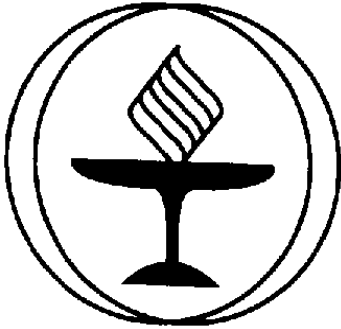


2007



UNITARIAN UNIVERSALIST CHURCH OF CHEYENNE

UU FOCUS

November Worship Services

November 4

“Amazing Love: Our Universalist Side”
Rev. Linda Bunyard



What kind of a world would we have if people understood God as a loving God? That is what the Universalists of the 18th century experienced and it led them not to contemplation, but to action. Join us for a celebration of the Universalist side of Unitarian Universalism.

November 11 **“Channing’s Unitarianism”** Rev. Linda Bunyard

What led a group of Congregational ministers in the early 1800s to declare themselves “Unitarian?” The name itself was an epithet leveled at Christians who didn’t believe in the Trinity. William Ellery Channing outlined what distinguished liberal Christian thought from the orthodox of the day. Does it still hold true for us today?

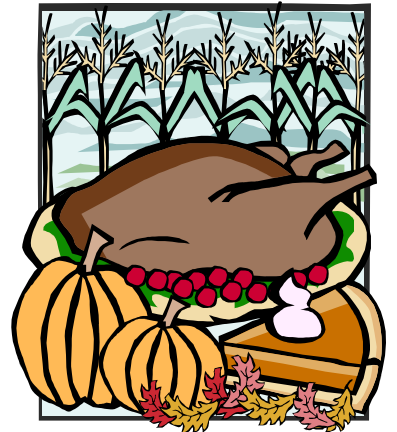
November 18

“A Communion of Gratitude”
Rev. Linda Bunyard

If Unitarian Universalists designed a communion service, it would be inclusive of beliefs about God, it may or may not have references to Jesus, and it would move us from inner contemplation to an awareness of the world around us. We are going to do just that in a communion of gratitude.

**UU Service Committee Guest at Your Table kickoff*

**Thanksgiving Potluck Dinner will follow the service.*



November 25

“The Dilemma: Faith and Survival”
Jim Campbell

Moses led the Hebrews out of slavery in Egypt, Joshua led them into the promised land. Now, 3000 years later, they should be living “happily ever after” Only they aren't. Join us [for our continuing trek on the Hebrew Quest of Faith] as Samuel tries to sort matters out in “The Dilemma: Faith and Survival”.

Presidential Reflections

Question: Why did the Unitarian-Universalist cross the road?
 Answer: To support the chicken in its search for its own path

A UU dies and sees two road signs. One says, "This way to heaven." The other says, "This way to a discussion about heaven." UU always pick the second way. A young woman walks into a fabric store and asks the clerk for 9 yards of filmy material. The clerk says "What are you going to make?" and the UU says "I'm getting married and am making a negligee for myself as a present for my husband." The clerk says "But 9 yards is way too much material for a negligee." The young woman says, "I know, but I'm marrying a Unitarian Universalist and they would rather seek than find."

I hope you enjoyed these UU jokes. The first few months of being the church president was kind of hard. We had to make lots of decisions and deal with several tough issues. It took a little time to for people to fill committees and get the mechanics of the church to run smoothly. Also I know there several folks who had personal crisis that were difficult. OK, forget all that, it is time to enjoy being together, being UUs, enjoying our kids, laughing, and generally just enjoying life. So, have at it.

If you have been a reluctant UU lately, we miss you. I miss you! I would like to see your face, get a chance to talk, see you enjoying the fellowship. This is a wonderful group of people, but it is much more wonderful when we ALL get together, to sing, to talk, to eat, to drink coffee and to share our lives. Rev. Linda is warm, friendly, a joy to be around and has brought a wonderful fresh spirit to the church. Again, I/we would like to see you.

There has been some changes to the Board of Directors recently. Harley Nelson resigned to become part of the Search Committee; and, because of the time involved, Susan Blaney resigned as VP. Susan stayed on the board and took over Harley's at-large position and Joey VanSchaik was elected as our new Vice-Presidents. And, welcome Bob Weinland to fill Joey's at-large position. Bob is a long time member, a wonderful guy, and a nurse practitioner in Dr. Babson's office.

