



Anchorage Unitarian Universalist Fellowship

The Log

January 2021

Anchorage Unitarian Universalist Fellowship
2824 E. 18th Avenue, Anchorage, Alaska
www.anchorageuuf.org

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From the Minister Rev. Lise Adams Sherry



Happy New Year! As I write this, I'm thinking almost simultaneously of two things. I'm wondering how many people will be in Times Square to celebrate the end of 2020 (despite social distancing!) and what this next year will bring us. It has to be better, right? (Yes, I know, that has been a hopeful mantra for most of 2020.)

However, more and more folks are getting the vaccine, leadership is changing in our country, and even if things don't improve right away, we as a people have. We know a lot more about empathy, patience, generosity, resilience and kindness. We have become great practitioners of making lemonade out of lemons—so whatever does come, we can work through it.

Still, even with the shadow of uncertainty still lingering, doesn't it feel good to know that we will be starting a new year? While January 1 is an arbitrary marker, it is a necessary one. As humans we obviously have a need to know that we can begin again, that we can start with a clean slate. Think of all the holidays that are used to mark the transition from one year to another: Samhain, Nu Ruiz, Chinese New Year, and Rosh Hashanah. Consider the religious concepts of forgiveness, grace, reconciliation, and covenant that are also meant to provide a path towards starting over, regardless of what time of year it is.

Covenant, as I'm familiar with it, originated in the Hebrew Bible as a promise between God and his chosen people, and is probably one of my favorite concepts. It's the idea that we make promises to and with one another, and then follow those promises up with mutual accountability. As Unitarian Universalists it's covenants, not creeds, that hold us together as religious and spiritual communities. The other thing that is so stress reducing about this concept is that the assumption of human (and God) fallibility is built in. (God did lose his temper and flood the world after which "he" promised he would be on better behavior again.) This doesn't mean that we shouldn't do our best to fulfil our pledges, but it also means that those who are in covenant with us will have our backs, just as we will have theirs, if things get difficult. As long as we're willing to keep trying and renewing our intentions through appropriate actions, our covenants remain valid.

So, it's the New Year. What do you want to be different about this year (besides, you know, leaving 2020 far behind!)? What promises or covenants do you want to make? Where do you want to have more joy, discipline, fun, hope, love, contemplation, and/or _____ (you fill in the blank) in your life? And how can we help you with that? After all, we've got each other's backs, right?

Happy New Year!!

Blessings, Rev. Lise

Virtual Forum Sundays @ 9am on Zoom



Five Sundays in January, five opportunities to hear from an array of interesting speakers. Hopefully, you can join live—otherwise catch the podcasts made available through the great public service of Ken Winterberger, with backup from Alix McKee. To help our “ushers” and Forum Team continue to provide reliable and secure programs each Sunday by minimizing the risks of being distracted or offended by “Zoom bombers,” we encourage all of you to sign on with your names. If you don’t know how to identify or “Rename” yourself in Zoom, you can find instructions in another section of this Log, along with contact info for who might help if you can’t figure it out. Turning on your video helps for this, too, if you are able to do that. And seeing one another can also add to our sense of community in these Covid times, though you may make us jealous if your breakfast looks better than ours.

On January 3, we opened the New Year with a program from UAA Professor Paola Banchero on Social Media Literacy in the Disinformation Age.

On January 10th, the speaker will be Marilyn Romano, who after leaving her position as publisher of the Fairbanks Daily News-Miner has been a top executive with Alaska Airlines for the past ten years. As the airline’s vice-president in charge of the region including Alaska and Hawaii, she is in a great position to give us an inside view of “our” major air carrier in these challenging times, and her journey to this job.

On January 17, two days before the Alaska Legislature convenes—organized or not—and prepares to face some of its most difficult budget choices ever, we will hear from Representative Ivy Spohnholz, and possibly another legislator guest.

On January 24, UAA Prof. Diane Hirshberg, a leading expert on the subject, will tell us about why Alaskans should care about the international Arctic Council, and Arctic policy.

And we will close out the month on January 31 with a program that should be both informative and entertaining, as we take a close look at the lyrics and significance of some of the songs of social movements of our times, guided by two wonderful musicians and music educators: AUUF’s Music Director Megan Webb and longtime Anchorage community activist and historian Cal Williams.

Help Us Keep Our Zoom Meetings Safe, Secure and Open

We are continually trying to keep up with issues relating to how we use Zoom as a platform for bringing AUUF members together during the Covid-19 pandemic. We want to do this in a way that is as reliable, easily accessible, and open as possible while minimizing risks that you might be disturbed or offended by an unwelcome visit from “Zoom bombers” intruding on our events. We will periodically assess whether changes need to be made to how we access one or more of our programs—and that might be different for the Forum, the Worship Service, RE, or other AUUF events. For now, there are a couple things you can do to help us help you enjoy using Zoom to bring us together. The more we already know or can see most of the people in our Zoom sessions, the easier it is for us to quickly identify any “troublemakers” [making the “wrong kind” of trouble, not “good trouble”]. To help with this, please do two things if you are able—but we don’t want to discourage attendance by those who don’t have the technology or know-how to do either of these:

