

2010



UNITARIAN UNIVERSALIST CHURCH OF CHEYENNE

UU FOCUS

January Worship Services

January 3
10:30 am

“Take a Moment”

Dana Lightsey

A new year, a new decade, a new season, a new minister... This is a moment of change, so let's take a moment to reflect on the past, the future, and these many changes in this very moment.

January 10
10:30 am

“Mixing Gods”

Dana Lightsey

As our sources define us, we love to gather wisdom from many faith traditions and current, scientific developments. So what are the issues we face when we mix these many resources?

January 17
10:30 am

“The Confusions of Color”

Debora Deboer

Discrimination is a term often used when someone is choosing something, “She has discriminating” taste. It means selecting, approving, disapproving, and judging. What happens when we become discriminating to our fellow human beings?

January 24 “Becoming Human: The Role of Social Justice”
10:30 am

Dana Lightsey

Our many paths toward spiritual growth, truth, and meaning are incomplete until we engage with the world to make an impact for the good of humankind. What is the role of Social Justice for us as individuals and as a church?

January 31
10:30 am

To Be Announced

Chuck Wheeler

**Different People.
Different Beliefs.
One Faith.**

*— Unitarian Universalists...
The Uncommon Denomination*

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
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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's time to open the beautifully wrapped box of this New Year. In my reflections last month, I shared that the box most certainly contains both wonderful surprises and challenges and indeed it does. First, a wonderful surprise:

On December 16, the UCC Board approved Dana Lightsey as our new 3/4 time contract minister for January 1 - June 30, 2010 with an optional one year renewal, if agreeable to both parties. She drove up from Fort Collins the next day to sign the contract.

Many of you met Dana when she preached (and played the flute!) twice for our services during Suzanne's absence. Please, learn more about her by reading the "From the Minister" column. The Contract Minister Committee and the Board were impressed by Dana's enthusiasm, compassion, talent, experience and desire to get started at UCC as soon as possible.

When I told Suzanne the hiring news, she asked me to share this message with you: "I continue to be overwhelmed with gratitude for all the things you've done and are doing for me. Your generosity is quite amazing. Please, give Dana your full support and continue to be the wonderful church you are. I'm sure Dana realizes what a wonderful opportunity you have given her. I hope you will continue to work together guided by love and a vision of what you can be."

Our UCC challenges include offering support for members facing continued issues of health and healing, including at this time: Suzanne, Jan, Terry, Terri, Jim, and surely others. Currently, we also have members facing serious financial challenges in these tough economic times. Know that we continue in our covenanted relationship with one another, ready to help to the best of our ability for, "Love is the spirit of this church..."

Is there enough love to face these challenges and to embrace our new minister? Yes, of course there is. You've proved it to me time and again this past year and my own heart has expanded exponentially witnessing the depth of your tender efforts and compassion. So, please come, one and all, to welcome Dana with great joy at her first service as our new minister on January 3, 2010.

Happy UCC New Year!

Beth Howard

From the Minister

Hello Everyone,

I am humbled to have the privilege of walking into this new decade with you. Thank you for hiring me! I look forward to many wonderful times together during these next six months.

I would like to pause for a moment, before jumping into the many details of church life, to take in the beauty of this church community. It is clear to me that through your adversity you have deepened your ability to love and care for each other. I have no doubt that you have done the best you can. Challenges often bring us gifts. Your efforts have brought a more profound sensitivity to the needs of others, and new abilities to respond to these feelings of compassion. This is the essence of true beauty. I want to tell you that I am in awe of the subtle peacefulness and joy I feel within this church and from so many of you. May this wonderful character trait continue to grow within us all!

I know this is a sad and difficult time. Even as I am excited to begin my new career in ministry

with you, it is with great sadness that it is due to Suzanne's illness and resignation. May our love, thoughts, and many prayers be with Suzanne every moment of everyday as she continues to fight this cancer.

Please know I am here for you. You are welcome to stop by and visit. Share with me your grief or joys or concerns or visions; whatever is on your mind. I look forward to our many discussions, and I love listening to your stories, and hearing your thoughts. I would also like to join you for as many meetings and other gatherings as I can manage, so please let me know any dates, and I'll try to be there.

The sun is returning; a new year and decade have begun, and turning point is at hand. With great love and mutual support, may we begin again.