How many Unitarian Universalists does it take to change a light bulb?
 We choose not to make a statement either in favor of or against the light bulb. However, if you have found in your own journey that light bulbs work for you, that is fine. You are invited to write a poem or compose a modern dance about your personal relationship with your light bulb and present it next month at our annual light bulb Sunday service in which we will explore a number of light bulb traditions, including incandescent, fluorescent, three-way, long-life, and tinted, all of which are equally valid paths to luminescence.

If you would like more UU jokes try doing a Google search.

Mike Shonsey

Church Staff

2007 UUC Board

Mike Shonsey.....President
 Joey VanSchaik.....Vice President
 Bitsy Heckert.....Secretary
 Tim Thorson.....Treasurer
 Susan Blaney.....At-Large
 Fred Hurlburt.....At-Large
 Bob Weinland..... At-large
 Steve Newman.....Past President

Universalist Church of Cheyenne

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 3005 Thomes Avenue
 Cheyenne, WY 82001
 Ph: (307) 638-4554 Fax: (307) 638-9033
 E-mail: uucc@uucheyenne.org
 FOCUS E-mail: focus@uucheyenne.org
<http://www.uucheyenne.org>

Minister's Availability in November Office Hours

Tuesday afternoon, 1-4
 Wednesday afternoon, 2-4
 Friday morning, 9-12

I recommend that you call ahead if you would like to visit with me in the office at these times. I am available other days, times and places, as well, so don't hesitate to ask for time with me.

Phone Numbers: Church 638-4554 and you may also call me at home 514-0495.

E-mail: The church email address for me is <RevLinda@CheyenneUU.org>. That address good for inquirers, but I prefer <LindaBunUU@aol.com> so mark it in your email address books.

Day Off: I am taking Monday as my personal day.

Travel: Thanksgiving weekend, November 22-25, with family in Colorado. I will have my cell phone with me while traveling, 286-6859.

Andrea Heater Church Administrator

Office Hours

Monday.....8:30 a.m.—12:30 p.m.
 Wed..... 8:30 a.m.— 5:30 p.m.
 Friday.....8:30 a.m.— 5:30 p.m.
 email: administrator@uucheyenne.org

Shelly Montgomery Director of Religious Education

Office Hours

Tuesdays: 1pm - 4pm
 Wednesdays: 10am - 3pm
 Sundays: 9:30am - 1:30pm
 Cell phone: 307-630-9547
 Email: dre@uucheyenne.org

Interim Minister's Journal

The end of the Tuesday and Saturday farmers markets earlier this month was a bittersweet experience. What a joy it had been to shop almost straight from the garden, even some Cheyenne area gardens. The last days of the farmers markets signaled a serious turn from the early harvests of summer to the great harvest celebration that comes so late in the season you know it had to have been set by a committee or the government. Of course I mean Thanksgiving Day.

I think there is a common "liturgical" year even for people of differing theologies and it is based in the cycle of seasons. Good Christians and Jews and Muslims who would never want to identify with the Pagan religions, still deeply love the seasonal origins of their holy days, even when layers of story have almost obscured them. Thanksgiving Day in America comes late in the harvest cycle so many of us have been celebrating harvest and counting our blessings for weeks before the actual day.

The blessings I am counting this harvest season are the fruits of seeds put away last November, kept in the dark for a few months to grow in an inner way, and then seriously sown as soon as the ground would permit last Spring. I first heard that Cheyenne would need a second year of interim ministry in mid-April, but I had sown my seeds months before, asking for an experience of ministry that has the depth and breadth of this congregation.

And so I have deep gratitude for what I am experiencing with you so far this year, gratitude for all the models of ministry I see around me. I am so encouraged (literally getting courage from you) by the way you live out your values and express your own gratitude for abundance in your lives by giving to those who have less or are in crisis. I am thinking of the members I saw in the church building during in the last cycle of CIHN -- cooking meals, spending the night in the church with our guests, holding a UU presence in the evening. I am thinking of those of you who have been cooking this weekend for the COMEA shelter dinner that UUs are serving tonight. I am thinking about the dozens of boxes of snack foods that were sent to military personnel serving in the Gulf last month.

I have seen deep and grounded ministry happen in so many settings from yoga classes and RE pot-lucks to coffee hour after services. I have seen you watering the indoor plants, tending the flower gardens outside, mowing the lawn and overseeing the work on the building. I have seen you sharing your lives with children, preparing to teach classes and planning and training for special courses like Our Whole Lives and Coming of Age. I have seen you volunteering in the office, writing new music for worship services, planning for radical recycling and the greening of our church, putting up tables and taking them down, caring for infants, ordering fair trade coffee. I have seen you in the Board room and in committees thoughtfully considering the best way to help this church thrive. I have seen your professional staff (Andrea -- Administrator, Shelly -- Director of Religious Education and Sharon -- Custodian) cheerfully and competently going about your duties, striving to do the best possible for this church we love.

