

2012

# January Worship Services

*Monthly Theme: Justice*



UNITARIAN UNIVERSALIST CHURCH OF CHEYENNE

# UU FOCUS

January 1  
10:30 a.m.

## *Buddha Washing*

**Gene Heater**

“Many years ago on New Year's Day, I attended a Buddha washing ceremony at the Boulder Zen Center. It made such an impression on me that I chose to share the experience with the rest of the congregation. The service as I have adapted it features chanting, ritual, incense burning, and reflection on the past year and the coming year.”

January 8  
10:30 a.m.

## *Occupy Your Heart*

**Rev. Dana Lightsey**

*Time* magazine's person of the year for 2011 is “the protestor.” Our world is being changed by mass protests all over the world. What are the common themes of these protests and what can we learn from them to make our world a better place for all?

January 15  
10:30 a.m.

## *Martin's Dream: View From the Margins*

**Rev. Dana Lightsey**

Today we celebrate the life and work of Martin Luther King, Jr. Dr. King's *I Have a Dream* speech outlined a very broad and magnificent vision for how a future of equality could look. This service will bring to light the current challenges to equality in our world and our motivations for doing the spiritual work of social justice.

January 22  
10:30 a.m.

## *The Legacy of Ministry*

**Rev. Dana Lightsey**

UUCC's last called minister, Rev. Suzanne Meyer, died January 23, 2010. This service honors Suzanne and all of UUCC's other ministers. Each minister has worked hand-in-hand with the members to bring this church into the reality we all experience now.

January 29  
10:30 a.m.

## *Holy Ground*

**Rev. Dana Lightsey**

What makes something holy? Who in our world, is or has been, a holy person? This service will consider the ways that modern-day “holy” leaders, such as Mahatma Gandhi, Mother Teresa, Thich Nhat Hanh, etc. have changed the world, what motivates them, and how that continues to inspire us to become better people.

**Universalist Church of Cheyenne**

PO Box 2331 (82003)  
3005 Thomes Avenue  
Cheyenne, WY 82001  
Phone: (307) 638-4554  
FAX: (307) 638-9033  
E-mail: [uucc@uucheyenne.org](mailto:uucc@uucheyenne.org)  
FOCUS: [focus@uucheyenne.org](mailto:focus@uucheyenne.org)  
Web: [www.uucheyenne.org](http://www.uucheyenne.org)

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**Staff**

Reverend Dana Lightsey  
Minister  
Office Hours  
Tuesday, Wednesday, Thursday  
10 am-3pm  
and by appointment  
638-4554 x13  
[dightphil@yahoo.com](mailto:dightphil@yahoo.com)  
[revdana@uucheyenne.org](mailto:revdana@uucheyenne.org)

~  
Sara Burlingame  
Director of Religious Education  
Office Hours  
Monday, Tuesday, Wednesday  
8:30 am-12:30 pm  
Sunday  
8 am-2 pm  
638-4554 x12  
[cheyenne.dre@gmail.com](mailto:cheyenne.dre@gmail.com)

~  
Jill Laping  
Music Director  
640-4401 (mobile)  
[musicdirector@uucheyenne.org](mailto:musicdirector@uucheyenne.org)

~  
Priscilla Golden  
Accompanist  
634-1215 (home)  
[accompanist@uucheyenne.org](mailto:accompanist@uucheyenne.org)

~  
Andrea Heater  
Church Administrator  
Office Hours  
Monday-Friday  
9:30 am-12:30 pm  
Friday 1:30-5:30 pm  
638-4554 X10  
[administrator@uucheyenne.org](mailto:administrator@uucheyenne.org)

~  
Sharon Kelley  
Custodian  
421-5519 (mobile)  
[sharonkelley@aol.com](mailto:sharonkelley@aol.com)

Focus articles due the 20th of each month to:  
[focus@uucheyenne.org](mailto:focus@uucheyenne.org)

# Presidential Reflections

The New Year is a wonderful time to reflect on the year that has passed and to consider what we have learned. This year, I have come to more fully understand that the essence of this church, and the key to its beauty, is its covenant: “Love is the spirit of this Church, and service its cause. This is our covenant: to dwell together in peace, to seek truth and to help others.”

