

2009



UNITARIAN UNIVERSALIST CHURCH OF CHEYENNE

UU FOCUS

November Worship Services

November 1

“A Grateful Heart”

Rev. Mo White

10:30 am

Science and Spirit are in agreement that the practice of gratitude enriches our lives. But, must we be grateful all the time?

Reverend Mo White lives in Boulder, CO. She has served two Colorado congregations the last several years as an interim and contract minister. She is a cancer survivor, a clinically training chaplain and mindfulness instructor.

November 8

“Promises, Promises”

Rev. Kirk Loadman-Copeland

10:30 am

Sixteenth century Unitarian founder Francis David said that we did not need to be like-minded (right thinking) to be like-hearted (right loving). This distinction moved us from a creedal religion with a focus on right belief (orthodoxy) to a covenantal religion that is grounded in love and right practice (orthopraxy). It is based on the promises that we make and keep with each other and the world. Join us as we explore covenant and why it is central to our religious identity and practice.

Kirk Loadman-Copeland is beginning his eighth year as Senior Minister of the First Universalist Church of Denver. Prior to that, he served the UU Church of the South Hills in Pittsburgh for eleven years. A UU since 1969, he has been involved at the local, district, and national level. His wife, Carol is a psychologist and an avid cellist. Their daughters, LinsiAn (12) and MerriLyn (10) are both adopted from China.

November 15

“A Spirit of Generosity”

Dana Lightsey

10:30 am

Oppression and inequality can both occur even if the issues are not about race, class, or gender. This sermon looks at some of the root causes of difficult and painful interactions that lead to oppressive inequality. It also gives us hopeful ways to begin healing these root causes so we may positively affect the world with a spirit of generosity every day.

Dana graduated with her Masters of Divinity degree this past June at Iliff School of Theology in Denver. During this time she did her internship and worked as director of religious education at Jefferson Unitarian Church in Golden, Colorado. In September, she passed all requirements for ministry in the UUA and is now in preliminary fellowship. Before going into ministry, Dana taught K-12 General, Vocal and Instrumental music in the public school system. Music is an important part of her ministry with all ages. She and her partner, Steve Nye, will be performing jazz music on flute and guitar for the service on Sunday.

(Continued on page 5)

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	Karen Rich
At-Large	Bob Weinland
Past President	Mike Shonsey

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Newsletter

The FOCUS, the monthly church newsletter, deadline is the 20th of each month before midnight. Send copy to focus@uucheyenne.org or drop it by the church office.

Presidential Reflections

It is my observation that humans are more comfortable with certainty than uncertainty. We like to be able to chart our course and make clear plans for the future. It allows us to feel solid and well prepared. But, sometimes the winds of change intervene and blow us off our charted path. We are suddenly adrift on the sea of uncertainty. What will our response be? Though we cannot control the circumstances, we have a choice in how we respond.

Our minister, Suzanne, was blown dramatically off her charted career path when her cancer was diagnosed in August. She has often told me that work is her life. I know that it was initially her heart's deep desire to heal enough to return to work. Currently, she is on a 90-day medical leave, which will end on November 28. It allowed Suzanne time to seek chemotherapy treatment and to evaluate its effectiveness. It is also giving her time to consider her options and plot the course for her future. I am writing this on October 21 and at this time, you will read in her column that Suzanne is planning to resign at the end of her leave. She told me that she could never do anything that would harm this church and I know that she is making her decision based on what she believes will be best for UUC. It is heartbreaking news, but it should not be a secret to anyone.

Suzanne told me that she believes she was guided to come to UUC, for though she didn't know that she would need it, she cannot think of any congregation where she would have received better care and support through this difficult time. She is profoundly grateful. I believe that she was guided here too, so that we might learn about the kind of radical love and caring, truly selfless service, which is sorely needed in this world. UUC has risen to this difficult challenge, and I know that we will continue to support both Suzanne and our wider community in dynamic new ways as we move into the future.

There are a lot of unanswered questions at this point. Please, do not worry. Though our minister is ill, our church is healthy and strong. We have the outstanding support of the Mountain Desert District and the wonderful ministers who have volunteered to fill our pulpit. This month, Nancy Bowen, the District Executive, will come to our UUC Board meeting to discuss possible scenarios for moving into the future. Suzanne plans to stay in Cheyenne and remain connected with our church. Together we will chart a new course.

For now, it's all hands on deck. Please, continue to help out at church in a way that is meaningful to you. Thank you for your extraordinary caring.