This Thanksgiving season I am grateful for a chance to see the Unitarian Universalist Church of Cheyenne in action.

Rev. Linda



Religious Education News

***I am saying thank you, I am saying thank you,
I am saying thank you, Thank you is my practice!***

There is so much to be thankful for in this season of gratitude! First and foremost, I am grateful for the dedicated women and men that have devoted their time and energy to religious education this year. Walk down the hall on any Sunday morning and you will hear joyful voices and inspirational activity coming from all the classrooms. I am also grateful to all the families that have made religious education and this church community their priority on Sunday mornings. On a grand scale, I am grateful for a faith that encourages spiritual growth and supports creative curiosity. In this season of family and festivities, make active gratitude a part of your daily practice!

YRUU – Senior High Youth Group

The senior high youth group will now meet on Sundays at 3:00 PM in the Senior High room. Please join advisors Tami Smith and Eric and Kathy Russell as this group plans an exciting and inspirational year.

Seven Weeks of Celebration

This year RE will once again celebrate holidays and traditions from around the world during our seven weeks of celebration. We will begin November 18 with Guest at Your Table and continue through the end of December. Celebrations will include Rohatsu, Hannukah, Christmas, and Kwanzaa to name a few. If you are interested in helping with one of these celebrations, please contact Shelly Montgomery, DRE at (307) 630-9547 or dre@uucheyenne.org .

Coming of Age

Coming of Age helps youth discern for themselves what it means to be a Unitarian Universalist, individually and as part of the larger faith community. Through monthly activities with mentors and two overnight retreats youth in grades 8 and 9 will explore UU Heritage, leadership, social justice, theology and beliefs, spiritual practice and a vision quest. November 18 from 12:30 to 3:00 there will be an introduction to this exciting program for youth and their parents and potential mentors. If you would like more information, please contact Shelly Montgomery at (307) 630-9547 or dre@uucheyenne.org .

Family Potluck

The November family potluck will take place November 13 from 5:30 PM to 7:30 PM at the home of our Director of Religious Education, Shelly Montgomery. This month's topic will be ritual in the family and home. We got too busy carving pumpkins in October to get to the topic! There will be a craft for the children. Please sign-up at clipboard corner with they type of dish (main course, bread, dessert, etc) that you would like to bring so we can make sure there is plenty of food for all!

RE Team Meeting

The next RE Team meeting will be November 11 from 12:30 PM to 1:30 PM at the church.

Shelly Montgomery, Director of Religious Education (307) 630-9547 or dre@uucheyenne.org

Office Hours

Wednesday 10:00 AM – 3:00 PM, Thursday 12:00 PM – 3:00 PM , Sunday 9:30 AM

Nurturing our Mind, Body and Soul – Adult Programs & Groups

Bird and Bell Meditation Group



We weekly meditation sessions at the following times:

Tuesday 7:15-7:45 am
Wednesday 5:30-6:30 pm
Thursday 7:15-7:45 am
Friday 12:15-12:45 pm

The second Saturday of each month 8:30 am—11:30 am.

We welcome meditators from all traditions. Instruction available. Contact Gene Heater for more information, 632-0974.

YOGA

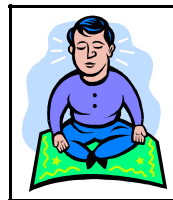
THE ART OF RELAXATION

Yoga practice can help you to be more in touch with your body, able to recognize tension and relaxation and bring them under your conscious control. The Corpse Pose or Savasana is the classic relaxation pose, practiced in Final Relaxation. It looks deceptively simple, but it is in fact one of the most difficult poses to do well and one which changes and develops with practice. At the end of a yoga session your Corpse Pose will progressively stretch and relax your muscles.

How to do the Corpse Pose:

Lie on your back, allow your feet to spread apart and your hands to lie comfortably by your side with your palms facing up. Close your eyes and breathe deeply. Feel your weight pulling you deeper into relaxation, melting your body into the floor. Breathe deeply and slowly from the abdomen, letting your body ride up and down on the breath as though it were waves.