I have always believed in our covenant. However, until my recent service as Board President, I never took the time to consider how its simple, yet powerful, promises could guide us in our daily decisions and interactions with each other.

Every day of our lives, we have opportunities to interact with others and make decisions about how we will handle issues that arise. This is true in our personal lives, in our employment and in our church work. These decisions are not always easy.

We are fortunate that we belong to a church with members/friends who have many common values and a desire to congregate together in a fun and caring way. But life, and church, will always present some challenges for us to consider and handle. This year, I have found myself thinking more deeply about the meaning of our covenant. How do I take the words and apply them in a situation which different people will view in disparate ways?

For example, it may seem very simple to “dwell together in peace and to seek truth.” But when we consider in our own lives how often we see a situation differently than our partner, our children or our co-workers, we realize that those words can have a distinctly different meaning to each of us. The covenant to “help others” can also present challenges. We all know that there are times when we have to set certain boundaries for the well-being of ourselves, our family or our community. How do we sort out our different perspectives in a way that allows us to live our covenant?

When I am struggling with that question, I try to look carefully at our commitment to love. Although I am not an expert at love, I know that it requires listening and trying to understand the feelings of the other person, even if you don’t agree. It requires treating the other person with respect, even if you don’t agree. Sometimes it requires speaking up about your own views and feelings when you don’t agree. The beauty of our covenant is that we don’t always have to agree. I believe we are living our covenant if we do our best—to communicate in an honest and loving way, to treat each other with respect and to help each other. Looking back at 2011, there were times that I lived our covenant pretty well. There were other times when I could have done better. Whether I did well or not so well, I will remember 2011 as the year that I came to truly treasure our covenant as a guiding light in my life.

Wishing you a New Year filled with love and joy,  
Rhonda

# From the Minister

## Justice

Happy New Year, everyone! I hope each of you has had many meaningful and wonderful times during these past holidays. Even with the added stress of the holidays, and the often emotionally challenging times, I do hope that each of you has been renewed and refreshed and especially nourished!

Recently, I was boarding a plane which was 45 minutes late. It was late at night, and people were cranky and frustrated. When I got to my seat, I discovered an African woman and her two small children asleep in my seat. When I asked the attendant what I should do, she told me that she would remove them and get them to their proper seats. That sounded rather harsh to me, I don't like the idea of waking up babies, so I suggested I sit somewhere else and let them stay where they were. This seemed logical and was no big deal to me.

The attendant couldn't believe I suggested this, she checked to see if it was okay, and then took me to another seat. The next thing I knew, the captain had come to thank me for my kindness and the attendants all thanked me and offered to give me any drink of my choice for free. The relief and gratitude I saw in each person amazed me. I guess their reactions reflect just how difficult their jobs truly are. Their overwhelming gratitude for this simple, easy choice filled me with great sadness, because my actions shouldn't have been anything special at all.

This new year brings to us the monthly theme of "Justice." We think we know what justice is. We sing its praises, we fight for it, we uphold it, and proclaim it. And sometimes, we get self-righteous and self-entitled by it, too.

At its core, justice is relational; it's all about the way we treat each other. We carry concerns about justice with us everywhere we go. For instance, most of us are continually measuring the justice and fairness factor during every interaction: Am I being treated fairly? Is this the truth? Is he or she being treated fairly? Is this reasonable? Is someone trying to cheat me here? Is this morally right?

It is amazing how quickly these questions lead us to make

judgments and create divisive situations. Justice, throughout time, has been twisted to mean vengeance-which justice is not. It is also easy to construe justice to be a tool to fight for personal agendas and causes. In other words, judging others to be "bad" and "wrong" does nothing except polarize the situation and cloud the truth, yet we all do it.