Beth Howard

From the Minister

Many of you already know that my cancer is quite serious. It is my doctor's opinion that I should quit work and focus on healing. What this means is that at the end of my medical leave, November 28, I will resign as your minister and go on disability.

Naturally I am disappointed. I wanted to come to UUCC and to Wyoming because I thought this was the right congregation and the right place to spend the last ten years of an active ministry. I thought you and I could be good partners and continue to build the reputation of UUCC as a liberal religious force not only in Cheyenne, but state wide. I thought you and I could maintain the intimacy of a small church with the kind prophetic activism more characteristic of a larger congregation.

I dreamed that we could continue to use our building as a community center and meeting place for organizations that share our values. I dreamed that we could continue to partner-up with other groups such as CIHN, COMEA House, and Habitat for Humanity, as well as environmental groups to create a network of

cooperation between agencies and activists in the private and public sector that address issues of poverty and economic development. I dreamed that we could continue to be true to our Unitarian Universalist history and identity while at the same time reaching out to the wider ecumenical community.

I know that this vision is still possible, but I am sad because I know we won't be able to go there together. What can you do for me? Do not let my premature departure distract you from the important work standing before you

Know that I love you dearly, and I am so deeply grateful for the tender loving care I receive from you. You are teaching me the meaning of true grace through countless acts of kindness that can never be repaid but only passed on. In the meantime, I am still very much here, and I welcome your visits.

Love is the spirit of this church.

Suzanne



Religious Education News

There is no monster in our closet, but there are many dated items. It is understandable so much has been kept through the years because of the need to be frugal. It is not practical to continue to store everything, so we are sorting through it. There is a table in the social hall that has things we do not need anymore and are giving away. If you see something that you remember donating, this does not mean your generosity is not appreciated. It is that we do not anticipate needing the item at this time. Clearing the clutter helps us determine what we have, what we need, and more importantly, where to find what we have. This will help the RE program run more smoothly. We will continue putting free items on the table until this project is complete. Sara Burlingame is spearheading this formidable task, along with the help of her son, Atticus. Sara can always use extra hands sorting and organizing. If you would like to help with this project, please let Maria know.

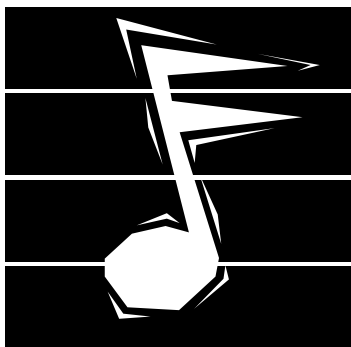
The Senior High Youth Group has the following meetings planned at 11:45 a.m.:

- | | |
|-------------|--|
| November 1 | Discuss social action and CAS hours for the IB program. |
| November 15 | Marci Linde will come talk with us about CIHN. |
| November 29 | We will plan our Children's Chapel project, making Mandalas, which we will do with the elementary school children on Sunday, December 6. |

Junior High and elementary classes continue to meet during the Sunday service after the Story for All Ages. We are still looking for people to teach an elementary class on a one-time basis so that once a month we can give our regular teachers a break. This is called Children's Chapel. Please sign up at Clipboard Corner and share something special with our kids one Sunday this year.

Maria Means

Choir Notes



Jill Laping, our new Music Director, would like to thank everyone for such a warm welcome to

UUCC. She and the Choir are very excited about how quickly the choir is growing. It promises to be a delightful holiday season. If you feel inspired to sing, please come to choir rehearsal on Wednesday's at 6:45 for spirit-filled singing.

2010 Service Auction

The date is set for Saturday, February 6, 2010. This is the church's big fund raiser and may also be the biggest social event of the year. Mark the date on your calendar, plan to attend, and think about what you might donate this year. If you are new, ask around and hear about the fun we have had in the past.

Do you have any ideas or suggestions for this year's entertainment? For questions, more information or to see how you can help, contact Mike Shonsey, 637-8016 or shonseym@aol.com.

November Worship Services

(Continued from page 1)

November 22
10:30 am

“Beauty Fills the Soul”

Rev. Catharine Harris

At this Thanksgiving time, the Rev. Catharine Harris, will speak of her gratitude for the beauty that fills our lives, whether in nature, in truth, or in the goodness of people. She will reflect on what it means when we acknowledge the ugly. Reflecting on beauty is part of our UU living tradition, whether in the words of William Ellery Channing or Ralph Waldo Emerson or in the words of contemporary The Rev. Rebecca Parker.

PARENTS: Please invite your child to bring a photo or picture of something beautiful For All Ages. It might be something or someone loved, something from nature, or someone being beautiful to someone else.

