

The LOG

AUUF monthly newsletter

January, 2020

Anchorage Unitarian Universalist Fellowship
2824 E. 18th Avenue, Anchorage, Alaska 99508-3303

www.anchorageuuf.org



Welcome to the month of Integrity

Calendar Highlights

Dec. 27 Labyrinth Walk
Jan. 8, 22, 29 "Finding Your Way Into Fellowship" classes
Jan. 11 Sr. High OWL Kickoff
Jan. 14 Hungry Book Club
Jan. 15 Board Meeting
Jan. 24 Labyrinth Walk
Jan. 25 Elementary OWL Kickoff
Jan. 26 Soup Sunday, Stay n Play
Jan. 28 Program Council

From the Minister On the Journey ~ Rev. Shelley Page

Integrity. Our January Soul Matters spiritual theme brings with it many meanings and connotations. One surprising meaning for me involves the root word, integer, a whole number. In other words, living with integrity means living with the wholeness of our being. I've been pondering that and questions keep arising for me as we begin 2020, a time ahead that feels fraught as we start the New Year. Questions like:

Am I living my own life with full integrity, honoring all part of my being? If not, what is holding me back?

What would wholeness look like for me?

To what do I need to say "Yes!" in my quest to live with full integrity? What about "No!"?

How do I navigate living with full integrity when it may be dangerous to do so in these days of divisions within families, communities, our nation and our world?

How do we, as a faith community, navigate live with full integrity when it may be dangerous to do so in these days of divisions within families, communities, our nation and our world?

What is our responsibility toward integrity and wholeness?

If our nation's motto, E Pluribus Unum, out of the many—one, points toward a wholeness, what does that wholeness look like in our culture? How do we live into the promise of pluralism and multiculturalism? What does wholeness mean when people at rallies shout hate-speech, and politicians aid and abet divisive behavior?

Yes, these and so many other questions arise for me. Come, gather with us on Sundays in January as we unpack these ponderings and more. And, consider joining a Chalice Circle as another place to explore integrity and what it means in your life. Let's start the New Year with questions and fresh energy to face the possibility-filled times ahead.

Blessings, Reverend Shelley



Another Email Scam Alert

Yet another email scam was perpetrated recently with fake messages coming from rev.shelleypage @ gmail.com. Please be assured this message is not from me (and that is not a legitimate email address). I understand that if you respond to this email (thinking it was me!), a request to buy iTunes cards for a cancer patient will pop up in poorly worded English. Clearly a scam!

Unfortunately, these scammers have been targeting UU churches and this scam is also timed to sound like a harried minister needing financial resources to compassionately aid a cancer patient during Christmas time. While perhaps sounding plausible at a quick glance, please be assured that I will never ask for financial assistance of this type and in this way.

Thanks to the congregants who alerted me to the scam this morning. Together, we can prevent cyber-crime of this kind.

Blessings,
Shelley

From the Board

~ David O'Brien, AUUF Board President



Your Board had its annual leadership retreat on Saturday December 7, at the commons building of a condominium complex where one of the board members lives. It was a great venue for this event and centrally located in midtown Anchorage, making it easy for all the board members to attend. The last few weeks have been very challenging for me as I have had a lot going on in my personal and professional life. Planning a leadership retreat seemed like an almost insurmountable task, even with Rev. Shelley's help.

For inspiration on how to reach this goal, I turned to our beloved past president, Wendy Romberg. I was entrusted with Wendy's Fellowship notes, which her husband Bill presented to AUUF in a rather large box. It took me several hours spread over several evenings to read through them all. The "gold mine" for me was reading through Wendy's notebook from the 2019 UUA General Assembly, held in Spokane this past June, from which she took detailed notes from seminars she attended. It was quite obvious to me that Wendy had some great ideas on leadership development that she intended to share with the Board but never got the chance. In consultation with Rev. Shelley, I decided to use two of those ideas during the retreat. One of these was on "20 Qualities of Effective Cooperative Leaders", by Laird Schaub. Another was a description of 10 ways of working through conflict, developed by a group called Black Lives of Unitarian Universalism but apply to any decision-making group.

These topics aren't just for your Board but can apply to your committees and teams as well, or any group you are a member of with leadership positions. You can easily find them on the Internet. The list of leadership qualities with short descriptions about each one is quite inspiring. We must all strive to laugh easily, follow as well as lead, and be good at bridging divergent viewpoints, to name a few. No matter what group we are a part of, there is always going to be some conflict. It would probably be quite boring if everyone in the groups we belong to always agreed on everything and nothing ever needed discussion! Some conflict builds a stronger group and managing that conflict is key to a group's success and making sound decisions.

Thank you, Bill Romberg, for sharing Wendy's thoughts with us. She continues to inspire us to be better individuals, better committees and teams, and a better congregation.

20 Qualities of Effective Cooperative Leaders, from Laird Schaub:

<http://www.blogger.com/profile/01751204926086189047>

Working Through Conflict, from Black Lives of UU:

<https://www.blacklivesuu.com/working-agreements>



Planning to Honor Wendy's Memory with a Playground Donation?

Year end giving opportunities abound. And, perhaps you have intended to make a donation to support Wendy's Playground as a way of honoring Wendy Romberg who passed away in September. You can join others who have already collectively donated \$4,343 to jump start this special part of the AUUF grounds master plans. Any memorial gifts honoring Wendy are fully designated to this special fund. Simply write a check to AUUF with Wendy's Playground in the memo line.

[Donate now through Vanco Services](#)

AUUF Teams & Committees

Ministerial Search Update ~ Ministerial Search Team

Calling a new settled minister is a bit like running a marathon.

(Anyone who has ever tried one knows that the real work isn't so much the race itself but the six months of training that precedes it. And then, if you've put in all the necessary mileage, you're finally rewarded with a three-week tapering period just before race day.)

Which is precisely where the AUUF Ministerial Search Team finds itself situated these last three weeks of December.

Having met weekly for the past six months, we're pleased to report that we've since completed the hardest part: conducting member surveys and focus groups, gathering over a hundred required documents, and finally building a "Congregational Record" that tries to articulate exactly who we are and what we hope for in a new minister.

All that information was posted on a national ministerial-search web site during the first week of December – in sync with about three dozen other UU congregations currently searching for a new minister.



So we're briefly exhaling right now, knowing that we've done all we can before the actual starting gun goes off on Jan. 2. That's when we'll learn – confidentially – who's interested in us among approximately 90 UU ministers in search.

Then the two-week-long starting phase of interviewing the candidates and evaluating them begins. Next we'll have three more weeks (from Jan. 15 to Feb. 5) to select our three or four favorites. Then we'll launch into a nearly two-month-long period of reference checks and more in-depth evaluations, a stretch that includes inviting the top candidates to Alaska for both sides to conduct in-person interviews.

On March 30 the Ministerial Search Team will be tasked with selecting its favorite candidate and submitting that name confidentially to UUA. And if the candidate concurs, his or her name will be publicly shared with the congregation in early to mid-April.

Like we said – it's a marathon. In late April the candidate would travel to Alaska for a week to meet our full membership. But at the conclusion of that final hill looms the finish line: an up-or-down vote by the full Congregation scheduled for May 3.

So with that: Let the race begin.



Social Action Council ~ Dennis Arashiro

"Injustice anywhere is a threat to justice everywhere. We are caught in an inescapable network of mutuality, tied in a single garment of destiny. Whatever affects one directly affects all indirectly."

~ Martin Luther King Jr. in his Letter from Birmingham Jail

STAY IN YOUR LANE! How often must Martin Luther King Jr. have heard those words or something similar! Stay in the pulpit! Street demonstrations are no place for a minister! Go back to Atlanta! Birmingham is none of your business! Don't talk about Vietnam! Why the Poor People's Campaign? Stick to civil rights! King's answer was that we all are in the same lane together and that marching forward together is the only moral option. If that means rallying the discouraged, so be it. If it means moving the obstacles, so be it. If it means carrying the stragglers, so be it. If it means

continuing to point the way until your time was at an end, so be it.

As we observe Martin Luther King Jr. Day this month, what does his message mean for us now? Perhaps we should examine the "stay in your lane" mentality within ourselves. Is a case of discrimination less a priority because we are not the victim? Is a threat to peace less urgent because it is happening in another land thousands of miles away? Is a challenge less concerning because it will be a future generation's problem instead of ours? King continues to challenge us with his own answers.

Project Homeless Connect Annual One-Day Event ~ Dennis Arashiro

On Wednesday, January 22, 2020, you have the opportunity to make a difference in the lives of people facing the challenge of finding homes. This will be the fourteenth year Anchorage has hosted Project Homeless Connect, a one-day, one-stop gathering to bring service providers, government agencies, and the general community together with those in need of help in dealing with homelessness. The results? Quicker access to services, gains in acquiring homes, improved quality of life, and reduction in the stigma attached to homelessness.

Join the many Fellowship volunteers who have been at the Egan Center downtown in years past, serving lunches, distributing survival supplies, interviewing people in need and guiding them to those who can help, providing childcare and medical care. Sign up by contacting me by phone or email: Dennis Arashiro at 444-4324 or elvischannel@yahoo.com. Or, see me at the Social Action Table at the Fellowship on Sundays.



Be a Champion! from the Stewardship Committee

Let's Get This (Pledge) Party Started! March 1 - after the 11am service! (put it in your calendar now!) Building on last year's successful Hogwarts-themed pledge event, we are planning another one this year, inspired by the 2020 Olympic Games (and, perhaps, some Freddy Mercury). AUUF will be turned into an Olympic village bringing together diverse people with diverse beliefs for family fun and adventure. Tying in with our UU principles and personal passions, this year's motto is: "Be A Champion!" Are you a champion for the environment? for social justice? for music?

your neighborhood? What do you want to champion in your life and at AUUF?

Let's join inspired and inspiring athletes worldwide in anticipation of the 2020 Olympic Games and BE A CHAMPION! Look for your VIP invitation with annual pledge information in January, giving you time to consider your pledge for the coming year (important for all members and close friends!!!). To make this family fun event a success, we are asking Program Council teams and committees to be a sponsor of our AUUF games, and would love your energy and ideas to help our fellowship "cross the (budgetary) finish line" with enthusiasm and skill. We are currently planning activities and invite individuals and teams to be a part of it. Contact Carol Harris at ch@gci.net or Carma Reed at carmaandjiri@gci.net if you can volunteer in this labor of love and stay tuned for further information! Look for updates in "this week at your fellowship" in 2020.

Hospitality and YOU!

~ Connections Team

Do you remember your first time at AUUF? Did you feel welcome... or not? Did you know that the #1 reason people don't return to a congregation is because no one talked with them?! We are working hard to create a "Culture of Hospitality" at AUUF and need EVERYONE to make it happen.

SIX things you can do immediately to help create a culture of hospitality that do not require a long-term commitment of time or energy.

1. Say hello to someone you do not know. "Hi I'm ____ and I don't remember if we've met.... What inspired you to come today?... I'm glad you're here... hope to see you again soon."
2. Look for people by themselves and introduce yourself and ask if you can show them around.
3. Come 15 minutes early and hand out an Order of Service and say "good morning".
4. Make it a practice to sit in the middle of a row of seats, and leave back rows and aisle seats open for new folks to easily slip in.
5. Sit by someone you do not know.
6. Practice making time to remove yourself from conversation with AUUF friends and seek out new people... and/or bring the new person into the group and introduce everyone.



THREE things you can do that REALLY help and do require a little time

1. Buddy with a new member -- take out for tea -- invite to things -- introduce to people
2. Be a greeter once a month -- we train!
3. Bring healthy snacks once a year -- people are sticking around socializing!!

Practicing hospitality expresses our belief in the inherent worth and dignity of each person. Through our actions of hospitality, we move towards creating a world in which we are all treated with justice, equality, and compassion. Thank you for your help in creating a culture of hospitality at AUUF!

Announcing Survey Results for the 2020 Half-Portion Recipients

~ Kalen Saxton

Each Sunday, the offering basket is split with half going to AUUF operating budget and half to an organization designated as a chosen monthly recipient.

At the 2019 annual meeting earlier this year, members of AUUF voted to include **PILOT** (Payment in Lieu of Taxes) and **AFACT** (Anchorage Faith and Action-Congregations Together) as monthly Half-Portion recipients in FY20, since they were not funded in the annual budget.

The ten other half portion recipients receiving the most votes in our recent survey as monthly recipients are:

1. Coalition to End Homelessness (58 votes)
2. Planned Parenthood of the Great Northwest and Hawaii (57 votes)
3. Citizens Climate Education / Citizens Climate Lobby (55 votes)
4. Food Bank of Alaska (53 votes)
5. RAIS (Refugee Assistance & Immigration Services) (51 votes)
6. Alaska Public Media – KSKA, KAKM, APRN (49 votes)
7. STAR (Stand Together Against Rape) (49 votes)
8. Alaska Literacy Program (45 votes)
9. Identity, Inc. (39 votes)
10. Alaska Innocence Project (39 votes)

Children's Lunchbox received 38 votes, ProPublica/ADN received 26 votes and Green Sanctuary/Fair Trade Coffee received 20 votes so were not in the top ten. The Half Portion Team will be deciding the schedule of the monthly recipients for the year.

Thanks for voting as we continue to commit to fostering more love and justice in our community and state. If you have questions about the selection process, please contact Kalen Saxton saxtonkalen@gmail.com

January's Half Portion for Social Action is: Citizens Climate Education / Citizens Climate Lobby

The Citizens' Climate Lobby is organized around 458 local chapters worldwide, including 5 in Alaska, with local citizens inspiring their elected representatives, local media and communities. George Donart, a member of AUUF, is the Anchorage Chapter Group Leader. Their longtime focus has been to cut CO2 emissions by 90% by 2050. The Anchorage group is starting a student chapter and is looking for money for travel and scholarships for students to their D.C. Conference. They occasionally need funds for holding public events.

Religious Exploration (RE) Notes

~ Rosene Beachy, Director of Lifespan Religious Exploration



OUR PROGRAM

Happy New Year!

Beginning in January, we will return to our Workshop Rotational format to best make use of the THEME materials from Soul Matters. Multi age groups of children will rotate each week to one of 4 workshops designed around the theme. There will be a different theme each month January – May.

Stories and activities will vary each month. Our teachers will provide the workshops, but volunteers will be needed to help the groups. We have an online “Sign Up Genius” volunteer calendar like what worked last summer for the Children’s Lunchbox for ease of volunteering.

There are a number of different ways to help out! Join us.

December 29th – Cross age program – Kwanzaa & Hanukkah

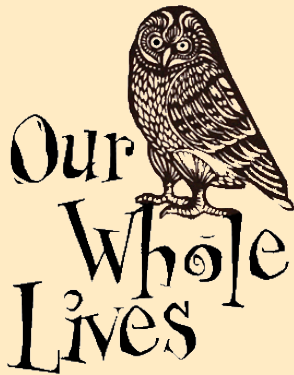
January 5th – Workshop Rotational begins for Elementary ages

Preschool and youth groups continue with their own Theme plans

January 12 – Workshop Rotational theme for January from Soul Matters - Integrity

January 19 – 4 Workshops – Contemplation Space, Make It Space, Movin’ & Groovin’, Integrity in Action

January 26 – 4 Workshops – Contemplation Space, Make It Space, Movin’ & Groovin’, Integrity in Action



OUR WHOLE LIVES (Our Whole Lives Sexuality curriculum)

“OWL Aerie” (Sr High 10th–12th grade) Jan. 12 – March 1, 12:45-3pm

January 8 – Wed. 7-8:30pm **Parent information night**

for Sr High OWL.

Come to the parent night to learn about the program.

January 11 – **Sr High OWL Kick off Sat. 12:45-3pm, Parents & Teens**

Elementary OWL January 26 – March 29, 12:30 – 1:30pm

January 20 – Mon. 7-8pm **Parent information night**

January 25 – **Elementary OWL Kick off Sat. 10-11:30am**
Parents & child

SOCIAL JUSTICE

Remember to feed your Guest At Your Table Boxes, and turn them in January 19th.

This annual fund- raising program for the Unitarian Universalist Service Committee 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. (Read UUSC article under General News). Thanks for sharing your blessing with others!

Soup Sunday Service Projects –

Congratulations to the **Fire Keepers** who earned \$265 for Friends of Pets at their Soup Sunday in December! Thanks to all the wonderful Soup Makers.

The Planet Keepers earned \$300 in November which went to Beans Café.

The Moon Spinners earned \$300 in October which went to an organization #TEAMTREES, striving to plant 20 million trees at \$1 a tree by Jan. 1st, 2020 !! So they donated \$300 to the Arbor Day Foundation for 300 Trees!! Awesome!

<https://youtu.be/7bsuXsxX950>

The YRUU earned \$345.00 in September, which helped with renting a vehicle for their CON trip to the PNWD Youth Conference in October.

Next Soup Sunday is January 26th

THANK YOU:

... to all who participated in the MITTEN TREE event,

It was a hat year! The annual Mitten Tree collection (40 hats, 15 mittens, 2 scarves) went to the Airport Heights school. Some smaller hats and mittens went to the Preschool for Children with Special needs at Mt. View Elementary taught by member Mariah Thibodeau.



... Winterfest elves who led a wonderful Sunday afternoon event this year. Many beautiful ornaments were created! Thanks Laura Krip, Amanda Licka, Beck Larson, Deena Mitchell, Dianna Polese, Alison Hansen. Marie Hildebrandt, Karen Atkinson, Elayne Hunter
 ... to our **Elementary, OWL facilitators**; Bethany Buchanan, Abigail Kean, Bev Grogan, and coming in Jan – Monica Perez Verdia & Michele Wasson,
 ... to our **Jr and Sr High OWL facilitators**; Kelley Hartlieb, Ken Winterberger, Teresa Zimmer, Doug Eby, Sarah Taygan, Meghan Bundtzen, Katherine Huffman

CYRE COMMITTEE (Children and Youth Religious Exploration)

Lots happening on the youth front!

... The youth had a very lively "Lock In" (overnight) in December and worked a bit with Shelley on the "Christmas Carol" dramatic reading which they were involved with on Dec. 15th.

... They are planning to leverage the 2020 Census grant along with their Social Justice project to provide feminine products to homeless women.

... They are also working on a date for a joint "Lock In" with the Fairbanks UU youth when they visit in the Spring!

Adult Offerings

Attention Newcomers AND "Old-timers"!

Interested in joining or learning a whole lot more about AUUF OR willing to meet and get to know newcomers on a much deeper level? Our next "Finding Your Way into Fellowship" **class starts Wednesday January 8th**. We have revamped this class to be more of a small group experience including everyone from brand new folks to seasoned UUs. It's scheduled for 6-8pm Jan 8, 22 and 29 (not on the 15th) You can sign up at the Welcome Table on Sundays. For more information, contact Judy Engh at judyrae427@yahoo.com or the office 248-3737.

Hungry Book Club, January 14th, 2 pm ~ Shirley Dickens

For December's meeting we met at Kinley's restaurant for a lovely lunch and to exchange a book that meant something to us. There were 8 of us and we had a lovely time. We had already chosen a book for January's read, "Where the Crawdads Sing," by Delia Owens. We will meet again, January 14th in the Library at AUUF at 2:00 p.m. Call Shirley Dickens 563-4499 for more information.

Labyrinth Walk with Live Music, January 24, 6-8 pm

Soothe your soul with labyrinth walking while listening to contemplative live music. Instruction offered. Appropriate for kids 10 and up. You need not arrive exactly at 6, but may drop in to check it out. Repeats every fourth Friday through March.

Chalice Circles Starting Up Again in January!

Chalice Circles are happening again in 2020! These facilitated small groups explore our monthly Soul Matters spiritual themes and offer a meaningful way to deepen connections with others and your own spiritual journey. Participants receive a Soul Matters packet with lots of fodder for reflection and exploration, and then come together to practice deep listening as each person shares their experience of the theme and how it relates to their life.

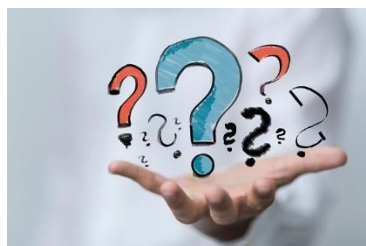
Want to try Chalice Circles? We ask that you commit to participate from January through April, with the understanding that sometimes you may miss a session due to travel or other things that come up. Part of the magic in Chalice Circles is getting to know each other so consistent participation offers that opportunity.

If you are interested, please sign up with Rosene Beachy rbeachy@alaskalife.net by Friday, January 3. Please let her know which group you would like to join:

1st and 3rd Sundays 4-6 pm @ AUUF

2nd and 4th Mondays 6:30-8:30 pm @ AUUF

1st and 3rd Thursdays 7-9 pm Offsite in a member's home



Freethinkers Chew on Pros and Cons of Artificial Intelligence ~ Marie Lundstrom

Artificial Intelligence, or AI, is here and becoming more pervasive in our lives. Big questions about how far and how fast AI will grow, and how human lives and societies will change have been raised through our reading in Freethinkers of **AI Superpowers: China, Silicon Valley, and the New World Order** by Kai-Fu Lee and our viewing of the PBS Frontline episode, "In the Age of AI." We've spent several Fridays from noon to 1:30

speculating about what kinds of human work will become obsolete because robots or androids will do it better. What will happen when AI grows to be more intelligent than humans and can reproduce itself? How do humans control AI development? What can humans do that AI can NOT do? How will human civilization change?

humans and can reproduce itself? How do humans control AI development? What can humans do that AI can NOT do? How will human civilization change?

On the issue of control, Ed Bennett found online and shared the Laws of Robotics as devised and amended by the science fiction writer Isaac Asimov.

First Law: A robot may not injure a human being, or through inaction, allow a human being to come to harm.

Second Law: A robot must obey the orders given it by human beings except where such orders would conflict with the First Law. **Third Law:** A robot must protect its own existence as long as such protection does not conflict with the First or Second Laws. **Zeroth Law:** A robot may not harm humanity, or, by inaction, allow humanity to come to harm.

These laws, if encoded in AI, may bring some comfort to worriers about AI becoming more intelligent than humans and deciding we don't deserve to continue. On the other hand, reading Asimov's short story, "The Last Question," gives another perspective. Meanwhile, we Freethinkers continue to ponder on what kind of world our grandchildren will live in.

Join AUUF Freethinkers Fridays, Noon - 1:30 p.m. at AUUF. Participants meet to discuss a variety of thought-provoking topics. Contact Kalen Saxton 907-244-8221.

AUUF Library Adds Freethinkers Books

~ Marie Lundstrom

Some recent books read and talked about in the Freethinkers discussion group have been added to the AUUF Library collection. The new titles include *Enlightenment Now* by Steven Pinker, *Gods of the Upper Air* by Charles King, Will Cuppy's *The Decline and Fall of Practically Everybody*, *The Second Mountain* by David Brooks, Walter Isaacson's *Leonardo Da Vinci*, *21 Lessons for the 21st Century* by Yuval Noah Harari, and Jon Meacham's *The Soul of America*. Three other titles which were already in the Freethinkers category are *The Swerve* by Stephen Greenblatt, *Sapiens* by Yuval Noah Harari, and *The Portable Atheist*, selected and introduced by Christopher Hitchens.

You may check out/in AUUF Library items in the white binder. Just give your name, book title, date out, and when returned, date in. It's the honor system.



General News

Plan Now to Attend the 2020 Unitarian Universalist General Assembly June 24-28 -- Providence, Rhode Island

Register Now and Save!

Registration is now open at uua.org/ga/registration. Full-time registration is \$400 for adults, \$250 for high school youth and retired and candidate ministers, \$150 for off-site registrants. **Early bird registration is now through March 15, 2020.** Rates increase on March 16th.

Prefer smaller payments over a longer period of time? We've designed a payment plan just for you. When you register, simply click "payment plan" when prompted and, for as little as \$50 down, you can spread out the balance of your registration over several months. Payment plans must be paid in full on or before February 29, 2020.



UNITARIAN
UNIVERSALIST
ASSOCIATION



Guest At Your Table Program -- Now Through January

This annual collection by the national Unitarian Universalist Service Committee aids women and children's projects throughout the world. Boxes for each AUUF family are available downstairs or in the social room if you missed getting one on November 17th. UU's across the United States place GaYT containers on dining tables to invite the world into our homes. You then put a contribution equivalent to a guest at your meal in the containers each day.

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.

After Christmas, count the coins with your family and convert your coin and cash total into a single check made out to the Unitarian Universalist Service Committee ("UUSC") and put it back in your box. Bring the box back to AUUF by January 19.