At its best, our pursuit of justice begins by looking at ourselves and our own actions. "Am I treating others fairly and with compassion? Am I being understanding and supportive? Am I being reasonable? Am I being patient while others are being difficult?" To answer "yes" to these questions is to bring justice and peace to the interactions in your world. You are changing the world with these well-chosen thoughts, feelings, and actions. If we want justice in the world, we must have peace in our hearts. If we bring peace in our hearts to the way we travel, and the way we shop, and the way we drive, we truly are doing our part to advance the cause of justice and compassion.

The pursuit of justice, when it comes from our most authentic selves, is the deepest spiritual practice one can endeavor to do because it comes from the profound understanding that we are inter-relational beings. I exist the way I am, because you exist the way you are. This is the interconnected nature of reality.

Any person can be marginalized and oppressed. And any of us can marginalize and oppress others. The way we drive, the way we speak, the way we treat our servers, flight attendants, and fellow travelers, and the way we serve those in need, everything we do or don't do is a choice to help liberate the world or oppress the world.

Whether we want to or not, we all make a difference in this world. What difference do you choose to make in the airport and on the road and in the hotel and at home? Standing on the Side of Love is a moral and spiritual choice and it is a challenging journey.

See you on the path in the humbling practice of walking our talk.

Peace and Gratitude,  
Rev. Dana Lightsey

# Religious Education

Ring out the old, ring in the new,  
Ring, happy bells, across the snow:  
The year is going, let him go;  
Ring out the false, ring in the true.

~Alfred Lord Tennyson

Alleluia! I am writing this from just the other side of the Solstice Pageant, and I am jubilant to report, for those of you who missed it, that it went off without a hitch. Better than without a hitch, everyone knew their lines, belted out our songs, filled out their respective Buddhist, Hindu, Jewish, Bahia or Christian costume (lovingly crafted by the amazing Sharon Wisroth) with outrageous adorableness. We can all take a collective sigh... It's over. So what is next for our merry band? Well, first, I need to stop and thank our magnificent volunteers, Sharon Wisroth who sewed and designed our costumes, Kathy Jenkins who assisted her, Brenda Lyday for taping the Pageant (see her if you would like a copy made), Mark Vinich for constructing and teaching our kids to construct the best pageant backdrop I've ever seen, Jill Laping, Steve Nye and Rev. Lightsey for musical accompaniment and help with sound, Mike Shonsey for being our all-around light/sound/UU roadie-guy, Birgitt Paul for refreshments, and finally, Ann Morris for reminding me that we would indeed need refreshments! It takes more than a village, it takes a whole solar system to enrich and educate our children. How very luck we are to have so many bright and shining stars in our UUCC universe. It

was so much fun we're thinking of doing a spring pageant; since we seem to have such an abundance of talent to share, it would seem stingy not to!

Next on our schedule is a long overdue Our Whole Lives (OWL) session for elementary 3rd-5th grade students. If you are familiar with this unique and holistic sex education curriculum, then you'll know why we are so excited. We are tentatively scheduling the classes for Sunday afternoons in February, culminating in an overnight in March. We will be contacting everyone with children in that age range but feel free to contact me with any questions you might have before then. Kathy Jenkins and Melanie Dutremble will be leading the classes. Ideally, we like to have male/female pairs to teach the OWL classes, but we have a shortage of men trained as elementary OWL teachers. So if you are male and would like to be trained, please let me know. Oh, who are we kidding, male or female if you are interested in being trained to teach OWL at any of the age groupings (elementary, junior high and senior high) contact me, 307-214-2556 or [cheyenne.dre@gmail.com](mailto:cheyenne.dre@gmail.com).

Or just contact me because you want to chat, join our parenting book club, teach a class, or share a funny poem or story with me. I'd love to hear from you.