This congregation ordained The Rev. Catharine Harris in 1986, and she served as its first minister, part-time, from 1986-1993 at which time the Unitarian Universalist Fellowship of Boulder called her as their minister. On her retirement in 2006, the Fellowship named her Minister Emerita. She continues to live in Boulder with her husband Dick, a retired physicist and manager. They have one grown daughter. Catharine enjoys yoga, hiking, birding, book groups, traveling, family and friends.

November 29
10:30 am

“From Tears to Thanksgiving”

Deborah Deboer

For many people, in many ways, 2009 has been a difficult and troubling year. Illness, unemployment, war -- all color our days. Thanksgiving is a time we are supposed to be grateful and give thanks, but how do we reach for thanksgiving through our tears? Come join us as we create a Thanksgiving tree to remind us of the gifts of the world as well as its sorrows.

World AIDS Day Service: No Caravan of Despair

A service of healing for HIV/AIDS
will be held at our church on
Sunday, November 29, at 4:00 PM.

The theme of the service will be No Caravan of Despair, and it will be conducted by local ministers in partnership with St. Mark's Episcopal Church. It is hoped that this service will bring together clergy and parishioners from numerous denominations across the city, non-profit organizations, families, friends, doctors, nurses, social workers, caregivers, and concerned citizens that support HIV/AIDS patients. The purpose is to lift up the continuing reality of HIV/AIDS to the city, affirm the ministry of caregivers in Cheyenne, and offer special music, compassionate preaching, nourishing prayer for healing, and hospitality to all who attend.

Your attendance and participation would be greatly appreciated! We need volunteers to help plan the service, help with refreshments and the reception afterwards, and to be greeters and ushers. If you are interested in volunteering, you are welcome and encouraged to contact John Peacock at 307/631-8914 or mettenheim@msn.com or Luanne Gearhart at ourprairiehome@bresnan.net or 635-5314.

Special Events

The Ninth Annual COME A House 5-K Turkey Trot and Gobble Wobble Kid's Run

The event will be held on Saturday, November 7, 2009, 9:30 am, at the COMEA House, 1504 Stinson Ave. The Church has been a wonderful supporter of COMEA

over the years and the race/walk/kid's run is COMEA's major fundraiser for the year. We need volunteers to help at the race, sponsors, and participants. All proceeds go to COMEA House, Cheyenne's homeless shelter.

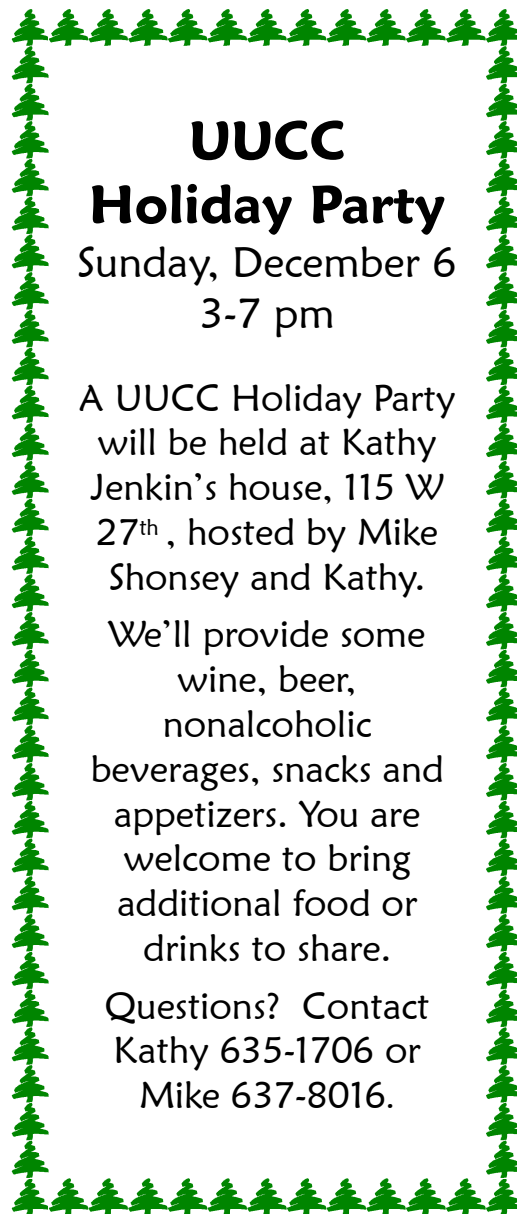
Entry forms and brochures are available at Clipboard Corner. Contact Tim Kingston at 638-8885, kingston@rockymtnlaw.com for further information.