WhaleCoast Alaska -- New Tour Director Sought

WhaleCoast Alaska, a summer tour program involving UU congregations in Alaska, is looking for a new tour director. Dave Frey of Unitarian Universalist Fellowship of Fairbanks, who has directed the program for the last 10 years, has decided that it's time to pass the torch. The new director will "learn the ropes" in 2020, then plan and direct the 2021 WhaleCoast Alaska tour program. This is not a volunteer. The new tour director can earn income from future successful tours. Dave is looking for someone who...



- Wants to be an entrepreneur and make a financial investment
- Is dedicated to customer-service
- Has proven ability to lead and manage large groups
- Is friendly, tactful, assertive, resourceful, and detail oriented
- Makes good decisions under pressure
- Is willing to make a long term commitment to manage WhaleCoast Alaska
- Technology skills including creating spreadsheets, using Word documents, creating slideshows, managing Facebook, etc.
- Commitment to support Alaska UU congregations and be guided by UU principles

If you have a genuine interest in being the next WhaleCoast Alaska director, please contact Dave Frey at dfrey@WhaleCoastAK.org.

January Sunday Services

Sunday January 5

9 am George Bryson, "Winter Descent of the Grand Canyon"

11 am Rev. Shelley Page, "2020 Ways to Say No"
Sometimes the sweet no is what lets us live with integrity. Let's reflect on what we will say no to in 2020 and how we'll do it!

Sunday January 12

9 am Julian Mason, "Redistricting--Why Your Vote In the Next Election May Not Count"

11 am Rev. Shelley Page, "A Thousand Ways to Kneel and Kiss the Ground"

Unitarian Universalists agree to live in intentionally pluralistic spiritual space. How do we do that while honoring our own personal spiritual integrity?

Sunday January 19

9 am Hon. Morgan Christen, "The History of Suffrage in Alaska and the Pacific Northwest"

11 am Rev. Shelley Page, "MLK's Beloved Community: Getting There, Together"

Rev. Dr. Martin Luther King Jr. challenged the world to create Beloved Community. How are we as Unitarian Universalists being called to our part? Could an 8th Principle help guide us?

Sunday January 26

9 am Dr. Maria Williams, "Cultural Honoring vs. Cultural Appropriation"

11 am Barb Clark and AUUF Worship Team, "Shoah: Why We Remember"

We pause to remember the Holocaust and reflect on the importance of this observance in today's world.

Forum Speakers

George Bryson is a journalist and educator who's lived in Alaska for 40 years. Over three decades at the Anchorage Daily News, he worked as a reporter, a Washington correspondent, a feature writer, and editor of *We Alaskans*. He holds an MFA degree in creative writing and has taught courses in journalism and literary nonfiction at both UAA and UAF. George and his wife Ann are the parents of three grown daughters and have both been active at AUUF, where George currently serves as a member of the Ministerial Search Committee.



Julian Mason is the senior attorney, and now "of counsel," at Ashburn & Mason, where he has practiced since 1975 when he graduated from Harvard Law School. Julian is a renowned public utility and business lawyer, and played a major role in the settlements of the State of Alaska's oil and gas royalty and tax disputes, the trial and settlement of the State of Alaska's Mental Health Lands Trust dispute, and the State's efforts to resolve the impasse over subsistence hunting and fishing rights. Julian has served on the Alaska Redistricting Board, the Alaska Mountain Rescue Group, Governor's Task Force on Tort Reform, and Chugach State Park Citizens' Advisory Board. He is a Certified Hunter Safety and Bowhunter Instructor, and served in the US Marine Corps. Julian is married and has two grown sons.

Morgan Christen has served as a Judge on the United States Court of Appeals for the Ninth Circuit since 2012. Prior to that, she served as a justice on the Alaska Supreme Court and a superior court judge. Born and raised in Washington, she attended college in England, Switzerland, and the People's Republic of China. She earned a B.A. degree from the University of Washington in International Studies and a J.D. degree from Golden Gate University School of Law. Judge Christen was awarded the Light of Hope Award for work on behalf of Alaska's children, the Alaska Supreme Court's Community Outreach Award, the Athena Award, and a YWCA Woman of Achievement. She and her husband, Jim Torgerson, were named Philanthropists of the Year in 2004. They live in Anchorage, and have one daughter.



Maria Shaa Tlaa Williams is a Professor in Alaska Native Studies at UAA. She is Tlingit and was born and raised in Anchorage, Alaska. She earned her M.A. and Ph.D. in Music, specializing in Ethnomusicology, from UCLA. She formerly taught at the Institute of American Indian Arts in Santa Fe, and the University of New Mexico. She is the editor of *The Alaska Native Reader: History, Culture and Politics* (Duke University Press 2009), and produced a documentary on Daisy Stridaztse Demientieff, a Dene/Athabaskan artist, called "A Beautiful Journey" (Anaguina Productions 2009). She has been teaching at UAA since 2008.

Anchorage Unitarian Universalist Fellowship

Contacts

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The LOG

AUUF monthly newsletter

February, 2020

Anchorage Unitarian Universalist Fellowship
2824 E. 18th Avenue, Anchorage, Alaska 99508-3303

anchorageuuf.org



Calendar Highlights

Feb. 1 COA (Coming of Age)
Spiritual Practice Retreat

Feb. 1 MMIWG Vigil (Alaska
Native Heritage Center)

Feb. 2 Essentials of
Mindfulness Workshops start

Feb. 5 Interfaith Harmony
Week Tour

Feb. 8 Friendship Dinner
(Offsite)

Feb. 9 UU the Vote

Feb. 11 Hungry Book Club

Feb. 16 Multicultural
Transformation Followup
Presentation

Feb. 19 Board Meeting

Feb. 28 Labyrinth Walk

Mar. 1 "Be Our Champion" Stewardship Party

March 20-21 AUUF Women's Retreat

April 18 Shirley Dickens Celebration of Life



Welcome to
the month of
Resilience

From the Minister On the Journey ~ Rev. Shelley Page

Resilience feels like such a relevant topic this month! How do we cultivate resilience in our lives, especially now with so much feeling uncertain with our democracy and climate change? I am drawing inspiration from two resilient women who passed on in January—Ruth Sheridan and Shirley Dickens. Both of them demonstrated great resiliency throughout their lives as they faced personal challenges as well as living through the turbulence of the past century. I wish I could turn back time and interview them about their take on resiliency. Alas, I am sad that I cannot. However, I do offer this observation about both of them.

Shirley and Ruth were deeply rooted in community. They did not go it alone. They weren't simply members of various groups but fully embedded in circles of connection. Some of the circles were close-in circles of dear friends and family, places where they could share their inmost feelings and receive first-line help in times of need. *And*, both were parts of circles of much wider connection here at AUUF, social justice groups and organizations that provide direct aid to people in need such as the Alaska Literacy Program. Their lives were bound up in an interdependent web of community where they freely gave their energy, creativity, compassion and resources. This was a life-long practice for these luminary women. Binding your life to the needs and welfare of others builds resiliency.

Now, yes, of course, it is possible to over-do and burn yourself out. That's not what any of us want. But their example of deep and wide connections, built over time, gives us a clue about resiliency—it pairs with reciprocity. When one gives, one receives. Resiliency is strengthened *for all* when we show up, connect, volunteer, simply be there for one another. And the wider and deeper circles of connection can hold us as we hold others. May it be so.

Blessings,
Reverend Shelley



From the Board ~ David O'Brien, AUUF Board President

In my letter last month, I shared with you two leadership topics (20 qualities of effective cooperative leaders & 10 ways of working through conflict) that our beloved past president, Wendy Romberg, had learned about at the 2019 UUA General Assembly (GA) and how these topics can apply to your committees and teams. Another plan she had for your board was to have a regular "leadership development" agenda item that was relatively short and based on specific online classes available on the UUA website. Why have something like this during a board meeting? In her GA notes, Wendy wrote "If you don't do leadership development, you will always be too busy. How we are together is more important than what we do." Starting with the January board meeting, we are going to implement Wendy's vision by having these discussions on a regular basis.

Wendy felt that sharpening leadership skills for our current and future congregational leaders was important. Just as she was going to share this online leadership program with your board, I would like to share it with you, our current and future leaders. It is called "LeaderLab" and the main webpage is <https://www.uua.org/leadership>. If you click on the option "Training by Congregational Role", it will take you to a page with 3 training topics: Core Leadership Training, Board Training, and Leadership Development Teams. You can explore these topics and see the various leadership courses under each.

- The courses under the "Core Leadership Training" section cover basic leadership skills. The courses are titled, Centered Leadership, Strategic Leadership, and Adaptive Leadership. There is a fee of \$30 for each course. However, if you click on one of the courses, you will see a navigation menu to the right that also shows "Elective Trainings" that are \$15 each and "Free Trainings" for which there is no charge.
- The courses under the "Board Training" section are specifically for board members. However, there are some topics that can apply to any committee or team, such as "Healthy Communication". All courses are free.
- The courses under the "Leader Development Teams" section start half-way down the web page. Although this training is tailored for members of committees/teams that offer congregational leadership programs, there are topics that can apply to any committee or team. All courses are free.

I hope you take advantage of some of these leadership opportunities offered by UUA.



AUUF Teams & Committees

Matchmaker, matchmaker ... ~ Ministerial Search Team

You know, it's really quite simple....

OK, not really.

The task of finding and hiring someone to serve as our Fellowship's next settled minister turns out to be a highly choreographed dance involving many players on a national stage. At this point, we're still in rehearsals. But in just two and half more months – in mid-April -- your Ministerial Search Team is due to raise the curtain on its top nominee. Here's where things stand to date:

After six months of building AUUF's official "Congregational Record" – a voluminous account of our history, current status, and aspirations for the future –we posted all that information on a national UU ministerial search site in early December.

All the ministers across the country who are confidentially searching for a new congregation were allowed access to the database. By Jan. 1 they needed to inform the UUA clearing-house exactly which congregations on the list they were interested in, at least on a preliminary basis. (They could choose as many as 15.)

On Jan. 2 your Ministerial Search Team learned that five ministers said they were interested in us. Since then, we've shared more of our information with those five candidates, and they've shared theirs with us. We've also conducted extensive video-conference interviews with each of them (again, on a totally confidential basis that precludes members of your search team ever divulging who they are).

The team has now selected its top favorites and arranged to fly them to Anchorage, sometime in February or March, for more face-to-face interviews and a chance to see our church, our city, our state.

However, the choosing is mutual. The ministerial candidates themselves must narrow their own preferences down to only those they're seriously considering, inasmuch as they can only accept a total of three "pre-candidating" invitations nationwide. So now we're looking forward to this next stage of our search. And this most fascinating dance continues.





Save the Date! AUUF Olympic Pledge Event March 1, 12:30-2:30

~ Carol Harris, Stewardship Committee

Last year the Stewardship Committee planned our "first annual" pledge event featuring the Hogwarts theme. The intention was to make pledging fun. By the time you read this, the planning for our second pledge event will be reaching final form. This year's concept revolves around the creation of an AUUF Olympic Village with events tied to our seven principles.

It turns out that planning a pledge party is a lot of fun even though it has a serious objective of meeting AUUF's 2021 budgetary goal. The ideas have been flowing fast and furious and the hard part has been winnowing everything down to a doable two-hour event. We are planning games, challenges, talent performances and activities galore. There will be something for everyone accompanied by food and fellowship. Of course, you can make your pledge the old-fashioned way—and you will have an opportunity every Sunday in the

Social Room starting February 9th to submit your pledge—but why not try the new way and join in the fun on March 1?

We hope you are enticed by the pledge packet in the mail with a very special invite for you and your family. Please plan on joining us at the AUUF Olympic Village. We are ambitiously hoping for a 90% pledge participation and all it takes is YOU to make this happen. Join us for the fun and make your 2021 pledge at the same time.

BE OUR CHAMPION in the spirit of generosity and community!

Social Action

MMIWG* Vigil and Heartbeat of the Drums

*Missing and murdered Indigenous women and girls"

The MMIWG invites you to join them Saturday, **Feb 1, 2020 from 12-4 pm** at the Alaska Native Heritage Center in Anchorage, in honor and remembrance of missing and murdered Indigenous women and girls. This second annual event is organized to heal together as a community and bring awareness to the MMIWG crisis.

For more information, visit the Facebook page:

www.facebook.com/events/463395777931854/

or contact Native Peoples Action at 907-917-0854 or email info@nativepeoplesaction.org

Note from Rev. Shelley:

African American lawyer and civil rights activist, Bryan Stevenson (Just Mercy) encourages us to "get proximate" to people experiencing oppression. "Getting proximate" means being there with them in their struggles, showing our solidarity, growing in compassion by learning more directly from those affected. Please join me in attending the second annual Missing & Murdered Indigenous Women & Girls event at the Alaska Native Heritage Center. Showing our support and solidarity at this public event can be a powerful way for us to learn more and demonstrate our concern about this issue that deeply touches our community.



AUUF THE VOTE! -- Sunday, Feb. 9, 12:30pm

There are transformative election years and there are HISTORICALLY TRANSFORMATIVE election years. This year is clearly the latter. That is why we are organizing AUUF the Vote! We will be recruiting and organizing for the April municipal vote to begin with and planning for the later state and national elections. This is the time to set the future course of our city, state and nation. Join those of us who have already volunteered to take action at **12:30 PM on Sunday, February 9, 2020, in the Fellowship Sanctuary** to learn more.

Resources on the National "UU the Vote" Campaign

Sign up for email notices, watch the national launch video and more at:

<https://www.uua.org/justice/vote2020>

What's Next for AUUF with Multicultural Transformation?
Join us Sunday, Feb. 16, 12:30pm in the AUUF Sanctuary

Gather to learn more about the key discoveries about AUUF and its journey toward multicultural Beloved Community. Hear about the results from this past fall's Multicultural Transformation Day and some next steps for this congregation. A great chance to learn about this important transformational work, especially for those who were not present at the special October event.



Social Action Council ~ Dennis Arashiro

"Nothing is more important than empathy for another human being's suffering. Nothing. Not a career, not wealth, not intelligence, certainly not status. We have to feel for one another if we're going to survive with dignity." - Audrey Hepburn, UNICEF ambassador

With the approach of February 19, the Day of Remembrance of the Japanese Internment, I reflect on how I perceive it as a Japanese American. Anyone of any ethnicity can say about it, "It was unjust; it was outrageous." The difference is that I can say, "It could have happened to ME!" This is why I feel a sense of responsibility to confront the injustices faced by those who can now say, "It IS happening to me!"-- whether it is a Honduran asylum seeker at our border, a Muslim American confronting life after 9/11, or a Puerto Rican facing racially motivated indifference to the

natural devastation of her home.

So, please join me in attending the Japanese American Citizens League commemoration of the Day of Remembrance at the **Wilda Marston Theater at the Loussac Library from 5:30 to 7:30 PM on Wednesday, February 19, 2020**, to view the Japanese Internment documentary "And Then They Came for Us," narrated by George Takei, and to participate in the following panel discussion with members of communities under threat today. Understanding past injustice has a role in the struggle against present injustice. For those of you who are not Japanese American, reflect on those other injustices that had you saying, "It could have happened to ME," so that the day will come when no one says, "It IS happening to me!"

February's Half Portion for Social Action is:

Alaska Public Media (to offset State Budget cuts)

At AUUF, every Sunday service collection is shared, with half of the unpledged, unrestricted money supporting the fellowship and half going to a specified charitable organization. A different organization is a recipient for each month. A full list of this year's recipients can be found on our website <https://www.anchorageuuf.org/half-portion>

February's recipient is **Alaska Public Media**: KSKA, KAKM and APRN (Alaska Public Radio Network) KSKA and APRN provide state-wide news from a central newsroom in Anchorage and 25 public radio stations across the state. Also, original programming on a broad selection of Alaskan interests and community concerns and re-broadcasts of public speeches. KAKM provides Public Television programs like Sesame Street and Masterpiece Theater.



Religious Exploration (RE) Notes

~ Rosene Beachy, Director of Lifespan Religious Exploration



Our theme this month is resilience! 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 rbeachy@alaskalife.net 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 RE PROGRAM

Our Winter Program for **Elementary age kids** is Workshop Rotational. 4 Workshops, with activities based on the theme of the month take place each week with children attending on a rotating schedule: Contemplation Space, Make It Space, Movin' & Groovin', "Resilience" in Action.

Children **begin downstairs in Rm 5 every week this month except Feb. 23** when we will begin upstairs.

Please arrive before 11:00 for kids to get settled. We start at 11:00 with our Chalice Circle and then move into Workshops. **Adult helpers are needed** each week and Workshop leaders are needed as we plan March and April. Plans provided. Come and join the fun! rbeachy@alaskalife.net

Preschool and youth groups continue with their own Theme plans.

Our Whole Lives (Our Whole Lives Sexuality curriculum)

"OWL Aerie" (Sr High 10th–12th grade) Jan. 12 –March 1 in Rm 8

Elementary K-1 OWL January 26 – March 29, 12:30 – 1:30pm in Rm 2

SOCIAL JUSTICE

Coming Soup Sundays -- Held at AUUF 12:30 pm; A suggested \$3 donation for soup will go to a social justice project.

February 23 – Hosted by the Wind Walkers class (and a Committee Support team)

March 29 – Hosted by the Coming of Age Group's M & M's (Mentors & Mentees)

THANK YOU'S:

- ... To Bruce Roberts for the much - needed window in the Wind Walkers (Preschool) classroom door!
- ... Katherine Huffman for many cool OWL resources and books
- ... our volunteer helpers and Workshop leaders in Workshop Rotational



SAVE THE DATE -- AUUF SUMMER PEACE CAMP JUNE 22-26

As you start making summer plans – Carve out a week of UU fun for your child who has completed K – 5th grade. Mark your calendar for our 5th 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 a favorite with kids of all ages. Join us for a very fun week.

We need several teen Camp Counselors, and also Parent volunteers. Look for an email coming your way soon with an easy registration link for returning camp families. New forms available at the fellowship and on the RE Facebook page.

YOUTH NEWS

If a tree falls in the woods and no one is there to hear it...

On behalf of the youth, I offer a silent smile. These are choice words because often times we may not know what our youth are thinking or how they feel, but, as I observed last Sunday, they are thinking and feeling powerful profoundness. I ask a question and get silence, but not without a smile. This is not uncommon, but I decide to lean in. I ask again and they enlighten me with what it is they believe integrity means to them. They offer a classroom example of a peer stating that

"there would be no incentive to work without money." To which they reply, "that's not a question of incentive; that has to do with your integrity. " And so it does.

I ask them, just like the tree that no one hears, if no one is there to see you act and your action will go unjudged, what do you do? Their response is refreshing. I bring to them the scenario of the *Ugli Oranges* I use in my professional trainings. It is an exercise in interest-based conflict resolution. On one hand, a scientist needs the rinds of the last global supply of Ugli oranges to combat a chemical weapons spill. Another scientist needs the same oranges for a serum against a deadly disease outbreak. Set up to fail, these scenarios hide the reality that one needs juice and the other needs the rinds. They end the conflict. What two of our youth figured out in minutes, five adults could not in an hour just the week before. I praise them and they say nothing. They give me a silent smile.

Our high schoolers are busy as a number of them have begun HS OWL classes. We are gearing up for Spring Con with a few ideas in development: Reaching out to Fairbanks UU to host and travel to Con together. For funding our trip, we are working on BAKC (Bring AK to Con) Packs which will include self-care items and maybe some Alaska *swag* (apparel) that other Con goers may like while supporting our return for Spring.

We are also preparing for our next lock-in. Also stay tuned, for following January's month of integrity, I indeed to challenge that integrity with more news on our social justice project: providing feminine products to homeless women.

On behalf of the youth, challenge us or else,
Nicholas Moore, Coordinator of Youth Programming

Adult Offerings

Hungry Book Club, February 11th, 2 pm

The Hungry Book Club's new fearless leader is Carol Harris clh@gci.net. In February we're reading: "*The Alice Network*" by Kate Quinn and then in March we're reading "*Three Days in January: Dwight Eisenhower's Final Mission*" by Bret Baier. We still meet at 2:00 on the second Tuesday of the month in the library at AUUF. We always welcome everyone- whether you've read the book or not!

Labyrinth Walk with Live Music, February 28, 6-8 pm

Soothe your soul with labyrinth walking while listening to contemplative live music. Instruction offered. Appropriate for kids 10 and up. You need not arrive exactly at 6, but may drop in to check it out. Repeats March 27.

Chalice Circles Have Started -- Some Groups Have Space, New Ones Possible

These facilitated small groups explore our monthly Soul Matters spiritual themes and offer a meaningful way to deepen connections with others and your own spiritual journey. Participants receive a Soul Matters packet with lots of fodder for reflection and exploration, and then come together to practice deep listening as each person shares their experience of the theme and how it relates to their life.

If you are interested, please sign up with Rosene Beachy rbeachy@alaskalife.net.

February Friendship Dinner

The next Friendship Dinner on **Saturday, February 8th at 6:00pm!** You are warmly invited to Friendship Dinners (for adults), to be shared in the homes of fellow members and friends. Sign-up sheets can be found in the social room on Sundays. There will be another dinner planned for March 28.

This is a wonderful way to get to know other AUUF folks in a relaxed, intimate setting, and begin lasting friendships. Please contact Andee Cordano (907-350-6361) or Deena Mitchell (847-997-8357) if you have questions.

AUUF Women's Annual Retreat March 20-21

Details coming soon in an upcoming email blast or order of service!



Be Here Now with Mindfulness Meditation Training at AUUF Sundays at 12:30 Starting Feb. 2

Grounded in the Buddhist tradition, mindfulness, or Insight meditation, is a centuries-old practice that has been updated to serve the needs of busy people from all walks of life. Whether we identify as students, parents, wage earners, business owners or professionals, we all face the challenges of strong emotions: fear, anger, anxiety and depression, brought on by the ups and downs of life.

Short periods of regular practice have been proven to alleviate stress, promote mental clarity and emotional balance, while allowing a more wise and efficient response to life's challenges, wherever and whenever they occur. Often, long-term practice results in subtle shifts in our consciousness that allow for the opening of our hearts and minds, resulting in joy and compassion for both ourselves and others.

This course will be taught in a secular approach, and you do not need to be Buddhist to participate. Indeed, what the Dalai Lama says holds true here: "Do not try to use what you learn from Buddhism to be a Buddhist; use it to be a better

whatever-you-already-are." This course will be offered by donation only (optional), and no one will be turned away if there is space in the class.

Taught by Dr. Ana Verzone, the **Essentials of Mindfulness Workshop** will begin on **Sunday, Feb. 2nd at 12:30pm, Room 7** and meet at that time every Sunday in February (Feb. 2nd, 9th, 16th and 23rd).

General News

World Interfaith Harmony Week 2020

AUUF is joining other faith communities throughout Anchorage to observe this Annual UN event. On **Wed. Feb. 5, 6:00 pm** people from various faith communities will be visiting AUUF to learn about Unitarian Universalism and tour our building.

We need AUUF folks to help host this event. Please contact Rev. Shelley if you can help. revshelleyauuf@gmail.com

Visit worldinterfaithharmonyweek.com to learn more about the week-long activities.

WORLD INTERFAITH



HARMONY WEEK
Annual UN Observance

Plan Now to Attend the 2020 Unitarian Universalist General Assembly June 24-28 -- Providence, Rhode Island



Register Now and Save!

Registration is now open at uua.org/ga/registration. Full-time registration is \$400 for adults, \$250 for high school youth and retired and candidate ministers, \$150 for off-site registrants. **Early bird registration is now through March 15, 2020.** Rates increase on March 16th.

Prefer smaller payments over a longer period of time? We've designed a payment plan just for you. When you register, simply click "payment plan" when prompted and, for as little as \$50 down, you can spread out the balance of your registration over several months. Payment plans must be paid in full on or before February 29, 2020.

[Learn More About UU General Assembly and Voting Delegates](#)

WhaleCoast Alaska Tours -- Anchorage Hosts Needed This Summer June 13-17 and July 15-16

WhaleCoast is one of the biggest fundraisers for AUUF and other UU congregations in Alaska. Once again, Dave Frey from UUF Fairbanks will be organizing and leading 2 groups of people on 2 separate Alaska tours for UUs from all over the U.S. If you have room in your home to house guests for one or both of the tours, put the dates on your calendar today! Guests will be in Anchorage for at least 3 nights for the June National Parks tour. Early stay options are offered in June, so some could arrive June 12 or earlier. Different guests stay for 2 nights only on the July tour. Denise Martin is again coordinating housing for Anchorage. We need many volunteers to house all these visitors for the specified nights. In addition, AUUF will provide a banquet for each of the tours on Sunday June 14 and Thurs. July 16. We'll also need drivers to help out. So, there are a number of ways to volunteer.

