

2009

## August Worship Services



UNITARIAN UNIVERSALIST CHURCH OF CHEYENNE

UU FOCUS

August 2 “How the Consumer Culture Undermines Democratic Values”  
10:30 am Rev. Barbara Molfese

Rev. Barbara Molfese from the Unitarian Universalist Church of Boulder will be our guest preacher. Somehow, gradually and pervasively, through the second half of the twentieth century, the consumer culture came to define and even to manipulate our shared identity as Americans. What we have has come to signify who we are. Our UU commitment to democratic process rests on different and competing values—cooperation, collaboration, coalition-building. We can each choose the particular kind of car we want to purchase, but we can not each have the elected official of our choice—not without a high degree of shared effort and a willingness to compromise.

August 9 “What Do We Mean by Prayer?” Rev. Suzanne Meyer  
10:30 am

Do Unitarian Universalists pray? Most of us would flinch at the idea of getting down on our knees to petition the Old Man Upstairs for a personal favor. When you take a hard look at prayer through the lens of liberal religion you may be surprised to discover that you do pray. What can prayer mean in a religiously diverse congregation?

August 16 “What Do We Mean by Faith?” Rev. Suzanne Meyer  
10:30 am

When most people hear the word “faith” they think it means belief. Likewise, religion is all about faith, or about taking certain metaphysical propositions on faith alone. But any good student of Latin knows that faith has more than one meaning. What can that word faith mean to a congregation like ours, one in which few if any of us share the same beliefs? Can we be said to have faith

August 23 “Terrorism” Dr. John Sanford  
10:30 am

What is the relationship between religion and terrorism? How can we better understand terrorists and their agenda? Dr. John Sanford is a psychologist and a faculty member at LCCC.

August 30 “What Do We Mean by God?” Rev. Suzanne Meyer  
10:30 am

You say you don’t believe in God? Do don’t believe in a Supreme Being? The Old Man Upstairs? In fact, many people who do claim to believe in God are in fact functional atheists. And, if the truth be told, many atheists hold on to a belief in wonder, in awe and transcendence that resonates with those of us who do claim to believe in God. What if God were not a he or a she, but an experience?

# Presidential Reflections

## Universalist Church of Cheyenne

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### 2009-2010 UCC Board

President	Beth Howard
Vice President	Rhonda Woodard
Secretary	Bitsy Heckert
Treasurer	Terri Johansen
At-Large	Fred Lebsack
At-Large	Maria Means
At-Large	Bob Weinland
Past President	Mike Shonsey

### Staff

Rev. Suzanne Meyer  
Minister  
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307-256-7700 (mobile)  
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Priscilla Golden  
Accompanist  
634-1215  
[Pgolden2@msn.com](mailto:Pgolden2@msn.com)

### Newsletter

The FOCUS, the monthly church newsletter, deadline is the 20<sup>th</sup> of each month before midnight. Send your copy to [focus@uucheyenne.org](mailto:focus@uucheyenne.org) or drop it by the church office.

As part of our UCC Covenant, we are dedicated to helping others. We do this in many hands-on ways and also by donating one Sunday Collection a month to an organization dedicated to helping others. From November 2008 to June 2009 our donations totaled \$3,400.

### MONTH AMOUNT ORGANIZATION

November	\$395	Habitat for Humanity—Women Build
December	\$533	CIHN
January	\$325	Meals on Wheels
February	\$370	Cheyenne Health and Wellness
March	\$677	CLIMB Wyoming
April	\$435	Needs, Inc.
May	\$361	Safehouse
June	\$304	COMEA House
July		Attention Homes
August		Cheyenne Animal Shelter
September		CALC—Homeless Veteran's Housing
October		Unitarian Universalist Association
November		City-County Health—Family Planning

In December 2009, a new cycle of special collections will begin. The Church Board would like your recommendations for future recipients. Please, suggest charitable organizations (under IRS rules), or a program which must secure local matching funds in order to qualify for full funding from other sources. The mission of the organization should be compatible with one or more of our UU Principles. Consider organizations where a \$300 - \$500 donation could make a difference.