1. Identify yourself by name when you join the Zoom session.

You can do that two ways, either:

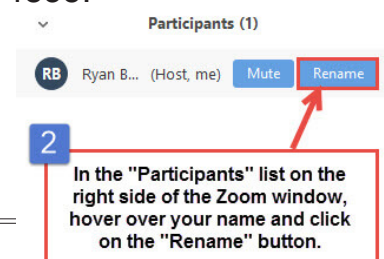
Move your cursor over the upper right corner of the box on the Zoom screen where you see yourself or your picture (or whatever name pops up for your device) when you join, and click on the blue button with three dots that will appear to the right of the Unmute button. Click on Rename, and enter your name(s), or

Go to the Participant List, by clicking on Participants at the bottom of the screen. Find yourself on the list (by expanding Participants if necessary). Then Click on your name or on the three dots next to it and you should find an option to Rename. This option is ideal for folks with cell phones or tablets.

2. Turn Your Video On. If your technology allows you to turn your video on, it will help our ushers confirm that they know who is on, and narrow down the number of people they may want to reach out to quickly for assurance that they are “friendlies.” It’s always great to see one another, but if you need to turn your video back off partway through the session, turning it on least at the beginning will help. You could always send a message in the Chat letting the host or Usher know who you are and your connection with AUUF, and if you get a message from an AUUF host or usher asking who you are, please respond. We’re not trying to be nosy, just trying to keep our events safe, welcoming, and open.

If you have tried these steps and can’t figure it out, or have other issues with using Zoom, you can contact Kayla Wagenfehr, who has generously volunteered to help out as AUUF’s “Zoom Buddy” at kaylawagenfehr@yahoo.com or (907) 891-4835.

Thanks for your understanding and cooperation.



Virtual Worship Sundays @ 11am on Zoom



The theme for January is Imagination—an apt subject when we’re starting the New Year and many things seem possible. Below is what we think we’re presenting for worship services this month—however, you never know when a flight of fancy may carry us away!

January 3, 2021 *Twelfth Night* With Rev. Lise Adams Sherry

As we approach the twelfth night of Christmas (January 6), we thought it might be fun to explore Shakespeare’s *Twelfth Night* and see what his play has to offer in these times.

January 10, 2021 *I’m Bored!* With Rev. Lise Adams Sherry

I imagine many of us have heard others in society wonder if we’re losing touch with our creativity because we have so many ways to occupy our time (phones, Netflix, Zoom, games, etc.) How important is it to have nothing in our lives? How has the pandemic brought us back to creative time fillers in ways we wouldn’t otherwise have imagined?

January 17, 2021 *The Impossible Will Take a While*, With Rev. Lise Adams Sherry

It’s Dr. Martin Luther King, Jr. weekend. How have we realized the dreams he held up for us over 50 years ago? How can we continue our work for racial equality, so all our lives reach their full potential?

January 24, 2021

Getting into your “opponents” head . . . with empathy!

With Rev. Lise Adams Sherry

By this Sunday we will have witnessed the inauguration of our 46 th president. As we all have acknowledged this will be just the beginning of the work we all need to do. How can we bridge the divide with those who share different views? Are there ways we can graciously welcome them to our side of the river?

January 31, 2021 10:30 am

We’re joining our UU neighbors to the north this morning (UUF Fairbanks). Note the earlier start time and look for the Zoom link in announcements closer to this date.

Notes from Religious Exploration January By Rosene Beachy, DLRE

R.E. Notes for January 2021

Happy New Year!

OUR PROGRAM

Happy New Year! January's Theme is Imagination for All programming
Chalice circles – 10:15-10:45



- **January 3rd – Imagine waiting for your freedom.** Watch Night, Henry's Freedom box
- **January 10 – Imagine a world without COVID** Bear and Chickie
- **January 17 – Imagine a better world** Join kid president for a history lesson!
- **January 24 – Thinking outside the box** "Roxaboxen"
- **Jan 31 – Visiting other worlds** "Soar"

Jr Youth Hang Out – Sunday 6:30 – 7:30

5th – 8th grade have fun with games, food adventures, multi media and discussions

SOCIAL JUSTICE

Don't forget your Guest At your table boxes

The annual fund raising program for the Unitarian Universalist Service Committee that invites the world into our kitchens and dining rooms. Participants put a contribution equivalent to feeding a guest at your meal into the box each day.

Here's how to participate: When you sit down for dinner (or lunch or breakfast or a snack), take a moment for silent reflection and ask yourself: Who would appreciate sharing this meal with me? You might imagine someone who needs food, shelter or safety, or just needs to know that there's someone who cares. For visual effect, set a place for the box!! Read a story about someone and welcome him or her to your table.

When you've finished, put a contribution in the box as a means of thanking your guest for her or his company. Other fun daily activities for filling your box are in the Activity calendar.
If you missed Sunday Nov. 17th, you can still pick up a box and story booklet at the RE table downstairs. Please bring the boxes (or envelopes) back on **January 17th**.

Share your Blessings with others!

Remember the **Guest at Your Table** during the holiday season

Would you be interested in Soup Sunday on ZOOM?