Please mark the dates on your calendar, and contact me if you are interested: Denise Martin dulcimer.diva@gmail.com. To learn more about the statewide tour schedules, visit www.whalecoastak.org.



WhaleCoast Alaska -- New Tour Director Sought

WhaleCoast Alaska is looking for a new tour director. Dave Frey of Unitarian Universalist Fellowship of Fairbanks, who has directed the program for the last 10 years, has decided that it's time to pass the torch. The new director will "learn the ropes" in 2020, then plan and direct the 2021 WhaleCoast Alaska tour program. **This is not a volunteer position.** The new tour director can earn income from future successful tours. Dave is looking for someone who...

- Wants to be an entrepreneur and make a financial investment
- Is dedicated to customer-service
- Has proven ability to lead and manage large groups
- Is friendly, tactful, assertive, resourceful, and detail oriented
- Makes good decisions under pressure
- Is willing to make a long term commitment to manage WhaleCoast Alaska

- Technology skills including creating spreadsheets, using Word documents, creating slideshows, managing Facebook, etc.
- Commitment to support Alaska UU congregations and be guided by UU principles

If you have a genuine interest in being the next WhaleCoast Alaska director, please contact Dave Frey at dfrey@WhaleCoastAK.org.

February Sunday Services

Sunday February 2

9 am Lance Wilber and Tom Roth, "Bonds! Why Your Vote Matters"

11am AUUF Anti-Racism Team, "From White Fragility to Multicultural Resilience"

If "white fragility" is a symptom of the systemic racism that pervades American culture, as argued by author Robin DiAngelo, then dismantling systemic racism and moving towards genuine multiculturalism will require its opposite – resilience – along with hard work and commitment. As part of AUUF's commitment, the Anti-Racism Team hosted Multicultural Transformation Day in October 2019 to investigate our congregation's comfort level with multiculturalism and discuss how we can keep moving along the continuum away from systemic racism and towards multicultural transformation. Workshop participants will reflect on what we learned and where we might go from here.

Sunday February 9

9 am Robin Kornfield, "SKIKU: Making Tracks with Native Youth in Rural Alaska"

11 am Rev. Shelley Page, "Be a Resilience Champion!"

Let's explore how we can bring more resilience into our lives and our faith community!

Sunday February 16

9 am Mary Jo Torgeson, "Making Book on the Future of Anchorage Libraries"

11 am "And Then They Came for Us"

We pause to remember the beginning of the Japanese-American Internment as we consider the fragility of our current democracy and how history is repeating itself on our Southern border. What lessons in resilience can guide us now?

Sunday February 23

9 am Bede Trantina, "Yippee, It's Bede!! Gratitude for a Life in Public Radio ... and a Life After"

11 am Rev. Shelley Page, "Building Your Resilience Muscles"

Strong spiritual practices help build our resilience muscles. What does this mean in a UU context? Gather with us to learn from those whose spiritual practices help them live more resilient lives.

February Forum Speakers

Lance Wilber is the Director of the Municipality of Anchorage's Office of Management & Budget. He is responsible for the coordination, development, implementation and monitoring of capital and operating budgets for thirty-eight departments, facilitation of city-wide performance measures and the review of management policies. Previously, Lance served as MOA's Public Transportation Director, and before that as Central Region Director for the Alaska Department of Transportation & Public Facilities, where he was responsible for leadership, management and oversight of design, construction, maintenance & operations for the region serving over 50% of Alaska's population. He is a graduate of Oregon State University and Eastern Washington University, with a master's degree in Urban and Regional Planning. Lance is an active member and past president of Anchorage East Rotary, and is enjoying a life of Alaska adventures.



Tom Roth is the Chief Operating Officer of the Anchorage School District, and he is responsible for all district facilities, busing, student meals, safety, security, risk management and medical services. Prior to his joining the District in July 2015, Tom served as a career officer in the United States Army Corps of Engineers. He held numerous command and staff positions in the United States, Europe and the Middle East, and retired from the Army as the Chief of Staff of the United States Army Alaska. Tom has a bachelor's degree in economics and master's degrees in management and strategic studies. He enjoys physical fitness training, fishing and spending time with his family. Tom and his wife, Michelle, live in Eagle River and they have five children and a dog.

Robin Kornfield is founder and executive director of Skiku, the rural Alaska village cross-country skiing program. Skiku has grown from serving four villages in 2012 to a statewide project that will serve 8,000 Alaska youth this winter in more than 50 remote villages. Robin is of Iñupiaq descent, born in Nome, and from the village of Kiana. She has served as vice president of NANA Development Corporation, president of its film production subsidiary, and executive director of the Alaska Broadcasters Association. Robin earned her bachelor's in music from Northwestern University, her MBA from UAA, and a certificate of French language from the University of Grenoble. Robin has served on many boards, including Alaska Sea Life Center, Alaska Ski for Women, Breast Cancer Focus, Inc., Alaska Public Telecommunications, and Alaska Chamber Singers. She is a parent of elite-level cross-country skiers, and an avid recreational skier.



Mary Jo Torgeson is the Anchorage Public Library Director. She is passionate in her belief that libraries are an essential part of a vibrant and cohesive community, both in developing strong partnerships with businesses, schools and community agencies and in creating services that transform people's lives. She has been in Anchorage for almost eight years, and brings a wide range of experience in developing user-centered services that make libraries easier to use and understand. She has been a leader in developing library services to diverse communities, including non English-speaking communities. Ms. Torgeson earned her Master's of Library Science at the University of Washington and her Master's of Public Administration at Seattle University. She does what librarians do for fun: READ....and cooks, walks dogs, goes to indie films and enjoys the beautiful Alaska outdoors.

Bede Trantina retired as morning show host and programming director for Anchorage public radio station KSKA in 2018. She was born in Omaha, raised in the San Francisco Bay Area, and graduated with a BFA from Northern Arizona University. Bede became a volunteer at KSKA when she moved to Alaska in 1979. She was hired as a "temporary vacation relief" that summer, and then "had the great fortune to bloom where she was planted" for the next 39 years until her retirement from Alaska Public Media. Former Alaska Public Media GM Steve Lindbeck wrote, "...she taught me by example, day in and day out, that our community was the only reason for our existence." Since 2002, Bede has been a member of "her church"—the Providence Hospital's Cuddle Corps, holding babies in their Newborn Intensive Care Unit.



Anchorage Unitarian Universalist Fellowship

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Anchorage Unitarian Universalist Fellowship

The Log

August 2020

Anchorage Unitarian Universalist Fellowship
2824 E. 18th Avenue, Anchorage, Alaska 99508
www.anchorageuuf.org

Table of Contents

Introducing Rev. Lise Adams Sherry

Greetings from Our New Board President

Notes from Your July AUUF Board Meeting

Fellowship Gatherings VS. COVID

Small Group Gatherings at AUUF

AUUF Online Community Directory of Services and Businesses

Social Action By Dennis Arashiro

August Half Portion for Social Justice

Notes from Religious Exploration

Reflections on 2020 General Assembly

General Assembly Delegate 2020

Lending a Hand to Rev. Richard Gay

From the Minister Rev. Lise Adams Sherry



Greetings!

We made it! Nelson (my partner), Tali (our dog) and I arrived on Monday evening after driving for 4 ½ days from Oregon. It was a beautiful, if short trip (Canada COVID rules=rolling quarantine) via Prince George and then west to the Cassiar Hwy. The last time we were on the Cassiar, 30 years ago, it was mostly gravel. Like then, we saw bears and other wildlife and still had to dodge a few potholes. We had one horrendous flat tire at Haines Junction, but it's all part of the adventure, right?

Since arriving our main task has been unpacking (Thank you to the masked AUUF members who helped unload our van!) and remembering that we're still in quarantine until August 10. We have driven around a bit and one of our first stops was at AUUF. The flowers, Black Lives Matter banner, playground and bike rack all speak to a people who care about their community and their environment. I'm looking forward to working with such a group in the near future (and seeing the inside of AUUF!). This next week I'll be getting settled into AUUF and attending a few meetings via Zoom. I'm also hoping to hatch a plan and schedule so I can start to distantly meet multiple small groups of you in person—more on that later. Until then, be well and let's keep being here for one another.

Blessings, Rev. Lise (pronounced "Lisa")

Introducing Rev. Lise Adams Sherry



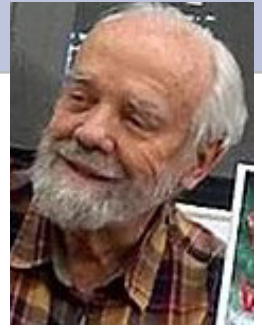
Rev. Lise leading South Shore Citizens for [Refugee & Immigrant] Equality demonstrators in song (2/5/17)

Let's all welcome Rev. Lise Adams Sherry, our new Contract Minister.

Our journey with Rev. Lise Adams Sherry began August 2nd, 2020. Rev. Lise just drove from Massachusetts to Anchorage, with a stop in Oregon to visit family. We owe her a big AUUF virtual hug for making her transcontinental journey during these tumultuous days just to help us flourish. Rev. Lise's looking forward to learning about, guiding and sharing our collaborative AUUF ministry adventures. She received her M.Div. from Meadville Lombard in Chicago and comes to us from First Parish of Norwell, Massachusetts.

- Rev. Lise's interest and gifts for religious education are informed by her appetite for learning, her love of the arts, and her enjoyment of working with people of all ages. She is an OWL facilitator and is looking forward to working collaboratively with Rosene and our great RE Team.
- Rev. Lise feels pastoral care and rites of passage make up one of the more sacred parts of ministry. During these troubling times, she hopes people will come to trust her with their challenges and their joys. Lise has found that simply offering her presence can be one of the more empowering things she does as a minister.
- Rev. Lise describes ministry as an exciting, engaging, challenging and multi-faceted calling. She welcomes the chance to work with our Worship Associates and Megan as they collaborate on our Services. She loves that congregations are full of people of all ages, who are intentional about how they live and relate with our world. Such intentionality allows for reflection, learning from mistakes and moving forward in love. She believes that sharing ministry and life are truly gifts.
- Her first UU church included a Forum and she is fully supportive of our humanist activities.
- Our Board of Directors approved Rev Lise's 11-month contract on June 17th.

Greetings from Our New AUUF Board President



Hello AUUF Members & Friends,
It has just been a couple of weeks since I stepped onto our rapidly evolving virtual merry-go-round of Fellowship. I am already standing in awe of your Adaptability and Resilience. As your newly elected President, I encourage all of you to jump aboard our virtual teams. I will do my best to keep up with the pace you set.

It's not Impossible: You know, I never imagined for a minute that I would be plunging into my ninth decade hereabouts with my head virtually zooming through The Clouds, but here we are. It reminds me of the look of amazement on about a dozen young children's faces when they gathered around one of the fathers as he lay on the floor at a birthday party and they lifted him and carried him out into the yard where they unceremoniously dumped him on the lawn. It was a lesson never forgotten—it took Everyone Working Together to Accomplish the Impossible. "It takes a village" to make a Fellowship Flourish and we are committed to deepening our Bonds of Community during this time of social distancing.

One Hell of a Year: As a part-time volunteer member of "Team Amy", I was amazed at how quickly the year flew by. It has been a roller coaster ride filled with moments of grief, elation, sorrow, joy, apprehension, innovation, heartbreak and caring. We owe a big-elbow-bump-hug to everyone who sprang into action in March to create our Virtually Vital AUUF, to David O'Brien for guiding us through a tumultuous year, and to Peggy Robinson for keeping our ship on a steady course. To everyone who pitched in, Thank You for doing one hell of a fine job in circumstances without precedent in our lifetimes.

There is a lot of apprehension, stress and uncertainty in the air these days. Please reach out to one another in search of ways to ease each other's burden and nurture some joy. Our strength as a Community will be a key determinant of our health as individuals and as a Fellowship.

Everyone Pitching In & Sharing the Joy of Fellowship: That is All we need now. I invite each of you, member and friend, to devote a bit of your talent to nurturing AUUF. We will be offering all kinds of opportunities to serve, including UUA online leadership training. And, hopefully, by this time next year you can all carry me outside the building and unceremoniously dump me on the lawn because we all worked together to accomplish the impossible.

We have An Opportunity: ...To reshape our Nation, our Community, and our Fellowship. Our Nation is in the midst of a painful awakening which can be perverted to further the interests of the plutocrats or bent toward a more equitable future for one and all. That is what it means to "Bend the Arc of History". The forge is hot. Are you ready to plunge in and do some bending? Your creative energy will propel AUUF into the future. You can start by sending me your ideas about what AUUF should be doing right now in an email: president@anchorageuuf.org.

If You Need Help: Please, please, let us know immediately—we need to hear from you sooner rather than later. As we welcome Rev. Lise in August for the final leg of our journey to a new Settled Minister, let's do everything in our power to flourish as a Fellowship.

Be safe. Be well. Wear your mask proudly.
Shalom.

In your Service. —Sid

Notes from Your July AUUF Board Meeting

- The Board met on July 15th and Welcomed new members Don Antrobus and Sid McCausland, as well as almost new member Kathleen Lucich. Elected officers for the coming year: Sid McCausland, President; Jenna Way, Vice President; James Dryden, Secretary; and Peggy Robinson, Treasurer
- Accepted the Treasurer's report that AUUF ended the fiscal year on June 30th in sound financial condition, thanks to the continued support of you, our members and friends, during this tumultuous time of virtual fellowship.
- Requested that the Building & Grounds Team review our proposed capital and maintenance projects and recommend the order in which they should be funded.
- Reviewed and approved a number of Team Charters among other items of business.
- Cancelled the Fellowship Picnic and Fall Frolic due to the spread of COVID-19
- Adopted a COVID-19 Protocol that will allow small groups that have used our building in the past to begin using our building again if they adhere to the Protocol.

Fellowship Gatherings vs COVID-19

On July 15th, your Board determined that...

- Our face-to-face Fellowship Picnic and Fall Frolic must be cancelled.
- Large gatherings such as our Forum, Service, Choir and RE will not be able to return to our building before October.
- Small groups that agree to adhere to our *COVID-19* Protocol may make arrangements to return to the building. The Protocol is based on guidelines set by the Municipality, the CDC, and our Safer Congregation Team. Unfortunately, its implementation will be delayed due to the rapid rate at which *COVID-19* is currently spreading in Anchorage.
- At each monthly meeting your Board will continue to gaze into our crystal ball, review all relevant available information, and try to imagine our way back in our building. We will speculate about the next three months, but beyond that the Pall of *COVID-19* Uncertainty clouds all. So, we will keep updating you monthly as time marches on.

Announcing the AUUF Community Directory of Businesses and Services

You are invited to list your business or service in our soon-to-launch AUUF Online Community Directory. During these tumultuous times we want you to have the opportunity to make everyone aware that you are one of us and you are ready and willing to offer your services or products to one and all. Your Board and Communications Specialist Kelly are working out the details, but the sooner we hear from you, the sooner we can launch the Directory.

Please send us a draft or mock-up of what you hope to fit into 2.5"x4" box, we will experiment with formatting before establishing our final publication guidelines. Be succinct and engaging. Your listing will be free for the duration of the Municipality's COVID-19 Restrictions. Your service and/or product must not conflict with our AUUF Principles and Covenant.

Send your listing to **Kelly Spring communications@anchorageuuf.org**

Honoring our Rev. Richard Gay by Lending a Hand to his Family

As AUUF's vibrant minister from 1975-1986, Rev. Gay left a lasting imprint on our members and our Fellowship. His name comes up frequently in conversations with those who knew him.

On June 15th, Jerilee, his youngest daughter, began experiencing symptoms that led to the removal of an operable tumor in her brain. She and her husband manage two Humane Society operations in Oregon and have been getting by without health insurance.

Jerilee's brother, Rick, created a Go Fund Me page for his sister and her husband, Stephen Drynan. Rick forwarded the Go Fund Me link to AUUF. Such a request is usually be handled by our Minister, but being midstream in our transition, our amazing AUUF Alliance stepped up and fired off a donation. The Alliance and I want those of you who would want to know an opportunity to join the Go Fund Me campaign for Jerilee & Stephen.

The Go Fund Me link is:

https://www.gofundme.com/f/d5855-jerilee-drynan-surgery-fund?fbclid=IwAR115ntCHc9mQaN-JVI84D36VmNc6S1o2KAMMgJSX6LCm1NzDh1_wXLuW-AQ

In Fellowship, Sid McCausland, Board President

Social Action-Women's Voices By Dennis Arashiro

To commemorate the one hundredth anniversary of the adoption of the 20th Amendment giving women the right to vote, take in the words of women.



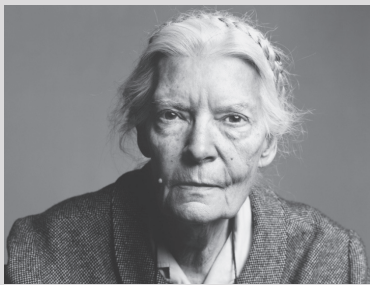
"It was we, the people; not we, the white male citizens; nor yet, we the male citizens; but we, the whole people, who formed the Union. ... Men, their rights and nothing more; women, their rights and nothing less."

- Susan B. Anthony, Women's right activist

"The world has never yet seen a truly great and virtuous nation because in the degradation of woman the very foundations of life are poisoned at their source."



- Lucretia Mott, Organizer of the Seneca Falls Convention, First Women's Rights Convention



"People say, what is the sense of our small effort? They cannot see that we must lay one brick at a time, take one step at a time. A pebble cast into a pond causes a ripple that spread in all directions. Each one of our thoughts, words and deeds are like that. No one has a right to sit down and feel hopeless. There is too much work to do. "

- Dorothy Day, Journalist and Social Activist

"Women in the country must become revolutionaries. ...We must replace the old, negative thoughts about our femininity with positive thoughts and positive actions affirming it, and more. But we must also remember that we will be breaking with tradition, and so we must prepare ourselves educationally, economically, and psychologically in order that we will be able to accept and bear with the sanctions that society will immediately impose on us."



- Shirley Chisholm, US Representative and Presidential Candidate



"When you see what happens in politics or business, I just had the opinion that money and power, you can't beat them, no matter what. So to me, this was a real example of strength in numbers and power to the people: If you come together and fight something huge, you can win."

- Dawn Dunning, Prosecution Witness against Harvey Weinstein

Social Justice & Public Health

By Dennis Arashiro

"The medical school (at Harvard) is all marble, with these grand columns. The school of public health is this funky building, the ugliest possible architecture, with the ceilings falling in. That's America."

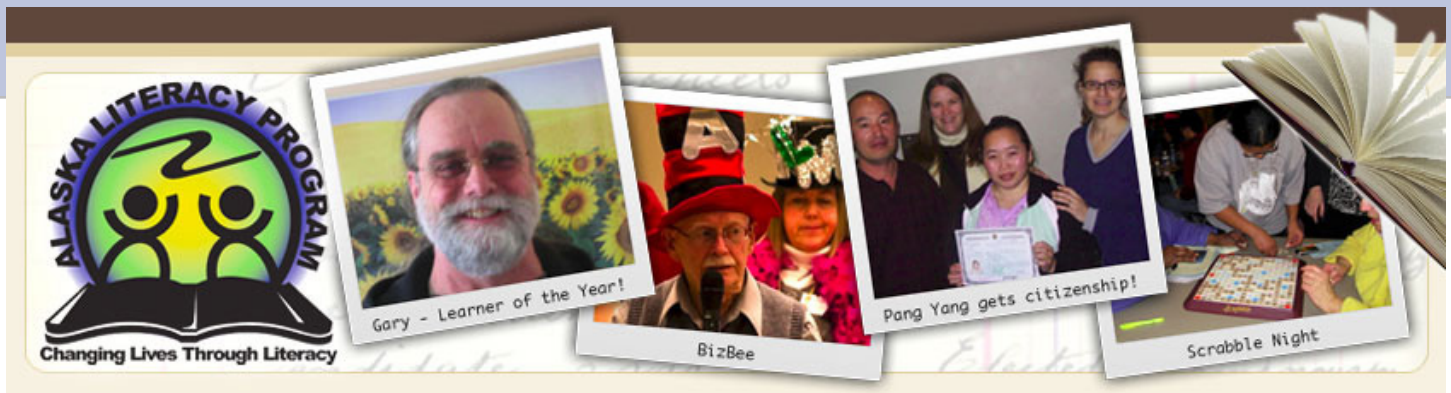
- Laurie Garrett, author of 1994's "The Coming Plague"

Laurie Garrett points out how we value individual clinical medicine over public health. So what do we risk by doing that? We may see an individual medical fatality in isolation, totally unrelated to underlying social conditions, the racial and economic inequities and the environmental toxins that led to that particular death. We may see a police shooting of an unarmed African American as a tragic but isolated incident, not part of a persistent and general racial pattern. We may mourn the death of a child playing with a gun without connecting it to the larger issue of firearm policy and law. Not seeing the forest of social harm and injustice for the trees.

The present pandemic has brought the weaknesses and limitations of our institutions of public health into focus, failings due to a dismissive and myopic view of public health. The refusal to see environmental desecration as a public health issue. The refusal to see gun violence as a public health issue. The refusal to see homelessness as a public health issue. The refusal to see addiction in all its forms as a public health issue. And yes, the refusal to see inequalities of race and wealth as a public health issue. It's time we look beyond the trees to see the forest. It's time we see not only the forest but realize that the forest is us.



Illustration, Determinants of Equity, King County Office of Equity and Social Justice
Courtesy King County



August Half Portion for Social Action goes to Alaska Literacy Program

By Kalen Saxton

The Alaska Literacy Program is our Half-Portion recipient for August. Since we can't pass the birchbark baskets for donations at our services, it is up to you to go the AUUF website and click the Donate button. Alaska Literacy Program celebrated the completion of their first summer sessions where 14 volunteers provided direct online instruction to 40+ students and distance education to an additional 20+ students. They maintained regular contact with students and volunteers that were not able to move to online program delivery.

They received emergency COVID-19 funding and amended their budgets to get a technology lending library filled with laptops, headsets and hotspots. They prepared for their first virtual training of new volunteers. All of these changes happened in less than three months. They are working hard to find a way to have a limited number of in-person classes while continuing to offer on-line courses in the Fall.

ALP's current funding is stable, but they do need unrestricted funds to help pay for utilities, repairs, and supplies. Donations of unrestricted funds will help pay for the costs of reopening the building and the increased need for supplies to keep everyone safe and healthy. They have cancelled the BizBee, a major fundraising source, and likely will cancel the Scrabble event. To keep classes accessible, they have waived all student tuition and materials fees and have developed the technology lending library.

The Board and staff of the Alaska Literacy Program take their mission of changing lives through literacy very seriously. The pandemic and national attention on systemic racism have laid bare the discrepancies that exist for so many marginalized communities. At ALP they know they are unique at a time of such division to have the opportunity to develop compassion and empathy for each others.

Notes from Religious Exploration

By Rosene Beachy



It was a brave new world in Peace camp this year as our Peace Camp team reconfigured all the normal plans to have a virtual camp! And our 5th year of UU Peace Camp, even though virtual, had a record 41 children /25 families participating. Bev and I had the very fun opportunity to set up a social distanced recording studio at the fellowship to record and hold the morning circles and singing. About half the kids showed up on any given day for the live video Circles. Other families participated in the recorded videos, stories read by our Jr youth, craft demonstrations and bicycle skills. Several families participated in the bike rides and thanks to some well-placed social distancing we even had an audience for the bike ride and started a new tradition with the “tube man” at an evening bike parade! Thanks to Elayne Hunter and Bev Grogan for many hours of planning and recording!

Summer Activities continue with recorded weekly Chalice Circles on the theme of Fairness and Anti-Racism. Summer RE Activity kits are being picked up by RE families, and the Camp bags are being brought back and refilled with ideas, projects and supplies for the next few weeks of summer until school begins.

Unfortunately, it looks like physical distancing from AUUF services and RE programs will continue through possibly much of the coming year.

We know this virtual world is causing a lot of stress as families juggle family life, childcare, working from home and soon, school. Our RE Team has discussed ways to keep a sense of community and connectedness for our families without being too overwhelming.

We know that many groups the kids have been involved in are not happening and social circles are smaller. We know you would like to keep that link to their faith community strong and intact which is why we will restart the live RE Chalice Circles in September.

We are planning now for virtual Sunday (morning or evening) Zoom circles for 4 age groups, Registration confirmations will be emailed to last year’s enrolled families. Forms are available on the RE Facebook group, and the AUUF website. We would love to have a few volunteers partner with our CYRE team members to provide some Sunday RE sessions for Preschool, Elementary and youth. We need people who would be comfortable using or learning to use the Zoom platform to bring short and interactive programs to our kiddos. Sunday activities will be based on the Theme programs from Soul Matters – which this year are being expressly designed with on line virtual experiences in mind. Activity packs will be available to pick up and do at home each month.