Please, contact any Board member with your suggestions for our consideration. Additional recommendations already include: Wyoming Coalition for the Homeless and ARC of Laramie County. The Board will research and review all organizations prior to selecting new recipients for 2010.

Thank you for your outstanding generosity,  
Beth Howard

# From the Minister

*Why, who makes much of a miracle?  
As to me, I know of nothing else but miracles...  
To me every hour of the light and dark is a miracle,  
Every cubic inch of space is a miracle,  
Every square yard of the surface of the earth is spread  
with the same,*

*Every foot of the interior swarms with the same.  
To me the sea is a continual miracle,  
The fishes that swim—the rocks—the motion of the  
waves—the ships with the men in them,  
What stranger miracles are there?*

—Walt Whitman

You may have said or heard said that we Unitarian Universalists reject the idea of miracles, of God's supernatural intervention into the world. We are rationalists and believe only in what we can see, touch, taste and smell. We are the hard-nosed scientists who only trust that which is empirically verifiable. We are the spoil-sports, the debunkers.

I believe in reason, in science, in the wisdom of the senses and that is why I believe in miracles. I believe that life itself is a miracle, a wonder, a reason for gratitude. I believe that the world is full of nothing but miracles and you, even you are a living, breathing example of one.

I've known a few scientists as well as a few poets, and the best ones say that the more they

know about the working of the world, the more awe filled and amazed they are. Knowledge does not take away our sense of nature's extravagance, but only increases our appreciation of that which is so abundant and so fragile.

To me, the purpose of our way of being religious, our kind of faith-fullness is to make more room for wonder in our lives. To open ourselves to more possibilities and more opportunities. Fundamentalisms of all kinds seek to limit, to reduce, to diminish, while liberal religion seeks to expand, to explore, and to include. If you were to come up with a three-word definition of our kind of faithfulness it could be: There is more! More to know, more to experience, more to value... Liberal means generous, a generous universe, with more to understand, appreciate, and celebrate.

I for one have no need of the super natural, when the natural world has yet to be exhausted of possibilities, when every day brings with it a whole range of miracles. Look out the window. Better yet, open the door and step outside. Don't let yourself miss the miracle of your own being. Make a daily expression of gratitude your spiritual discipline.

Blessed be,  
Suzanne

**A big thank you** to Sandi Gaulke, chair of the Caring Committee who did so much for me during my recent illness, as well as Meg Oliver, Shelly Montgomery Wheeler, Bob Weinland, Deborah Deboer, Tami Smith, Lynda Gentry, Andrea Heater, the Worship Associates, and all of you who sent cards, said prayers and kept me in your thoughts. Thank you also for the beautiful roses. I am more or less back at work and improving a little every day.

Suzanne Meyer



# Special Events



## Roots Class

Are you interested in learning more about the history, theology, and polity of Unitarian

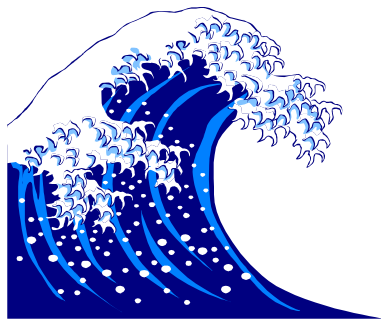
Universalism? Do you want to be able to answer your friends' questions about your church? Suzanne Meyer is offering Roots, a four-part class with hand book designed to answer all of your questions on Thursday nights in August. That's the 6, 13, 20, 27 from 7:00 pm-8:30 pm. The class is free, you do not have to be a church member to attend, but we do need a head count to make sure we have enough hand books. To register e-mail SuzanneCheyenne@aol.com, or call 307-256-7700.