Stay tuned for more info – some Sunday in January!

THANK YOU'S:

. . . to all who brought beautiful mittens and hats for the MITTEN TREE event,
. . . Megan our chief caroling elf, who led a wonderful Sunday afternoon event this year.
. . . Thanks CYRE Team - Elayne Hunter, Dianna Polese, Bev Grogan and Andee Cordano for bringing ideas and activities to the RE program!

Various Updates

Finding Your Way into Fellowship in February via Zoom!

Have you been attending AUUF for years or are you brand new? Would you like to know a lot more about UU and/or AUUF? Would you like to find out how your own faith journey intersects with AUUF? Are you thinking about becoming a member in the next few months? If so this class is just for you!

Three sessions from 6-8pm - (exact dates TBA, probably Tuesdays). We share our journeys and learn more about UU and AUUF. We have really enjoyed getting to know new and familiar folks. Rev. Lise will be leading one of the sessions and might participate in all of them.

We will meet on Zoom. If you are not comfortable using Zoom, please let us know and we'll get something set up at AUUF for a link in with proper social distancing. For questions or to sign up, email Andrea Van Ravenswaay at ndgnsgrlak@yahoo.com. We look forward to seeing you there!

Celebration of Life Service for Shirley Dickens 11am Jan. 23, 2021

There will be a virtual Celebration of Life service for Shirley Dickens via Zoom on Saturday, January 23rd at 11:00 am. Shirley was a member of the AUUF for over 40 years, held many, many volunteer leadership roles over those decades, and was beloved by many members and friends. The 23rd would have been her 85th birthday, so it's an especially appropriate day to celebrate a wonderful life that touched so many people in a positive manner. Please bring to your Zoom screen, as you are able, your own candle to light and some bubbles to blow at the end of the service. The Alliance will have some small bubble containers that can be picked up before the service for those who would like. Look for the Zoom link on the AUUF home page or in the Today at Your Fellowship (TAYF) communications in the week or two before the 23rd. If you have any questions, you are welcome to contact me by email at :

reverent.ruth@gmail.com -Ruth Greenwood



Listen to Mustn'ts, child,
listen to the Don'ts.

Listen to the Shouldn'ts,
the Impossibles, the Won'ts.

Listen to the Never Haves,
then listen close to me.

Anything can happen, child,
Anything can be.

Shel Silverstein

Various Updates

Catch the Rising Tide

Give whatever you can during the upcoming Pledge Drive!

“In high tide or in low tide, I’ll be by your side.”

Bob Marley’s lyrics speak volumes about the importance of AUUF in our lives during this crazy, tumultuous year. When Dave and I arrived in Anchorage rather abruptly 5 years ago due to his stroke, we had little hope of re-creating the deep sense of belonging we had built up over 40+ years in our beloved Talkeetna community. From the first time we visited AUUF (to hear Howard Weaver speak at a Forum — and then to be delightfully surprised when Bill Sherwonit lead the Fathers’ Day worship that same morning a few years ago) we felt like we had come home. Old climbing buddies of Dave’s greeted us enthusiastically. We saw people we’d known from the environmental activist community. We even found a few old friends who had been at our wedding in 1986! Buoyed by that initial contact, we started attending services more often. Folks set up a Share the Care team to help me care for Dave, leading to wonderful new friendships. We joined a “Finding Your Way into Fellowship” class and became members. And we began to support AUUF with financial donations. The more we learn about AUUF, the more we feel like giving. AUUF has been by our side through a difficult transition. We want to support the hard-working staff, we see the value in the AUUF programs, we want to keep the doors open, and we want to do whatever we can to further the reach of the AUUF mission. On behalf of the Stewardship Committee, I humbly ask you to reach into your pockets, and into your heart, and consider renewing or increasing your pledge to AUUF.

Thanks for your time, Cari Sayre (& Dave Johnston)

Constant Contact and Your Email!

We rely on using Constant Contact to provide information about AUUF to you on a timely basis. We hope you appreciate staying in touch this way! We want to send it to people who want it, and not be considered “junk” email by others. About 35% of the -emails we send out are opened.

If you receive the emails at one or more addresses but do not want them, we’d appreciate you clicking on the “unsubscribe” button at the bottom of the email so you can be taken off the list, automatically. Some families have two or three emails listed, but only read it from one. Thank you for helping us clean up the list!

President's New Year's Message Sid McCausland

It's 2021! I'm so excited it's finally here cuz it's not too late for us to Bend the Arc of History!

While we're not responsible for 2020 or our Nation's past, we can help shape our future. Forging the **Arc** seems Herculean but it will not bend toward Justice without our hard work.