We would like to chat with you about ways AUUF can support you and how we can partner with you to keep a connection with your faith family during this time. Our CYRE Team will be making phone calls to families in August, but please feel free to call me or anyone else on the Team. (Elayne, Bev, Laura Krip, Dianna Polese, Andee Cordano, Jaime Olson).

Have a Wonderful Summer, and don’t forget to collect a bit of water from wherever your adventures take you that reminds you of a special place and special people you were with! We will have a virtual “Gathering of the Waters” Ceremony during the Homecoming Service in September when we kick off our fall program.

VIRTUAL UUA GENERAL ASSEMBLY

Reflections on 2020 UUA General Assembly

By James Dryden 7/18/2020

The General Assembly (annual meeting) of the Unitarian Universalist Association was held June 24-28, 2020, as a large virtual Zoom meeting. It had been originally planned for a Rhode Island convention center venue but had to be reworked to a virtual meeting due to the Covid-19 pandemic. The change probably resulted in a much greater attendance than originally expected since the costs and time commitments were much less for the attendees although the organizers had more work. Technically, the conference had significant problems initially but they were ironed out. Generally, the organizers did an amazing job of pulling this together in a short space of time.

Attendance near 5000 made it the second or third largest General Assembly. The Zoom format was used to create some wonderful music choral performances that could not have been accomplished in a convention center. Undoubtedly, we were also able to have many speakers who would not have been available if they needed to travel. Attendance was increased at the lectures and workshops because it was not limited by physical space as it would have been at the convention center.

I attended as a delegate from AUUF so I participated in the business meetings. These meetings filled about eleven hours total of which about 50% dealt with procedural rules. We adopted Bylaw changes relating to filling vacancy of the moderator (Chair of the Board) Restatement of the investment priorities: supporting human rights especially those of minorities, indigenous people, LGBTQ, Black Lives Matter, disabled, and more. Statements of support for the Mashpee Wampanoag (New England indigenous tribe), other indigenous people against White Supremacist Colonialism, Black Lives Matter, Black Lives of Unitarian Universalism, and other organizations seeking racial justice reorganizing the internal anti-racist committee (JTWTC) efforts to strengthen support for Youth and Young Adult activities; and the UUA guidelines for responding to the pandemic.

Strong Assembly themes this year were indigenous people, colonialism, and white supremacy. There were at least a dozen workshops and lectures given each day in addition to worship services and business meetings. I personally focused on the workshops that addressed practical approaches to modifying congregational makeup and behaviors. These offered wisdom and experience that is hard to find elsewhere. The lectures and worship were all of high quality and some of the music was truly exceptional.

The <https://www.uua.org/ga/off-site/2020> webpage has worship presentations which will remain available to all through the summer.

-James Dryden

General Assembly 2020 Delegate

By Stephanie Koonz 7/18/20

The last time I was a delegate to a UUA General Assembly was 43 years ago in 1977 in Ithaca, New York; we were housed at Cornell University. The setting was classical; we stayed in the college dormitory rooms. One thousand people attended. I was 34 years old, attending my 5th GA and hoping to get re-elected to the UUA Commission on Appraisal. Because I was running for a position, it seemed important for me to be present at the Assembly to speak to the gathering about my qualifications and ability to continue on the Commission to which I had been appointed two years earlier. I was the delegate from my home church in Northfield, Massachusetts. At the time, I was living with and caring for my mother who, six months earlier had been diagnosed with Lou Gehrig's disease; she was failing and would pass away a little over a month later at the end of July. She was living in Salem, Massachusetts and in the congregation where my father had been minister for 25 years 1935-1959. And so, after making arrangements, I boarded a bus at the Salem bus station for the journey to Ithaca and the 1977 UUA General Assembly. Interesting fact: In 1977 there were 1000 UU congregations with 144,832 members; in 2020 we have 1027 congregations with 152,921 members.

Fast forward 43 years to GA 2020. No buses to board, no campus or hotels and the setting was at home & comfortable. BUT we are in the midst of a world pandemic- people dying of Covid-19. No suitcases to pack, no special clothes to remember, no tooth brushes to forget food on demand sitting at home and the ability to attend many more workshops, worship services and chat spaces (conversations) than ever before. Five thousand people attended. There are similarities between the two GA's which I found comforting-The Service of the Living Tradition, the John Murray Distinguished Lecture, the Fahs Lecture, Ware Lecture, the Worship Services and even the Business Sessions. There are other similarities between the two GAs-not so comforting.

The most striking is our continuing struggle that we have with our relationships with "other" people. From 1967 through 1983, the denomination considered how to include more people of color into our congregations and administration. In 1967, the Black Affairs Council (BAC) formed from the Black Unitarian Universalist Caucus (BUUC) and served as a coordinating agency for UU efforts in the fields of race relations and Black empowerment. In 1968, a white support group formed to support the BAC and it was known as the Full Recognition and Funding of the Black Affairs Council (FULLBACK). Some UUs felt that the direction of the BAC was too separatist, and a group called Black and White Action (BAWA) was formed in 1968 to provide a channel for the efforts of some UUs to achieve racial justice through more integrated means.

UUA administration mismanaged BAC funding and in 1970 BAC disaffiliated from the UUA. Three years later, BAC and BUUC split and two organizations claiming to be the BAC emerged, leading to a lawsuit. As UUA membership declined in general during this period, so did Black membership. BAC was officially disbanded in 1979 two years after the 1977 GA. (See: <https://library.harvard.edu/collections/black-empowerment-and-unitarian-universalism>) This year, the whole thrust of the assembly centered on our UU relationship to all "others"- Black, People of Color, LGBTQ, Indigenous, People without Homes and Disabled people, and our UU definition of our place in White Supremacy. To this end, I attended two workshops: *"Why We Want and Resist Diversity and Why Diversity, Inclusion and Equity Matters to your Congregation."*

I have printed copies of both transcripts if anyone is interested. Keith Kron, Director of the Transitions Office at the UUA was one of the leaders of the first workshop; we have been working with him during our Interim and Contract Minister time here at AUUF. Question: From 1977 Empowerment to 2020 Inclusion-in 43 years? How are we doing?

Worship Info for August

Summer Worship: What's on Deck?

The summer 2020 collaboration between AUUF and the UU Fellowship of Fairbanks (UUFF) continues! We will alternate weeks hosting the services, and worship jointly on Sundays until mid-August.

Here's what is coming up:

- August 9 – Rev. Jacqueline Duhart, *"How to Cross Over and Cross Back"*
UU Minister Emerita, previously parish minister at the First Unitarian Church of Oakland – and a past member of AUUF
- August 16 – Our own Rev. Ruth Greenwood, UU Minister and member of AUUF
- August 23 – Rev. Lise Sherry, Contract Minister for AUUF will celebrate her first Sunday with us. Please join us in welcoming her!

How have summer services been working for you? We would love feedback on the series of services, our collaboration with UUFF, and holding services by Zoom. If you have comments or suggestions, please contact me! Marty Freeman, Worship Associates Chair martyw@ak.net

MARCH ON ALASKA, ACTION 2020

Vote Safe - Vote from Home - Vote!

All Alaskans can vote by mail from home.



- ✓ It is easy, fast, and SAFE
- ✓ No waiting or lines
- ✓ No risk of COVID 19

Deadline to apply for Mail-In Primary/General Election ballots is Aug. 8.
Deadline to apply for a Mail-In General Election ballot only is Oct. 24

Alaska is a no excuse "absentee" voting state – that means anyone can **vote from home** for any reason. "Absentee" voting basically means that you **are** choosing to vote by another option other than going to your polling station.

Anyone can apply to have a ballot mailed to them. You can apply **NOW!** Just complete an Absentee Ballot Applications at the Division of Elections Website. Two easy methods – all done online (paperless) or print, sign and send it back.

All online (paperless): <https://absenteeballotapplication.alaska.gov/>
Complete, sign and send back: <http://www.elections.alaska.gov/doc/forms/C06%20Fillable.pdf>

From The Forum Committee

The Forum has hosted excellent presentations and discussions each Sunday since we moved from our building to the House of Zoom. In August we are looking forward to more of the same, including:

- August 9 – *“Let’s Not Squander This Opportunity,”* By Anchorage Municipal Manager Bill Falsey.
- August 23 – *“Elections Matter—Why We Encourage Vote By Mail, and Combat Voter Suppression,”* By Joyce Anderson, of the League of Women Voters Alaska. A good way to celebrate the 100th Anniversary of the 19th Amendment.

We are also finalizing details on other Forum programs for the weeks to come, including presentations on the pros and cons of Proposition 2 (dealing with “ranked choice voting” and other proposed changes affecting our state elections), on issues facing teachers as ASD starts its new school year online, and others.

Looking for silver linings in the Covid-19 Cloud, because we are meeting on Zoom we have the opportunity to sometimes hear from speakers from around the state and the Lower 48 who otherwise might not be able to join us in person, or to address timely issues without always having to plan them a month or two in advance. So watch *Today at Your Fellowship*, www.anchorageuuf.org, and the AUUF Facebook page for the latest news on Forum presenters, and remember to check the Speakers’ Bios Page on our website.

And as always, please pass along suggestions for topics or speakers you think would be of interest for future Forums (with contact info when available) to any of the Forum Committee members, Dennis Arashiro, James Dryden, Heather Flynn, Gabriela Gonzales, Lynn Hallquist, and John McKay—or email them to **mckay@alaska.net**

Anchorage Unitarian Universalist Fellowship | (907) 248-3737

www.anchorageuuf.org

Minister, Rev. Lise Adams Sherry, 907-248-3737 x2, revlise@anchorageuuf.org

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

Office Hours – By Appointment Only



Anchorage Unitarian Universalist Fellowship

The Log

September 2020

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

Table of Contents

From the Minister: Rev. Lise Adams Sherry

A Shot Across Your Brow
From the Board President, Sid McCausland

September Board of Directors Update

Our Congregational Administrator

Sunday Service Time Change

Worship Info for September

A Message From the Forum Committee

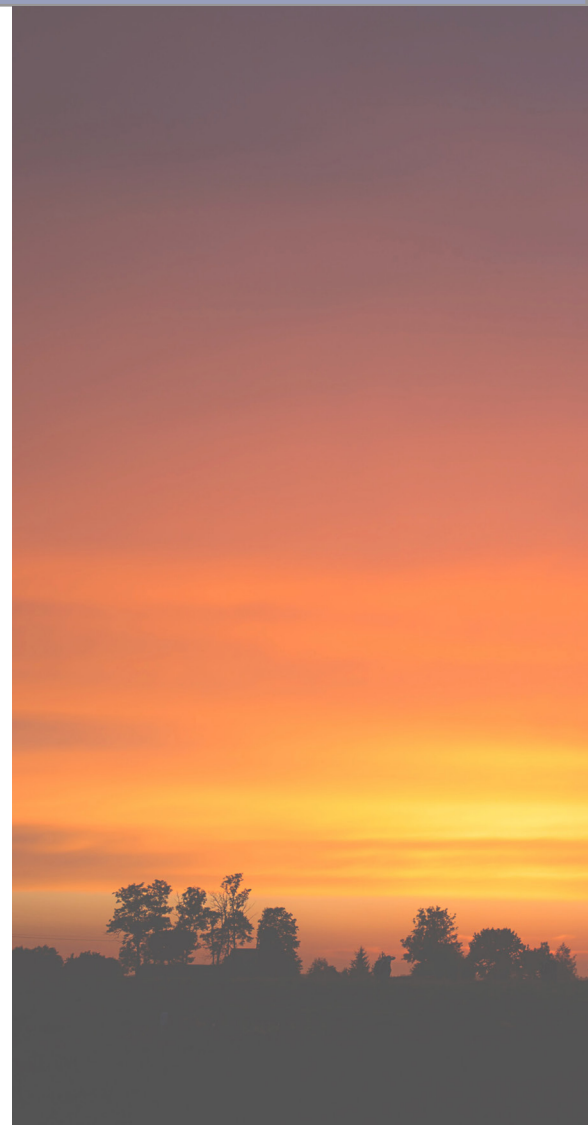
Developing A Voice By Dennis Arashiro

Various Team Updates

September Half Portion for Social Justice

Aim Certification Team By Kalen Saxton

Notes from Religious Exploration By Rosene Beachy



From the Minister Rev. Lise Adams Sherry

Dear Ones,

This Log entry is going to be a bit of a hodge podge as I continue to learn about you all and how I can help—so . . . I want to let you know that my first sermon with you all on Sunday was also my first sermon in the Zoom realm. Some of you sent lovely messages to me that I wasn't able to answer in real time because it was too much for me to take in on my first Zoom service—hopefully you saw my message to the effect and know that I will reach out to you. I did learn how to save the “chat” from Zoom, so I've got reminders.



Along those lines, when I reviewed the chat, I saw what a horrible job I did of typing the Thich Nhat Hanh quotes, so here they are again: **“The most precious gift we can offer others is our presence. When mindfulness embraces those we love, they will bloom like flowers.”** & **“We have more possibilities available in each moment than we realize.”** I really enjoy Thich Nhat Hanh's wisdom and own several of his books. I was also able to go to Deer Park Monastery for a week in July 2018, near San Diego, to spend time in community. It was transformative for me and I highly recommend it when all our COVID challenges have settled down.

Secondly, as I've gone about the daily work of ministering at AUUF and chatting with folks, it has become clear that it's time to let the Super-Connectors disband and work to establish a Pastoral Care Team. From all accounts, the Super-Connectors did a fabulous job of reaching out to folks during the first five months of the pandemic (Thank you!). But as we settle and try to find some normalcy in these bizarre times, we (the interested folks—Super- Connectors, Religious Exploration, UU the Vote, Share the Care) thought it would be better to have a regular Pastoral Care Team that could be consistent throughout various events, rather than the COVID specific Super-Connectors. So re-organizing our efforts is the next step toward establishing a long term shared ministry of pastoral care. Stephanie Koonz has agreed to work with me to get this team going again, so if you're interested in helping or would like to recommend someone else, please let us know.

Third, I've been working with Rosene, our Director of Lifespan Religious Exploration, to discern how I can be of most use in RE. She has shared that in recent years, many discussion and reading groups have popped up organically from the various social justice and other interest groups in the congregation to provide much of the curricula for Adult Programming.

From the Minister continued

She did say that in the past folks have enjoyed the class *Building Your Own Theology*-so I am thinking I will offer that opportunity again. I also hope to facilitate a *Common Read* experience (www.uua.org/read), and possibly do some things in collaboration with Rev. Leslie in Fairbanks. Zoom makes it so easy to work together in this way! And, I'm excited to go hang out with this year's group of Coming of Age youth from time to time. What other kinds of classes or other learning opportunities would you like to see? Please let me know.

Finally, I wanted to re-extend my invitation to you all to come visit me or phone or set up a Zoom meeting during my office hours. Usually, I will be at AUUF on the following days and times: Tuesdays, 11am – 2pm; Thursdays, 10am – 2pm and, Friday 10am – 2pm. Wednesday is my work from home writing day, and Sunday evening through Monday will be my time off, except for emergencies.

Please be in touch so I can help us create the kind of community we all desire at AUUF, and also spread our love and care out into the wider community. Thank you for being here!

Blessings, Rev. Lise

Our Office Administrator . . .

Some of you may have heard about our new Office Administrator, Tracy Smith, who started working with us last week. Fresh from Colorado, she was excited to be in Alaska and start her new position with us. Unfortunately for us, this week she and her extended family decided that Tracy was the person best able to help their mom get resettled in a new living situation because of health concerns. As such, Tracy resigned, effective immediately. Let's wish Tracy and her family well as they work to take care of their mom.

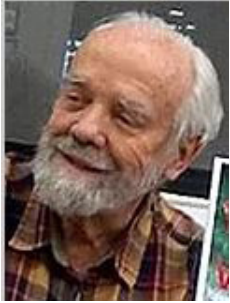
Let's also take a collective deep breath as we continue our search for another administrator. And, if any of you know of someone with excellent bookkeeping skills and a friendly demeanor, let us know. (Remember we aren't hiring members and friends of AUUF so we can maintain healthy congregational boundaries, but if you have a qualified friend please share this link with them.)

www.anchorageuuf.org/job-openings

Blessings, Rev. Lise

A Shot Across Your Brow

From Sid, Your Board President



When I was young, (as in once upon a time) I wrote that it takes the artist's creativity to give shape to chaos. I got an "A"-for-effort along with a ton of marginal notes from my Professor's TA (a frustrated artist).

Are these not chaotic times calling out for our artist's creativity? I had a long, deep listening conversation with a resident of our Sullivan Arena Shelter last Thursday. It went something like this:

"All the racist, demonizing talk was exhausting as I sat through night after night of testimony. Yeah, the Mayor did a lousy job of sellin' the plan to buy three buildings to give us a leg up plus a hotel for a community residential treatment center. But the hatred in the pushback nearly broke my heart.

"Then I came back here to Sully on the last night and took a hot shower— had one of my "aha" moments... You ever have those shower moments? Yeah? It came in a flash—

"We live in a country bein' torn apart by our leader's hubris. He projects hate every single day like vomit. Disgusting. His poison's makin' us all sick. He's unleashed all our country's repressed demons.

"It's not just us gettin' treated like dirt...it's 'bout everybody gettin' treated like dirt. "I'm lucky I got Sully. I'm surrounded by people like me, people with big hearts and open arms, people who always share what little they got. Even the staff here treats us like we're somebody. [long pause]

"You think we can ever get our city, our country, to be more like Sully? What will it take?"

What will it take? Indeed! For many folks the thought of eternal salvation is the balm that soothes their apprehension.

For UU's the challenge is personal. How will we use our UU Artists' palettes, our hammers & chisels, our clay, our forges to shape this moment? How will we invest these tumultuous times with meaning?

A Shot Across Your Brow continued

UUA has honed some of the tools. They are enshrined in Our Seven Guiding Principles plus a prospective eighth weaving through UU's deliberative discernment process. Here they are (it helps my senior memory to see them often):

Unitarian Universalist congregations affirm and promote seven Principles, which we hold as strong values and moral guides:

1. The inherent worth and dignity of every person;
2. Justice, equity and compassion in human relations;
3. Acceptance of one another and encouragement to spiritual growth in our congregations;
4. A free and responsible search for truth and meaning;
5. The right of conscience and the use of the democratic process within our congregations and in society at large;
6. The goal of world community with peace, liberty, and justice for all;
7. Respect for the interdependent web of all existence of which we are a part.

Proposed Eighth UU Principle

8. *We, the member congregations of the Unitarian Universalist Association, covenant to affirm and promote:* Journeying toward spiritual wholeness by working to build a diverse multicultural Beloved Community by our actions that accountably dismantle racism and other oppressions in ourselves and our institutions.

We can, we must employ/deploy/manifest all of these, right here, right now.

Stewardship is more than our financial pledge. Stewardship is our personal ministry of bringing Our Principles to life, of giving ourselves to something more, of being all we can be. All of our AUUF committees and teams are just as strong as your commitment. We need you—you need you—to find your niche. Give generously of your talents.

[This link will take you to a List of AUUF Committees & Teams, engage with your passion today.](#)

If you need help, email me at president@anchorageuuf.org.

Overwhelming hate with love takes each of us doing what we are capable of doing. You are a Steward of Our Future. Free Your Artist Within to help us create the Beloved Community. Here. Today.

September AUUF Board of Directors Update

Your Board got together virtually for our monthly meeting on August 19th. Here are a few highlights:

- The Board and your Ministerial Search Team held a Zoom consultation with UUA's Transitions Director for an overview of possible next steps. (On August 27th the Team held a comprehensive and deeply personal in-depth discussion and concluded to recommend that the Board pause the search. The Board will take up the recommendation during its September 16th meeting.)
- Rev. Lise shared the joy she has experienced meeting many of our members and staff. She is looking forward to our journey together.
- Use of AUUF's home will be restricted at least through November. Small groups that have used the building in the past and agree to adhere to AUUF's COVID-19 safe use protocol may contact the Administrator to reserve space. The Board will continue to make three-month projections at each meeting for the duration of the COVID-19 pandemic.
- Rosene Beachy is gearing up for an exciting and certainly challenging Fall Religious Exploration. She needs more helping hands and hearts.
- Kalen Saxton has taken on the task of engaging all AUUFers in the process of obtaining UUA's Accessibility & Inclusion Certification. You will be learning a great deal more about this over the coming months. If there is something in your physical or mental life that inhibits your ability to be fully engaged with AUUF, please come forward now and help us make our Fellowship a fully inclusive experience for you.
- Dennis Arashiro let us know that AUUF will be co-sponsoring a showing of *Ernie & Joe* followed by a mental health panel with the director/producer. AUUF will also be co-sponsoring *No Borders on Stolen Land* with Native Movement & others. All of our Social Action Teams are looking for members. Haven't recent events gotten you fired up? Step up!
- Our Finance Committee needs at least two more AUUF members interested in helping shape & manage our budget and finance policies. Is this the opportunity where you can add value to AUUF's work?
- Don Antrobus, Ron Rozak and James Dryden are getting the Building & Grounds Team jump started again as Don guides us through Phase III of our remodel project and AUUF prepares for the approach of Winter.
- Want more information? Email president@anchorageuuf.org.

A Message From The Forum Committee



We are looking forward to another month of interesting and informative Forums in September.

9am September 6

How Alaska's Public Employees are sticking together, stronger than ever, against attacks on collective bargaining rights, with Alaska State Employees Association Executive Director Jake Metcalfe. Jake Metcalfe will speak about the effects in Alaska of the "Janus" decision. That US Supreme Court ruling said public employees have a First Amendment right to choose not to financially support the labor unions that represent them. Can public sector unions survive? And is the State of Alaska trying to make it even harder for unions than the Supreme Court requires, or allows? Tune in Labor Day weekend to hear from a long-time union leader in the thick of things.

9am September 13

Corey Aist, President of the Anchorage Education Association will speak about the challenges of educating our children safely and effectively as ASD launches its new school year amidst the uncertainty of the pandemic.

9am September 20

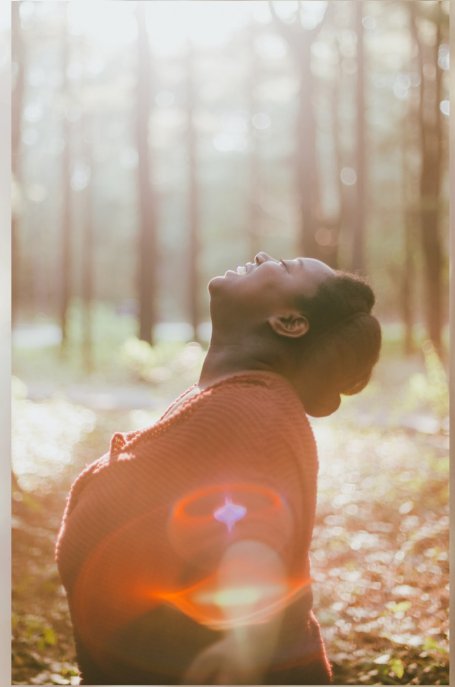
We welcome Anchorage's Deputy Chief of Police Kevin McCoy. What is Anchorage's relationship with its police? Does APD suffer from the problems seen in other American cities, and if we're doing a better, why? Let's find out.

9am September 27

Author, Mary Odden will join us from her home in Nelchina. Mary has worked as a firefighter, aviation dispatcher, village teen counselor, writing teacher, and small-town newspaper publisher and editor. You have time before September 27 to check out her recently published book of essays, *Mostly Water*, and find out why she is acclaimed as one of Alaska's finest writers.

Worship Information for September

Welcome to the
month of
Renewal



Sunday Service Time Change 11am starting September 13

We are working up to Homecoming Sunday, which means that our children and youth will soon be back in RE activities. To provide time for that to happen between the Forum and the Worship Service, our Worship Service will move back to 11am starting on September 13, the official start to our fellowship year.

The Worship Associates are working with Rev. Lise Sherry, music director Megan Webb, and the Audio Visual team on our lineup of fall service. Sid McCausland will kick off our programs on September 6, and Rev. Lise will be the speaker on the September 13, 20, and 27.

As always, we love hearing ideas you may have for service topics, music, and readings, and we welcome feedback on our services. You can contact me at any time. Marty Freeman, Worship Associate Team chair martyw@ak.net

Set your clocks! No, it's not time to "fall back" an hour for the end of daylight saving, but it is time to change your reminders for Sunday services. Starting on Sunday, Sept. 13, the worship service will be back to our regularly scheduled 11am start time.

Virtual Worship September

RENEWAL The theme for Worship & Religious Education for September.

