UNITARIAN FELLOWSHIP of LAWRENCE
WEEKLY NEWSLETTER

July 2, 2013

The Unitarian Fellowship of Lawrence
A Welcoming Congregation

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Reminders/Notes:

This is a 2-week newsletter; next one comes out July 16
Special Social Action Alert (pp.2-3)
Record Budget Drive! (p.4)

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Sunday, July 7, 2013

9:30 a.m. Program: Jacob Kipp, "Thomas Wentworth Higginson: Minister, Abolitionist, Free Soiler, Conspirator, Soldier and Preceptor, 1823-1911" in Our UFL Unitarian-Universalist History Series.
In keeping with the spirit of Independence Day, we offer a program about a leading Unitarian of the 19th century, a Boston Yankee and one of the leading Unitarian abolitionists, who was a supporter of Theodore Parker's "Reformed Church," a classmate of our first minister Ephraim Nute, a Free Soiler who brought immigrants, Sharp's carbines, and a cannon to Lawrence, worked out a new form of "Railroading" with "Old Captain Brown," was one of the founders of *The Atlantic Monthly*, commanded the first black regiment mustered into the Union Army, became the "preceptor" to the "Amherst Recluse," who became the champion of her verse and the co-editor of the first book of Emily Dickinson's poetry, published after her death. He also wrote a sympathetic biography of the American transcendentalist and feminist, Margaret Fuller Ossoli, and placed it in the Series, *American Men of Letters* in 1884.

11:00 a.m. Spiritual Celebration with Rev. Jenn Gray

We are a tradition defined by our acceptance of multiple answers to life's great questions. We also accept the idea that there may not be an answer. Yet we live in a culture that craves answers. Join us this Sunday as guest minister Jenn Gray explores finding acceptance and spiritual enrichment in ambiguity.

UFL Administrative Offices Closed Thurs., July 4, through Mon., July 8. Regular office hours will resume Tues., July 9, 8:30 a.m.–12 noon.

Please note: the newsletter will be on an alternating-week schedule through July.
Information about Sunday, July 14th is found below.
Next newsletters will be July 16, 30

SUNDAY MORNING JULY 14th

Sunday 9:30 July 14th Program: Managing the Clutter in Our Lives
Do you have trouble getting rid of clutter – like that old cup, too small dress, broken chair, or old bills and papers --because you think they could become useful in the future? Or are you addicted to garage sales and buying "bargains?" Well, research indicates there is a genetic component to all this, and up to 80 - 85% of people with clutter problems have a parent with similar behaviors. Cluttering is also a family issue because it affects the children and spouses who share the home of a clutterer. Jean Dirks presents her personal Clutter Odyssey, and summarizes what psychologists know about how to reduce clutter across the lifespan.

Artist Reception between Program and Service. See p. for more information

Sunday 11:00 July 14th Spiritual Celebration:
Please join us when Worship Associates Eliza Gant, Lara Wilson, Bruce Johanning and Lori Kemme will present a service on courage, perseverance, hope, and what inspires us to be strong. Closer to the service, please check the website and email messages for more details.

SPECIAL SOCIAL ACTION/SOCIAL JUSTICE NEWS

Three Ways to Help Families in July

1--Lawrence Community Shelter—July Community Connection of the Month: So far in 2013, in its new building, LCS has provided over 16,500 bed nights and, by May 1, helped 38 individuals move into homes and placed 29

individuals in full-time jobs. Our July offerings will support the mission of the shelter to provide safe shelter and comprehensive support services and programs that provide a path to a positive future for people experiencing homelessness and people who are at risk of homelessness.

2--School Supplies: Help teach our children the joy of helping others! As part of the July Community Connection, UFL children are collecting back-to-school supplies for children at the Lawrence Community Shelter. A list of needed school supplies can be found on the USD 497 website (http://www.usd497.org/documents/ElemSupplyList.pdf) and there will be handouts at the fellowship. The cost of school supplies can quickly add up, especially for families with multiple children. During July, we invite you to place donations of any of these supplies in the bin in the UFL lobby. RE children will organize and deliver them to the Community Shelter in early August. Thanks in advance for your help in teaching our children the joy of helping others!

3--Diaper Drive: Just Food, the Douglas County food bank, is sponsoring its second annual diaper drive during the month of July. The goal of the diaper drive is to collect 100,000 disposable diapers during July. You may be wondering why a food bank would have a diaper drive. They are doing this because the same people who need food assistance frequently don't have money to purchase diapers for their babies. Below are some other questions and answers about this event.

Why not collect cloth diapers?

(More info here: http://www.dcdiaperbank.org/about/why/)

Cloth diapers are not always a feasible alternative for these reasons:

1. Many low-income families don't have access to washers and dryers.
2. Most daycares require disposal diapers. If you can't take your baby to daycare, you can't go to work.

Why do these families need assistance?

- Diapers and wipes cost about $100 a month.
- As "hygiene items," diapers are not covered by government programs.
- This cost forces some families to reuse disposable diapers or to leave babies in diapers longer than they should, leading to diaper rash, infections and other health problems.
- Babies who have diaper rash tend to cry more. More crying, coupled with the stress of living in need, raises the chances of child abuse.

