Contemporary Music – Beverly Grogan and Diane McIntyre	Nominating – Stan Fischer, and Fred Hillman
4As Lunches – Debbie Cahoon	Pastoral Caring Team – Shirley Dickens and Teresa Zimmer
Adult Programs – Beatrice Hitchcock and Rosene Beachy	Planning – Doug Eby
Alliance – Shirley Dickens	Social Justice Committee – Susie Kobierowski and Joanne Anderson
Building and Grounds - Bruce Roberts	Small Groups – Susan Orlansky
Children and Youth Religious Exploration – Bonnie York	Stewardship – Wray Kinard
Committee on Ministry – Heather Christensen	Welcoming Committee – Marty Herriott, Marie Lundstrom, and Diane McIntyre,

AUUF SERVICES - JANUARY 2010

Sunday, January 3

- 9:00 a.m. "Vietnam Friendship Village" – Judith Moss
11:00 a.m. "Universalist Sunday: A Liberal Christian Service on Universal Salvation,"
with the Rev. Beatrice Hitchcock
1:30 p.m. "Gospel Sunday: Singing the Good News"

Sunday, January 10

- 9:00 a.m.. "Permaculture in Alaska" – Saskia Esslinger
11:00 a.m. "The Role of Social Paradigm in Environmental Concern and Environmental Behaviors."
with Paula Williams, Ph.D.
1:30 p.m. "Stories of Hope from the UU Service Committee"

Sunday, January 17

- 9:00 a.m. "Reliving the Alaska Constitutional Convention" – Katie Hurley
11:00 a.m. "Creating the Beloved Community: Building an Anti-Racist, Anti-Oppression,
Multicultural World"- Ruth Greenwood
1:30 p.m. "Being of Service," with Shirley Dickens, Fred Hillman, and others

Sunday, January 24

- 9:00 a.m. "Budgeting and the Anchorage School District" – Carol Comeau
11:00 a.m. "The God I Don't Believe In," with the Rev. Beatrice Hitchcock
1:30 p.m. "Good and Bad Things Happen... To Everyone"

Sunday, January 31

- 9:00 a.m. Pre-meeting breakfast
10:00 a.m. Continuation of the AUUF Annual General Meeting (Starts at 10 a.m.)
1:30 p.m. "Transforming Energy Through Drumming"

At 9:00 and 1:30, there is childcare for ages 1-4, and a cross-age program for children 5-11.
At 11:00, there are classes for children ages 1 through high school.

ABOUT OUR SPEAKERS

Judith Moss is a member of the Vietnam Friendship Village Project USA, Inc.

The Rev. Beatrice Hitchcock serves as consulting minister to AUUF.

Paula Williams, Ph.D. is the first Sustainability Director at UAA. Previously, she was an attorney in Anchorage for 20 years and worked the last eight years enforcing laws prohibiting discrimination.

Saskia Esslinger is a passionate permaculturist, teaching the use of ecology as the basis for designing integrated systems of food production, housing, appropriate technology, and community development.

Katie Hurley was senate secretary for the Territorial Legislature, president of the state Board of Education, under Governor Egan, and executive director of the Alaska Commission on the Status of Women under Governor Cowper. She is a past member of the House of Representatives, served on the State Personnel Board, and the State Judiciary Council and is on the board for the Matanuska Electric Association.

Ruth Greenwood is a long-time member of AUUF and just a few steps away from her Master of Divinity Degree from Meadville Lombard Theological School."

Carol Comeau has served as the superintendent of the Anchorage School District since 2000. This district is the 87th largest school district in the United States, serving approximately 50,000 students at 93 schools.

Anchorage Unitarian Universalist Fellowship
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Return Service Requested