Annual Thanksgiving Dinner Sunday, November 22 after Sunday Service

Happy fall once again from the crew of Fun and Fellowship. We would like to thank all who helped with participated in the Halloween Extravaganza. It was a wonderful success.

The next event is our annual Thanksgiving dinner, to be held after service, Sunday, November 22. We still need volunteers to cook turkeys, bring sides and desserts and to help with clean up and set up. We will have a guest minister, so let's welcome them the UCC way! Sign up available at clipboard corner.



UCC Holiday Party Sunday, December 6 3-7 pm

A UCC Holiday Party will be held at Kathy Jenkin's house, 115 W 27th, hosted by Mike Shonsey and Kathy. We'll provide some wine, beer, nonalcoholic beverages, snacks and appetizers. You are welcome to bring additional food or drinks to share.

Questions? Contact Kathy 635-1706 or Mike 637-8016.

Adult Programs and Groups

Coffee Hour

by Melanie Dutremble



We would like to express our gratitude to the congregation for the success of the new Coffee Hour system. It is a joy to experience everyone working together to keep this social aspect of the congregation growing. We are extremely fortunate to have so many wonderful spirits among us! Of course, we STILL request the efforts of our friends to continue with set up, clean up and snack preparation for coffee hour in the months to come. The coffee hour schedule is as follows:

November 1 A-E
November 8 F-K
November 15 L-R
November 22 Thanksgiving Dinner
November 29 S-Z

Thanks again to everyone who has taken part thus far, and thank you in advance to all who plan to join in!

Insight Night: “Dancer in the Dark”

by Alicia Padilla

Doors will open at 6:30 pm for tea. The movie will start at 6:45. Admission is free and all are welcome.



On Thursday, November 12, we will show “Dancer in the Dark.” Nearly blind Selma (Björk), a Czech immigrant who dwells in a mental world of fantastical song and dance, performs a haunting act of deliverance when a

neighbor (David Morse) steals the money she’d been saving for her young son’s vision-saving operation. Director Lars von Trier’s gut-wrenchingly emotional film is set in 1960s Washington state and also stars Vladica Kostic, Catherine Deneuve, Stellan Skarsgard and Cara Seymour. This movie is quite amazing, a must see!

Reader’s Choice Chalice Circle

“A Chosen Faith: An Introduction to Unitarian Universalism”

by Susan Blaney



From the Preface, “If you are a Unitarian Universalist, this book can help you speak your faith. I promise you will find it an exhilarating experience. When you stumble, go back and read it again...If you are not (or not yet) a Unitarian Universalist, you will learn more about who we are and *why* we are, from these pages...”

Sign-ups are still available at Clipboard Corner for the Reader’s Chalice Circle, in which we will spend the next few months reading and talking with each other about this wonderful book. It’s been a long time since I read it, I know I’m ready to read it again! Once sign-ups are complete, the Circle will decide which Saturday of the month we will meet at the church, 1:00 pm - 2:30 pm. Questions? Call Susan Blaney, 635-6933, or email blaneys@msn.com.

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.

Let's Celebrate Yoga

Monday and Wednesday
5:45 pm—6:45 pm
with Terri Johansen

Tuesday and Thursday
Noon – 1:00pm
with Anne Kimsey

Classes are ongoing, on a drop-in basis, and can be accommodated to suit your level of experience. Beginners are welcome! Suggested donation is \$5. For further information contact:
Terri Johansen at 638-3112; terrijo7@hotmail.com
Ann Kimsey at 631-3129; mrskimsey@yahoo.com.

Monday/Wednesday Yoga Update

Terri Johansen will not be teaching the evening yoga class (5:45-6:45) over the next four weeks (10/12 – 11/4) due to surgery. Terri has lined up several great teachers to fill in for her while she is recovering. The November schedule is as follows:
11/2 – Colleen Noon and 11/4 – Colleen Noon
Terri encourages all yoga students to keep up with their practice during this time and invites all new and interested students to come to class and have a taste of a variety of teaching styles.

Mindful Monday Meditation

Monday, November 2,
6:00 – 8:00 PM
in room 5 upstairs
Feeling **STRESSED?**

Come find peace in the present moment. Join Beth Howard for mindfulness practice in the tradition of Thich Nhat Hanh. The session will include mindful breathing, sitting, walking, eating, speaking and listening, plus a sharing and discussion of the teachings.

No experience necessary.

Everyone is welcome.

"Breathing in, I calm my body. Breathing out, I smile. Dwelling in the present moment, I know this is a wonderful moment."