BUT, but, but... I needed a history lesson to fire me up before jumping from the frying pan into the firey forge. Here's what I've learned:

"The Bending **Arc**" was posited in an 1853 sermon by Unitarian reformer and abolitionist [Rev. Theodore Parker](#):

I do not pretend to understand **the moral** universe; the **arc is a long one**, my eye reaches but little ways; I cannot calculate the curve and complete the figure by the experience of sight; I can divine it by conscience. And from what I see **I am sure it bends towards justice.**

People knew Parker. In 1863 President Abraham Lincoln borrowed a phrase from a Parker sermon for his Gettysburg Address, "A democracy - that is **a government of all the people, by all the people, for all the people.**"

112 years later Parker's **Arc** was resurrected in the rousing conclusion of Rev. Dr. Martin Luther King's speech at the end of the 1965 march from Selma to Montgomery:

I know you are asking today, "How long will it take?" (Speak, sir) Somebody's asking, "How long will prejudice blind the visions of men, darken their understanding, and drive bright-eyed wisdom from her sacred throne?" Somebody's asking, "When will wounded justice, lying prostrate on the streets of Selma and Birmingham and communities all over the South, be lifted from this dust of shame to reign supreme among the children of men?" Somebody's asking, "When will the radiant star of hope be plunged against the nocturnal bosom of this lonely night, (Speak, speak, speak) plucked from weary souls with chains of fear and the manacles of death? How long will justice be crucified, (Speak) and truth buried?" (Yes, sir)

I come to say to you this afternoon, however difficult the moment, (Yes, sir) however frustrating the hour, it will not be long, (No sir) because "truth crushed to earth will rise again."
(Yes, sir)

How long? Not long, (Yes, sir) because "no lie can live forever." (Yes, sir)
How long? Not long, (All right. How long) because "you shall reap what you sow."
(Yes, sir)
How long? (How long?) Not long: (Not long)

President's New Year's Message

Truth forever on the scaffold, (Speak)
Wrong forever on the throne, (Yes, sir)
Yet that scaffold sways the future, (Yes, sir)
And, behind the dim unknown,
Standeth God within the shadow,

Keeping watch above his own.

How long? Not long, because **the arc of the moral universe is long, but it bends toward justice.** (Yes, sir)

How long? Not long, (Not long) because:

Mine eyes have seen the glory of the coming of the Lord; (Yes, sir)
He is trampling out the vintage where the grapes of wrath are stored; (Yes)
He has loosed the fateful lightning of his terrible swift sword; (Yes, sir)
His truth is marching on. (Yes, sir)
He has sounded forth the trumpet that shall never call retreat; (Speak, sir)
He is sifting out the hearts of men before His judgment seat. (That's right)
O, be swift, my soul, to answer Him! Be jubilant my feet!
Our God is marching on. (Yeah)
Glory, hallelujah! (Yes, sir) Glory, hallelujah! (All right)
Glory, hallelujah! Glory, hallelujah!

His truth is marching on. [Applause]

Parker inspired two of the five quotes President Barack Obama had woven into his 2010 [Oval Office carpet](#):

"The Arc of the Moral Universe is Long, But it Bends Towards Justice," Rev. Dr. Martin Luther King Jr.

"Government of the People, By the People, For the People," President Abraham Lincoln

"The Only Thing We Have to Fear is Fear Itself," President Franklin D. Roosevelt

"No Problem of Human Destiny is Beyond Human Beings," President John F. Kennedy

"The Welfare of Each of Us is Dependent Fundamentally Upon the Welfare of All of Us," President Theodore Roosevelt

Our transcendentalist Unitarian pastor's words have resonated with thoughtful leaders for 170 years. But just what is a transcendentalist? The Oxford Dictionary offers the following definitions:

An idealistic philosophical and social movement which developed in New England around 1836 in reaction to rationalism. Influenced by romanticism, Platonism, and Kantian philosophy, it taught that divinity pervades all nature and humanity, and its members held progressive views on feminism and communal living. Ralph Waldo Emerson and Henry David Thoreau were central figures.

President's New Year's Message

A system developed by Immanuel Kant, based on the idea that, in order to understand the nature of reality, one must first examine and analyze the reasoning process which governs the nature of experience.

Is it naïve for UU's to believe We can Bend the Arc of History toward Justice? Well, just think about what can happen if we don't try.

- 2020 marked the year a majority of Americans got our first real taste of tyranny. Tyranny has always been here, but it usually targeted the indigenous and not-so-“white” among us.
- 2020 alerted us to the fact the War between the States never ended.
- 2020 exposed the rapacious greed of those who willfully profit from our plight.
- 2020 witnessed the frenzied hysteria of our demagogue's masses and their appetite for his cascade of lies aimed at perverting justice.
- 2020 brought us a totally deranged post-election President flailing wildly while within easy reach of the heinous nuclear “football.”
- 2020 delivered an invisible menace to our shores that devastated millions of families and our old way of life.
- 2020 revealed heroes across the World willing to sacrifice everything to be of service to those in desperate need.
- 2020 reminded us that our representative form of government will not survive unless the governed and the governors agree to abide by a social contract that checks the basest instincts of those who would exploit others.

Dr. King's plaintive yet hopeful cry “How long?” echoes across our sorry state of affairs as we stand on 2021's threshold.

Failure is not an option. If not now, when? If not us, who?

Let us do our damndest to make sure 2020 was the Apogee of our **Arc's** history - that point farthest away from our 21st Century Journey to Justice for All.