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## WaterWorld Extravaganza

by Melanie Dutremble

There is still plenty of room for all friends and families to join in on the WaterWorld Extravaganza! We will be meeting at the UCC parking lot Saturday morning at 8 am. We will carpool to Denver to help save the planet a little! This is a great opportunity to spend time getting to know fellow church friends in a fun

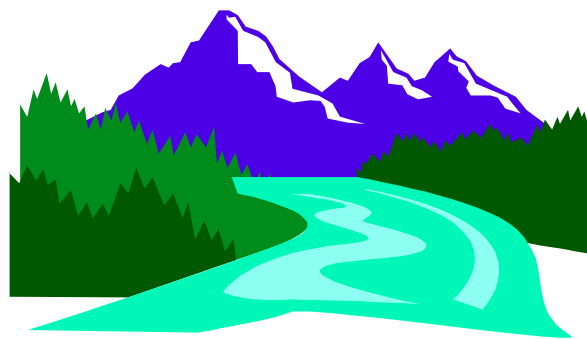


social environment! Children will need to be accompanied by an adult and a registration form will need to be filled out by Friday the 7th. Forms can be turned into Laurie Magill, Shelly Montgomery-Wheeler, Chuck Wheeler, Sherrie Phillips, Thomas Redding or me, Melanie Dutremble. Forms can also be left in the fun and fellowship box at the Message Center by the nursery. Payment can be made up until the day of, but I will pay our admission all together. Remember bring your sunscreen and plan for lunch! Hope to see you all there!

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## Don't Forget Our Ingathering Water "Communion" Service

While you are on your vacation or stay-cation, don't forget to gather a small amount of water (pill bottle size) from a "sacred place" for our annual Water Communion Ingathering service the Sunday morning after Labor Day. During the service, we combine the waters in a ritual that symbolizes our return to this community "as rivers return to the sea." Don't panic; we don't drink the water! This is a beloved ritual for all ages and so you will want to participate.



## ***Special Events***

# **Church Garage & Bake Sale**

Saturday, August 15

8:00 am-2:00 pm

Unitarian Universalist Church of Cheyenne

A cooperative partnership of Women Build—Habitat for Humanity, the Salvation Army, and the Unitarian Universalist Church of Cheyenne will sponsor a fund-raising garage sale on Saturday, August 15, from 8-2 at 3005 Thomes Ave. Proceeds go to landscaping for Habitat Houses as well as other community and UUCC projects.

You may bring your items to church on Thursday, August 13, and Friday, August 14, from 1-7 pm. If needed, arrangements can be made for items to be picked up—see contact information below.

### **NEEDED:**

- Clean, working items
- Baked goods for sale
- Clothing, especially children's, clean and sized
- School supplies
- Cars, donated with titles
- Building materials and supplies for grand opening of Habitat ReStore Used Home Refurbishing - due to open late September.

Many volunteers are needed for setting up, working the sale, and clean up. Trucks are needed to haul remains. Please sign up at Clipboard Corner or call Sharon Kelley 638-7511 or HFH at 637-8067 and leave message or call Andrea at church at 638-4554.

# Adult Programs and Groups

## Worship Associates for Fall and Winter: Now Recruiting

Would you like to learn more about UU worship? Would you like to participate in the Sunday services? We have openings for new worship associates. The job involves one evening meeting every 6 or 8 weeks, and the ability to participate in a Sunday service every 4-5 weeks.

We talk about what makes a worship service strong and appealing, and how we can strengthen and improve the lay led services. Got questions? Want to join? Contact Suzanne Meyer [suzannecheyenne@aol.com](mailto:suzannecheyenne@aol.com)

## Pastoral Care

The Pastoral Care Committee of UUCC exists to provide help and support to our members and friends. We try to keep in touch with members who are home-bound, provide food or transportation to those who are ill, visit people in the hospital, assist with memorial services, and keep the minister aware of the pastoral needs of the church. If you know anyone who is in need of these services, please call or email Sandi Gaulke at 632-7521 or [sanji@bresnan.net](mailto:sanji@bresnan.net).

## Fun and Fellowship

Fun and Fellowship has an exciting forecast of activities coming up this year starting with our WaterWorld journey August 8, followed by a coffee house night in September, and of course the Halloween Extravaganza in October, to mention just a few. Continue to watch for announcements about activities to come.

