



Anchorage Unitarian Universalist Fellowship

The Log

February 2021

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

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Art by Pi Luna Art
www.pilunaart.com

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 ndgnsirlak@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

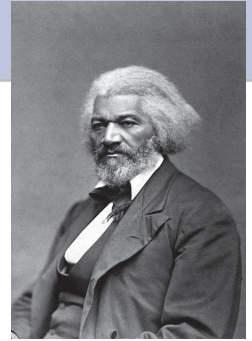
WhaleCoast Alaska Tours -- Anchorage Hosts Needed This Summer, June 12-16 and July 14-15 (COVID-19 Protocols Mandatory!)

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 status.
- 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

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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