10:30am September 6

Failing Forward into Beloved Community With Sid McCausland

We cannot expect to move mountains if we are not willing to push ourselves into unfamiliar territory . . .

Bring Your Water Communion Water to AUUF

Rosene & Rev. Lise would like as many of our AUUF members and friends into our Homecoming/Water Communion service as possible. So if you can, please stop by AUUF on Friday, Sept. 11 from 4-7pm, or Saturday, Sept. 12 from 9am to 12pm, to bring your water by. We'll take a picture of you depositing your water into a common vessel. Also Rev. Lise is looking forward to meeting more AUUF members! Weather allowing, we'll take the photos outside in front of AUUF. If not, we'll just have one family at a time come inside to take a photo in the north foyer. We'll then show all the photos during our Sunday service on the 13th. We hope to see you on Sept. 11 or the 12th!

11am -NEW TIME September 13

Coming Home for Renewal: Sharing Our Water With Rev. Lise Adams Sherry and Rosene Beachy, Director of Lifespan Religious Exploration

Our multigenerational homecoming service will gather us all in again after our time away this summer. Bring water to share (and we're still figuring out how we will share it via Zoom) from a place that nurtured you this summer. Also look for news about crafts for this service (for all ages) from Rosene. Welcome home!

11am September 20

Reflection, Rejoicing, Renewal With Rev. Lise Adams Sherry

The evening of September 18 marks the beginning of Rosh Hashanah, the Jewish New Year, a time for celebration and reflection. During this liturgical time of renewal, how can we renew ourselves? Do we need to? As we reflect on our personal actions, how can we balance our thankfulness for what has been with what we still hope for?

11am September 27

Recommitting: Making Our Repentance Real

The Jewish high holy day of Yom Kippur asks the faithful to repent and make amends. A challenge Unitarian Universalists have been grappling with recently is our institutionalized oppressive behavior towards People of Color and Indigenous people. AUUF has made a commitment to be an anti-racist congregation. How can we renew this promise to ourselves and our world? How will we carry this pledge forward?

Social Action- Developing A Voice By Dennis Arashiro

It took me quite a long
time to develop a voice
and now that I have it,
I am not going to be silent.

- Madeleine Albright



How long does it take to develop a voice? Does it happen with suddenness after the end of centuries of enforced public silence? That was the hope of the many suffragists when they celebrated the ratification of the Nineteenth Amendment a hundred years ago. They spoke of the votes of women revolutionizing the world. But there was no such immediate impact. Why?

Because hearts and minds take longer to change than laws--both men's and women's. Women had to revolutionize themselves before they could revolutionize the world. Even with the vote, too many women were still accustomed to seeing their social and political prison as one of privilege, not injustice. Too many women saw their purpose in life as supporters of men instead of supporters of themselves. It took another sixty years before women voted at the same rate as men. It took the same sixty years before women voted differently from men. So what changed in 1980? The Reagan Revolution with its opposition to the Equal Rights Amendment, reproductive rights and the social safety net.

In the forty years since then, as women saw their interests diverge from that of frightened privileged men jealous of their power, their votes reflected that. How long does it take to develop a voice? A century encompassing the 1920 Nineteenth Amendment, the 1970's Women's Movement, the #Me Too movement of today and the future possibilities of a woman Vice President and President. Now that women have their voice, they aren't going to be silent.

Various Team Updates



2,400 MASKS CREATED AND DONATED

Mask UP, AUUF! By Irene O'Brien

Since the start of the pandemic in March, the AUUF Mask Makers group has made 2,400 fabric face masks for our friends, family, and our community members in need. During the early days of the pandemic, materials for masks, particularly ¼" elastic, were difficult to come by. Store closures, health mandates, as well as Alaska's unique geography made finding mask materials challenging. We have met the challenges and continue to make washable fabric face masks for the community.

Masks by the Numbers:

Total Masks Made – 2,400

Masks Donated to:

AUUF Share the Care - 525

ANMC - 450

Brother Francis Shelter & Bean's
Café – 1,060

Anchorage Pioneer Home – 150

Chinook Elementary – 110

If you or your loved ones are in
need of additional fabric face
masks, please email me.

Thank you for all of your support!
Stay Safe, Stay Healthy,
and Mask Up!

Irene

ireneanddavid@ak.net

The AUUF Alliance

By Stephanie Koonz

The AUUF Alliance will begin Zoom meetings again in September. Hopefully rested from the summer's inactivity, we had hoped of some relief from the Covid-19 virus and the ability to meet at the Fellowship. Alas, this is not to be. However, meeting on Zoom does give us a chance to check in and reconnect on other than telephone and email.

Right now, there are no plans for a rummage sale but we are encouraging people to hold on to items they might want to donate for a spring rummage sale.

I look forward to seeing anyone who cares to join us on September 13th at 12:30. Zoom link on the AUUF website.

September Half Portion Recipient for Social Action goes to STAR

By Kalen Saxton



STAR'S mission is to prevent sexual trauma and provide comprehensive collaborative crisis intervention, advocacy and support to victims/survivors, their families, and our communities

STAR'S services for survivors are provided without regard to race/ethnicity, language, sex, gender, age, sexual orientation, gender identity, (dis)ability, social class, economic status, religious affiliation, residency or HIV status.

The Prevention and Education staff of STAR have regularly been asked to provide in-person training to teachers in the RE - Religious Education program. Due to the COVID-19 Pandemic they are now offering their training, statewide, through on-line presentations with interactive participation.

STAR has been in existence for over 40 years. Most years they have been a recipient of half the funds we put in the Birchbark Baskets for four Sundays during their month. Like most of the non-profit organizations that congregants at AUUF provide our donations to, they have ended their major fundraising events due to the COVID-19 social distancing precautions. They are asking regular contributors to meet or exceed past donations. According to the latest FBI Uniform Crime Report, Alaska has the highest rate of assault in the nation. STAR is working to prevent sexual trauma in

Safety for Kids

Talking about cyber consent with our kids and teens is incredibly important right now. Our youth are accessing even more online platforms, and this is a perfect time for caregivers to start talking to the youths in their lives about respecting digital boundaries, how and when to share personal information, and what to do if something is making you feel uncomfortable.

Consent for Adults

Many people are choosing not to participate in social events and in person visits. This is a great opportunity to practice digital consent to learn what your friends and family are comfortable with and to let others know what your boundaries are.

It's unknown how long we will all be in this situation but social distancing it is an important reminder that everyone's personal and cyber space boundaries are different and warrant respect.

AIM Certification Team **What is AIM?** By Kalen Saxton

AIM is a certification program created by EqUUal Access in partnership with the Unitarian Universalist Association (UUA). AIM's purpose is to guide congregations to better welcome, embrace, integrate and support people with disabilities and their families in our community.

AIM certifies congregations as committed and engaged in becoming accessible and inclusive religious communities. Attempts to have an adaptable & dynamic process will create spaces where each person can bring the fullness of their lived experience.

The intent of the program is to meet each congregation where it is and move it forward at a reasonable pace based on its resources, needs, and abilities regardless of membership size or type of building. Making a congregation accessible and inclusive is a continuing process. It is often difficult work, involving personal and cultural change.

Last year the Ministerial Search Committee sent a letter to the AUUF Board asking that a group be formed to work toward getting an Accessibility and Inclusion Ministry Certificate from UUA. A few people were asked to join. The AIM Certification group has started meeting. In the past AUUF has gone through the process of getting national UUA recognition for being a "Welcoming Congregation" for LGBTQ friends and members. The Green Sanctuary Team spent two years getting a Green Sanctuary Certificate by doing an energy audit and sealing the air leaks around windows and doors.

The information on getting an AIM certificate says it takes two to three years to inventory needs and complete tasks to show we have many things in place and progress towards other goals.

We recognize that the Fellowship has made significant progress with the financial decision to purchase the Lift and have it installed as part of the construction of the south entryway. This was a \$50,000 commitment to accessibility. The cost of installing electric door openers was in the original plans for the entryway but was postponed as funds were needed for unexpected required repairs.

Using grant money received from the Pacific Northwest District, the Board has initiated getting 1) a ramp built to allow people with mobility issues to have access to the microphones at the pulpit, and 2) wider steps in front of the stage for the choir to use to stand on while singing. We now have a \$10,000 donation to upgrade the Audio-Visual system and booth, which includes plans for hearing assistance upgrades.

If we divide our plan into three years, it would be:

FY20 – July 2019-June 2020 From the MSC letter to the plans for the sanctuary ramp and A-V upgrades

FY21 – July 2020-June 2021 Phase I and Phase II requirements for AIM Certification

FY22 – July 2021-June 2022 Phase III for AIM Certification

Want more information? Email Kalen at: saxtonkalen@gmail.com

Notes from Religious Exploration By Rosene Beachy, DLRE



Thinking of you all during this very strange fall. I have enjoyed hearing about the many outdoor adventures and fun families have experienced this summer. What a blessing to have such a wonderful summer where we could isolate outside instead of inside. But, what a different energy the start to this year has. The blueberries are about finished, the rains have arrived, the geese are taking to the air. There seems to be little need for shopping trips for school clothes as we turn from the wanderings and adventures of our short and magnificent summer to the settling in and tasks of fall.

I feel for each of you in the struggle to start school online or homeschool while working from home, or trying to figure out how to go in to your own job safely. Some of you have found a “bubble family” that you can share tasks with. But everyone is forced to think outside the box and come up with new rituals and rhythms for the day. It can be hard to find the joy in the daily stress. But surprise, kids are really good at it! As parents, we are good at finding things to spark that smile or change of focus: something simple and familiar like the bedtime story, random hugs or dances, a morning song and ritual, lighting a chalice, or lunch in a bag waiting in the fridge. These moments add a calm reassurance and joy to our children’s lives.

I understand that for some of us, Zoom is exhilarating – a time to see friendly faces, but for others who are on Zoom a lot it can be exhausting! AUUF will provide programming this Fall via Zoom, and that may not be to everyone’s liking, but staying connected is important for kids. Reverend Lise and I are at the church building most days. We welcome visits! Let us know when you would like to pop in for a few minutes to meet our new minister, chat with me, Rosene, check out a bag of RE books, pick up your monthly RE activity pack or play on the playground. We are here for you. Please let us know how we as your faith community can support you.

September Soul Matters Theme is Renewal

Check out the AUUF or RE Group Facebook page for ideas, music and verse during the month. We will be posting *Soulful Home* links for each month on the RE page as well as the live Chalice Circles.

RE Live Chalice Circles for all ages will begin again on September 12th from 10:15 – 10:45am each Sunday morning. Family activity bags for each month will be available for pick up at AUUF at the beginning of the month with supplies for an activity each week. Kids can do the activity ahead of time to share during the Circle time. Book Bag collections will also be available each Monday & Tuesday afternoon to keep your kids reading!

Notes from Religious Exploration continued

We have some pretty cool new E - books as well as books for older readers and youth! Keep the bag for a week or longer until you've read the ones you want, and then bring back and exchange for a new one. Each bag has a surprise collection of books on a variety of current themes.

The following groups will meet via Zoom – look for a test / and email with your special Zoom link.

Coming of Age group will meet Sundays at 1pm

Jr Youth - Moon Spinners club will meet Sunday at 7pm via Zoom

Sr Youth Hang out will meet Sundays at 8:30pm

Parent Meeting - join the CYRE Team on Sept 8, 7 pm for a chat about what RE will be this year. This is a high anxiety time, bring your questions, problems and ideas about virtual and in person activities. What are your needs and interests? Parent group? Food insecurity issues? Childcare needs? Break out small age group activities? Playgroups? Family small group activities at the church? OWL support group for parents teaching OWL at home this year? Together we can figure out some options.

Topic: RE Parent Start Up Meeting Sep 8, 7pm

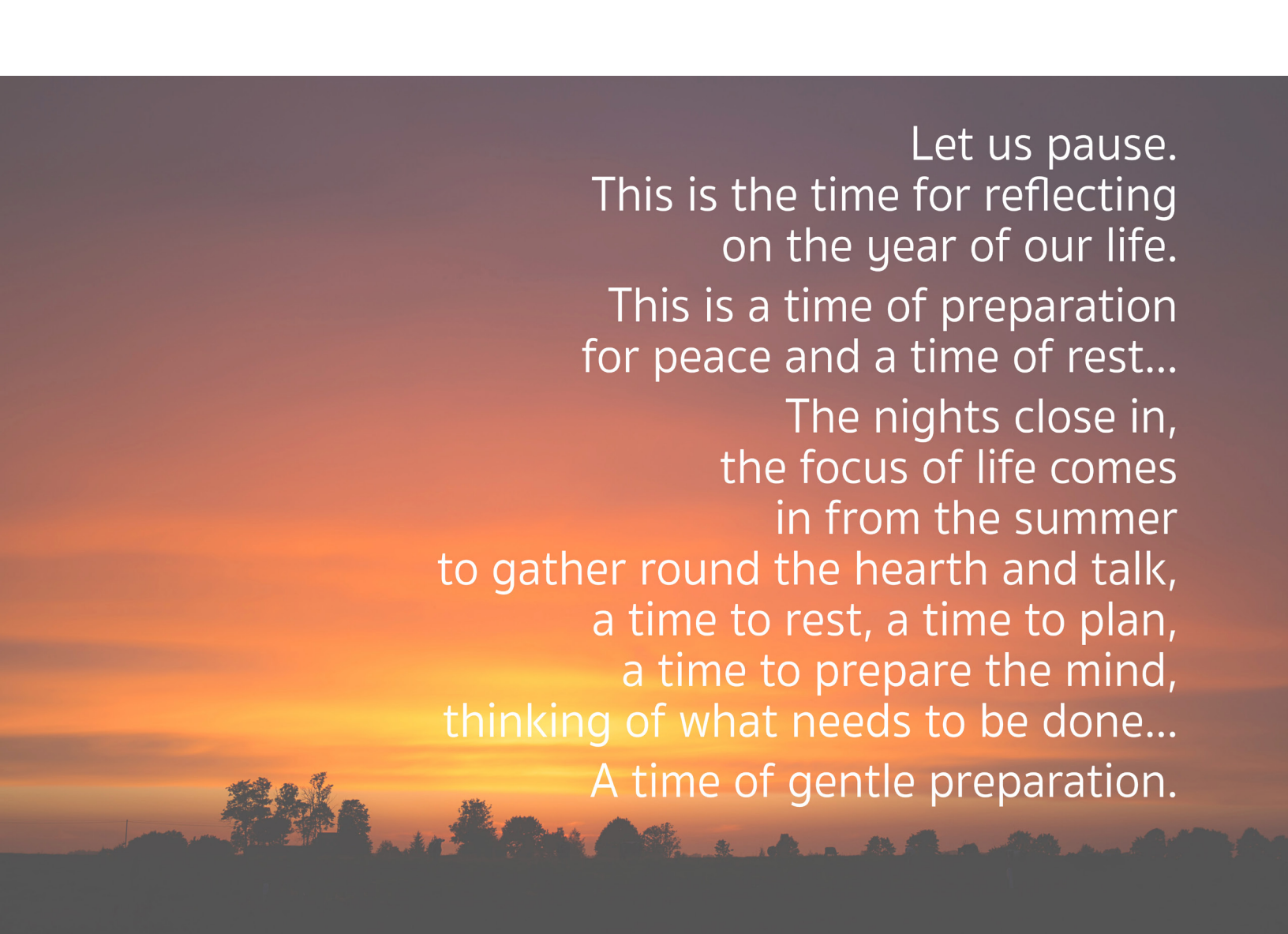
<https://zoom.us/j/97522944603?pwd=TXpWa1dxWFpyUEFoek1vOCt4R1RKQT09>

September 13th - “Homecoming Sunday” Bring the water you have collected over the summer to the virtual 11am service, for our Gathering of the Waters Communion. Check your RE Activity bag for supplies to make a water wand to use in the service. If you are “too old” for an RE Activity bag – feel free to come get supplies at AUUF to make a wand, or create your own water wand with ribbons, stick, etc. you have at home!

AUUF Adult Small Group Chalice Circles-Our small groups continued to enjoy meeting during the spring and summer via zoom or outdoor circle! We will be setting up new groups for this fall to meet every week or alternate. Please check out the info sheet and registration form included below.

RE registration update links have been sent to everyone registered last year. Please update any info or just click “OK” if you want to stay on our current list and keep getting RE news through this year (even if you are not participating much). We want to keep you in the loop, if you want to be!!! We are looking for Jr / Sr Youth group advisors / leaders as well as COA mentors. Please contact Rosene if you are interested. Otherwise I'll start down my list of calls!!!

Wishing you some deep breaths, joy, and a lightness of being during this month.
Love, Rosene



Let us pause.
This is the time for reflecting
on the year of our life.
This is a time of preparation
for peace and a time of rest...
The nights close in,
the focus of life comes
in from the summer
to gather round the hearth and talk,
a time to rest, a time to plan,
a time to prepare the mind,
thinking of what needs to be done...
A time of gentle preparation.

Anchorage Unitarian Universalist Fellowship | (907) 248-3737

www.anchorageuuf.org

Minister, Rev. Lise Adams Sherry, 907-248-3737 x2, revlise@anchorageuuf.org

Peggy Robinson, Congregational Administrator, admin@anchorageuuf.org

Kelly Spring, Communications Specialist, communications@anchorageuuf.org

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

Office Hours – By Appointment Only



Anchorage Unitarian Universalist Fellowship

The Log

October 2020

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

Table of Contents

From the Minister: Rev. Lise Adams Sherry

New Congregational Administrator

From the Board President, Sid McCausland

AUUF's Committees Need More Members

October Board of Directors Update

Virtual Forum

Worship Info

Notes from Religious Exploration By Rosene Beachy

The Broad Brush of Color By Dennis Arashiro

Finding your Way into Fellowship

October Half Portion Recipient

Various Team Updates

UU The Vote

Aim Certification Team By Kalen Saxton

Gentle Beginner Yoga... By Amanda Mack

Mt. Spur By Gayle Nienhueser

From the Minister Rev. Lise Adams Sherry



Greetings my wonderful AUUFers!

As I write this, we've nearly completed two months together and I'm thoroughly enjoying myself. I hope you are too, at least in the sense that it feels like we're continuing to build good and joyful community together.

AUUF already has a strong foundation of caring for its members, friends, and the wider community, so it has been a delight to step into your midst and learn about how this congregation does things. But even strong foundations require maintenance. When I was hired by the Board to come do ministry with you all, they told me they wanted someone with a good pastoral presence that could help provide stability while AUUF continues its ministerial search. I've noted that there also seems to be a lot of grief in this system—I've heard a lot about Wendy and Shirley and I know there are some other beloveds who have died or left as well. The Board also said there were a few items under the heading of "Right Relations" that needed some attention.

Hmmm . . . Conflict avoidance, being less than transparent about one's feelings, letting things fester until there's an explosion, quietly, or not so quietly, stepping away from something rather than engaging, being so sad about something that you can't face anything else right now. If you're wondering, I'm not describing any particular event at AUUF, simply characteristics that all people and ALL congregations express when there are differing opinions around. Did you hear me? ALL congregations exhibit these traits in some form or another.

So, how can we change the culture to make it healthier, more robust, and resilient? First of all take a deep breath and be kind to yourself. Let's keep caring for one another. Last month I wrote about how the Super-Connectors were disbanding and we were re-establishing a more traditional Pastoral Care Team that will work with Share the Care. Stephanie Koonz is chairing that group and has written an article about this Team you can find elsewhere in this Log. The Board has also agreed to the establishment of a Healthy Congregations Team (HCT)—it will have many characteristics in common with what AUUF used to call its Committee on Shared Ministry. One of the initial goals of this new Team will be to work with the Fellowship to establish a Right Relations Covenant—one that more clearly spells out how we want to behave with one another, especially during our more difficult moments. Hopefully, this will help us all be more courageous and kind in the face of conflict. The HCT will also recognize and train leaders in our community who can help with conflict mediation. Yes, both of these Teams are similar to those AUUF had before its interim period, and each time we rebuild something, with any luck, we learn from past mistakes and create something stronger than existed before.

I want to end by acknowledging that our world is still in tumult and This. Is. Hard. Justice Ruth Bader Ginsburg did her best to hang in for those of us with a progressive bent, but even she had to finally rest. -Blessings, Rev. Lise

From the Minister continued

So please, grieve, go for walks, watch or read funny and/or irreverent things. Rest. Do things you enjoy. Love the people and creatures that are near and far away. Keep the faith and vote! To help, here are a few of my favorite quotes:

Never doubt that a small group of thoughtful, committed citizens can change the world; indeed it's the only thing that ever has. -- Margaret Mead

People say, what is the sense of our small effort. They cannot see that we must lay one brick at a time, take one step at a time. A pebble cast into the pond causes ripples that spread in all directions. Each one of our thoughts, words and deeds is like that. No one has a right to sit down and feel hopeless [for long]. There's too much work to do. - Dorothy Day, adapted

Determine to live life with flair and laughter. – Maya Angelou

Have enough courage to trust love one more time and always one more time.
– Maya Angelou

New Congregational Administrator

Dear AUUF Folks,

I'm happy to announce that we have hired a new Congregational Administrator. She started working with us last week and is a pleasure to have in the office. She had a trip planned for the first week in October before we hired her, so she'll be gone for a few days at the beginning of the month. When she's back, I hope, if you're able and comfortable (healthwise), you'll stop by and say hello. Below is Irene's introduction to you all. -Blessings, Rev. Lise

Hello, My name is Irene Kerita. I am originally from Torrance, California, but spent the majority of my life in Honolulu, Hawaii, before moving to Anchorage, Alaska 5-1/2 years ago. I have 3 boys ages 13, 11 and 9. If they are not keeping me busy with their extra curriculum activities, I love to hike and adventure into the outdoors. With the stress of raising 3 boys, I love to read and meditate when I have time. Professionally I have worked over 10 years in a hospital in Hawaii as and Executive Assistant before moving here and working the last 5 years in Office Management for a small local company. I look forward to working with you all and getting to know you on a professional basis.

Irene Kerita, Congregational Administrator

Office: 907-248-3737 X 1

admin@anchorageuuf.org

From Sid, Your Board President



Rooted, Inspired, & Ready!

UU General Assembly 2020

I learned so much during this year's General Assembly that I am thrilled that you can now be there too -- virtually. As the Sun slips lower on the horizon and the temperature drops, you're invited to catch all the incredible vision-expanding sessions now available for free on Vimeo. The array of offerings is daunting, but you can use the [GA2020 Program Guide](#) to find the sessions that interest you beginning on page 12 of the Guide. Then simply enter the session number into the little white Vimeo search box on the GA home page for easy access. UUA's 2020 [Virtual General Assembly](#) is ready and waiting for you to start your journey today.

-Sid McCausland, AUUF Board President

<https://vimeo.com/showcase/7462757>

AUUF's Committees Need More Members

Here at AUUF Committees responsible for all-things-operational report to our Board. Our Committees provide the "down-in-the-details" analyzing, brainstorming, problem solving, recommending, monitoring, and reporting essential to AUUF's day-to-day and long-term operations.

- Our Stewardship Committee members imagine, create, and carry out our annual pledge drive along with other fundraising activities critical to our long-term health since AUUF is 100% reliant on your generosity.
- Our Finance Committee members are the stewards of our financial resources, drafting and presenting our annual budget, monitoring revenue and expenditures, and monthly reporting.
- Our Human Resources Committee members create, review, and revise our job descriptions, employment agreements, total compensation packages, employee evaluation procedures, working conditions, et al to assure that AUUF employees are treated fairly and equitably.

As a self-reliant, self-supporting congregation, AUUF is a reflection of your commitment to carrying our work forward. Our work begins here as we aspire to contribute to positive changes in the World. We always need new volunteers willing to contribute their time and talents. We need you now. Please contact our Nominating Committee today: Kalen Saxton saxtonkalen@gmail.com

October Board of Directors Update

Your AUUF Board Has Been Busy September Board Meeting Highlights Your Board

- Limited the use of AUUF's Building through December per AUUF's COVID-19 guidelines.*
- Disbanded the Ministerial Search Team.
- Authorized Kalen Saxton & Cathy Steen to plan AUUF's first Virtual Annual Gala & Auction!
- Embraced the re-creation of AUUF's Healthy Congregation Team and expressed gratitude for Amanda Mack's, Kelly Hartlieb's, and Rev. Lise's efforts to formulate a plan for moving forward.
- Approved the solicitation of Nominations for AUUF's 2020 Volunteer Awards
- Continued reviewing Capital and Maintenance Project Priorities
- Received reports from several other AUUF Teams and Committees

*In order to help groups plan ahead the Board sets 3-month COVID-19 Building Use Restrictions at each monthly meeting. Building use is currently limited to groups of less than 15 who have used the building pre-COVID-19 and agree to adhere to AUUF/MOA COVID-19 protocols.