Cheers,  
Sara Burlingame

## Attention Parents of 3<sup>rd</sup> - 5<sup>th</sup> Grade Children

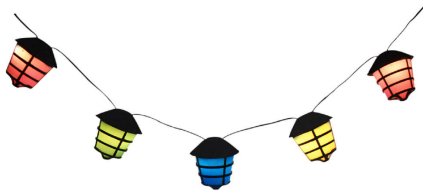
Beginning in late January 2012, UUCC will be offering Our Whole Lives (OWL) sexuality classes to children in grades 3<sup>rd</sup> through 5<sup>th</sup> whose parents would like them to participate. If you are wondering about the classes, think you might be interested, or have questions, a parent informational meeting will be held at UUCC on Sunday, January 8 at noon downstairs in the Rainbow Discovery Room. Questions before then? Contact Kathy Jenkins (307) 630-3324; Sara Burlingame (307) 214-2556; or Dana Lightsey (307) 638-4554.

# Special Events



## *Martin Luther King, Jr./Equality Day*

Monday, January 16 is the Annual Martin Luther King/Equality Day march and gathering. Once again, members of the Unitarian Universalist Church of Cheyenne have agreed to provide the desserts for the luncheon that follows the gathering at the Capitol. Desserts can be dropped off at the church on Sunday evening or Monday morning by 10:30 a.m., and they will be transported to Allen Chapel AME Church. More information to follow.



## ***SERVICE AUCTION SATURDAY, MARCH 10, 2012***

The festivities begin at 5 p.m. Everyone is welcomed for a **WONDERFUL** time.

Lot of socializing, a great dinner and great deals!

Free childcare and exciting entertainment provided (more about this later.)

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.

Questions, to help, suggestions for the entertainment or to talk about what to donate, contact Mike Shonseym at 637-8016 or shonseym@aol.com.

## ***Harvest the Power Leadership Training Course***

Lea Grubbs, Dana Lightsey, and other leaders from the church will co-facilitate this three-session course in leadership for all current leaders, facilitators, committee chairs, staff, etc. and for anyone interested in become a leader. We are using the UUA's new curriculum from the *Tapestry of Faith* called *Harvest the Power*.

Dates for the trainings are: Thursday, January 26, 6:00-8:30 p.m.; Thursday, February 9, 6:00-8:30 p.m.; and Saturday, February 25, 9 a.m.-3 p.m. Lunch and snacks will be provided.

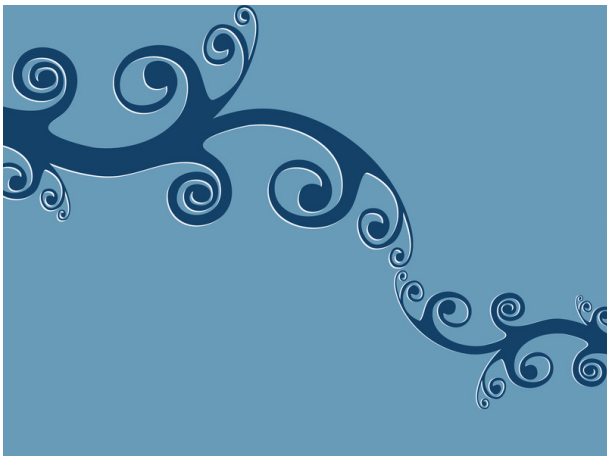
Please sign up in the lobby or call the church at 638-4554.



# Programs and Groups

## Coffee Hour Forums

By Rev. Dana Lightsey



Coffee Hour Forums will feature guest speakers and a wide variety of topics each week after the Sunday service. They will begin around 11:45 a.m. Most of the forums will include an opportunity for questions and discussion about the topic of the day. \*\*\*Look in the Social Hall for a place to post our ideas!\*\*\*

### **January 8, 2012, *The Story of Stuff* with Birgitt Paul**

Do you know what Planned Obsolescence is? Why does your cell phone always break at the end of your two-year contract? Come and find out about this and more. Birgitt will lead us in conversation centered around the three R's and the ways we all reduce, reuse, and recycle. We will watch a brief video called *The Story of Stuff* about where things come from and where they go and how we can help the planet and ourselves. Share your ideas and gather new ones too.