While resting in Corpse Pose many physiological changes are taking place: reducing the body's energy loss; removing stress; lowering your respiration and pulse rate; and completely resting the whole system. Let yourself go. Sink deep into the quiet pool of the mind. When you are ready to come out of the pose bring your consciousness back to your body, gently moving your fingers and toes, and deepening the breath as you sit up slowly. If you only have time for a short yoga practice then this is pose to do.



Fall & Winter Yoga Schedule

Monday & Wednesday 5:45-6:45pm
with Terri Johansen

Tuesday & Thursday 12:00-1:00pm
with Beth Howard

Classes are taught year-round on a drop-in basis.

Suggested donation of \$3-\$5 per class.

You can reach Terri at 638-3112 or Beth at 632-7047.

Adult Religious Growth and Learning

Rev. Linda will be leading an adult series two Saturday mornings a month. At least ten participants are needed to make the classes more effective and interesting.

Sign up now for two sessions of “Engaging Our Theological Diversity”

Saturdays 10 am to 12 noon November 10th and 17th

Rev. Tom Owen-Towle from the Commission on Appraisal that reported on “Engaging Our Theological Diversity” has given us a model for examining theological labels and finding the differences and common ground between them.

On November 10th we will work with theological labels. On November 17th we will view the UUA film on “Breakaway Congregations” to see how the most effective UU congregations today are managing diversity within community.

Sign up now to order your copy of **Building Your Own Theology for the class!** “Building Your Own Theology”

We will order the books on November 8 so they will be here in time for our first class on December 1st. Note the date for the second session of Building Your Own Theology has been changed to Saturday, December 15th. Rev. Linda will be away at an Interim Ministry Network training during the week that ends in December 8th.

**Saturdays 10 am to 12 noon, December 1st and 15th,
January 12th and 19th**

Using the curriculum by Rev. Richard S. Gilbert, First Unitarian Church of Rochester, NY, 1983.

“The liberal church recognizes that everyone *is* a theologian. The church exists as a spiritual space, not for the communication of an institutional creed, but for the creation of personal credo in community.”

Insight Film Series “Murderball”

Friday, November 16. 7 p.m. Rated R.
(Refreshments at 6:45, Free Admission)

Henry Alex Rubin and Dana Adam Shapiro's "Murderball" is an inspiring documentary which proves that physical limitations are no match for the human spirit. For the determined quadriplegic men who participate in the dangerous sport of "quad rugby", it's more than just a game; it's a chance to prove themselves in a much bigger way. As the days build to the inevitable showdown between Team USA and Team Canada, Rubin and Shapiro fill the screen with story after story, prodding the audience to swallow their own individual stereotypes and appreciate the efforts of these extraordinary men.

Special Events

Newcomer Orientation Sunday, November 18th

Have you been wondering what it takes to become a member of the Unitarian Universalist Church of Cheyenne? Do you have questions about how Unitarian Universalism fits into the wider religious community? Would you like to meet others who are considering membership?

Sunday, November 18, 1-3:30 pm after the Thanksgiving potluck. Childcare will be available if you let us know in advance.

What to expect at the Newcomer Orientation.

- * Meeting seasoned UUs as well as other newcomers
- * exploring your own religious past and naming what you would like in a new religious community
- * information about Unitarian Universalism as a religious movement in America history and theology (Did you know that both views (unitarian and universalist) were denounced as heresies in Christian history?)
- * resources for further study
- * information about this church and our programs
- * further information about how to join and responsibilities of membership.

To let us know you are coming and to put in your request for childcare, talk to Camille Furtney, 635-7390.

Transgender Day of Remembrance

The UUC will host a Transgender Day of remembrance service at 7:00 PM on Tuesday, November 20th. This service will be held in the sanctuary. Each year on this day transgender people and their allies gather to remember those of our fallen brothers and sisters. It is fitting that we take a day to recognize the victims of vicious murders whose only crime was that they dared to be different, to live their lives as an authentic people. Dr. Lee Neeley will speak on the subject of hate crimes and current political events. The reading of the names will memorialize those with the courage to find themselves and then paid the ultimate price for doing so. This service is co-sponsored by Wyoming Equality, the Wyoming Chapter of the American Civil Liberties Union, and Across All Lines from Laramie County Community College. For more details contact Lauren Danley.

New UUC Directories

Updated directories will be available in the lobby later this month. If you have changes to your contact information, please send them to administrator@uucheyenne.org before November 5.

Invite a Guest to Your Table This Holiday Season

On Sunday, November 18th we will kick off our annual UU Service Committee Guest at Your Table campaign to raise funds for UUSC's many programs both in the United States and abroad. We encourage families to keep the GAYT box at the table for each meal and talk about the people around the world that UUSC and their partners help to come to self-sufficiency and justice and equality.