## Coffee Hour

*by Melanie Dutremble*

As we all know, coffee hour is an important aspect of Sunday's overall fellowship experience. When I first came to the UUCC, Coffee Hour fellow-shiping was a big reason I kept coming back (aside from the wonderful sermons.) In order to share the responsibility, we have divided the duties into four groups. **We really need the support of the congregation to have a successful Coffee Hour!** When the first letter of your last name falls on the assigned Sunday, please come early, help set up, bring a snack to share or devote a few minutes after to help clean up. As budget and time permits of course! We can continue to enjoy this amazing community experience if we all pitch in a little extra!

August's coffee hour schedule will be as follows:

August 2: A-E; August 9: F-K;

August 16: L-R August 23: S-Z

August 30: Bird and Bell

## BUILDING & GROUNDS



You are invited to be part of caring for our beautiful church grounds during the summer season and participate in this simple but powerful ministry. We need your help with weekly grass mowing at church. The mowers and gasoline are supplied - all we need is YOU! Please call Jim Gaulke or Fred Lebsack to volunteer or sign up at Clipboard Corner. Thanks in advance for your help, and remember...in the words of Rudyard Kipling...

*"The cure for this ill is not to sit still,  
Or frowst with a book by the fire;  
But to take a large hoe and shovel also,  
And dig till you gently perspire."*

# Nurturing Our Mind, Body and Soul

## Bird and Bell Meditation Group

### Meditation Schedule

- Tuesday 7:15—7:45 am
- Wednesday 5:30—6:30 pm
- Thursday 7:15—7:45 am
- Sunday 9:00—10:00 am

We meet in Room 5 upstairs and welcome meditators from all traditions. Beginners are welcomed. Instruction available. The Sunday meditation group meets at 9:00 for 30 minute pre-recorded dharma talk followed by a 30 minute silent meditation. Contact Judy Lebsack, 635-5579, or Gene Heater, 632-0974, for more information.



## Insight Films

The August Insight Film screening has been canceled. Films will resume in September

and continue throughout the year on the second Friday. Contact Alicia Padilla, 638-8875, for more information.

## Sunday Forum

International Forum has changed its name to Sunday Forum since we discuss a specific topic from current events, not just international topics. We meet monthly, and all are invited to join us. In February and March each year, we offer the Great Decisions program.

We are inviting Dr. Harold Schneider, a physician, to discuss solutions to our national health care crisis at 1:00 pm Sunday, August 16, in the UUC Library. In September we plan to meet on the 20<sup>th</sup> of the month.

For more information contact the Sunday Forum/Great Decisions coordinator, Ed Warsaw, 635-4725 or warsaw2muse@yahoo.com.

# Creating a Caring Community

## Concerns...

- ♥ **Dick Wagner** is the hospital at the Cheyenne Regional Medical Center.
- ♥ **Carol Bowles** is recovering from an injury to her foot. She is in need of a small, waterproof stool to use in the shower.

- ♥ Jan Andrews is at University Hospital in Denver recovering from neurosurgery. Prayers and healing thoughts are requested.

# Community Outreach

## COMEA Dinners

By Will Rich

Thank you to the following people who helped make the July COMEA Shelter dinner successful. Over 50 people were served, and due to your generosity many had seconds! Our home cooked meals are always appreciated and many complements were extended to the chefs!

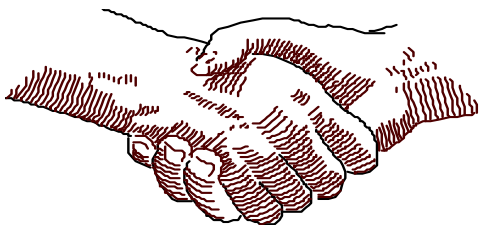
Will Rich, Betty & Dick Wagner, Ilse Sorensen, Linda Brewer, Bertha Bikules, Natalie Vernon, Kathy Jenkins, Bob & Jan Nimmo, Marianne Schomaker, Paul Jacquay, Gene & Andrea Heater, Lynn DeVilbiss, Stan Clapp, Sharon Wisroth, and Pat Ryan

The menu for August includes:

**Ham**  
**Baked Beans**  
**Salad**  
**Soft Fruit**

Please plan on bring your item to serve 12-15 people to the Shelter by 5:30 on Saturday, August 15. Because of the poor economy, the shelter numbers are increasing so if you can bring an extra serving or two it would be helpful. If you can stay to help serve, that is always appreciated as well.