### **January 15, 2012, *Martin Luther King Sunday* with Special Guest Speaker, Ronn Jeffrey**

Special guest speaker, Ronn Jeffrey, from Youth Alternatives, will speak about the importance of Dr. King's work and how we can continue creating the dream of the promised land.

### **January 22, 2012, *Remembering Our Ministers* with the Worship Committee**

UUCS has had many a number of fine ministers and this is our opportunity to remember them. Please bring your stories that you would like to share about one or more of our ministers. We will take turns at the mic telling stories and sharing memories.

### **January 29, 2012, Committee on Ministry's *Congregation Conversation***

The Committee on Ministry has many jobs, one of which is to help evaluate our minister, Dana Lightsey, for renewal of preliminary fellowship with the UUA. Please come and share your insights and thoughts on how Dana is doing.

# Programs and Groups

## Ministerial Search Committee News

By Jerome Swanson

The Ministerial Search Committee (MSC) is pleased to announce that we've been reviewing Ministerial Records for quite a few candidates. There are varying degrees of experience, both of ministry and of life. We've been whittling down the choices; we've conducted phone interviews; we'll be checking references soon.

In addition, the data summaries for the Congregational Survey are available online. They can be found at <http://uuccmsc.org/main/surveyfront>. The site does not contain any of the personal comments submitted by the congregation. Rather, it contains graphs and charts of the summaries of each response. If you have any questions about the survey data, please contact Jerome Swanson by email at [jerome.swanson@gmail.com](mailto:jerome.swanson@gmail.com).

## Adult Religious Education (RE): Our Whole Lives

By John Sanford

Luanne Gearhart and John Sanford will offer an *Our Whole Lives: Sexuality Education for Adults or Young Adults* beginning January 15, 2012 through April 1, 2012. "*Our Whole Lives* is a series of workshops providing an overview of many aspects of human sexuality" (from the Introduction of the course materials). Classes will be held from 1-4 p.m. Sunday afternoons. The class to be offered will be for one of two age groups, either Young Adults (ages 18-35) or Adults (36 and older) based on registration. Please sign up on the signup sheet at UUCC or email John at [wapitihome@bresnan.net](mailto:wapitihome@bresnan.net). Please include your age and contact information.

## Buddha Washing

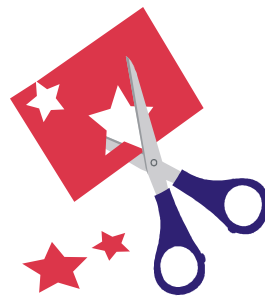
By Gene Heater

For Sunday service on January 1, 2012, a statue of the Buddha will be available for washing; but you may wish to personalize the service by bringing your own sacred object. Remember it should be waterproof. Also if you have attractive, relatively flat containers, please bring them as they are good for containing the objects to be washed. If you would like take home some of the water for your own ritual use, please bring a container.

In some Buddhist countries the washing water is said to have healing properties, but remember it should not be taken internally.

## Charity Scrapbooking & Crafting Club Cheyenne

By Michelle Swanson



Are you a scrapbooking enthusiast or crafter looking for a place to practice your hobby and socialize with other crafters, all while supporting a social justice project? Then the Charity Scrapbooking & Crafting Club of Cheyenne is for you!

We will be meeting the second Friday of every month in the social hall of Cheyenne's Unitarian Universalist Church from 6:30-11:00 p.m.

Attendees are asked to bring an item for charity (non-perishable food, paper products—like paper towels, or personal hygiene items—like toothbrushes, deodorant or razors). Also, bring your favorite crafting project, a friend and a snack to share.