2021 is our year, the year we can resolve to plant our shoulders on that searing, wayward **Arc**, to push mightily, unyielding, undaunted until that old **Arc** finally bends toward the good.

May 2021 be a Year of Flourishing and Wonder for everyone and everything everywhere.

December Board Report

During its December 16th meeting your Board of Directors:

- Granted staff a 2% cost-of-living increase prospectively (after 18 months of none), noting that staff has done an exemplary job of coping with the challenges posed by the pandemic and the reimagining of our AUUF ministries;
- Authorized the negotiation of a contract with the lowest bidder for the completion of the accessibility and technology improvements to our Sanctuary and the renovation of our Music Director's office;
- Extended the COVID-19 restrictions on the use of AUUF's home through March 31st;
- Expressed gratitude for AUUF's very successful online Auction and Alternative Gift Fair; and
- Adopted guidelines for the creation of a Shirley Dickens Memorial Tribute Plaque, Social Room Wall, and dedicated webpage to honor deceased members such as Shirley for their extraordinary contributions to AUUF life and ministry.

2021 Nominations and Voting for Half-Portion Recipients

By Kalen Saxton

There has been and will be notices in TAYF or Today At Your Fellowship on Dec 18, 21 and 24, January 1, 4 and 8, that you can submit a nomination to be voted on as a possible new recipient for the Half-Portion donations.in 2021.

On Monday, January 11 and Friday January 15 a link to an Information Guide will be posted in TAYF. This is like a voter's guide listing a paragraph on each of the twelve recipients we had in 2020 and other charitable organizations nominated for 2021.

Voting begins on Monday, 1/18 through Sunday 1/24/21. Voting is a privilege and a responsibility of AUUF membership. Vote for the Board, Vote for the Budget. Vote for who receives our Donations. AUUF members will receive a link to the Information Guide on-line and a Ballot for on-line voting. Members may vote for 12 recipients. Voting is closed at midnight on Sunday, 1/24/21.

An article will be in the February LOG, and several TAYF in February, listing the 2021 Half Portion for Social Justice recipients in alphabetical order.

Holiday Giving By Johanna Grasso

UU's were asked to answer a call and did they ever! A few months back, Lise mentioned wanting to provide assistance to local foster families over the holidays and I knew I could lead the charge. I know the Anchorage Director of the Office of Children's Services, so it was an easy match. We asked the state where the need was, and they responded by asking for food baskets and gifts for families of recently reunited kids to their parents or guardian and also to families of kids uniting with relatives. These groups don't get as much financial support from the state unless they are registered fosterers.

We had 25 UU individuals or families sign up and a total commitment of \$2,335 between food baskets and gifts! We provided 25 food baskets and 42 gifts for youth. In addition, we gave new clothing, hats, mittens, socks, etc. to a number of families. When the case workers picked up the items to drop off at the families, they were very thankful and surprised at the bounty.

Thank you so much for donating your money and time to providing our neighbors over these pandemic holidays which are proving more difficult than most years even in the best of circumstances. Thank you for communicating well and adhering to timelines. You made the task seamless.

Have a healthy and peaceful Happy New Year!

Anchorage Unitarian Universalist Fellowship | (907) 248-3737

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Office Hours – By Appointment Only



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From the Minister Rev. Lise Adams Sherry



The days are getting longer again. Isn't that nice? It seems like the light is coming on much more quickly than it left in the fall. Maybe that's because time seems to speed up and pass more quickly when we are lighter in heart and mind. There's also more to look forward to—planting gardens, more time spent outside in the light, birds returning, new life and opportunities on so many levels.

Imbolc, the Pagan holiday that marks the coming of spring, is usually celebrated from the eve of February 1 to the eve of February 2. It celebrates the goddess, Bridget, and coincides with the birth of new lambs. Where I grew up, one of my friends lived on a sheep ranch and this was a magical time of year—waking up each morning to see how many more lambs had arrived. It was also a busy time of year because her family had to take care of the bummer lambs as well, those that were rejected by their mothers for some reason, or had problems nursing. They had a big, messy storeroom off their kitchen, easily accessible day and night, where all the bummer lambs lived until they could return to the rest of the herd. The memories and feelings I associate with this storeroom with its small inhabitants sums up this time of year for me—a time of anticipation, abundance, giving, new life and joy.

In our congregational timeline this is also a time of giving and abundance as we recommit ourselves to the vision and mission of AUUF through our stewardship drive. It's a time to ponder what we've done in the past and reimagine (with our budget requests and brainstorming meetings) what we want to bring to this community for the next year. Hopefully, we're taking time to think about what I like to think of as the eternal karma circle, how what we've received we pay forward to others providing blessings and receiving more in return, again, in ways we might never have imagined. I'm looking forward to seeing how our dreams will manifest at AUUF in the coming year.

To celebrate this time of abundance and anticipation, I'm including a recipe I found at <https://www.goddessandgreenman.co.uk/imbolc-candlemas/> Full disclosure, I haven't tried it yet, but I plan to. May the intention of generosity found with the directions of this recipe, seep into other areas of our lives as well, both for ourselves and those around us.