Here is how you can participate.

1. Pick up a GAYT box and take it home.
 2. Read the literature about the UU Service Committee's programs.
 3. Take some time each day in the holiday season to put some of your hard-earned cash into the box.
 4. Bring the GAYT box back with your donation on Christmas Eve or the following two Sundays. Count your coins and cash and write a check to cover it. Light weight GAYT boxes are highly prized.
 5. Think about keeping a Guest at your table every day. Start January 1, 2008.
- You will be amazed at your gift to the UU Service Committee next year!

Choir Rehearsing for Thanksgiving, Hanukkah, and Christmas

We need your voice and your musicianship for the holidays. We are currently rehearsing some old favorite holiday anthems, but we need a few more singers on each part. Please think about committing some time to rehearsals on Wednesday evenings, 6:45 to 8:00 pm, in the coming weeks.

**Thanksgiving
Potluck
Sunday, November 18
following the service**

Check for details at Clipboard Corner

Affirming Diversity / Community Outreach

COMEIA SHELTER

Many thanks to all of the volunteers for the wonderful meal for our return to serving the monthly COMEA Shelter dinner. The guests were most appreciative and liked the fare.

The third Saturday in November is the 17th. Please sign up at Clipboard Corner and bring your items by 5:30p and stay to help serve if you can.

November's menu includes: sliced ham, baked potatoes and baked yams or sweet potatoes, sour cream & butter or margarine, winter mix vegetables (broccoli, cauliflower, & carrots) or green beans, rolls or cornbread, dessert of your choice, and fresh fruit for carrying

Sandra Willoughby & Terri Johansen

MANY THANKS!

Thank You from the Soldiers in Iraq

First and foremost, I want to say thank you for the care packages, they were very appreciated by the soldiers that received them and came at an opportune time, as we had just thrown away most of our worldly possessions to move into tents for the last few weeks of our deployment, and could use the snacks. I know from the discarded food wrappers that most of the food was eaten up quickly, which is a sign that it was a well thought out care package. The food was perfect for the time, mostly, though very thoughtful and appreciated, care packages are the same food. You folks sent the good stuff, and the proof was in the gratitude. The phone cards were specially significant because they are the exact brand we needed for use both here, and in Kuwait where there is no MWR phone alternative, only AT&T. When I made the list of a few names of people to send care packages to, I took into consideration people who were overjoyed to see their names written on the day's mail list...people who might not be on it very often, but who's eyes light up when they find out something has come for them. It made their day. Every single one of them was sincerely thankful, I know because they told me, just as I am writing to you... Thank you for opening your hearts to us as we wind down in our deployment...it lets us know we are coming home to a grateful American people. Thank You and God Bless. SPC. Peter Howard

Tikrit, Iraq

Thank You from the Marines in Saudi Arabia

Thanks so much for the boxes from home. The Marines here in Dhahran truly appreciate your generosity and

thoughtfulness. I know that it may not seem like much, but being overseas can get frustrating and tiring. To know that you're thought of well, always helps to brighten a day and relieve the routine. We enjoyed the snacks and quickly went through them, enjoying what may not be so readily available here. You're very kind to remember us, and kinder still to treat us as you have. Thank you.

Sergeant Andrew Howard

Marine Security Guard

U.S. Consulate, Dhahran, Saudi Arabia

REBUILDING NEW ORLEANS AFTER HURRICANE KATRINA

As the water entered her New Orleans home, Viola knew her family had to leave. A neighbor took them to the overpass. But the situation was awful: no water, no food, no shelter. They waded to the Superdome. It was even worse there. Viola realized they had to be their own "rescue heroes." They found an abandoned truck. For two days, they rescued more than 100 people. On the third day, the truck ran out of gas as they crossed the Mississippi River bridge in search of food and water. Armed police officers ran over and held them at gunpoint, yelling racial slurs and insisting they return to the flooded city. Only a radio emergency called the police off.

After a grueling journey, the group eventually reached the town of Hammond, where they were welcomed into people's homes. "We were blessed," Viola says. But Viola's heart was in New Orleans. When she returned a few months later, she said, "I felt like it was all gone. My neighborhood — which is my family — was gone. There was work to be done, but where do you start when everything's gone? Then I thought, 'Well, I have myself.'" Viola got busy. As a long-time activist and the director of the Welfare Rights Organization, Viola has spent years helping poor women and families improve their lives. Viola has traded the truck for a desk and phone, but continues helping people stranded by the disaster. She rebuilt her organization and locates temporary housing and aid so poor families can return.