Many blessings to each of you,

Dana Lightsey

Mark Your Calendars

Scrapbooking for Charity—Saturday, January 2, 8 am—1 pm

Return Guest at Your Table Boxes—Sunday, January 10

Martin Luther King, Jr. Day March—Monday, January 18, noon, Depot

MDD North Plains Cluster Meeting
Saturday, January 30, 9:30 am in Loveland, CO

Service Auction—Saturday, February 6, at 5 pm

Religious Education News

Religious Education Wish List

This is your chance to donate items to the RE program. A Wish List has been developed. Here is a wish list of needed items:

- Paper cutter
- Laminator

Check with Maria if you have donations. We want to be sure that there are no duplications—638-4554 X12, 637-6287 (home), dre@uucheyenne.org. Thanks!

January 2010 RE Plans

Elementary Plans:

Elementary religious education classes will resume on January 10. There will be no classes on January 3. We will continue to meet during the Sunday service to learn about our UU principles through games, crafts, and discussion. We have a special Children's Chapel planned on January 24.

January 10: Who owns the Earth? Noah's Ark Game

January 17: Dorthea Dix. Inherent Worth Bingo

January 24: Children's Yoga with Carol Bowles!

January 31: A Very Short Rule. Creating a Just Town

Junior High Plans:

We will continue to meet during the Sunday service but here are a few special plans:

January 3, 12:30—2:00 pm Junior High Retreat coffee mug painting.

A ride from the church to Graffito will be provided. We will eat a quick lunch before we go. You must have a ride pick you up at Graffito when we are finished.

January 8—9, Junior High retreat to Boulder.

Senior High Plans:

This group continues to meet regularly. They are currently working on exciting plans for the new year. If you would like to more about the Senior High plans, contact Jennifer Heater, 421-8092.

A special thank you to everyone who contributed baked goods for the youth groups bake sale on December 12 and 13.

Just a reminder: Guest at Your Table Boxes are due back at the church by January 10. There will be collection basket at clipboard corner for you to deposit your box.

Special Events

MARK YOU CALENDARS!!! SATURDAY, FEBRUARY 6, 2010

The 2010 UCC SERVICE AUCTION Is Coming!

The festivities begin at 5:00 PM. Everyone is welcomed for a WONDERFUL time. Lot of socializing and great deals! Free childcare provided. Exciting entertainment provided by the *Somthin' About Lulu* - a brassy three person blues, jazz, folk group from Boulder!!!

Think about how to help — donating an item or service, decorating the social hall, bringing an appetizer, helping with set-up, being one of the cooks for the dinner, or helping to clean-up.

WHAT TO DONATE?

Everyone has something to donate. Maybe it is a plate of homemade cookies or an ethnic dinner for 6, a gift basket, maybe raking leaves or washing windows, art or craftwork you made, playing Taboo at your house, a camping trip, etc. There are copies of items donated in the past at the church to give you a better idea. Big items such as a week at a mountain cabin or condo, a used but still good car, fine artwork, etc. really help make this go.

Donated items will be place in one of three categories: **Sign-Up Items** (hikes, day trips, game nights, etc. that people just sign up for a small fee, usually for 6 or more and even sometime for an unlimited number - “hundreds”); and **Silent Auction Items** and **Live Auction Items**. As we put together the catalog, we decide what is the most appropriate category for the each item. It works! Old and used stuff belongs in the church’s garage sale, and we try to keep them out of the auction. We want to keep this a classy evening.

2ND YEAR FOR SILENT AUCTION QUICKIE

TABLES!!! The Silent Auction will have three or four tables/area of silent auction items. We will close tables earlier in the evening, for example, we might close silent auction table #1 at 6:00, #2 at 6:30, etc. So, it will important to be at the Service Auction early, and it is going to offer folks more chances to bid on and purchase items - maybe the best deals of the night.

**Questions, to help, or to talk about what to donate contact
Mike Shonsey at 637-8016 or shonseym@aol.com.**

Special Events

Martin Luther King, Jr. Day Events, January 18

Plan to join fellow UU's and the Cheyenne community for the annual Martin Luther King, Jr. Day March on January 18. The march starts at noon at the Depot downtown and ends at the Capitol. We'll have the UUCB banner and plan to gather at around 11:45 am at the Depot. For many years, UUCB has provided desserts for the luncheon at the Allen Chapel that follows the MKL March. We have been invited to do so again this year. Watch for more specifics about the March and the desserts in the Sunday bulletin and in the weekly emails.