Your Board also held a round of Zoom meetings as we prepare a Report to the Fellowship on our ministerial search that should be in your mailbox by the time the October Log is published.

Planning Retreat Highlights Your Board

- Reflected on the collegiality and upbeat energy of the 2019 Annual Meeting during which members eagerly chipped in and successfully balanced AUUF's FY20 Budget in a friendly bidding battle worthy of Hogwarts.
- Reviewed the endless string of unforeseen events that tested the Board's resilience time and time again over the course of FY20, beginning before the tragic death of our President Wendy Romberg and concluding with AUUF's first virtual Annual Membership Meeting.
- Engaged in heartfelt conversation regarding personal hurts that were passed over at the time, but which needed to be aired and reconciled in order for us to move forward together as a team.
- Reviewed and Revised our Board Covenant, which will likely be approved by the Board on October 14th.
- Generated a first draft of AUUF Goals for FY21, which will be shared with the Fellowship for feedback in the near future.

Let me know if you have any questions.

Sid McCausland, Board President

president@anchorageuuf.org

Virtual Forum



The Forum Committee has come up with an array of wonderful programs for October.

9am October 4, 2020

Cheryl Frasca, co-chair of Commonwealth North's Fiscal Policy Committee, will guide us through a new tool they have developed to help Alaskans make the tough budget choice we will be facing this coming year.

9am October 11, 2020

Rev. Lise Adams Sherry will "debut" at the Forum, telling us about traveling the Portuguese Camino. It will be a great opportunity to become better acquainted with AUUF's wonderful new contract minister.

9am October 18, 2020

We will hear from Alaska's Chief Medical Officer, Dr. Anne Zink. She has been a rock throughout the pandemic, and it seems likely that we will still have some questions about it by mid-October.

9am October 25, 2020

We will hear from AUUF members Ed and Georgia Bennett, longtime Alaskan photographers and explorers (and much more) talking about several river trips they have taken in the Arctic Wildlife Refuge.

On the Sunday after the election in November, we will be joined by author Heather Lende from Haines. I'm giving a heads up now, so those who wish will have a chance to read her new book, *Of Bears and Ballots, An Alaskan Adventure in Small-Town Politics* (or her others, like New York Times's best-selling *If You Lived Here, I'd Know Your Name* or the 2020 Alaska Reads selection, *Find the Good*) between now and then.

Finally, we'd like to give a big Thank You to AUUF stalwart Marie Lundstrom, who undertook a major project of helping create a database of past Forum programs. It's a work-in-progress, but Marie has completed a very substantial and important part of it.

Virtual Worship October



October Worship Service. We look forward to seeing lots of you at the 11:00 Sunday services in October. Here's the line-up for the coming month. As always, we love hearing ideas you may have for services topics, music, and readings, and we welcome feedback on our services. You can contact me at any time –Marty Freeman Worship Associate Team chair martyw@ak.net

11am October 4, 2020

Animal Blessing Service

With Rev. Lise Adams Sherry

Join us for songs, poems and photos that celebrate our beloved furry friends. How do our choices affect their lives? Please send your photos of your beloved pets for our virtual blessing to Rev. Lise revlise@anchorageuuf.org by Saturday, Oct. 3 at noon.

11am October 11, 2020

The Doctrine of Discovery

With Rev. Lise Adams Sherry

How do philosophies and policies from before Plymouth Rock (400 years ago!) continue to affect how we treat others and organize our world? How can we listen more deeply to those who have been so adversely affected by these policies?

11am October 18, 2020

UU the Vote!

With Marty Freeman, Worship Leader

Faith. Love. Action. Together. Join us for this UUA-sponsored service as we consider our values and how we'll put them into action for our upcoming election. We offer this service in support of our own AUUF UU the Vote effort and efforts at congregations around the country.

11am October 25, 2020

Celtic Spirituality

With Rev. Lise Adams Sherry

The Celts were viewed as Pagans who needed to be civilized into the Christian world. How did Christianity merge with those earth-inspired traditions? How has Celtic spirituality remained incarnational, even in its current Christian setting, and what can we UUs learn from it?

Notes from Religious Exploration October By Rosene Beachy, DLRE



This was the weekend! But it didn't happen! Are you missing Fall Frolic?

The CYRE team is bringing Fall Frolic to everyone like never before! Join us for a series of Fall Frolic favorites, Saturday nights in October. Each week will be a different opportunity to join together in celebration, some live, some Zoomed. Maybe you have never been out at King's Lake Camp to participate in Fall Frolic. Now is your opportunity to share the spirit and the joy of this annual camp experience from the comfort of your living room!

THIS WEEKEND!

October 3, 12 -5pm Top of the list of favorite activities is Moon Lantern creation! LIVE! RE October kits will have a few supplies included, or you can use your own, or come to work on your lantern at one of the tables spaced out on the AUUF BB court and playground. Fun for any age! We will try to spread out attendees, so let Rosene know what time you will be there. We could use more corks – if anyone has accumulated 'a few' during the last year, you can drop them off at the church this week. The lantern launch will be LIVE at Goose Lake at 8pm, Oct. 3.

October 10, 7pm Civil Rights Sing Along <https://zoom.us/j/99482495305>

Be inspired by an evening of singing and listening to Civil Rights songs that we all know, led by musicians in the Fellowship. Please sign up to share or lead a song with Elayne Hunter, ech2123@gmail.com

October 17, 7pm Talent Show <https://zoom.us/j/95197222740>

Calling all kids, youth and adults who were waiting all year for the next opportunity to perform in our annual talent show! You know you want to! Share your unique and wonderful song, talent, family skit, whatever you can think of! Individual and group participation of all ages welcome. To be added to the lineup - Text your name, and what you will be doing to Rosene at 907-441-6815. Audience members also encouraged to attend!

October 24, 6pm Halloween all ages Costume Parade- LIVE - around the church!

You have time to figure out your theme and costumes. We will parade in the alley around the church and pose for treats and photos!! More details to come. It will be a Spooktacular night! We are still here! But participating virtually or Covid-distanced in each other's lives. Let's frolic!

OUR Programs 11am Service

Has your family always wished to light the chalice at the beginning of the service? We would love to have some family participants in the 11am service light our chalice from the comfort of your home each week! Let Lise or Rosene know and we can make it happen. We are also looking for children's artwork to showcase in online announcements, etc. Email or text to Rosene or Rev. Lise.

Notes from Religious Exploration continued

RE registration update links have been sent to everyone registered last year. Please update any info or just click “OK” if you want to stay on our current list and keep getting RE news through this year (even if you are not participating much with Zoom). We want to keep you in the loop, if that’s where you want to be!

OUR SUNDAY ZOOM Groups

- RE Groups meet weekly via Zoom. The links will be emailed to the group, or will be on the Remind app or RE Facebook group. To keep up to date on what’s happening, if you are a registered family, make sure you are added to these lists. Request to Rosene.
- RE Chalice Circle on Sunday mornings from 10:15 – 10:45am. Join Rosene and Bev to sing songs, hear a story on our monthly theme and participate in other interesting activities.
- Coming of Age Mentor/Mentee circles – 1:00 -2:30pm twice a month on Zoom or the AUUF Firepit.
- Jr Youth Meet-Up – 6:30 – 7:30pm Check in with your RE friends, Play games, participate in a discussion or other activities.
- Sr Youth Hangout - 8-9 pm Check In, Plan, play, participate in YRUU.

October Soul Matters Theme is Deep Listening

Check out the AUUF or RE Group Facebook page for thoughts and ideas, music and stories that will be posted during the month. We will be posting “Soulful Home” links for each month on the RE page as well as the live Chalice Circles.

RE Activity kits are available at the fellowship. Pick up the last week of each month for the next month when picking up your library book bag. Or contact Rosene for other pickup or delivery options.

ADULT PROGRAMS Beginning this month

Small groups are being formed. Please fill out the intent to participate form available in TAYF. Email to Rosene or Rev. Lise so we know how many groups to organize.

The Common Read for November will be *“An Indigenous People’s History of the US”*. There will be a ZOOM discussion group meeting on Tuesday, November 10. You have a few weeks to read it. Copies can be purchased online.

Common Read for December will be *“The New Jim Crow”*. Discussion will be Tuesday, December 8th. Copies available at the Fellowship for \$15. Call the office to reserve yours.

“Widening the Circle of Concern” to come in the new year. Obtain your copy and read ahead!

Also coming in January - *“What Moves Us”* - discussions in UU philosophy and history led by Rev. Lise.

Social Action-The Broad Brush of Color By Dennis Arashiro

"Here's the truth: White privilege is real. It provides white people with tangible benefits that for the most part they take for granted. I know, because I used to have white privilege. But being of Arab heritage and Muslim, my white privilege was revoked in the years that followed the 9/11 terrorist attacks."

-- Dean Obeidallah

What Dean Obeidallah experienced shows how fluid and capricious the color line is, how we choose to "other" certain people and deny them privilege. And the reasons for doing so? Not anything to do with who they are as individuals but what ties them to an identified group. Obeidallah did not have anything to do with any terrorist act but is viewed as a threat anyway. He is required to condemn terrorism on a regular basis to allay fears his very presence generates. He has plenty of company. The African-American man who wears a university sweatshirt in order to jog safely in his own neighborhood. The Latina who has to regularly declare her citizenship or legal immigration status. All to escape the tarnish of the broad brush of color.

In 1995 when the perpetrators of the Oklahoma City bombing were still unknown, the greatest fear among Arab and Muslim Americans was a Middle East connection to that act of terror. They knew how badly they would be impacted by that. Their relief when it was revealed that those responsible were White was understandable. At the same time how great was the fear among Whites that the terrorists were among their number? How worried were Whites about being racially profiled by the actions of Timothy McVeigh and Terry Nichols? They most likely weren't because Whites have the privilege of being seen more as individuals than as a suspect group. White privilege IS real.

Finding Your Way into Fellowship Oct 13th, 20 & 27th 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 - We share our journeys and learn more about UU and AUUF. We have really enjoyed getting to know new& familiar folks. Rev. Lise will be leading one of the sessions and plans to 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 Judy Engh at judyrae427@yahoo.com. We look forward to seeing you there!

October's Half Portion receipt is Alaska Innocence Project

By Kalen Saxton



The Alaska Innocence Project (AKIP) is an Alaska-based non-profit corporation that provides legal, educational, and charitable services to identify and exonerate individuals who have been wrongly convicted in the state of Alaska, and to provide educational opportunities that foster a culture that champions the defense of the innocent.

Prior to its formation, individuals wrongly convicted in Alaska could turn to the dedicated staff of the Innocence Project Northwest Clinic at the University of Washington school of Law for assistance. Their workload forced that project to turn down requests from inmates in Alaska. To meet the need of Alaskan inmates, a dedicated group of criminal attorneys, investigators, and concerned individuals banded together to form the Alaska Innocence Project. The AKIP is currently staffed by an Executive Director and overseen by a volunteer board of directors.

The Innocence Project is ramping up for an intense, demanding legal hearing, this time working to exonerate a man unfairly blamed and jailed for the death of his godson. TJ, the person involved, is now out on parole after spending 14 years behind bars, but still carries his 2nd-degree murder conviction. The project does not take on cases without great confidence in the innocence of the person involved.

The basis for the accusation is a set of criteria since deemed unreliable. But under the guidelines for getting wrongly accused people out of jail, the normal "innocent until proven guilty" rules are reversed, and Bill Oberly and team have to demonstrate clear and convincing evidence of innocence. Meanwhile the Innocence Project is struggling with the funding needed to do its work. Unlike when the Innocence Project successfully exonerated the Fairbanks Four, in this situation the work is happening without the support of big funders. Your support is one way to do some tangible good in a difficult time at a place where it is really needed.

Various Team Updates

Zoom Ushers

Connecting through AUUF

Zoom services have provided an important way for AUUF to stay connected, and in community, during this time when we are out of the building. We have been fortunate to have volunteers helping to welcome people into those meetings and keep everything flowing smoothly. Similar to ushers and greeters in our fellowship building, Zoom Ushers invite folks in, encourage people to put on their name tags, and keep an eye on assisting anyone who might be having difficulty. We would love to increase our pool of Zoom Usher volunteers, so that we can continue to offer welcoming and safe gatherings in our online space. If you have got the hang of attending Zoom meetings, you might be ready to learn how to help with ushering! Zoom Ushers receive an hour of training and practice, before they are invited to use SignUp Genius to volunteer their time. Ushers “arrive” at the services 15 minutes early and stay through the service to help out. Zoom Ushering works best on a desktop or laptop computer, but can be managed on a tablet as well. Please reach out to the Connections Team to volunteer!

connections@anchorageuuf.org

Special thanks to Di Smith, Leslie Adams, Judy Engh, Andrea Van Ravenswaay, James Dryden, and others who have helped serve as Zoom Ushers over the past few months! Your work has been greatly appreciated!

Alix McKee

Nominate an Outstanding UU!

Do you know an outstanding UU in our congregation? Here is your chance to recognize them for all the work they have done on behalf of AUUF! The Board presents two awards during the annual dinner to AUUF members who have contributed substantially to our congregation. The awards are:

Volunteer of the Year: This award is meant to honor a person who has contributed a significant amount of volunteer time to the Fellowship during the last year. Previous awardees are Bruce Roberts (2015), Denise Martin (2016), Kalen Saxton (2017), the Project Oversight Team that managed our building renovation (2018), and Carma Reed (2019).

Fred Hillman Distinguished Service Award: This award is named after long-time AUUF member and former Board president Dr. Fred Hillman, who passed away in 2014. Like its namesake, this award is meant to honor a person who lives the Seven Principles as part of their everyday life. Previous awardees are Shirley Dickens (2015), Sylvia Short (2016), Rod McCoy (2017), Helen Nienhueser (2018), and Wendy Romberg (2019).

To submit a nomination for an award, send a brief statement (no more than one paragraph) on why you feel this person should be recognized to past Board president David O'Brien at akdrdata@gmail.com. The deadline for nominations is October 15.

Various Team Updates continued

Save the Date - Saturday November 21, 2020

Virtual Annual Dinner

We plan to partner with an upscale restaurant. Pre-ordered dinners will be delivered to your home. We will ZOOM together. We propose a Live Auction with in-person Auctioneer. There will be a limited number of major auction items. Past live auction items were a condo in Mexico for a week, a cabin in Alaska for a weekend, trips on the ARR, and many other donations.

General Auction Items – At this time, we propose bidding on-line for six days . Sun-Fri, 11/15-11/20/20
You will view photos and descriptions online to offer bids. Some bids close out each day.

To donate items or services, fill out this form online. Email to Cathy Steen or Kalen Saxton saxtonkalen@gmail.com

Pastoral Care

One way a congregation can support its members is by forming a PASTORAL CARE TEAM which works with the religious professionals (DRE Director and Minister) to connect members of the congregation to each other and to provide support during times of joy and sorrow.

At present, Rev Lise Adams Sherry, Yolanda Meza, Carol Harris, Amanda Cash, Wray Kinard and I are working on forming this team. We are hopeful of

finding five or six fellowship members who are willing to comfort and aid other members and friends experiencing extraordinarily stressful and worrisome circumstances. The team will train lay listeners to offer support and compassion. Pastoral Care is a person-to-person expression of love at a time when it is most needed.

During this pandemic we need to contact people through phone, texts and emails or zoom. Our hope is to meet person to person as soon as possible. The team had its' initial meeting in September. We are working on our charter and defining our covenant. If you are interested in joining this group, please call or email me:
Stephanie Koonz 907-744-2428
stephaniekoonz@icloud.com

Sexual Harassment Prevention Training

Everyone in our congregation and community deserves respect, safety & dignity. Learn how to recognize and prevent sexual harassment. Bystander intervention training will also be provided to sharpen your allyship skills. Sierra Gregg is an experienced workshop facilitator from STAR who will lead this 1.5 hour workshop via Zoom. Join us on Sunday October 18th at 1 PM. Please send an RSVP email to Sara Hannon at sara.hannon@gmail.com so we can get a headcount. Look for a Zoom link in TAYF during the week of October 12.

In Fellowship,
Your AUUF Safer Congregation Team



Our voices may never be as important as in this November's election. Your UU the Vote Team is working to be sure you know how to cast your ballot, when various deadlines are and how to reach out for help as needed. We're also contacting other faith-based groups who share our values to see how we can support each other in getting out the vote. Members of our team will call you soon to be sure you're on track for November and to offer needed assistance. We'd love to have you join our efforts!

UU the Vote on ZOOM Links also available on the calendar at
www.anchorageuuf.org

Oct 6, 2020 7 pm

Join Zoom Meeting

<https://zoom.us/j/94681379153?pwd=LzVjUGhmZmNJMEkxYVdwU20za0V2Zz09>

Meeting ID: 946 8137 9153

Passcode: 108302

One tap mobile

+13462487799,,94681379153#,,,,,0#,,108302#

Dial by your location

+1 346 248 7799

Following are key dates to remember as you look toward the November election:

Last day to register or update your voter information

Oct. 4

Absentee ballots start to be mailed out in Alaska

Oct. 9

Early voting starts (in person sites/ballot drop off)

Oct. 19

Last day to apply for "by mail" absentee ballot

Oct. 24

Last day to register to vote for President only

Oct. 24

Last day to apply for "by electronic" absentee ballot

Nov. 2

Election Day: Alaska polls open 7 am to 8 pm

Nov. 3

Prop 2, Ranked choice voting & other changes to election laws

By Marty Freeman

I consulted with John McKay, who chaired the Forum on Prop. 2 at the AUUF a few weeks ago. We both settled on the same reference, a link to Ballotpedia that includes a summary, a link to the full text, key supporters and opponents and arguments from both sides. [https://ballotpedia.org/Alaska_Ballot_Measure_2,_Top-Four_Ranked-Choice_Voting_and_Campaign_Finance_Laws_Initiative_\(2020\)](https://ballotpedia.org/Alaska_Ballot_Measure_2,_Top-Four_Ranked-Choice_Voting_and_Campaign_Finance_Laws_Initiative_(2020))

John also noted that the podcast from the AUUF Forum is available on our website at: https://auuf-podcasts.org/AUUF_Podcasts/podcastgen/?name=2020-08-30_20200830_0900.mp3

The speakers at the Forum both invited folks to get in touch with them and could provide more information on their perspectives. Here are their contacts:

Shea Siegert : info@alaskansforbetterelections.com

Leighan Gonzales : leighanrgonzales@gmail.com

Alaska Common Ground will be hosting another forum on this issue October 14, 7-9 p.m. Check out their website for details at <https://akcommonground.org/events/>

The Faith Outreach Manager of Brave New Films contacted AUUF about the release of Suppressed 2020, The Fight to Vote. This film documents voter suppression that led to Stacey Abrams' defeat in Georgia in 2018 and the strategies to disenfranchise people of color that continue to be employed today.

Though we can't have a AUUF screening at this time, anyone can watch the movie directly from the Brave New Films website. To watch the documentary, scroll down past the subscription form and click on the video. It is 40 minutes long.

<https://www.bravenewfilms.org/suppressed>



The image contains two promotional banners. The left banner is dark blue with a white fist icon on the left. It features the text "Voting is an act of faith" in a script font, "Harvest the Power" in large bold letters, and "Week of Action October 21-27" in a yellow box. A small "UU VOTE" logo is in the top right. The right banner is white with a blue border. It features the website "www.uuthevote.org" at the top, a red box with "National Days of Action!", the hashtag "#VOTELOVE Phonebanks" in large blue letters, and the text "Join the push to reach 2,000,000 voters before Nov. 3rd." at the bottom. It also includes an illustration of a smartphone with a speech bubble and a "UU VOTE" logo.

Progress toward AIM Certification By Kalen Saxton

The committee to assess the significant progress our Fellowship has made to better welcome, embrace, integrate and support people with disabilities and their families, and to look at inclusion for everyone, has met several times. Each of us is working on tasks. Bob Pelz has provided multiple sources of information on Chemical Sensitivity to inform the committee and to be used as resources for Board, Staff and Member decision-making. He plans to do more, but here is part of Bob's reporting so far. Written by Kalen.

Chemical Sensitivity

There are a huge range of reactions from life-threatening to not feeling well. Reactions vary from person to person both in intensity and to particular substances or odors. Food allergies are certainly a concern and need to be addressed in any communal eating settings. Fragrances in household cleaning products, hygiene products, and perfumes are common. Even products without fragrance may have ingredients that cause problems.

On a personal level, a lot of reading and attention to how you feel is needed. On a group level, it is much more complicated and worthwhile as we care for people and our planet. What doesn't kill you may still have a long-term health effect on you and others. Written by Bob. Accessibility Information for Unitarian Universalist Churches

Multiple Chemical and Electrical Sensitivities

Over time, living organisms can adjust to gradual changes in their environment. But in recent years changes to habitat have been so rapid that the human organisms, among others, can only strain to keep up. For certain vulnerable people, Multiple Chemical Sensitivity (MCS), Electrical Sensitivity (ES), and other Environmental Illnesses (EI) can be disabling medical conditions initiated by acute or ongoing exposure to one or more chemicals, molds, electrical fields, or medications.

Following sensitization, subsequent exposures at even very low doses can exacerbate the person's sensitivity. Eventually, symptoms are provoked even by unrelated substances, foods, and electrical fields. Symptoms can be debilitating, sometimes life-threatening, and commonly include severe dizziness, headaches, fainting, tiredness, burning or itching of skin and eyes, flu-like symptoms, emotional disturbances, and seizure disorders. In addition, any chronic neurological disorders, asthma, and autoimmune disorders (such as lupus and rheumatoid arthritis) can be aggravated by exposures.

Commonplace exposures that trigger symptoms for a sensitized individual include chemical emissions from new carpets, building materials, and furnishings; scented personal care products; maintenance, cleaning, disinfection and pest control chemicals; solvents; dyes; soft plastics; molds and mildew; animal dander; scented or petroleum candles; soaps, shampoos; detergents; wood and tobacco smoke; gas stove and furnace fuel and emissions; vehicle exhaust.

Progress toward AIM Certification continued

Eventually reactions can be triggered by noise, temperature, the sun, fluorescents, flashing lights, and any electrical equipment including transformers, cell phones, or overhead power lines.

Remember, each person is unique, whether they live with a disability or chronic health condition, or not. Therefore, it is impossible to make universal statements about what will enable us all, in our diversity, to be welcomed through accommodation. As with all reciprocal relationships, it is always important and appropriate to ask the people that are being welcomed, what will work for them.

<https://www.uua.org/files/documents/idbm/accessibility/manual.pdf>

Gentle Beginner Yoga makes a great fall companion

By Amanda Mack

What started as a stop-gap measure to offer some peace to our AUUF community during last spring's lockdown is now an ongoing weekly gentle beginner yoga class with steady attendance. I love greeting and teaching whoever shows up each week and am committed to continuing the class through the pandemic. As we watch the days get longer and the election get nearer, I invite you to join us. Like a new puppy, yoga makes an uplifting fall companion during these strangest of times.

Over these six months, we have established a rhythm in class where we start by discussing elements of yoga philosophy followed by mindful breathwork. We then launch into a gentle, meditative warmup that awakens the joints. Next are standing and balance poses. Classes include strength work, twists and side bends as well. We close with a seated or reclined resting pose called savasana to round out the class.

I feel deep gratitude for all who keep showing up. I love that my 80-year-old mother in Bismarck, N.D., attends most weeks and finds it accessible. I also love that Cindy Kinard now calls her Mom too. I love that for more able-bodied students, I can offer more active alternatives to the mostly seated postures I gear toward my mom. I love that students invite their siblings and friends from places near and far. I love that friendships have been formed and important sharing happens. I love that we all feel better after an hour together.

If you haven't tried yoga before or it's been a long time, this class is a safe place to begin. If you were a regular last fall and want to join us again, I invite you to put it back on your schedule. Classes are Tuesdays at 10 a.m. via Zoom. Visit www.yogacollectiveak.com for a direct zoom link to class. Classes are either \$10 per class or free.

Amanda Mack attended her first yoga class in a church basement in Minot, N.D., circa 1979, taught by her beloved Tante Foli, her nonconformist hippy aunt who attended the Unitarian Universalist Congregation in Blacksburg, Va., until her death in 2019.