For more information, contact Michelle Swanson - [harryandred@wyoming.com](mailto:harryandred@wyoming.com).

# Programs and Groups

## Cheyenne Secular Homeschoolers

By Michelle Swanson

It became clear to me, more than two years ago, that the Cheyenne community was in need of a second, secular, homeschooling support group. With deep appreciation and gratitude, I thank the UUCC Board for offering us a safe and welcoming place to call home.

To choose to homeschool is to choose to walk an alternative path, a less accepted path, and often-times, a criticized path. Many families on this challenging journey need a community to turn to for support, encouragement, companionship and commonality. Cheyenne Secular Homeschoolers is the only local group to welcome all homeschoolers, from all walks of life, all religious backgrounds and all curriculum styles, without requiring participating families to sign a Statement of Faith before becoming members. Without this barrier in place, we hope that a variety of homeschoolers will begin participating in our activities allowing us to celebrate what we all have in common, the fact that we are all homeschooling families!

Currently, CSH meets on the 2<sup>nd</sup> and 4<sup>th</sup> Wednesdays of each month, from 1-3 p.m. in the UUCC Social

Hall. We set up different activity areas for the children, including a puzzle area, a board game area, a place for dominoes, a bowling alley, and an area for basketball under the hoops on the east end of the room. Starting in January 2012, we hope to begin organizing field trips, roller skating and swimming outings, and getting the website up and running.

If you are interested in learning more, contact Michelle Swanson - [harryandred@wyoming.com](mailto:harryandred@wyoming.com).

## Coffee Hour

The success of this important aspect of fellowship depends on the members of this congregation. The many volunteers are greatly appreciated! When the first letter of your last name falls on the assigned Sunday, please come early, to help set up, bring a snack to share, or devote a few minutes after to help clean up—as budget and time permit of course!

January:

1 <sup>st</sup>	A-F
18 <sup>th</sup>	G-L
15 <sup>th</sup>	M-R
22 <sup>nd</sup>	S-Z
29 <sup>th</sup>	Everyone

## Try Out Focus Online Delivery



The *Focus*, the church's monthly newsletter, is available for electronic delivery in pdf format. It's easy to subscribe. Send an email to [focus@uucheyenne.org](mailto:focus@uucheyenne.org) with "subscribe" in the subject line. Each month, you will receive a link to the Focus via email. Once at the link, you can just view the newsletter, or you can print it. Try it out. If you decide later that you would rather go back to post office delivery, that's easy as well.

**The church sanctuary is equipped with a hearing assistance system. Please ask at the sound booth at the rear of the sanctuary for a receiver and headphones.**



# Nurturing Mind, Body, and Spirit

## Bird and Bell Meditation Group

We meet in Room 5 upstairs and welcome meditators from all traditions. Beginners are welcomed. Instruction available. Contact Judy Lebsack, 635-5579, or Gene Heater, 632-0974, for more information.

Meditation Schedule	
Tuesday & Thursday	7:15-7:45 a.m.
Wednesday	5:30-6:30 p.m.
Sunday	9:15-9:45 a.m.

## Mindful Monday Meditation

*By Beth Howard*

**January 9, 2012\*\***  
**February 13, 2012\*\***  
**March 5, 2012**  
6-8 p.m.  
Room 5 -- Upstairs

Plant seeds of joy and peace in 2012. Join us for mindfulness practice in the Plum Village tradition of Thich Nhat Hanh. Everyone is welcome. No experience necessary. Contact Beth Howard, 632-7047, for more information.

If we maintain awareness of our breathing and continue to practice smiling, even in difficult situations, many people, animals, and plants will benefit from our way of doing things. ... Are you massaging our Mother Earth every time your foot touches her? Are you planting seeds of joy and peace? I try to do exactly that with every step, and I know that our Mother Earth is most appreciative. Peace is every step.