WinterMart Arts & Crafts Sale Update

by Terry Kreuzer

This December's event was an outstanding success grossing more than \$1,500 for the church with 34 artist/crafters and vendors showing and selling their wares in 34 booths that filled our Social Hall; even the stage was graced with colorful, painted silks. Our junior and senior high youth groups made it a multi-generational event with tables in the lobby offering delicious bake sale goodies and gift wrapping, too!

Special thanks and gratitude go to Linda Gentry, Rhoda (Linda's daughter), Ken Lockrem, and Sandi Gaulke for all their generous efforts that made this sale possible, for without their work it would not have happened! As well, warm thanks to Stan Clapp, Beth Howard, Jeff Ross and Terry Kreuzer who assisted with set-up and tear-down. Hats off to all those unmentioned and unknowns on the side-lines who lent their hands and support, including our UUCB Board.

Terry Kreuzer is very grateful that this dream finally became reality and, hopefully, an annual event, but only because our community stepped forward and our dear Rev. Suzanne Meyer extended her encouragement and wise guidance last year to incubate the dream into being! Blessings.

Scrapbooking for Charity

by Michelle Swanson



"Effecting change, one scrapbooking crop at a time!" This sentence fills me with excitement, empowerment, and thankfulness. Scrapbooking events are called "crops" and in general have a fee attached to attendance. New in Cheyenne is the new "Charity Scrapbooking Club".

If you are a "scrapbooker", have friends who scrapbook, or are interested in learning more, then mark your calendars for the first Saturday of every month, starting in January. The crop will begin at 8 am and lasts until 1 pm and is open to everyone (with the exception of small children). If you are a scrapbooking vendor you are welcome to attend for a small fee of \$10. In lieu of the standard cropping fee, all attendees are asked to bring an item for that month's charity. (see list below.) Questions? Call Michelle Swanson, 632-5085.

2010 Charity Scrapbooking Club Calendar

January 2	St. Joseph's Food Pantry	Non-perishable food items
February 6	Needs, Inc.	Non-perishable food items
March 6	COME A House	Men's socks, men and women hygiene items, diapers, non-perishable food items
April 3	St. Joseph's Food Pantry	Non-perishable food items
May 1	Salvation Army	Non-perishable food items
June 5	Cheyenne Animal Shelter	Kitty Litter, newspapers, paper towels, bleach
July 3	Wyoming Coalition for the Homeless	First Aid Supplies, back-packs, novels/magazines, coffee
August 1	Operation Back to School	
September 4	COME A House	Men's socks, men and women hygiene items, diapers, non-perishable food items
October 2	Cheyenne Animal Shelter	Kitty Litter, newspapers, paper towels, bleach
November 6	Salvation Army	Thanksgiving Dinner non-perishable food items
December 4	Toys for Tots	New, unwrapped toys

Adult Programs and Groups

Fun and Fellowship

by Melanie Dutremble

Happy New Year from the crew of Fun and Fellowship... This year is promising a fresh new beginning for our congregation. We are starting into a time of transition. By taking part in exciting fellowship-ing events we can strengthen our bonds and community.

In store for 2010... Dances of Universal Peace will take place on Saturday, March 13. Watch for details on the following events: BBQ in June, camping in July, Water World, and much more.

If you have questions, or want to take part in the Fun and Fellowship committee, please contact Melanie Dutremble (307)214-7060 or mariposasmile@bresnan.net.



We want to express our appreciation to all who have helped make coffee hour a success. Please join in the efforts by bringing a snack to share, coming early to set up, or staying a

bit after for cleaning. It is a great way to work together and have fun! This month's schedule is as follows:

- January 3: A-E
- January 10: F-K
- January 17: L-R
- January 24: S-Z
- January 31: All committee members

Green Sanctuary

by Ilse Sorensen

We have had a successful two years, having participated in last year's Christmas Sale, the Mother's Day Sale, the Earth Day event, and the Winter ArtFest. We have recycled church-generated newspaper, cardboard, glass, and plastic waste as well as many pounds of aluminum cans, trays, etc. from various sources. Our efforts have resulted in a contribution to the church of \$32.00 for the sale of mandala cards, \$260.40 for Habitat for Humanity – Women Build, and \$594.85 to the Green Sanctuary account with our church. We would like to buy two low-flush toilets with this money.