Artwork by Denise Martin

Anchorage Unitarian Universalist Fellowship | (907) 248-3737

www.anchorageuuf.org

Minister, Rev. Lise Adams Sherry, 907-248-3737 x2, revlise@anchorageuuf.org

Irene Kerita, 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



Anchorage Unitarian Universalist Fellowship

The Log

November 2020

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

Table of Contents

AUUF Virtual Auction

From the Minister: Rev. Lise Adams Sherry

UUA Common Read Discussions

Virtual Worship

Virtual Forum

Notes from Religious Exploration By Rosene Beachy

Various Updates

Our Board President's Message By Sid McCausland

Qanon Qraziness By Dennis Arashiro

November Half Portion Recipient By Kalen Saxton

November Board of Directors Update

Farewell & Welcome- AUUF Board Rooster Update

Progress toward AIM Certification By Kalen Saxton

Prevention will save lives By Sid McCausland

Eye of the Storm By Pi Luna.com

Stir Crazy Cure



VIRTUAL AUCTION November 14-22

Yes, we ARE going to have an AUUF auction this year. A Virtual Auction that is online for EIGHT DAYS. You can donate items or services now, and get a bid number soon. Carma, Cathy, Kalen, Peggy and Heather are working with dozens of people to make the Auction and Gathering happen. Members and friends have donated personal services, food from gardens and foraging, fish, photography, stamp collections, work by Alaskan artists. items for children and youth, ivory, jewelry and accessories, gift certificates from local establishments and other great deals.

A gaming permit will be obtained from the State of Alaska to provide games of chance. Peggy and Irene Kerita, AUUF Admin, did the application. Carma and Cathy will take the test to be qualified to run it. We will hold a raffle for the colorful quilt that Irene O'Brien made this year and donated to AUUF. She calls it "Stir Crazy" because it was made during the pandemic shelter in place time and it was made from pieces of cloth used to make masks. Are you feeling a little stir crazy from the "hunker down" time? We propose a cure.

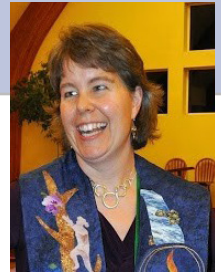
VIRTUAL GATHERING NOV 22, 5-6:30pm: A Stir Crazy Cure

Final bidding excitement will happen. You can eat dinner before this event starts, or you may be eating dinner at your home while you are with us virtually. It will be like a ZOOM meeting but will be set up on the auction software we just got. We are planning live music by members and friends. We will find out who is our Volunteer of the Year. We will unmute and raise a glass of our favorite beverage to cheer for their service. And then we will find out who got the award for taking UU values into their community service. We will raise our glasses and cheer again. I want to raise my glass and cheer that Rev. Lise has agreed to be with us for another year. Hip, Hip, Hooray!

If the vote counting gets finished from Nov. 3rd, we should be able to toast that the 2020 Election is over. It will be a good time to gather.

Visit www.anchorageuuf.org/virtual-auction-virtual-gathering to stay updated.

From the Minister Rev. Lise Adams Sherry



Happy November! As I write this I'm looking out on a back porch that is covered in about an inch of snow. It's about 9:20 in the morning and the sky is finally starting to brighten up a bit. Alaskan life—I'm definitely enjoying it. I'm also enjoying my time with you as well. Hopefully you feel the same way about this partnership because the Board (per their authority to hire contract ministers—the entire congregation votes for a settled minister) has invited me to stay until July 2022. I have gratefully accepted. Please let me know if you have any questions, concerns or joys about this continued arrangement.

What will we be doing together? The Board and I have some ideas, and there's lots of room for others at AUUF to contribute their thoughts as well. One of the things the Board and I talked about when we were getting to know each other is that they didn't want my ministry with you to be another interim ministry—one where the focus is to do a lot of re-examining and experimenting, sometimes just for the sake of trying new things. There's not necessarily anything wrong with that, but we didn't think that's what AUUF needed, and from conversations I've had with many of you I think that's a consensus. This doesn't mean, however, that everything will remain the same. Because really, what ever remains the same?

At the moment, (because who knows what I'll be thinking next week?!) I'm thinking of my ministry with you all as a pastoral one, where we all can care for one another and bring healing to our world. And I do mean care for one another. The grace and kindness I've seen and received at AUUF has added healing balm to some past professional wounds, and I thank you for that. Unfortunately, as we've heard in some of our listening circles this month; there are a few in our midst who have felt more wounded from their time here. Where does this pain come from? These folks would have to answer more explicitly for themselves, but trends that I've seen point to not listening deeply enough, assuming that everyone is okay with a particular way of being, forgetting that there's lots of room for different views about what Unitarian Universalism can be, and learning to understand the difference between our intentions and our impact. So, in essence, we're really succeeding at being human!

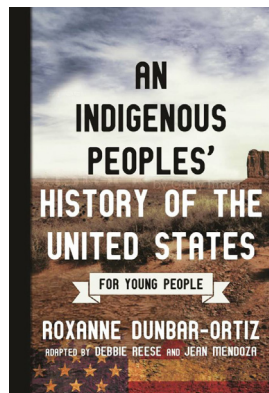
And I've also seen a great willingness at AUUF to try to address all these human characteristics with love, grace and humour. So we've got personal and the greater AUUF community relationships to tend to, and then there's healing in the rest of the world, as well. Hopefully, along the way, we'll have some fun and joyful times as well as dancing, laughing, eating good food—even if it's outside with a mask on or through the camera lenses on our computers.

I'm so glad to be with you.
Blessings and love,
Rev. Lise

From the Minister continued

UUA Common Read Discussions Coming Your Way Facilitated by Rev. Lise Adams Sherry

New Dates! Join us and pick up one or both of these books. Read it and come share your thoughts in these discussions. We will connect via Zoom. The link will be on the AUUF website calendar. If you have questions, please contact Rev. Lise.

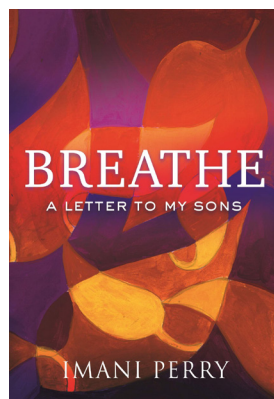


November 17, 7pm

An Indigenous Peoples' History of the United States

By Roxanne Dunbar- Ortiz

“In An Indigenous Peoples’ History of the United States, Dunbar-Ortiz adroitly challenges the founding myth of the United States and shows how policy against the Indigenous peoples was colonialist and designed to seize the territories of the original inhabitants, displacing or eliminating them.” Join us as we learn more deeply about our history and consider how we can work to rectify past harms.



Dec. 15, 7-8:30 pm

Breathe: A Letter to My Sons

By Imani Perry

“Breathe offers a broader meditation on race, gender, and the meaning of a life well lived and is also an unforgettable lesson in Black resistance and resilience.” What can we learn from Imani’s perspective? What hopes and dreams do we all share? How can we help to make sure all our children can dream and grow alike? These are just some of the questions we’ll be considering together.

UUA Common Read Books For Purchase!

These books are available from <https://www.uuabookstore.org/> and local bookstores.

AUUF Admin Irene Kerita, has the following Common Read books for sale in the AUUF office. Irene says, “Please hurry as we only have 10 copies of each for the price listed below.”

An Indigenous Peoples’ History of the United States - \$16 & Breathe: A Letter to My Sons - \$18

Irene is in the office Monday -Friday from 10am-3pm. If you would like to purchase a book outside of these hours, please call Irene to make arrangements. Please note exact cash or check is accepted.

Thanks, Irene Kerita Congregational Administrator Phone: (907) 248-3737 ext. 1

Admin@anchorageuuf.org

Healing

This month's theme is Healing. Do you think theme planners for this month were thinking about the state of our country and Election Day? Perhaps, but the month of November has other events for which we also need to continue to do repair. The good news is that even with the pain, regrets and sorrow that are part of healing, there's also opportunity for new beginnings and finding joy once again.

11am November 1

Voting to Heal Our World With Rev. Lise Adams Shery

Voting is really only one part of helping to heal our world, but it's an important one. What else can we do? What else do we need to do?

11am November 8

All Soul's Sunday With Rev. Lise Adams Sherry and Ruth Greenwood

Join us as we remember our AUUF ancestors. We'll do our annual calling of names and reflect on the gifts and the challenges we've received from all who have come before.

11am November 15

Trauma and Transcendence With Rev. Lise Adams Sherry

This Sunday falls between Veteran's Day and Transgender Day of Remembrance, days that acknowledge the sacrifices and pain of people who can all be considered warriors. In many ways, we could all give ourselves that label because we all have challenges. How do we face those sometimes unsurmountable obstacles and still manage to move beyond?

11am November 22

Gratitude for All With Rev. Lise Adams Sherry and Rosene Beachy, DLRE

Join us for our multigenerational celebration of gratitude and thanksgiving. Be sure to watch TAYF for bread recipes that you can make for the shared communion we're planning as part of this service.

11am November 29

TBD The Worship Team. Whatever it is, it'll be great!

Virtual Forum



We can look forward to five excellent Forums in November. Ever wonder how the system of providing health care to Alaska Natives works? AUUF's own Dr. Doug Eby is Vice President for Medical Services at Southcentral Foundation. SCF is an important component—but only one piece—of the overall tribal health system, and Doug gave us an overview on Nov. 1 of how the pieces fit, how it's paid for, and how Native Alaskan families around the state depend upon it.

9am November 8, New York Times bestselling author Heather Lende from Haines will reprise her role as “The person who speaks to the Forum on the Sunday after the presidential election (taking no responsibility for the outcome).” She will talk about and read from her newest book, *Of Bears and Ballots*, subtitled “An Alaskan Adventure in Small-Town Politics,” which you still have time to read beforehand if you're quick about it. Anyone who is engaged in their community, or in this “small town” we call Alaska, will enjoy this Forum.

9am November 15, we will hear from whale researchers Olga von Ziegesar and Shelley Gill (yes, the one whose books you've read to your kids or grandkids) about their many years of work tracking whales—especially the “winged whales,” or humpbacks, in Prince William Sound.

9am November 22, Valerie Nurr'araaluk Davidson, Gov. Walker's Commissioner of Health and Social Services and then Lt. Governor, will tell us about her new position as President of Alaska Pacific University, and about APU's journey to becoming a Tribal University.

9am November 29, State Senator Elvi Gray-Jackson will brief us on a package of bills she will pre-file for the upcoming legislative session addressing police reform. In the wake of all that has happened around the nation this past year, she is focused on positive ways of “turning pain into progress.”

Notes from Religious Exploration November

By Rosene Beachy, DLRE



Our long and wonderful fall season has come to a close with a fun Halloween dance party on the basketball square with Megan spinning Halloween tunes. Our month of Fall Frolic Saturdays provided some “in person” experiences at the Fellowship and Zoom concerts enjoyed by all ages. Masks and physical distancing did not hinder the fun of making moon lanterns, showing off cool costumes or walking the “Trunk or Treat Trail” around the Fellowship! We want to thank everyone who sang, shared their talents, played, provided car trunks and candy and in many ways supported our families’ wishes for some in- person community experiences. And we want to thank everyone for following safety protocols!

As we continue with Covid restrictions, the RE team is committed to bringing interesting and fun programming and, when possible, in person activities to your family! RE kits for November Chalice Circle activities are being delivered – if you want to be added to a route, email Rosene. RE Library book bags also are available for families to borrow.

The CYRE Team will be planning outdoor activities for November and December, weather dependent. And, planning is happening now for the mitten tree, solstice and Christmas Eve. I’m sure some of you have cool ideas! Please share - talk to Rosene if there is something you would like to see happen. Stay tuned for future announcements.

OUR Programs

Here’s an update on what’s been happening in the Chalice Circles and Youth Zooms.

Chalice Circles in October went with the theme of “Deep Listening”.

Chickee and Bear puppets helped us explore listening with our hearts, listening to our feelings and making worry dolls. We listened to nature sounds with the help of crickets, made cricket sounds and kazoos with combs, and wrapped up the month with remembering the stories and wisdom we gain from listening to our elders and ancestors.

The **Youth** groups also explored the “Deep Listening” theme with the added twist of some super fun games and foodie activities.

Here is the recipe for making the chocolate mug cake which some folks have asked for. Give yourself a treat! <https://www.spicebangla.com/chocolate-mug-cake/>

Notes from Religious Exploration continued

-4 tbsp. all-purpose flour
-2 -3 tbsp. unsweetened cocoa powder
-1/4 tsp. baking powder
-2 tbsp. granulated sugar
-½ t. vanilla
- 3 tbsp. milk
-2 tbsp. vegetable oil & -pinch of salt Chocolate chips and nuts as desired!
Microwave 1 min. or up to 2 min if lower wattage than 1200w. Cool. Drizzle with frosting, chocolate syrup or whipped cream! Enjoy!

November Chalice Circles and Youth programs will explore the theme of Healing – through gratitude, compassion and perspective activities. Announcements are sent out by Icon class emails, posted on the RE Facebook group and by “Remind”. Email Rosene if you are not getting notices.

Chalice Circles are 10:15 – 10:45am Sunday morning. The link is on the AUUF website. Jr and Sr Youth meet -ups are closed. Links are sent to youth who are registered in the RE 11:00am Service.

Does your family wish to light the chalice at the beginning of the service? We would love to have some family participants in the 11:00 service light our chalice from the comfort of your home each week! Let Lise or Rosene know and we can make it happen. We are also looking for children’s artwork to showcase in online announcements, etc. email or text to Rosene or Lise.

OUR SUNDAY ZOOM Groups

- **RE Groups meet weekly via Zoom.** The links will be emailed to the group, or will be on the Remind app or RE Facebook group. To keep up to date on what’s happening, if you are a registered family, make sure you are added to these lists. Send a request to Rosene.
- **RE Chalice Circle on Sunday mornings from 10:15 – 10:45.** Join Rosene and Bev to sing songs, hear a story on our monthly theme and participate in other interesting activities.
- **Coming of Age Mentor/Mentee circles** – 1:00 -2:30 twice a month on Zoom or the AUUF
- **Jr Youth Meet Up** – 6:30 – 7:30 Check in with your RE friends, Play games, participate in a discussion or other activities.
- **Sr Youth Hang Out** - day and time change in the works. Looking for youth to help with programming ideas.

Various Updates

Adult RE Opportunity with Fairbanks UUF

9am Sundays on Zoom

Meeting Dates: November 15, November 29

You're cordially invited to join resident heretics Rev. Leslie and Mike Walleri as we ask challenging questions about the multifaceted and often misunderstood ancient scriptures of the Jewish and Christian faiths. In this discussion group, we hope to challenge your assumptions about the Bible and offer you new vantage points from which to consider this rich wisdom text.

Zoom link: <https://us02web.zoom.us/j/84436679610>

Join by Phone: +1 253 215 8782

Meeting ID: 844 3667 9610

Conflicts with AUUF's weekly Forum.

New Tool to Submit Your Article to AUUF Publications & Request Zoom Meetings

Greetings AUUF,

Kelly Spring here, Communications Specialist. I have created these simple forms for submitting your content to AUUF publications.

www.anchorageuuf.org/communications

In the past, perhaps, The Log & Today at Your Fellowship were the main two avenues of communication outside of Sunday services. Now we have more options, including the AUUF website www.anchorageuuf.org, Facebook and Instagram.

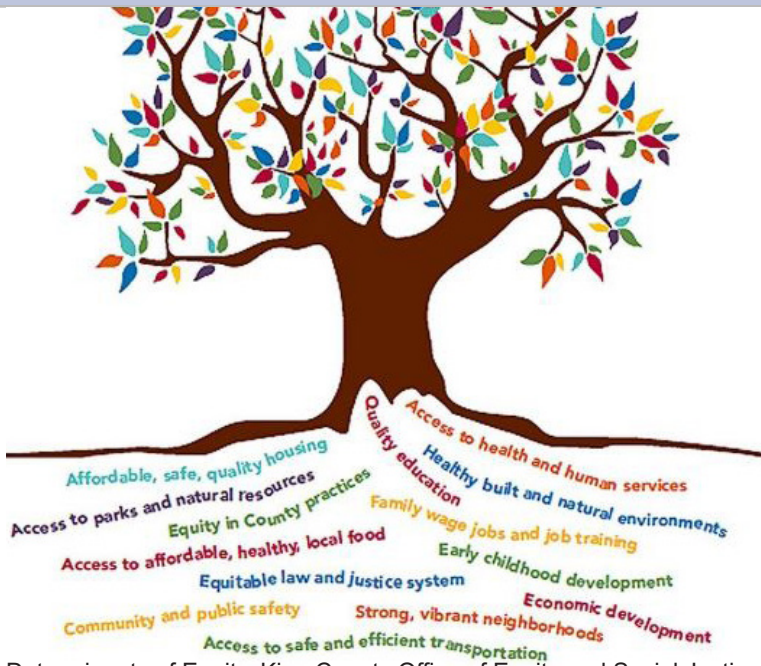
By using the form, you can specify when and where you'd like your article published, which will help you get your team's message out more effectively.

Also in recent months we have made an effort to establish the AUUF website as a steady news source. The tab labeled WHAT'S HAPPENING is updated often with various virtual happenings. As always Zoom links to public meetings are located on the Calendar on the website or can be accessed using the bright colorful boxes on the left side of the website. Follow us on Facebook for more interesting UU content!

<https://www.facebook.com/anchorageuu>

Questions? Feel free to reach out! communications@anchorageuuf.org

Our Board President's Message from Sid McCausland



Determinants of Equity, King County Office of Equity and Social Justice
Courtesy King County, WA

AUUF's Goals and Objectives: We hope you will share your hopes for the year ahead.

AUUF's Strategic Objectives

2020 has been like no other in our lifetimes. This is the moment we need to "hear" your thoughts on how AUUF can best rise to the challenges of serving your needs and those of our wider community. Please take the time to write down / journal / record / unburden your heart.

Take a deep breath and then forward your ideas for next steps to me, president@anchorageuuf.org. Ideas received before November 15 will be shared with the Board as we adopt our goals and strategic objectives for the year ahead.

Our Unitarian Universalist Mission and Goals are embedded within [Our Seven UU Principles](#). But goals are seldom achieved in the absence of discrete real steps that can be completed in real time here in Anchorage and beyond. Planners frequently call these steps Strategic Objectives. Strategic Objectives can be broken down into a series of manageable tasks with outcomes that can be defined. The tasks are assigned and carried out by groups of people with the skill sets best suited to the task. We have more than twenty AUUF Teams and Committees with charters intended to focus on the things they can do to help us aspire to our Seven UU Principles both within our Fellowship and the community at large. And ad hoc teams assemble frequently to host events like the fabulous parking lot Halloween evening.

Help us shape our plans for the year ahead. Please, please, find a team or committee where your talents can be appreciated. Engaging with others in constructive work can be the best medicine in the worst of times.

Our Board President's Message from Sid McCausland continued

AUUF's Virtual Connections

This has been a year when it's difficult to recall anything that was or is the way we always thought it was or is supposed to be. I have found it emotionally / spiritually comforting to surrender and just accept the absence of the energy exchange of physical presence while embracing the virtual opportunity to work and play with others in the ubiquitous electric cloud.

But a few of you old AUUF regulars have not checked in lately. We know that some of you just don't get a charge out of online worship, while some of you just spend way too many hours online and need a break. We're continuing to explore the possibility of coupling small gatherings that require registration with virtual activities. Let us know what might work for you? How can AUUF help you flourish in the midst of tumult? As our song says, "We hold you in our hearts as you go, as you go."



Zoom, Monica Tiulescu 2020/ Fine Arts Museums of San Francisco

QANON QRAZINESS

“Pagan opponents claimed that Christians engaged in ritual incest (sexual acts between brothers and sisters), infanticide (killing the Son) and cannibalism (eating his flesh and drinking his blood). These charges may seem incredible today, but in a society that respected decency and openness, they were widely accepted. Christians were perceived as a nefarious lot.”

- Bart D. Ehrmann, New Testament scholar

Conspiracy theories demonizing specific groups and accusing them of horrific acts have been with us for ages. Latest is QAnon which alleges that a cabal of Satanist pedophiles run a global child sex trafficking ring through their control of the levers of governmental power. Adherents believe that Donald Trump is leading a secret war against this evil and will bring about “a day of reckoning” with a mass arrest of the evildoers. And who are the evildoers? Obviously, any Trump opponent. Journalists, Democrats, anti Trump Republicans, Hollywood stars, social justice advocates.

How far can QAnon spread? Consider the millions who still believe Barack Obama was an illegitimate president because he was born in Kenya. It is a baby step for those millions to believe in QAnon. As the conspiracy spreads and gains support, even in the mainstream of politics, its targets will also grow. As soon as one denounces the conspiracy or its White House hero, one risks being accused of being in league with the imaginary Satanist pedophiles. As much as we may want to laugh about this insanity, we have to be as deadly serious as the QAnon supporters.

What can be done to combat QAnon? Not direct confrontation with believers. That only gears up lines of defense. Lecturing can be counterproductive. A better strategy may be to share your own experience of belief in something that turned out to be false. Just telling your own story may be enough to open up some minds. Another avenue is to share the history of similar conspiracy theories. How pagans in ancient Rome had beliefs about Christians similar to QAnon. How Jews and Roma (known derogatorily as Gypsies) were accused in the past by Christians of horrible crimes against children along the same lines. Just taking people out of the granite box of their present thinking into a different context can work. This is what it means to educate. To generate light, not heat. Something that holding up a chalice can do.



Identity Alaska's mission is to advance Alaska's LGBTQ+ community through advocacy, education and connectivity. They sponsor Alaska PRIDE WEEK and host the PRIDE PARADE in downtown Anchorage and PRIDE FEST on the Park Strip in Anchorage.

Anchorage UU Fellowship has participated in the Pride Parade for many years. One year we won the award for the most people in one group. AUUF has had a booth at Pride Fest for many years. In 2019 we had a table with art supplies for children to use while we talk with their parents. We had electric plug-ins for anyone to use to charge their phone or other electronic device.

Identity supports several groups who now meet online. SAGE Alaska provides services and advocacy to LGBTQ+ elders. Q-Club is a social and educational group open to all LGBTQ+ teens and allies ages 13-18 in Alaska. Generation Q is an accessible, substance free, social and support group for LGBTQ+ young adults in Alaska. PFLAG Board meets every two months. The national organization is for LGBTQ+ people, their parents and families, and allies. There are over 400 chapters nationally. There is a Veteran's Wellness Support Group that meets monthly at Alaska VA.

We have supported Identity with Half-Portion funds for several years. They continue to evolve the services they provide and are a statewide organization.

November Board of Directors Update

AUUF Board of Directors Update

Here's the key things your Board accomplished during our October virtual meeting:

- Extended Rev. Lise Adams Sherry's contract for a second year to July 2022 per Bylaw 8.8. This early renewal eliminates the need for Rev. Lise to enter UUA's search process this December and allows AUUF to regroup before commencing a new search for a Settled Minister.
- Elected Berta Gardner to complete Jenna Way's term which ends June 30, 2021 per Bylaw 5.4(a). Jenna and Terry, two active AUUF volunteers, are moving to Miami to accept Terry's promotion.
- Elected Kathy Lucich Board Vice President to fill the vacancy following Jenna's departure.
- Extended limited access to AUUF's building through December 31 st to small groups that have used our space previously and agree to adhere to our COVID-19 Protocols. The Board reviews this 90-day limited use forecast monthly.
- Adopted a new Board Covenant that includes a commitment to say "Ouch" when hurt and to deal with it in the moment as part of our ongoing effort to foster open, honest, respectful, and inclusive relationships.
- Received an update on the exciting plans for AUUF's first virtual auction & dinner. These upside-down times require improvisation and innovation!
- Approved the selection of the recipients of this year's Volunteer & Fred Hillman awards, which will be announced during the virtual dinner at the conclusion of the online auction.
- Created an ad hoc committee to propose additional ways AUUF can honor members who have made extraordinary contributions to our Fellowship. Your suggestions are invited.
- Discussed the challenges and issues posed by the bid for completion of Phase 3 of AUUF's building renovation. The Board will meet again when research into several matters are complete, such as the renovations expenditure authority previously granted to the Board by the Membership, total expenditures to date, and an independent evaluation of the bid submitted by the contractor.
- Suspended AUUF's Mama Lake property listing until Spring. If you are interested in a remote cabin site, please let us know.

Our next regular meeting will be held on November 18th .

Farewell and Welcome—AUUF Board Roster Update

Please let Jenna Way know how deeply we have appreciated her contributions to our Fellowship as we extend best wishes to Jenna and Terry as they head to Miami to accept Terry's latest promotion. Jenna has played a vital role at AUUF since Terry transferred here from Hawaii. Her service on our Board, mostly recently as Vice President; contributions to our Finance Committee as it threaded its way through challenging budget cycles; and participation on our Board's ad hoc Contract Minister Selection Committee reflect her deep commitment to Unitarian Universalism's call to service.