Blessings, Rev. Lise

Simple Seed Cake

You need:

Flour 300gms/10oz

A pinch of salt

1 teaspoon baking powder

Butter 125gms/4oz

Caraway seeds 25gms/1oz

Sugar 175gms/6oz

Two eggs, beaten

Four tablespoons of water

- Set the oven to 400F/200C and grease and line a 6 inch cake tin.
- Sieve the flour, salt and baking powder into your cauldron or a large bowl and then rub in the butter.

- As you do this think of family and friends, think of the small personal things that you would have them benefit from as Spring flows into their lives.
- Visualise light flowing into the mixture, fire of truth and illumination, if you wish, use a rhyme.
- Stir in the seeds and sugar and then the eggs, mix with just enough water to give a mix that softly drops off your spoon.
- Stir in patience for the coming Spring, this is still a time of waiting.
- Pour the mixture into the prepared tin and bake for one hour, then reduce the temperature to 375F/175C and cook for a further half to one hour until the cake is golden brown and well risen. leave this one to cool in its tin, May you enjoy.

A simple stirring rhyme, using your wooden spoon, might go like this: Continuous motion, May all things flow, Circles of magic, Let the power grow, Elements mixing, Accept my plea, As I wish, So mote it be.

--From The Kitchen Cauldron by M S Saille.

Virtual Forum Sundays @ 9am on Zoom



February Notes from the Forum Committee

Contact Us: News you can use: You can now send ideas for future programs and speakers to Forum@anchorageuuf.org. The Forum Planning Committee welcomes your suggestions.

February Speakers: This month we are looking forward to four more informative and entertaining speakers at the Forum. You can find bios and photos for all of them by [here](#). (And on the AUUF website under the What's Happening tab, then select Upcoming Forum/ Worship.)

We'll hear first from Cliff Groh, long-time Alaskan writer and policy analyst talking about the budget crisis facing our new Legislature. His title, "*No One's Coming to Save Us*," may say it all, but you can hear the rest on February 7.

On February 14, AUUF will join in observing the annual Day of Remembrance (Feb. 19) commemorating our government's incarceration of people of Japanese ancestry in concentration camps during World War II. Dr. Mike Livingston, cultural heritage specialist with the Aleutian Pribilof Island Association, will talk to us about the role racism played in World War II Aleut internment.

On February 21, we'll hear from Clark Halvorson, who has returned to the community of his childhood to take the helm as President and CEO at United Way of Anchorage. We'll find out what United Way is doing for the community in this time of big transition.

We'll end the month on Feb. 28 with a program about our state's university system by the folks responsible for running it in these troubled times—University of Alaska Interim President Pat Pitney and Chair of the university's Board of Regents Sheri Buretta.

Social Activism with Sr. Helen Prejean: We have now set up a way to communicate with folks interested in taking part in a several week process of reading and journaling about a journey to social activism and becoming an engaged citizen. This is in response an invitation from our recent Forum speaker, anti-death penalty activist and author Sr. Helen Prejean, from New Orleans. If you are interested in taking part send an email to Forum@anchorageuuf.org, and check the link on the AUUF Home Page under Social Activism with Sr. Helen.

Virtual Worship Sundays @ 11am on Zoom



What does it mean
to be a people of

Beloved Community?

The theme for the month of February is Beloved Community. It's a theme that we could use any time of year, for that is one of the visions of a Unitarian Universalist congregation—to work for and create Beloved Community. And, it also fits well as we embark on our stewardship campaign, think about the UUA's 30 Days of Love cycle, Valentine's Day, and Black History Month.

February 7 Catch the Rising Tide! with Rev. Lise Adams Sherry
It's Stewardship Sunday. Join us as we consider how best to transform our gifts into AUUF's dreams for the next year. So much seems to be looking up and moving forward—let's make sure we're not left on the shore!

February 14 The Edict of Torda—an origin story with Rev. Lise Adams Sherry
This Sunday we'll go back in time to our Transylvanian Unitarian roots to see how a young king was influenced by his mother to create a culture of tolerance and greater understanding.

February 21 Beloved Community with Matt Meyer
Our pulpit guest, Matt Meyer, will share his vision of beloved community through drumming and song. Matt will visit us via Zoom from Boston, MA.

February 28 Malcolm X with Rev. Lise Adams Sherry
Let's revisit the life story of Malcolm X as part of Black History month. What lessons can he teach us as we continue to deal with the legacy and contemporary struggles of racism in our country?

Notes from Religious Exploration February

By Rosene Beachy, DLRE



Greetings families,

Our theme for February is Beloved Community. I hope you have been enjoying the Soulful Home newsletter activities with your families. The link to this amazing resource is posted each month on the RE Facebook group page.

Find ideas for dinnertime and bedtime discussion questions for the theme at “*At The Table*” and “*At the Bedside*”, playful games and other fun ideas in “*At Play*” and, ideas for new ways to look at the world, through “*The Extra Mile*” and “*Around the Neighborhood*”, and “*On the Porch*” conversations and support for parents raising a UU child.

If you are a family at AUUF, and haven’t joined the AUUF RE Facebook group yet, you can send me an email and I will send you an invitation. Keep in touch with what is happening in the RE program with announcements, photos and other relevant information. Add some joy to your family life – be part of RE!