Two years after Katrina, 200,000 New Orleans citizens have not been able come home. Another 78,000 are still in trailers. Poor people, particularly those of color, face many obstacles — especially the lack of affordable housing. The rebuilding of New Orleans is keeping many people stranded. Viola is one person who helps, with support from the UUA-UUSC Gulf Coast Relief Fund. She works every day so everyone, regardless of color or class, has the right to come home.

An Update From the Ministerial Search Committee

November Reflections

During the month of October, the search committee received written updates to the congregational survey and hosted open meetings to discuss the survey with members of the congregation. The full survey was conducted in 2006 to gather information on what we as a congregation would like in a settled minister. This year's update survey and open meetings were an attempt to discern whether the results of that survey are still valid today.

In response to a couple of the questions and comments we received, we would like to offer some information about the interim ministry process. Interim ministers, or "certified interim ministers", are specially trained and certified to assist congregations in the transitional period between one settled minister and another. As part of this process, interim ministers agree not to apply for the settled position at the church in which they are serving as interim minister. This allows the interim minister to assist the congregation in their transitional period, and to help with the search and welcoming process. In our case, our current interim minister, Reverend Linda Bunyard, is here to assist our congregation in the necessary steps of welcoming our next settled minister, and to help us thrive during the second year of our search. The next major step in the ministerial search process is to submit a congregational record to the UUA, our national association. The congregational record provides brief information about our congregation such as our history, our programs, and a short overview of who we are and what we are looking for in a minister. The UUA distributes our congregational record to ministers who are in search of a congregation. We will be submitting it in the next few weeks.

Buy some of the things you normally would, help the church, and, in some cases, help others, too.

Fair Trade Coffee, Tea and Chocolates are available for purchase from Carol Bowles in the Social Hall during Coffee Hour. Stop by and find the highest quality of products, organically grown – you'll be doing something very nice for yourself and you'll be supporting small farmers in local co-ops to live eco-sustainable lives around the globe. **Safeway and King Sooper Cards** are now available for purchase from Carol Bowles during coffee hour. Grocery cards are used like cash when you buy your groceries at one of these stores and the church receives a percentage of the value of the card. It's a "no-brainer" fund raiser as we go about our usual grocery shopping. Cards are available in \$50 denominations, so remember to bring your checkbook or grocery money on Sunday mornings. You may also call Andrea Heater in the administration office Monday, Wednesday or Friday mornings.

Amazon and Powell's donate a percentage of purchases made through a link on the UUCS Website. Simply visit our site, www.uucheyenne.org, and click on the link. You will be taken to the Amazon or Powell's Website. Then when you purchase items as you normally would, the church receives a donation.

Subscribe to magazines Here's how you can help: Our online fundraising store has over 650 of the most popular magazine titles at up to 85% off newsstand prices. Purchase or renew your favorite magazine subscriptions and 40% of your purchase will go directly to the church! Simply visit <http://www.magfundraising.com/uucc>.

Recycle Ink Cartridges Office Max offers a \$3 discount on purchases for each HP, Canon or Lexmark cartridge returned – up to five cartridges per visit. Drop your used printer cartridges in the box located in the Recycling Corner in the Social Hall and we'll use the cartridges to help defray the cost of office supplies. Safeway and King Sooper Cards are now available for purchase from Carol Bowles during coffee hour. Grocery cards are used like cash when you buy your groceries at one of these stores and the church receives a percentage of the value of the card. It's a "no-brainer" fund raiser as we go about our usual grocery shopping. Cards are available in \$50 denominations, so remember to bring your checkbook or grocery money on Sunday mornings. You may also call Andrea Heater in the administration office Monday, Wednesday or Friday mornings.

Report from Mountain Desert District meeting in Billings

Report from Mountain Desert District meeting in Billings

By Jan Andrews

First, I want to thank the Board and Congregation for sending me to MDD this year. Of course it was fun to see all the UU people from the area, some familiar faces, many new. And I enjoyed all the inspiring talks and workshops, too numerous to share here, so ask me about the meeting.

The most memorable session was a Crow woman, Janine Pease, who told stories about the Crow and how they settled in the Big Horn mountain area and made peace with the whites. The Crow dancers were marvelous: many ages and generations danced, and included

the audience. The dances were similar but not the same as our Wyoming dances during Frontier Days.