~ Thich Nhat Hanh

\*\* Second Monday practice.

## Resolve to Care for Yourself

*By Beth Howard*

People come to yoga for many different reasons: to improve balance and flexibility; to relieve the over-all achiness of aging; or as cross training for an active aerobic exercise program. But, whatever the reason that got them into yoga, most people find that its benefits go beyond enhancing their physical health and mental acuity to promoting emotional balance and spiritual awareness as well. In short, yoga offers a way to bring balance to a person's whole being.

In 2012, resolve to take care of yourself: physically, mentally, emotionally and spiritually. Try a yoga class. Whatever reason brings you to class, you will reap ALL the benefits.

**Monday 5:30-6:30 p.m.**  
**Saturday 8:45-10:00 a.m. (starting January 7 – NEW class!)**  
with Natalie Vernon, 421-0446  
**Wednesday 5:30-6:30 p.m.**  
with Paula Gordinier, 634-3573  
**Tuesday & Thursday Noon-1:00 p.m.**  
with Beth Howard, 632-7047

### **\$5.00 per class**

All classes taught on a drop-in basis for all abilities. Mats, blankets and yoga props provided as needed. Beginners are always welcome.



# Community Outreach

## Family Promise Cheyenne

By Jim Gaulke

Family Promise is a national organization of local churches who host homeless families and help them become self sustaining. In Cheyenne this program consists of a collation of 12 host churches and several support religious communities which host homeless families on a rotating schedule. Families stay at each church for one week and then transfer to the next church in the rotation schedule.

The last rotation at our church was the week of December 11 to December 18. At the beginning of our rotation week, there were no families in the program. On Wednesday, December 14, we welcomed a young couple, Audrie and Mike, to our church for the remainder of the week. Thank you to all who assisted in hosting during this rotation, and a very special thanks to everyone for their flexibility and response to some very short notice requests

Following is a list of the volunteers for this last rotation and a brief description of the hosting activities during our rotations.

Volunteer daytime hosts included Ilse Sorensen, Kathleen Petersen, and others at church during weekend activities.  
(Daytime volunteer hosts stay at the church on the first Sunday from 1-5 p.m. and on the last Saturday from 9 a.m.-5 p.m.)

Volunteer dinner hosts included Birgitt Paul, Andy and Kristi Ruben, Jill Laping, Sharon Wisroth, Arshi Nisley, Jim and Sandi Gaulke, and Bertha Bikulcs.  
(Dinner volunteer hosts provide and serve dinner each night from 5-7 p.m.)

Evening hosts included Charles Junkin, Pris Golden, Joe Raucci, Mary Ann Clonts, Arshi Nisley, Kathleen Petersen, and Sue Roberts.  
(Evening volunteer hosts stay each night from 7-9 p.m. They can play with the children, help with homework,

visit with the guests, or read.)

Overnight hosts included Luanne Gearhart, John Sanford, Stan Clapp, Jennifer Goodman, Carol Bowles, and Marianne Schomaker.

(Overnight volunteer hosts spend the night in the church volunteer host room. Overnight hosts stay from 9 p.m.-7 a.m. from the first Sunday to Thursday and from 9 p.m.-9 a.m. on the last Friday and Saturday nights.)

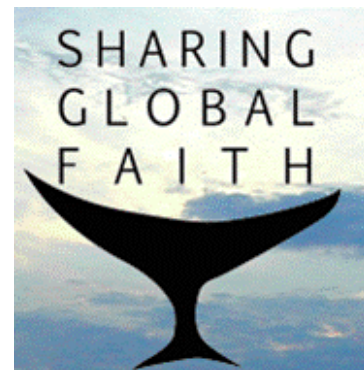
Our next rotation will be the week of April 1-8. About two weeks before this rotation we will be asking for your volunteer support for that rotation week.

If you haven't volunteered and would like information, please contact one of the co-coordinators. We can have you co-host with an experienced volunteer for your first time. They will work with you and show you the ropes.