Feel free to contact Will Rich at 634-8049 or Ilse Sorensen at 635-8222 if you have questions or need more information.



## August CIHN rotation

### August 2 through August 9

By Marci Linde

Do you have time or talent to share? As Trish Peacock's sermon this summer illustrates, a little of your time can be a great benefit for families in need. Our rotation for the Cheyenne Interfaith Hospitality Network (CIHN) will begin August 2 through August 9, 2009.

The Cheyenne Interfaith Hospitality Network is a group of churches that house homeless families for one week each rotation. We turn the classrooms downstairs into bedrooms for the families during our host week and the families stay in our church from 5 p.m. until 7 a.m. weekdays and the entire weekend. We need volunteers throughout our host week to help in various ways, such as helping transport, cooking meals from 5 p.m. until 7 p.m., staying in the church from 7 p.m. until 9 p.m., sleeping in the church from 9 p.m. until 7 a.m., or staying during time slots one the weekend . If you are interested in helping, please contact one of the CIHN coordinators.

We would like to thank Allison James for the donation of toys and books for our families to use during their stay at our church. We are currently looking for donations such as old movies (VHS or DVD) suitable for family viewing, board games or craft materials.

We appreciate all the support this church provides in helping these families!

For more information please contact CIHN co-coordinators:

Marci Linde:

email: [mhoffl@hotmail.com](mailto:mhoffl@hotmail.com), phone: 778.0742

Jim Gaulke-

email: [sanji@bresnan.net](mailto:sanji@bresnan.net), phone: 632.7521

# Our Wider UU World

## Planning for the Mountain Desert District Annual Meeting and Delegate Assembly

The MDD Annual Meeting and Conference this year will be centrally located in beautiful Fort Collins, Colorado at the Marriott Hotel, October 15-18. The planning committee hopes that it will be the "Biggest and Best Ever!" (Room rates at the hotel are just \$99! Room rates are guaranteed until September 15 - reserve early for best selection!)

Registration forms are available at Clipboard Corner, with a reduced rate for those 18-24 and excellent (and affordable!) children and youth programming for those ages 2 - 18, too!

The theme this year is "Spiritual Harmony: Celebrating The UU Religious Voice" and will feature a Thursday evening concert with the incomparable Holly Near for only \$15! Can't make the concert? No worries! She will also be our Keynote Speaker on Friday evening during the conference!

The MDD Conference is for EVERYONE! Congregations do send delegates who must attend the Saturday business meeting, the rest of the conference is all about fun! You'll make new friends, catch up with old friends, share meals, music and learn something new, too! UU folks from age 2 to 200 are encouraged to join in the experience of what is essentially an affordable "Mini GA!" Those who come once often decide to come back every year! "It's not 'just' for Board Presidents and Ministers! It's for you, too!"

- Travel and stay in homes of people who share your ideals
- Learn about hosting people in your home to earn extra money

The UU bed and breakfast directory *UU're Home* (formerly *Homecomings*) offers a network of hosts in the United States (and a few abroad) who enjoy meeting new friends and are happy to open their home to like-minded people. Travel to different cities and stay in reasonably priced accommodations or become a host and enjoy meeting new friends.

For more information, visit  
[www.UUreHome.com](http://www.UUreHome.com)  
or write to  
[info@uurehome.com](mailto:info@uurehome.com)



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## ***Mark Your Calendars***

**Celebration for Shelly Montgomery-Wheeler**—Sunday, August 2, after church

**Roots Class**—Thursday evenings, August 6, 13, 20, 27, 7:00-8:30 pm

**RE Pizza Party**—Friday, August 7, 6:30 pm

**WaterWorld Trip**—Saturday, August 8, meet in UUCS parking lot at 8:00 am

**Garage Sale**—Saturday, August 15, 8-2 ● **Drop off items**—August 13 & 14, 1-7 pm

**Water Communion/Ingathering**—Sunday, September 13 church service

**Lifetouch Photos for UUCS Picture Directory**—September 8 & 9