Creating a Caring Community

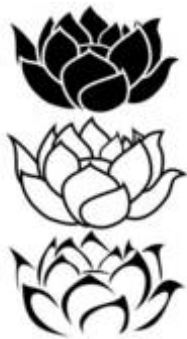
The Suzanne Meyer Compassionate Assistance Fund

During the past few months, the heartfelt desire of many to help care for the Reverend Suzanne Meyer through this difficult time in her life has echoed through our interdependent web of existence. In an attempt to respond to this gracious concern and kindness, The Suzanne Meyer Compassionate Assistance Fund has been established at Wells Fargo Bank.

Anyone wishing to make a contribution can send a check directly to Wells Fargo Bank, 1701 Capital Avenue, Cheyenne, Wyoming 82001, or drop by any Wells Fargo Bank across the US and mention that the gift is for this **Wyoming** donation account. Checks should be made out to Suzanne Meyer or, (The Suzanne Meyer Compassionate Assistance Fund). Please indicate Donation Fund in the memo section of the check. Pre-addressed Wells Fargo envelopes are available at UUCG for your convenience. Contributions made to this account are a gift to Suzanne and therefore not tax deductible.

If you have questions or would like more information feel free to contact Laurie Magill or Mike Shonsey. Contributions can also be given directly to Laurie or Mike for deposit. Laurie can be reached by phone at 307-630-4118 or via email at lmagill@bresnan.net. Mike can be reached at 307-637-8016.

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.



Yoga Monday and Wednesday Evenings

by Natalie Vernon

We know clouds often have silver linings. It is always sad for both, teacher and students to give up their work together in yoga.

Terri Johansen is impassioned about yoga, and dedicated to her students. She often taught with significant physical discomfort so her students would not miss a class. It will be hard for everyone to change traditions in the evening class.

The good news is that it will change, not disappear. I look forward to teaching the class beginning, January 11, 2010. **The class time will be**

changed to 5:30—6:30 pm. The class will be similar to Terri's, classic hatha yoga with relaxation.

I am exploring the introduction of specialty classes and workshops. Classes such as Yoga for Relaxation; Detoxification; Resilience; and Stress Reduction.

I welcome all beginning and returning students. Payment is a suggested donation of approximately \$5. Mats, blankets and props are provided. Thank you, and I look forward to contributing to your overall wellness through the tradition of yoga.

Nameste' Natalie Vernon, 421-0446; 638-1700; or vernon.natalie@gmail.com

Mindful Monday Meditation

By Beth Howard

Monday, January 4
6:00 -- 8:00 PM
in room 5 upstairs

Begin 2010 mindfully

Aspire to live in mindfulness?

Come and learn practices to help you live fully in the present moment.

Join us 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 discussion of the teachings.

No experience necessary.
Everyone is welcome.

“As we cultivate the seeds of joy and transform seeds of suffering in ourselves, understanding, love and compassion will flower.”

~Thich Nhat Hanh

Question? Contact Beth Howard 632-7047

Community Outreach

COMEA Shelter Dinner

by Karen and Will Rich



The sheer delight in the eyes of the COMEA clients as they savored the wonderful December prime rib dinner was heartwarming. Thank you to all who have participated throughout the year, with special thanks to Mike Shonsey

who donated the prime rib and the December cooks who included:

Sandra Willoughby
Sandi Gaulke
Ilse Sorensen
Will & Karen Rich
Laurie & Charlie Magill
Rose Marie Pesenti
Bertha Bikulcs
Pat Noel
Mary Ann Clonts
Stan Clapp
Sharon Wisroth

The January 2010 menu includes:

Lasagna or Spaghetti with Meatballs
Garlic Bread
Salad
Soft Fruit

As always, a sign up sheet is available in Clipboard Corner. Please plan to bring your item to serve 12-15 people to the Shelter by 5:30 on Saturday, January 16. Six volunteers are needed for each item. For those who are able to stay and help serve, the rewards are great.

Feel free to contact Will Rich at 220-2137 or Ilse Sorensen at 635-8222 if you have questions or need more information and thank you once again to all who make our COMEA outreach efforts successful.