The FPC co-coordinators are:  
Sharon Wisroth, swisroth@bresnan.net, 634-4862  
Jim Gaulke, jgaulke@openvistas.net, 630-1782

"The miracle is not that we do this work, but that we are happy to do it."

~ Mother Teresa



# Community Outreach

## COMEA House Dinners

By Will Rich and Ilse Sorensen

### *Good-bye and Welcome*

A “good-bye” from the volunteers for our COMEA dinners to Karen and Will Rich for their years of service to this effort. Karen brought Will (and his sister, Abby) to the shelter when they were so young that they had to stand on chairs to hand out fruit or cookies to our guests. Now Will is a graduate from the I.B. program at East High School, has earned the Congressional Gold Medal of Honor, and after a few years of working for the Parks and Recreation Department, he now plans to join Andy Aldrich in Haiti to build an orphanage. We are grateful for Will’s help and Karen’s encouragement. Happy Trails, Will.

Brenda Lyday has graciously agreed to take over after Karen and Will, starting in January. Brenda is a fairly new member of our church, and she has jumped right in to share her considerable energy with the Fun and Fellowship Committee.

Brenda will be doing reporting and publicity, as well as helping with the cooking and calling for the monthly dinners. Welcome on Board, Brenda!

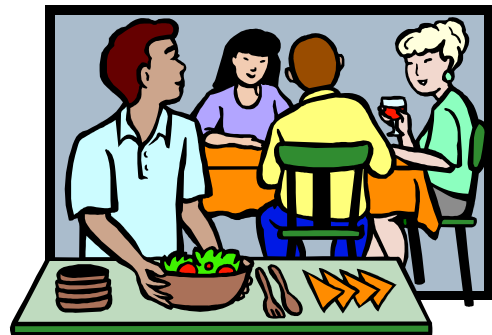
### *Thank You*

Thank you to everyone who helped make the December 17 COMEA Shelter dinner a success. In December, we served 124 homeless men, women and children and due to these high numbers it would greatly appreciated if we could have at least five people sign up to bring the main and side dishes. Thank you!

If you would like to consider cooking in future months but are concerned about the financial commitments, the church has set aside some money in the budget for our COMEA shelter efforts. Simply sign up, keep your receipts and submit them to the church administrator for reimbursement. Thank you to the following people who helped with the December dinner:

Ilse Sorensen  
Karen and Will Rich

Birgitt Paul  
Bertha Bikuels  
Karl Musgrave  
Pat Ryan  
Terri and Bill Johansen  
Betty Wagner  
Marianne Schomaker  
Lea Grubbs  
Sharon Kelley  
Mary Ann Clonts  
Grace McDuffie  
Kathleen Petersen



### *January COMEA Menu*

The menu for January 21 includes:

Chicken Noodle Soup or Beef Stew  
Hearty Bread  
Salad  
Soft Fruit

Once again, we would like to extend a big thank you to Mike Shonsey and Tim Kingston for their generous donation of the Prime Rib for our volunteers to cook for the December dinner.

Please plan on bringing your item to serve to the Shelter by 5:30 p.m. on Saturday, January 21. If you can stay to help serve, that is always appreciated as well.

Feel free to contact Brenda Lyday at 632-4146 or Ilse Sorensen at 635-8222 if you have questions or need more information.



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

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## Mark Your January Calendar

**Coffee Hour Forums**—beginning Sunday, January 8, at 11:45 a.m., in the Sanctuary every Sunday

**3-5 OWL Informational Meeting**—Sunday, January 8, noon, in the Rainbow Discovery Room

**Adult OWL**—beginning Sunday, January 15 from 1-4 p.m.

**Martin Luther King, Jr./Equality Day**—Monday, January 16,  
march and desserts for Love & Charity Luncheon

**Harvest the Power: Leadership Training**—first meeting, Thursday, January 26, at 6 p.m.