The keynote talk was from Rev. Dr. Rebecca Parker, President of Starr King School for the Ministry in Berkeley California. She talked of her research on early Christian emphasis of the paradise that is here and now, and described life as a journey deeper into paradise by living reverently and responsibly.

I went to a workshop on Diversity and how to become more multicultural in the congregation. The presenter was from Iliff School

of Theology and a ministry intern in Denver. She recommended 2 books Soul Sister by Grace Halsell, and Becoming and Unbecoming White edited by Christina Clark and James O'Donnell.

Another workshop was about Denver's Freedom Fund which helps Denver area women exercise their reproductive rights. The Fund is a project of First Universalist in Denver. We brainstormed on ways we can connect with women of childbearing ages to provide information and support. I have more information I can discuss with anyone interested.

Report from Mountain Desert District meeting in Billings

By Rev. Linda Bunyard

Friday Evening: After long journeys and meeting and greeting old acquaintances, we came together in the banquet hall with the Banner Parade. Our banner was still quite distinctive in design. The Rev. Dr. Rebecca Parker kept us spellbound with her stories of travels around the Mediterranean with co-author Dr. Rita Nakashima Brock seeking images of Jesus and the cross in early Christian architecture. They found no images of the crucifixion until the reign of Charlemagne, almost in the second millennium! The mosaics and iconography of the first millennium depicted Paradise and images of resurrection. I can't wait to see the book which is due out in April, 2008. If we preorder the book now it will be more widely reviewed. [Saving Paradise: How Christianity Traded Love of This](#)

[World for Crucifixion and Empire.](#) Pre-order your copy at beacon.org.

Saturday Workshops: After lunch with folks from the High Plains cluster, a few of us attended "Congregations in Community" with Rev. Deborah Holder, the new MDD Consultant and Cluster coordinator. Watch for news about a cluster event at the Fort Collins church in January.

Saturday Evening: I've seen Ben Pease, Crow Indian and UU from Billings, at many General Assemblies over the past two decades. After the banquet his daughter, Dr. Janine Pease, a Crow Indian Educator and Civil Rights Activist, told us Crow stories about Heroes, Tricksters and Homelands. Then his widow and their children and grandchildren demonstrated Crow ceremonial dances. At the end

we were all invited to the dance floor to join them in the circle dance. That was a highlight of the conference for me--I was totally engaged.

Sunday Morning: The service was filled with music from the MDD choir, a great sermon from the Rev. Lois Van Leer, UU Fellowship of Bozeman. Our offering was for Association Sunday: Now Is the Time (so your delegates had an opportunity to give just like those of you who attended the October 14th service in Cheyenne.)

After nine years of high quality district assemblies in the Pacific Southwest District, I highly recommend the experience of this Mountain Desert conference. As soon as the date and place have been set for 2008 we will get information out.

WANTED – NEW COORDINATOR FOR CHEYENNE INTERFAITH HOSPITALITY NETWORK

UUC is looking for a person or persons to be the new Coordinator or Co-Coordinators for Cheyenne Interfaith Hospitality Network (CIHN). The primary role of the UUC Coordinator is to ensure that volunteers from our congregation are available to meet the basic needs of one or more homeless families during the week that our Church serves as their temporary home. This task involves many rewarding interactions with guest families and UUC volunteers. Those volunteers provide meals, transportation, and occasional kind words of support. They also stay in the church in the evenings, overnight, and all day Saturday to ensure that families are well cared for during their stay. The Coordinator also works with the network Director and Case Manager, recruits and trains new volunteers, meets and communicates with coordinators from other host churches, writes articles for the FOCUS, and occasionally raises funds for the network.

I will hand over my position as UUC's CIHN Coordinator at the end of this year. My two years as coordinator have been a wonderful experience. I'm proud of what UUC has done to help keep this network alive and functioning during a difficult and pivotal period for CIHN. We are hosting families almost twice as frequently as we did when the network began, and are providing more support than ever. I am extremely grateful to the many dedicated members and friends of UUC that helped whenever I called upon them over the last two years. For the first time in years, CIHN is financially sound and well positioned to expand its work in the community.