~Thich Nhat Hanh

Community Outreach

COMEA House Dinners

by Will Rich

Thank you to the following people who helped make the October COMEA Shelter dinner successful. It is nice to see that our members and friends are willing to give their time and talents to serve those less fortunate.

Sandi and Jim Gaulke
Sandra Willoughby
Steve Crough
Betty Wagner
Deborah DeBoer
Ilse Sorensen
Will and Karen Rich
Bertha Bicules
Andrea Heater
Barry Boschelli
Mary Ann Clontz

The menu for November includes:

Sloppy Joe Meat and Buns
Mashed or Scalloped Potatoes
Salad
Soft Fruit

Please plan on bringing your item to serve 12-15 people to the Shelter by 5:30 on Saturday, November 21. The Shelter is serving an increasing number of people for dinner so we need to make sure that we have six volunteers for each item. If you can stay to help serve, that is always appreciated as well.

Feel free to contact Will Rich at 220-2137 or Ilse Sorensen at 635-8222 if you have questions or need more information.

FLU SEASON REMINDER

To protect the health of our congregation,
when washing dishes, please use sinks as labeled:
WASH - RINSE - BLEACH

A Thanksgiving Holiday from CIHN

First Presbyterian Church has agreed to be a host church for the UUCC's rotation for the Cheyenne Interfaith Hospitality Network (CIHN) in November. Our church can enjoy a holiday until our next rotation on December 6 through December 13, 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 or just staying in the church. If you are interested in helping in December, please contact one of the CIHN coordinators.

We would like to thank the volunteers in September who helped with our families:

Andy and Kristi Ruben, Steve Crough, Shelly and Chuck Wheeler, Mary and Tim Kingston, Carol Bowles, Ilse Sorenson, Mike Shonsey, Thomas Redding, Priscilla Golden, Deb Deboer, Mary Ann Clontz, Stan Clapp, John Sanford, Luanne Gearhart, Melanie Dutremble, Kathy Jenkins, Sherri Phillips, Bertha Bikules, and Andrea Heater.

I would also like to thank the volunteers who served dinner on Thursday night, except I forgot to write your name down! I appreciate all the patience the volunteers have exhibited, especially Bertha, Mary Ann, Sherri and Steve.

Happy Thanksgiving!

For more information please contact CIHN co-coordinators: Marci Linde, mhoffl@hotmail.com, 778.0742 or Jim Gaulke, sanji@bresnan.net, 632.7521

Creating a Caring Community

Joys and Concerns

Please keep the following friends and members in your thoughts and prayers:

- ♥ **Betty Wagner**, whose husband Dick passed away on October 17. His service was held on October 22. Thank you to everyone who assisted with the reception!
- ♥ **Rev. Suzanne Meyer** - her cancer treatments are a challenge but going well. She loves hearing from all of you.
- ♥ **Terri Johansen** - her recent spinal surgery was tough, and she will appreciate your cards and phone calls.
- ♥ **Terry Kreuzer** who has had some serious health issues lately.

- ♥ **Lauren Danley** is grieving the recent loss of some family members and recovering from surgery.
- ♥ **Jan Andrews** returned from a trip to Oregon, and she also enjoys visitors, cards, and phone calls.
- ♥ The father of **Monica Cropper**, a long-time member, recently passed away. Monica has moved to Tucson and can be reached at
4215 N. Flowing Wells Road
Tucson, AZ 85705
- ♥ **Bob Willoughby**, recovering from back surgery.
- ♥ After battling many phases of heart disease, **Lynda Gentry** recently received a clean bill of health! Hooray, Lynda!



Calling all artists and crafters for the UUCC

Wintermart Arts Sale

Saturday, December 12, 9:00 AM - 4:00 PM

Sunday, December 13, 10:00 AM - 1:00 PM

Set-up will be on Friday, December 11, 3:00 - 6:00 PM
and on Saturday morning before the sale opens

Booth/table fees are:
\$40 for UUCC members
\$50 for non-members

For more information or to sign-up for a table,
Please call Lynda Gentry at 637-7622.



Unitarian Universalist Church of Cheyenne
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Return Service Requested

Mark Your Calendars

The Ninth Annual COMEA House 5-K Turkey Trot and Gobble Wobble Kid's Run
November 7—9:30 am—COMEA House

Annual Thanks Giving Dinner—Sunday, November 22 after Sunday service

World AIDS Day Service: No Caravan of Despair—Sunday, November 29 at 4:00 pm

Holiday Party—Sunday, December 6, 3-7 pm, Kathy Jenkin's house