In faith,

--Rosene Beachy, DLRE

OUR PROGRAM

Our theme this month is Building Beloved Community! How appropriate at the start of a new 4 years in our country, and struggles to dismantle racism and other injustices. It will take determination. Each week will be a different focus with story and activities in our ZOOM Chalice Circle and Jr Youth Meet Ups.

- February 7 – Honoring Black Leaders
- February 14 – Love and Kindness
- February 21 – Healing wounds of racism and injustice.
- February 28 – We don’t run away when things get hard.

Save the Date –AUUF Summer Camp – July 12 – 16 !!

As you start making summer plans – Carve out a week of UU fun for your child who has completed K – 5 th grade. Mark your calendar for our 6 th annual “Peace Camp!” Our UU summer Peace camp will be full of fun with friends. There will be new activities and workshops as well as some golden oldies! Yes, the bicycle rides will be on again, that seems to be favorite with kids of all ages. Join us for a very fun week.

We don’t know yet if we’ll be doing an in person camp or ZOOM with activities like last year or some combination with outdoor gathering. We are trying to gauge interest, so please let us know. We will need several teen Camp Counselors, and also Parent volunteers for in person camp. Look for an email coming your way soon with an easy registration link for returning camp families. New forms will be available at the fellowship and on the RE Facebook page.

CYRE Committee

Come join in an outdoor event – enjoy seeing and being with UU friends:

Sledding at Sunset Park (600 Vine Ave in Government Hill)

A wide sledding hill with easy and steeper grades.

Monday, February 15 from 1-3:00pm

Masks and social distancing required. Let Rosene know if you need us to bring sleds, masks or additional winter gear for your family.

Notes from Religious Exploration February By Rosene Beachy, DLRE

Mystery Pals in March:

We still have a ways to go until Summer and/or being free of Covid. We'd like to set up a safety screened adult from our fellowship to be a Pal to your child or youth. We anticipate the connection to be with mail, email or phone. We will match pals the beginning of March. There will be a Zoom revealing of the Pal on March 21, 1:00 – 2:30pm.

Let Rosene or our office know by email, text or phone to include your child or youth. We need adult pals as well, please fill out the Pal forms and email to: rbeachy@alaskalife.net.

Valentines Tailgate Box Lunch Bash

Where: AUUF parking lot

When: February 14, 1:00 – 2:30pm

Who: All ages! Families, couples, singles, young and old

What: It's a tailgate party and a Box lunch competition all in one!

Find a box or basket or cooler big enough for lunch for you and your sweeties.

Decorate creatively in a Valentine type of way.

Fill with favorite picnic foods your sweeties love.

There will be awards for all types of decorations, i.e. Handsomest, silliest, sweetest, and more. And a yummy prize for everyone!

Come to the Fellowship prepared to sit in the back of your vehicle, or in chairs outside. Dress for the weather! Hopefully sunny and warm! Wear your best mask!

Why?: Because it will be a fun way to share joy with others in the community

Various Updates

Finding Your Way into Fellowship in February via Zoom!

Have you been attending AUUF for years or are you brand new? Would you like to know a lot more about UU and/or AUUF? Would you like to find out how your own faith journey intersects with AUUF? Are you thinking about becoming a member in the next few months? If so this class is just for you!

Three sessions from 6-8pm - (exact dates TBA, probably Tuesdays). We share our journeys and learn more about UU and AUUF. We have really enjoyed getting to know new and familiar folks. Rev. Lise will be leading one of the sessions and might participate in all of them.

We will meet on Zoom. If you are not comfortable using Zoom, please let us know and we'll get something set up at AUUF for a link in with proper social distancing. For questions or to sign up, email Andrea Van Ravenswaay at ndgnsgirlak@yahoo.com. We look forward to seeing you there!

Various Updates

Stewardship Committee

"People need to believe they can make a difference — that one person standing strong can turn the tide." -Ann Aguirre

The wonderful thing about donating/pledging to AUUF is that you don't have to stand alone. By giving whatever you can to the Fellowship, you join the rest of the members/donors in working toward a better future for ourselves, our fellowship and the wider community. Look on the website for fillable Pledge Forms and contribute as you can!

On Sunday, February 7th, Rev. Lise will be speaking about Stewardship. Each of us can contribute a little something (or a lot) to strengthen the work of AUUF. About 75% of AUUF's budget comes from pledge contributions. If you value what this fellowship has to offer, please keep your eyes peeled for how to pledge! As Anderson Cooper once said, *"The tide of history only advances when people make themselves fully visible."* Do what you can to Catch the Rising Tide, fill out the pledge form, and make the values of AUUF more visible!

Connecting During COVID: Fireside Chat for Adults

Your AUUF Connections Team invites you to our monthly Fireside Chat (Tea and Toddies!) -- No agenda, just show up on Zoom for some friendly conversation. You're welcome to attend for the entire time period, or drop in whenever you want for as long as you want.