Cheyenne Interfaith Hospitality Network

by Marci Linde

The Cheyenne Interfaith Hospitality Network (CIHN) is a community response to homelessness. The UUCU, in collaboration with local faith communities, serves homeless families with children to pursue safe, affordable housing for all. Once every six to eight weeks, 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, our next rotation will be from January 24 through January 31, 2010, please contact one of the CIHN coordinators listed below.

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

Deborah Deboer, Ilse Sorensen, Karen and Will Rich, Tim and Elizabeth Thorson, Andy and Kristi Ruben, Beth Howard, Karl Linde, Donna Martin, Mike Shonsey, Thomas Redding, Sharon Kelley, Priscilla Golden, Mary Ann Clonts, Stan Clapp, Lori Brand, Arshi Nisley, Kathy Jenkins, Sue Roberts, Marianne Schomaker, Meg Oliver, Laurie Magill, Bertha Bikulcs, and Andrea Heater.

I would like to acknowledge Ilse Sorensen and Sharon Kelley for double duty and to Thomas Redding for pulling triple shifts. I was excited to have some new volunteers such as Meg Oliver, Marianne Schomaker, and Lori Brand and welcome any new help.

Change for CIHN raised almost \$100.00 thanks to the generosity of this church to help purchase Christmas gifts for the families.

Wishing you a joyful 2010!

Marci Linde—email: mhoffl@hotmail.com or phone: 778.0742 and Jim Gaulke—email: sanji@bresnan.net or phone: 632.7521

Our Wider UU World

Big Ideas for Small Congregations

by Barbara Fleming

The North Plains Cluster of the Mountain Desert District (MDD) which includes UU churches in Casper, Cheyenne, Fort Collins, Greeley, Laramie, Loveland, and Scottsbluff will gather in Loveland, Colorado, on Saturday, January 30. We will be basing much of our discussion on the book by Ellen German-Melosh and Rev. Jane Dwinell, *Big Ideas for Small Congregations*. Small congregations (under 150 members) have many big concerns. With this book and a wealth of materials from the Unitarian Universalist Association and the MDD, we will discover smallcongregation successes, share problems common to small congregations (burn-out, budgeting, lay-led worship and more) and creative solutions, and come away with resources and ideas to take back to our congregations.

Namaqua UU Congregation in Loveland, Colorado is hosting the meeting, to be held at the Pulliam Building, 545 Cleveland (one-way south on 287 in the heart of downtown Loveland) at 9:30 a.m. We will provide coffee, juice, rolls and fruit for breakfast and a selection of cold cuts and salads for lunch for a donation of \$7 per person.

RSVP to Byron Peterson, bpete37@gmail.com, or Barbara Fleming, 970-221-9830, bff@frii.com, by January 23 to let us know how many from your congregation will be attending. We promise you a stimulating, fulfilling day interacting with fellow UUs. Please plan to join us!

UUA Congregational Bulletin

The UUA Office of Electronic Communications has been hard at work preparing for the launch of a revitalized website. In February 2010, look for the new, more welcoming and informative UUA.org!

There have been significant changes to the UUA's services for visiting youth groups. The UUA Office of Youth and Young Adult Ministries is now offering constituent meetings that can be scheduled at mutually convenient times during the UUA's regular business hours! However, tours of the UUA's 25 Beacon St. building are now only available during a narrow window of time in the late afternoons.

The Standing on the Side of Love campaign has designated Valentine's Day 2010 as 'National Standing on the Side of Love Day.' The campaign suggests three simple things that all congregations can do to get involved.

"What Moves Us: Unitarian Universalist Theology," A new *Tapestry of Faith* adult program, by Thandeka, is now available online. This curriculum offers a pathway for developing a personal theology and learning about the theological strands of our Unitarian, Universalist, and Unitarian Universalist heritage.

You can find this and past Congregational Bulletins on our website at <http://www.uua.org/leaders/leaderslibrary/congregationalmonthly/153992.shtml>.





Unitarian Universalist Church of Cheyenne
P.O. Box 2331
Cheyenne, WY 82003

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Return Service Requested

2010 UUCC
SERVICE AUCTION
SATURDAY, FEBRUARY 6, 2010

Social Hour.....5:00 - 6:00
Kids Pizza Dinner.....5:30 - 6:00
Spaghetti Dinner.....5:45 - 6:45
SOMETHIN' ABOUT LULU.....6:15 - 6:45
THE AUCTION.....7:00 - 9:00

GREAT TIME! GREAT FUN! DON'T MISS!