Sadly the resurgence of CIHN appears to coincide with a decrease in participation by UUC volunteers. This important social action allows us as Unitarian Universalists to put our

belief in the inherent worth and dignity of all people into practice. Our volunteers regularly tell me about the rewards that come from helping others. Our former ministers Bob and Makaanah Morris were instrumental in getting CIHN started, and they were active at all levels during their tenure recruiting volunteers from the congregation, staffing volunteer slots themselves, serving on the CIHN Board, and encouraging their peers to support the network. Our participation in CIHN is a legacy left by these two wonderful ministers; I can think of no better way to honor their efforts and memory than continuing a strong level of involvement by our congregation. The problem I see is that most CIHN volunteers are also part of the core group who seem to do most of the important work of the church. We need new volunteers and those that have helped in the past to step up to the plate. This is a convenient and meaningful way for each of us to live out our beliefs regarding social action; in my opinion many more of us should be involved. With more volunteers the work would be spread more equitably across the entire congregation, and more of us would be able to experience the rewards CIHN gives its volunteers.

The person who assumes the Coordinator role in January needs and deserves more support. Ideally, they should only have to coordinate, not also do tasks that result from unfilled volunteer slots each week that we host. That way they will have the time and energy to effectively do the other things that coordinators need to do. You can help your new coordinator by volunteering your time each week we are the host congregation. If you're a trained volunteer, please sign-up to help in advance of our host week. Tracking down volunteers during the middle of our host week is a time-consuming, and inconvenient chore

that could be avoided. If you're not a trained volunteer, come talk to me and I'll explain what kinds of things volunteers do. If you are interested in helping, I'll see that you are trained so that your experience will be safe, comfortable, and rewarding. Our volunteer work in support of CIHN says a lot about who we are and how we act in our community. Please consider becoming a part of that action.

We all should recognize that CIHN continues to meet the needs of families who are temporarily homeless. Families that qualify for the program are provided food, shelter, and assistance to help them return to self-sufficiency. The network has also started providing transitional housing support to families that successfully "graduate" from their initial assignments (obtaining employment, demonstrating financial responsibility, and working on many fronts to improve their situation). The network, while down to six member churches and recovering financially from a past Director's misconduct, is stable and poised to expand its mission in the community. It was recently awarded two United Way grants that will ensure that it can not only continue its work through 2009, but also hire a new Director and Case Manager. Volunteers have staffed these two positions over the last two years. Having paid staff to perform these functions will provide a significant boost to CIHN, and should result in more congregations becoming host churches. Pastor Jon Laughlin of Grace United Methodist Church has almost single-handedly resurrected and sustained CIHN over the last two years. He deserves many thanks for his extraordinary efforts. With your help, UUC can continue to be a key player in this important work.

—Myron Brooks

Creating a Just and Sustainable World

The Green Sanctuary Program

A congregation that lives out its commitment to the Earth by creating a sustainable life style for its members as individuals and as a faith community. Sustainable living is not about our material comfort (though these choices are an important part of the overall life style); it is about choosing to live in a way that nurtures life, builds relationships, and rejects material consumption as the sole determinant of happiness.



If recycling at the blue bins is not convenient for you, please place the emptied aluminum cans from your household in the bin provided in our Social Hall. We will recycle them for you and turn the money over to our church.

Also, we encourage the members of our congregation to sign up or the Renewable Energy Projects with Cheyenne Light, Fuel and Power for as little as \$3.50/month. Detailed information is available at www.cheyennelight.com or 638-3361.



► Learn About Fair Trade: Navigate the globe using the new Fair Trade layer to discover Fair Trade Certified farms in Latin America, Africa, and Asia on GOOGLE EARTH.

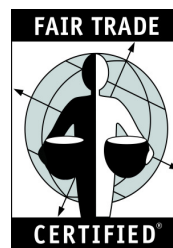


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► Sample Fairly Traded Snacks from US Farmers: Roasted Salted Pecans, Organic Tamari Roasted Almonds, Organic Dried Sweetened Cranberries -- ON OUR UCC COFFEE CART! Seasonal Chocolate Bars will be available !

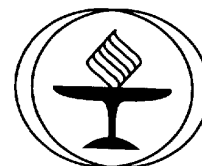
► Promote Fair Trade at Your Local Supermarket by requesting Fair Trade products http://www.transfairusa.org/content/support/ftm_consume_intro.php

► Don't Forget to Purchase Freely Traded Coffee and Tea from the Coffee Cart



Equal Exchange Baking Cocoa, coffee, tea, chocolate bars, and snacks are available for purchase at the Coffee Cart on Sundays after the service, or you can use the self-service payment envelopes during the week. For more information please contact Carol Bowles at 637-8124.

FOCUS deadline is the 20th of each month.
E-mail your copy to Monty Byers at Focus@uucheyenne.org
or drop it by the church office.



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