Kathleen Lucich has accepted the Board's invitation to complete Jenna's term as Board Vice President.

And sad as we are to say goodbye to Jenna and Terry...

Berta Gardner has accepted the Board's invitation to complete Jenna's term, which end June 30, 2021, per AUUF Bylaw 5.4(a). Berta's long relationship with the Fellowship, combined with her deep connections within Anchorage and with Alaskans everywhere, adds a new dimension to our multifaceted Board of Directors.

Thank you, Jenna, Kathleen, and Berta for your dedicated service to AUUF past, present, and future.

--Sid McCausland, Board President



Progress toward AIM Certification By Kalen Saxton

Emails between Cari Sayer, AIM (Accessibility and Inclusion Ministry) Certification Team* and Elayne Hunter, CYRE

Cari wrote to Elayne:“The committee is tasked with looking at all sorts of accessibility issues – physical, visual, auditory, as well as things like sensitivity to scents/chemicals and, especially for kiddos, attention issues. As a former Special Ed teacher, I made all sorts of changes, big and little, to help my kids learn, so I understand the complexity of this request. Children in RE come and go, grow up and change. Many accommodations are temporary. For now, let’s keep it simple/basic. Start with citing a few examples of things that have been done and see where to go from here. Thanks again. Cari “

Elayne emailed back, RE accommodations:

I’ve worked for the ASD on the elementary level so I’m familiar with typical accommodations. Our teachers are volunteers. We work to train them and support them. We have a full-time director of the program who is a professionally trained teacher with 17 years of experience in our program. We have physical accommodations with a ramp as well as a lift and our building is being renovated further now to address physical handicap accessibility. We adjust snacks regarding allergies. We do our best to accommodate the cognitive and emotional challenges kids may have and enlist the help of parents when it is beyond the capacity of our volunteer based program. We work hard to have a positive and supportive atmosphere during our RE programs reinforcing positive relationship qualities, supporting individuality maintaining appropriate boundaries for safety while having fun and learning.

-Elayne Hunter

*AIM Team Working for UUA Certification of our Accessibility and Inclusion at the Fellowship

Prevention will save lives

“Prevention works and saves lives,” said Alaska’s Chief Medical Officer Dr. Anne Zink. “With most regions in Alaska now at the high alert level, or red zone, for the 14-day daily case average, we all must step up our prevention efforts. Let’s protect vulnerable groups and continue to keep our hospitalizations and deaths low.”

All Alaskans should continue practicing these important prevention measures.

- Keep close interactions to a very small group of people, ideally just within your household.
- Stay 6 feet away from others.
- Mask up in public places.
- Avoid gatherings. Find creative ways to be social that keep people six feet apart. Being outdoors around others is safer than being indoors.
- Wash hands often. Clean and disinfect commonly touched surfaces and objects.
- Stay home if you feel sick.
- Get tested for COVID-19 even if you have one symptom, or mild symptoms.
- Keep track of your contacts and contact them immediately if you test positive for COVID.
- Answer the call if a public health contact tracer calls you and follow their guidelines.

Anchorage Unitarian Universalist Fellowship | (907) 248-3737

www.anchorageuuf.org

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Irene Kerita, 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



Anchorage Unitarian Universalist Fellowship

The Log

December 2020

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

Table of Contents

From the Minister: Rev. Lise Adams Sherry

Virtual Forum

Virtual Worship

Notes from Religious Exploration By Rosene Beachy

Various Updates

AUUF Volunteer Awards Presented During Auction Gathering

Our Board President's Message By Sid McCausland

Board Mission, Goals & Objectives

Farewell & Welcome - AUUF Board Roster Update

AIM Accessibility & Inclusion

Social Action By Dennis Arashiro

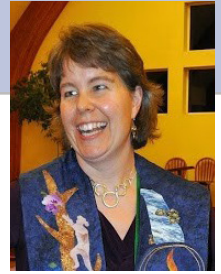
December Half Portion Recipient By Kalen Saxton

The Alternative Gift Fair

December Board of Directors Update

Together We Are Whole
By Pi Luna.com

From the Minister Rev. Lise Adams Sherry



I am so excited to be here for my first proper Solstice! I say “proper” because although I have noted the shorter and lengthening days during winter before, I have never experienced it in quite the same way that I am now. It’s interesting to observe all the differences: the increasingly low angle of the light as we approach Solstice, the way there seems to be a parade of people walking by my house between 11 am and 1 pm when the day is brightest, all the “Christmas” lights that have been popping up since early October. Noticing the light and through it, how we all are connected to nature seems simpler, more foundational to our existence as we approach this busy holiday time of year.

I don’t know about you, but the words simple and foundational help me to breathe more deeply when I think of all that we think needs to be done between now and the New Year. So, something that I try to do at the beginning of each December is sit down and think about 3-4 things that are really important to me about the holiday season. I make those 3-4 things a priority, and if everything else falls by the wayside, so be it. A couple of my priorities are playing Christmas music because it reminds me of my mom, and having a very simple gift exchange so people feel appreciated and my pocketbook stays intact. What is important to you?

Here are some questions to think about as you consider what is central to you this holiday season:

- What would your fantasy holiday be like if you could do it exactly as you wanted? Are there elements of that fantasy you can incorporate into what you may feel obligated to do for and with others?
- What gifts that you have given or received have brought you the most joy? Why? Can you replicate that feeling of joy and purpose?
- What does this holiday season mean to you? Is it religious, about nature, about family or obligations? If it tends to bring up negative feelings, is there something you can do to reframe the meaning?

The holiday season can be one of the most joyous and/or one of the most stressful times of the year. This year, as we continue to be in the midst of a pandemic, those feelings are likely to be amplified. We also will be continuing to deal with grief over a loss of traditions and gatherings that are better postponed in the midst of coronavirus. It’s not going to be easy. That’s why I think it’s more important than ever this year to put some thought into what we want and expect from this holiday season, our loved ones and ourselves.

Once upon a time, this season was simply about the return of the sun, celebrating the possibility of peace and goodwill, and enjoying time with our loved ones in the quieter fallow time of winter. And that was enough. May we all be blessed with enough this season as well.

Blessings, Rev. Lise

Virtual Forum Sundays at 9am



We've got another great month of Forums to look forward to in December.

Dec 6. We start with Chad Hansen, from the Disability Law Center, who will talk with about making our community accessible and inclusive—something we all want to be more aware of.

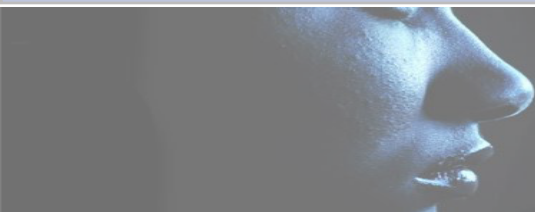
The following Sunday, December 13, Sr. Helen Prejean, a Catholic nun and leading American advocate for the abolition of the death penalty, will be joining us from New Orleans. This is a particularly opportune time to focus on this topic, as the Barr/Trump Administration plans to conduct multiple executions before Inauguration Day, and to approve more ways to kill death row inmates.

On December 20, UAA Professor Travis Rector, Ph.D., chair of UAA's Department of Physics and Astronomy, will talk to us about climate change. Science matters!

And to close out the year, on December 27 we'll shift gears and celebrate the world's best ultraendurance bicycle racer, Anchorage's Lael Wilcox.

Join us at www.anchorageuuf.org/sundayonzoom

Virtual Worship Sundays at 11am



Welcome to the month of Stillness!

This season, our SoulMatters theme for December is Stillness. It seems apt, yet it also seems contradictory to how many of us spend the holiday season. Hopefully, our worship together will help us find some of the quiet moments in the midst of everything else that's happening right now.

Dec. 6 Blue Christmas: Holidays aren't always Happy Rev. Lise Adams Sherry
A lot of the holiday season is about spending time with loved ones. This can be a joy or extremely difficult, especially if there's been a death in the family or we're experiencing other losses that affect how we celebrate. Join us for a quiet time of reflection and acknowledgement that it's okay to not be joyous this time of year.

Dec. 13 Bodhi Day Rev. Lise Adams Sherry
Bodhi Day is the yearly celebration of when the Buddha attained enlightenment through meditation. It is often falls in early December, depending on your Buddhist traditions. Join us for a Buddhist primer and time of Stillness as we explore what we can learn from this tradition.

Dec. 20 Here Comes the Sun! A Multigenerational Solstice Service
Rev. Lise Adams Sherry, Rosene Beachy, DLRE and Megan Webb, Music Director
Join us for readings, music and dance as we bring in the brighter days again.
5 pm-6:30 Solstice Celebration at AUUF. Come sing carols in your cars (or ride your bike or walk and stand away from others)—we'll have caroling books and a song leader. Pick up a Solstice Goodie bag and light a candle/luminaria as we welcome back the lengthening days. Come for the whole time, or stop by as you're able.

Dec. 27 Out with the Old, in with the New! Michele Champion, Koala Vandruff, and Joyce Laine. A virtual burning bowl to get rid of all the bad juju from 2020 may be in the works, and humor and reflection will definitely be present. Let's all celebrate the opportunity and blessing of a new beginning.

Adult Religious Exploration

Join Rev. Lise for a discussion of this year's Common Read, Breathe by Imani Perry. Dec. 15, 7 pm. The Zoom link will be on the AUUF calendar on our webpage. Books are available for purchase in the AUUF office.

Notes from Religious Exploration November

By Rosene Beachy, DLRE

The days are short the night is dark. Warm up with some December events to bring Christmas joy to yourselves and others. The December RE Kits have many joyful activities to bring love to others:



- Make cards and use the addressed envelopes to mail them to Providence Horizon House.
- Decorate your windows with Chalice snowflakes!
- Make your Guest at Your Table boxes and add coins with the help of the fun activity calendar.
- Make a coupon book gift for someone in your family.
- Go through your closet and find warm winter gear to add to the donation boxes at the Fellowship.
- Decorate your glass jar luminaria to bring to the Solstice event.
- Bring hot chocolate to drink in your car while singing Christmas carols together at AUUF!

SPECIAL EVENTS - SHARE SOME WINTER JOY!

December 20 - 11:00am Participatory Solstice Service for all ages

Volunteers (We'd love some families) needed for lighting a candle and reading a verse in the service.

5 – 6:30pm LIVE!!! WINTER SOLSTICE Caroling Celebration!

Share the warmth and love of the sun's shortest days with your AUUF family.

For ALL ages Mitten Tree collection, Caroling (in cars) at AUUF! Bring a luminaria to place on your car! And receive a Solstice goodie bag!

December 24 –Christmas Eve around the ZOOM Fireplace!

CHRISTMAS EVE SERVICE, Thursday, Dec. 24th 6:00 – 7:00pm.

This year's Christmas Eve Service will include volunteer participants in a dramatic reading of The Night Before Christmas. Contact Lise, Megan or Rosene, if you are interested in participating. Listen to some beautiful choir music, sing traditional Christmas carols, and light your candle for peace in the world!

SHARE SOME SUPPORT!

Dec 27 – NO RE programs. Guest at Your Table boxes were sent out in the RE Kids activity kits. Boxes and story flyer are still available at the Fellowship. This is the annual holiday box collection from the Unitarian Universalist Service Committee. This program teaches people about human needs, human rights and sharing. This year the focus is on Women who are making a difference with funding from the UUSC. Their stories are included with the box.

Notes from Religious Exploration continued

Each year at this time, UU's across the United States place Guest at Your Table boxes on dining tables to invite the world into our kitchens and dining rooms. Participants then put a contribution equivalent to feeding a guest at your meal in the box each day.

Share your Blessings with others!

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 available downstairs.

Please bring the boxes or envelopes back in January!

Remember the Guest at Your Table during the holiday season

SHARE SOME LOVE!

The annual Mitten Tree collection will be set up to collect mittens on December 20. There are collection boxes for other winter gear for Men, women and children in the flower bed by the South doors at the Fellowship.

SUNDAY ZOOM Groups

RE Groups meet weekly via Zoom. The links will be emailed to the group or will be on the Remind app or RE Facebook group. To keep up to date on what's happening, if you are a registered family, make sure you are added to these lists. Request to Rosene.

- RE Chalice Circle on Sunday mornings from 10:15 – 10:45am. Join Rosene and Bev to sing songs, hear a story on our monthly theme and participate in other interesting activities.
- Coming of Age Mentor/Mentee circles 1 -2:30pm twice a month on Zoom or the AUUF Firepit.
- Jr Youth Meet Up – 6:30 – 7:30pm on Sunday - Check in with your RE friends, Play games, participate in a discussion or other activities.
- Sr Youth Hang Out - Wednesday evenings 8-9pm with Cyrus and Lauren.
- Looking for youth to help with programming ideas.

Have a joyful and peaceful Christmas!

With love and light, Rosene Beachy, DLRE

Various Updates

Freethinkers are venturing into *A Promised Land*

Early in *A Promised Land*, President Barack Obama says, "...I wanted to pull the curtain back a bit and remind people that, for all its power and pomp, the presidency is still just a job and our federal government is a human enterprise like any other, and the men and women who work in the White House experience the same daily mix of satisfaction, disappointment, office friction, screw-ups, and small triumphs as the rest of their fellow citizens. Finally, I wanted to tell a more personal story that might inspire young people considering a life of public service..."

You are invited to join Freethinkers Friday at Noon on Zoom as we read to the end of chapter 3 in President Obama's reflections on our American journey. Follow the link on AUUF's homepage.

Service for Shirley Dickens, Jan. 23, 2021

Save the Date! Just to let you know, the Celebration of Life service for Shirley Dickens will be on Saturday, January 23, 2021 at 11:00 am. It will be a virtual service via Zoom, so look for the link on the Fellowship's website or in the TAYF emails in January. More details to follow in the January Log.

Have Time to Chat With Friendly UUs?

The Communications Team -- and others who routinely rely on our Fellowship's data base -- are cleaning up our contact information for members and friends and need your help. Are folks we haven't seen in a while still interested in being on the list? If so, is their contact information still correct? That's where you come in. We're looking for help to make quick phone calls to folks to ensure we have the most current information possible. If you can help with this safe, at-home task, please contact Judy Engh and she'll get you started. judyrae427@yahoo.com or 605.359.5594. You'll make her day!

Skills Inventory

As we begin the critical work of establishing a Healthy Congregations Team, one of our first tasks is to create a skills inventory of AUUF members and friends. To be absolutely clear, this is not a request for you to join the team (although we certainly welcome new members) and by responding you're not agreeing to serve on the team. You're simply letting us know what skills we, as a congregation, already have. So, if you have skills in communication, mediation, active listening, including facilitating listening circles, conflict resolution or others you think helpful, please let Amanda Mack know so she can begin our list. This is such important work and we very much appreciate your help with this first step. amdamack@gmail.com

AUUF Volunteer Awards Presented During Auction Gathering

David O'Brien, AUUF Past President

During the online auction gathering on Sunday November 22, I announced the recipients of our two AUUF volunteer awards. The awardees are nominated annually by members of the congregation and selected by your Board. This year's recipients are:

The Volunteer of the Year Award: Ministerial Search Committee (George Bryson, Sam Cason, Mary Ann Eininger, Mara Hill, Katherine Huffman, Sid McCausland, and Yolanda Meza)

The Fred Hillman Distinguished Service Award: Ruth Sheridan (posthumously)

I have included the text of my presentations here in case you missed the auction gathering. Please join me in celebrating the service these individuals have given to our beloved community.

The Volunteer of the Year Award is meant to honor people who contributed a significant amount of volunteer time to the Fellowship during the last year. Previous awardees are Bruce Roberts (2015), Denise Martin (2016), Kalen Saxton (2017), the members of the Capital Project Oversight Team (2018), and Carma Reed in 2019. This year's recipient is the Ministerial Search Committee.

AUUF's Bylaws call for the creation of a Ministerial Search Committee to manage our search for a Settled Minister. Candidates to serve on the Committee were nominated through a canvas of all AUUF members early in the Spring of 2019. The Bylaws call for four of the team's members to be selected by the Membership and for three additional team members to be selected by the Board from among the nominees to reflect a full range of AUUF demographics.

Following their election at AUUF's 2019 Annual Meeting, the Committee met more than 80 times over the course of the next 10 months. The search was conducted in accordance with procedures and deadlines outlined by our national Unitarian Universalist Association. Workshops, focus groups, and a congregational survey were all used to ascertain AUUF's aspirations and hopes for a Settled Minister. UUA's detailed formal questionnaire required many hours of intense dialogue amongst the committee members to reach consensus on each key descriptor of AUUF and our aspirations and produce a final document. In addition, the committee members assembled an AUUF virtual encyclopedia of resources for ministers with an interest in researching our Fellowship.

[Click here to read the entire article.](#)

The Fred Hillman Distinguished Service Award is meant to honor a person who lives the Seven Principles as part of their everyday life. Previous awardees are Shirley Dickens (2015), Sylvia Short (2016), Rod McCoy (2017), Helen Nienhueser (2018), and Wendy Romberg (2019). In some ways it can be considered a lifetime achievement award. This year's recipient is being presented posthumously to our beloved Ruth Sheridan.

Ruth was born in Harlem, New York City, on January 25, 1918. Her family moved to Far Rockaway, Queens. She was the second oldest of four girls. After her father died when she was twelve in 1929, her mother then invested their savings in stocks but lost it all in the stock market crash. Ruth said that this was when she learned that people, not money, is the most important part of life.

Ruth's mother, aunt, and grandmother consolidated their resources into one home as their husbands died. It was the depression and keeping food on the table was a struggle.

[Click here to read the entire article.](#)

Our Board President's Message Sid McCausland

This Thanksgiving Day I told the World that I am thankful for each and every one of you.

Why? Because during probably the most tumultuous year of our lifetimes you have stood up, showed up, ponied up, and put up with challenge after challenge. Doing the hard work of keeping our community safe, keeping our families safe. Doing the hard work of creating your virtual lives. Marching safely with Black Lives Matter, Sharing the Care, UUing the Vote, Halloweening in the Parking Lot, popping up on Zoom screens everywhere...

You are the reason AUUF continues to be a welcoming beacon in troubled times. You are the reason I look forward to seeing you time after time in my Zoomiverse. You are the reason AUUF remains financially sound in the middle of this horrendous pandemic and recession.

Quite honestly, You rock.

And I am the luckiest guy of all because I have been granted the privilege of leading your Board of Directors this year as we welcome Rev. Lise, partner Nelson, and their canine buddy Tali for at least two years of healing ministry.

It is my fervent prayer that you will walk side by side with Rev. Lise and our Board as we journey together into 2021 with a sigh of relief that we are leaving 2020 in the dust and our tomorrows will be filled with opportunities to flourish.

Thanks a million. Forward in Fellowship.

Farewell and Welcome — AUUF Board Roster Update

Please let Alison Hansen know how much you appreciated her service on our Board during perhaps the most tumultuous year in our lifetimes. Alison has resigned in order to devote more of her energies to her family. Alison has served AUUF as member and Chair of the CYRE Committee, member of the Finance Committee, and member and Secretary of the Board.

Robin Hill has accepted the Board's invitation to complete Allison's term. Robin's involvement in many aspects of AUUF life will be much appreciated as we continue to evolve during these challenging times.

Thank you, Alison and Robin for your dedicated service to AUUF past, present, and future.

--Sid McCausland, Board President

Board Mission, Goals, & Objectives

Anchorage Unitarian Universalist Fellowship Board of Directors
Board Mission, Goals, and Strategic Objectives through Fiscal Year 2022
Adopted November 18, 2020

Mission

Our Mission as members of AUUF's Board of Directors is to facilitate our Fellowship's efforts to aspire and adhere to Unitarian Universalism's Seven Principles through the prudent exercise of the powers and duties delegated to us by the Membership and our management of Fellowship resources.

Goals

- Complete our search for a Settled Minister
- Continue making physical improvements to the building
- Foster a community of open communication and trust to deal with conflict in a healthy manner
- Promote leadership development at all levels within the congregation
- Support a Board culture that encourages each of us to flourish in this role of ministry to our Members, our Friends, and our Community

Strategic Objectives

1. Present a Candidate for Settled Minister to the Membership for its Vote to Call by 4/1/22
2. Complete Phase III AUUF Renovations no later than 3/31/21 & electric exterior South door openers no later than 6/30/21
3. Encourage, Support & Participate in Healthy Congregation Team activities no less than once a quarter, when activities are scheduled
4. Participate in three Leadership Development programs selected by the Board every twelve months
5. Nurture new AUUF leadership by recruiting twelve or more members for participation in Leadership Development programs
6. Reflect on Board efforts to live in Covenant quarterly
7. Review our Strategic Objectives progress quarterly

December's Half Portion receipt is RAIS By Kalen Saxton

Refuge Assistance and Immigration Services

RAIS helps clients transition to life in Alaska by providing supportive services, such as case management, job readiness classes and life skills. RAIS clients have arrived within the previous five years.

Refugees – have fled their country because of a well founded fear of persecution. The term refugee is a U.S. Government recognized immigration status.

Asylees – An asylee is already present in the U.S. who fears persecution in their own country of origin.

Cuban or Haitian - Entrants have been granted parolee status or another special status. Amerasian - is a child fathered in Asia by a U.S. soldier. Victims of Severe Forms of Trafficking - are brought into the U.S. and caused to enter into forced labor without an option to leave.

The Alternative Gift Fair

The Alternative Gift Fair is returning! The Alternative Gift Fair is an opportunity to donate to any one of several nonprofit organizations caring for people in Anchorage and around the world. In return, you get a cheery gift tag for sending or hanging on the tree in honor of someone special. Consider this for giving to those who need othing more than a good feeling and a warm heart!

We can't safely have our Fair in person, so we'll be using the same platform as the (very successful!) Stir Crazy Auction. The Fair will run online for an entire week, from Dec. 6th to the 13th.

Some of the organizations we love to support will return this year, along with new ones we're sure will become favorites. As with the Auction, keep an eye on your email for an invitation to join the Fair!

AIM – Accessibility and Inclusion By Kalen Saxton

The Board is moving ahead to complete Phase III – Renovations of the Building with the goal to be finished by March 31, 2021.

1. These include a ramp from the sanctuary floor to the raised area with the lectern with fixed microphone and the Steinway piano.
2. The Audio-Visual system is getting replacements and major improvements. The part that applies to accessibility is a better sound system that will improve hearing for those with hearing aids.
3. There are now funds to buy and install the electric door openers for the new doors on the south side of the building. This makes it possible for people in wheelchairs to open the door themselves, as well as people using walkers, and canes, and other mobility supports. The Board goal for electric door opener completion is no later than June 3, 2021.

With many accessibility goals to be completed, the AIM ad hoc committee will look at the places that AUUF has written descriptions that describe our intent to be inclusive. We will write about some ways that we practice inclusion in adult services and groups as was described last month about practices in the RE Religious Education programs for children and youth.

We hope to support the Healthy Congregations Committee as they look at the ways our Fellowship can practice deeper listening and communication, especially when there are strong feelings or mental health issues.

Sunday, December 6, 2020, the Forum Speaker is Chad Hansen with the Disability and Law Center, speaking on “Making Our Community Inclusive and Accessible.” He is a disability rights attorney. If you miss the Forum you can hear the content and the questions asked by members of the Fellowship.

Social Action-By Dennis Arashiro

My former wife was a loan officer at Alaska State Bank. She told me that she trained one new employee after another on how to do the work in the loan department.

Invariably, each new employee she trained became her supervisor. What could possibly explain this? Was it because each new employee was so superior to her that it was obvious that they should be promoted above her? Or, was it because they were all white males? Every one of the white males who rose in rank at Alaska State Bank would probably tell you that they deserved their promotions, that they worked hard, and that they performed well. Would it have even occurred to them that white supremacy and patriarchy gave them bonus points in their evaluations?

One of the arguments against affirmative action is that it works against meritocracy. That would only be true if there was a level playing field to start with. What is true is that a level playing field in any area of American life has never existed and still does not exist. And who suffers because of this? Not just women and people of color. White males of excellence also suffer. Because too many white males rise above their level of competence and suffer from the resulting insecurities, they limit the opportunities for all who are truly talented. When you have nothing to offer except your race and gender, you value race and gender above any qualifications.

The result is a white male “mediocracy.” Affirmative action is just the thumb on the other side of the scale to level the field of opportunity that the thumb of white supremacy and patriarchy have tilted throughout our history. My former wife faced a low glass ceiling at Alaska State Bank because true merit was not valued. White male mediocrity was. It is a myth that affirmative action puts unqualified women and people of color ahead of superior white males. A myth designed to protect the positions and fragile egos of the unqualified. Why do I believe that and not in the merit of the white males who advanced at Alaska State Bank? Because it went out of business.

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Office Hours – By Appointment Only