What can I do to help?

- Bring diapers to UFL during the month of July and place in the collection bin.
- Go to justfoodfund.org to donate online – please select "Diaper drive" from the drop down list. A donation of $25 will buy 200 diapers.

Share information about why diapers are needed with your friends and coworkers, and encourage them to participate in the diaper drive.

ANNOUNCEMENTS

Pledge Drive Soars to New Heights—thank you!!

Our 2013-2014 Pledge Drive successfully concluded and has topped our goal with $155,000, a new high total for UFL! This amazing figure was achieved by both new pledgers and the increased generosity of many renewing pledgers. In addition, many members continue their STEADY yearly commitment to the health and well-being of our Fellowship. ***To all of our caring and generous pledgers and our outstanding Visiting Stewards we give a huge THANK YOU!*** *Elle Patton, Annual Budget Drive Team Leader*

Next board Meeting

The UFL Board will meet Monday, July 8 at 6:30 p.m in Founders Hall.
UFL members are welcome to attend.
Questions? Ask any board member

LINK on July 13

We serve at LINK on Saturday, July 13. As usual, we will need about 18 meat dishes, two high-protein vegetarian main dishes, and one high-protein vegan dish. Homemade desserts are also welcome. We need about ten people to serve and about five for clean-up. Meal service is from 1:00 to 2:00 p.m. Cleanup begins during the meal and is usually finished by 2:45. Newcomers are especially welcome at this important and rewarding activity! A sign-up sheet will be available in the lobby at the Fellowship beginning on Sunday, June 23. If you have questions or would like to volunteer, you can contact the Fellowship's LINK coordinator, Ellen Sward, at 842-3078 or esward@ku.edu . In formation is also available on the uufl.net web site.

Nursery Team Meeting Tuesday, July 23, 6:30 p.m.—all are welcome!

As our fellowship grows, so do the demands on our nursery. In our endeavor to make the nursery a safe and welcoming environment for our young ones, the Nursery Team has scheduled another meeting and would like for all interested to attend. We will meet on Tuesday July 23rd at 6:30pm at Nick and Stephanie Anderson's house. All are welcome. Childcare and dinner provided! For questions or to RSVP please contact Stephanie at 913-579-6938 or stephanie.anderson605@gmail.com. We look forward to your input!"

Next Art in Founders Hall Exhibit

Kevin Enos, graphic designer, architect, semiprofessional musician, and son of Carol and Paul Enos, is our featured artist for July and August. Check out his work now, and plan to attend the reception for him in Founders Hall on **Sunday, July 14, between 10:30 and 11 a.m.,** when we can ask him about his background, interests, hobbies, and travels; learn about projects he has worked on locally, nationally, and internationally; and inquire about the way he currently works. For a preview of Kevin's work, go to Zazzle.com/kbean63. Will this show suit you to a tee?

Pastoral care is available over the summer! If you find yourself dealing with an emergency or health challenge, or if you just need to talk, please contact Rev. Jill Jarvis at (816) 853-6530 or mailto:jjarvis1@kc.rr.com, or Pastoral Care Team lead Jordinn Nelson Long at (785) 766-5164 or j.nelson.long@gmail.com.

Farewell Sunday Hospitality Note from Judy Wilson

I wish to thank all of the members and friends who stepped up to make coffee on Sundays. Last Sunday was my last time to do coffee for a while and my family and I appreciate all who helped this past year. A particular thanks, again, to Joe Gant and Carole Boulton who worked many of those Sundays. The others are too numerous for this note, but they know that I really appreciate all that they have done. Please consider signing up for this summer and into the fall. Whoever takes this position can use your help. Thanks, again. *Judy Wilson*

Save the Date! Car Boot Sale August 17

The Fellowship will hold a "Car Boot (Trunk) Sale on Saturday, August 17, 8:00-12:00. Anyone who has spent time in Britain or is addicted to BBC will be familiar with the custom that is the Car Boot sale—a type of multifamily yard sale in which participants bring their valued, saleable items to a common location, taking home (or to Goodwill) unsold pieces. So comb through your possessions, bring these unwanted treasures to the Fellowship on August 17, and contribute the proceeds to the UFL's operating fund! More information about arrangements will be provided in a general email in late July and in the July 30 UFL Newsletter. Please address any questions to Judy Wilson (jwilson@sunflower.com) or Ted Wilson (tawilson@sunflower.com). Do plan to take part and help fund the UFL's activities and programs this coming year.

SOCIAL ACTION/SOCIAL JUSTICE NEWS

July Community Connection – Lawrence Community Shelter
See special info on p. 2

Health Care Access Receives $625 in June
Our Community Connection for June was Health Care Access***. They received $625 from the offerings made during the first four Sundays of the month.*** Thanks to all our generous members and friends and friends for their outstanding support of this worthy agency!

WEDNESDAY NIGHTS

Planning for Fall Wednesday Dinners
During the summer break we will be planning for the next cooking season:
Mid September 2013 to Mid May 2014 on Wednesday evenings (18:00-19:00)
We are looking for :
a) new people to join a cooking team,
b) people to be guest chefs on a single date,
c) who of the "oldies" are willing to continue.