Monthly Connections on Zoom February 3, 6:30-8:00 pm ---For ages 18 and up
We'll offer this every first Wednesday of the month until further notice. Find the Zoom link on the calendar on the AUUF homepage. For more information, email connections@anchorageuuf.org

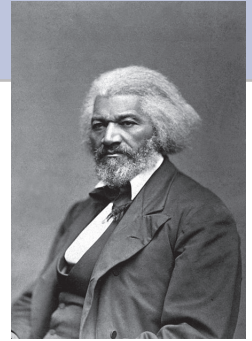
WhaleCoast Alaska Tours -- Anchorage Hosts Needed This Summer, June 12-16 and July 14-15 (COVID-19 Protocols Mandatory!)

WhaleCoast has historically been one of AUUF's biggest fundraisers. These summer tours bring UUs from all over the U.S. to Alaska for sightseeing adventures, while making connections with participating UU congregations in Alaska. Last summer's tours were cancelled due to the pandemic, but tour director Dave Frey from UF Fairbanks is making plans to hold both tours in 2021 with strict Covid-19 protocols.

If you've been a host to WhaleCoast guests in the past, or are interested in being a host for the first time, you should read up on the latest safety information on their website: <https://whalecoastak.org/covid-19/> Other pages on the site give details about the statewide tours.

Since there is still some uncertainty about how the public health outlook will be for this summer, you should know that a decision to possibly cancel this summer's tours may come about by March.

Until then, Denise Martin is looking for volunteers who would like to host guests during the dates above. Contact her at dulcimer.diva@gmail.com for more information.



HONORING FREDERICK DOUGLASS

By Dennis Arashiro

"I want a home here not just for the Negro, the mulatto, and the Latin races, but I want the Asiatic to find a home here in the United States, and feel at home here, both for his sake and for ours. In whatever else other nations may have been great and grand, our greatness and grandeur will be found in the faithful application of the principle of perfect civil equality to the people of all races and of all creeds and to men of no creeds."

- Frederick Douglass 1869

Frederick Douglass was born a slave and never knew his birthday. Later research into his owner's records managed to only go as far as identifying February as his birth month. February as Black History Month stems partly from this. I would take the matter of uncertainty of Douglass's actual birthday as an opportunity to honor him not for just a single day but for the entire month. If he had simply escaped slavery and lived as a free man from then on, it would have been an enormous accomplishment. But he went beyond that. If he had simply written an autobiography of his life as a slave while still in danger of kidnapping and return to bondage, it would have been an enormous accomplishment. But he went beyond that.

With his speeches and writings on behalf of abolition and racial equality after the end of slavery, he became the preeminent leader of the African American community in his time. He attend the first women's rights convention at Seneca Falls in 1848 and spoke fervently on behalf of the resolution for women's suffrage. He bravely rebuked the Christianity of his day for being far from the true, loving Christianity of Jesus. But he went beyond even all that. In 1877 he went as a free man to the deathbed of Thomas Auld for a moment of genuine reconciliation with his former owner.

Now it is our turn to go beyond Frederick Douglass. By giving full citizenship to the residents of our nation's capital who will name their new state Douglass Commonwealth. By giving full citizenship to those of all races, those of all and no creeds, and those of all gender orientations and identities. By fiercely engaging with the opponents of social justice of our own time while embracing their humanity. By making the Douglass vision our reality.

Board Report

Board Business Highlights

The following decisions of significance were made during your Board of Directors January meeting:

Set May 2nd as the date for AUUF's Annual Meeting convening at 10:00am.

- Extended the COVID-Protocols Limited-Use of AUUF's Building through at least April 30th.
- Approved a policy banning firearms on AUUF property.
- Approved the Building and Grounds Committee Charter transferring B&G from Team Status to Board Committee statue.
- Authorized the President to execute a contract with Kuchar Construction for the completion of the Sanctuary and Music/Worship Associates space renovations. (A separate contract will be awarded later for audio/visual upgrades throughout the building.)
- Authorized B&G to proceed with plans for the installation of automatic door openers for the South entrance.
- Authorized B&G to continue researching the feasibility of installing solar panels and the establishment of an LLC (for tax-credit purposes) to own and operate the installation on AUUF's behalf.
- Accepted a UUA Intern Salary Grant for incorporation into AUUF's FY22 budget.
- Delayed the formal search for a Settled Minister until November in order for us to all have time to get better acquainted with our Contract Minister, Rev. Lise Adams Sherry. UUA offers two paths for calling a Settled Minister: the formal one includes nearly seventeen months of intense effort leading up to a Call by the membership; the informal one allows a congregation to spend time in discernment with their Contract Minister leading to a potential call in the second year of the contract. Our members will be invited to spend time between now and November helping the Board decide which path to pursue.

Anchorage Unitarian Universalist Fellowship | (907) 248-3737

www.anchorageuuf.org

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Peggy Robinson Temp. Congregational Administrator, admin@anchorageuuf.org

Kelly Spring, Communications Specialist, communications@anchorageuuf.org

Rosene Beachy, Director of Lifespan Religious Exploration, rbeachy@alaskalife.net

Megan Webb, Music Director, auufmusic@gmail.com

Office Hours – By Appointment Only