We are trying to get 6 cooking teams, 1 potluck team and 1 guest chef support team together. That would mean, each team will cook twice in the fall and twice in the spring.
Cooking Team: preferably 6-8 people, including one leader
prepares the food as well as set-up and clean-up
Potluck Team: around 6 people
no cooking involved (attendees will bring food)
does the set-up and the clean-up
Guest chef support Team: 6-8 people
does the set-up and clean-up
helps supplementing the menu, usually brings salad and dessert
I urge everybody who enjoys Wednesday evenings to think about how he/she can contribute. We will have more detailed information and sign-up lists later in the summer. We are also looking at mixing new people with experienced ones, which makes the whole job easier.
Thank you for the individuals, who responded already. I have you on a preliminary list. If you have questions, comments, or want to sign up, etc., please contact me.
Thank you., Silke Johanning (bjohanning@AOL.com or Tel. (785) 842-5073).

Planning for Fall Wednesday Classes
In the next couple of months, we will also be planning for classes and groups to start in the fall. Now is a good time to consider what you'd like to see offered, or even join the Adult Enrichment Team to help make it happen! We are especially in need of people to facilitate

groups and classes. There are many topics with complete materials available; we just need someone willing to get things started. Any questions or suggestions, please contact *Michelle Iwig-Harmon* at miwigharmon@sunflower.com.

FROM PREVIOUS WEEKS

CARING FOR EACH OTHER

Our **UFL Helping Hands Team**, led by Kristen Spencer, coordinates a group of volunteers ready to provide members and friends with practical assistance when needed, such as meals on a short term basis, emergency babysitting, transportation to UFL events or medical appointments, respite care, or a card of caring during significant life events. Contact the Helping Hands team at uflhelpinghands@gmail.com or call the UFL office.
For transportation to UFL events or medical appointments, you may also call the Transportation Connection line directly at (785) 842-7529 (842-PLAY).

UFL Pastoral Care Associates are a dedicated, trained group of volunteers who supplement (but do not replace) pastoral care by our minister, Rev. Jill Jarvis. On a strictly confidential basis, Pastoral Care Associates are assigned care receivers who may be experiencing problems such as bereavement, aging, loneliness, unemployment and divorce or life transitions. They provide an ongoing, caring, listening presence, and hope in times of need. Contact the Pastoral Care Associates by email at UFLpastoralcare@gmail.com , contact our minister Rev. Jill Jarvis at 816-853-6530, jjarvis1@kc.rr.com or call the UFL office.

ONGOING

Art in Founders Hall—new Exhibit—see p. 4

Meditation Class

Since April, 2013, UFL has been hosting a mindful meditation class that meets on the third Thursday of the month. During the remainder of the summer, we will meet **July 18, and August 15 from 7:00 – 8:30 p.m.** For questions, please contact Dale Nimz at dale.nimz@gmail.com or Valerie Roper.
The practice: Mindfulness is a set of skills designed to do three things: 1) increase personal happiness and decrease personal suffering; 2) facilitate behavior change to be of greater service; and 3) know oneself deeply as a spiritual being. These techniques have been practiced in virtually every spiritual tradition, but are most clearly delineated in Buddhist teaching. However, the practices are nonsectarian and nondenominational. These practices have been the subject of serious scientific research and have been shown to reduce stress and result in positive personality changes.

The teacher: Jeff Nichols has been practicing mindfulness since 1975. Although he has worked with a variety of teachers, his primary teacher has been Shinzen Young (Shinzen.org for more information). He meditates daily and attends 2-3 extended retreats each year. He is a physician with a practice in Lawrence specializing in Psychiatry and Complementary Medicine. He was the medical director of the Biofeedback and Psychophysiology Center of the Menninger Clinic and later of the Life Sciences Institute of Mind-Body Health, both of Topeka. He has taught relaxation and meditation skills for many years in his medical practice.
Cost: The class is offered on a donation basis. The principles are 1) no one is ever denied the opportunity to learn because of finances; and 2) individuals are offered the opportunity to support the teacher and the teaching; and 3) the donation is an opportunity for the student to express the principle of generosity and loving kindness.

Herbs Study Group

The Kaw Valley Herbs Study Group meets monthly to learn about herbs. $2 charge to cover costs. (KVHSG is a non-profit group; no charge for students). No pets. No children under 10. For newsletter & Updates: herbstudygroup@gmail.com

UU Pagans:

The Lawrence branch of CUUPS (Covenant of Unitarian Universalist Pagans) meets monthly. We practice earth-based spirituality, and we plan services for UUFL to celebrate the earth holidays, including the solstices and equinoxes. For more information: LawrenceCUUPS@gmail.com

REMINDERS

Deadlines

Announcements for Sunday due **Wednesday evening**.

Send items to
ufloffice@sunflower.com

Newsletter articles due **Monday at noon**.
Send items to
ufl_newsletter@yahoo.com

Minister Office Hours
Will resume in September

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