



the UNIGRAM

Sexuality – Let’s Talk

Rev. Seth Carrier-Ladd, Minister

Sexuality is a perfectly normal and *important component* of the human experience. This fundamental assumption of Unitarian Universalism has not been, and often is still not, a fundamental assumption in much of our country, and by many of the world’s religions. In fact, the decidedly negative cultural messages about sexuality that many of us in the United States have experienced has resulted in some profoundly negative effects. But before we explore that, let’s clarify terms – I wrote “sexuality” and not “sex” because those are two different things. Sex means the physical act of sex, whether it’s intercourse, oral, or otherwise. But sexuality encompasses much more than just physical acts – sexuality involves relationships, identity, reproductive health, intimacy, body image, emotions, and more. Any conversation that

focuses just on the physical act of sex without including a holistic understanding of sexuality is missing out on at least half the picture, if not more.

But back to the negative effects of cultural messages - one of the significant impacts of the negative beliefs and practices around sexuality in our country has been to create a tremendous amount of shame in our citizens, whether it be shame about masturbation (sexual self-expression), shame about who they are attracted to (sexual orientation), shame about how we look (perceived levels of sexual attractiveness) or shame about having sex outside of marriage (sexual activity). Reminder: shame, feeling bad about who we are as a human

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Surviving the Primal Wound

Rev. Julia Corbett-Hemeyer, Community Minister

Trigger caution: Some of the content in this column may trigger you if you are a survivor of some type of sexual assault. Keep this in mind and keep yourself safe if you choose to continue reading. Rev. Seth, Rev. Julia and our Pastoral Associates are all available for conversation and support if need be.

As a terminological convention, I use the term “sexual assault” to refer to all types of unwanted sexual contact, including among others childhood sexual abuse, date rape, stranger rape, other types of unwanted sexual contact, and harassment. Sexual assault is about power, about people using their sexuality as a weapon to exert power over others. It has absolutely nothing to do with the loving expression of sexuality.

I was raped. By my father. When I was very young. And, like far too many childhood sexual abuse survivors, I’ve been date-raped. A very long time ago. These events caused a lot of pain in my life, from my childhood well into my adult years. The process of working through my past history has also brought about unfathomable growth and healing. The healing process has informed who I am today far more than has the abuse and its aftermath.

We are a community of faith, of spirit, a people who believe spirituality is a significant aspect of who we are as human beings. Because of this, I want to call to our attention the *spiritual* violence done by childhood sexual abuse, and by other types of sexual assault as well, such as rape, assault and harassment.

Sexual assault of every type wounds its victims in every dimension of our being. One of the most basic wounds,

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Sunday Mornings at Our Church in the Woods

Services begin at 10:45 am February Worship Theme :: Sexuality

For more information about this month's theme check out Theme Exploration on [page 3](#).

Sunday, February 7 Rev. Seth Carrier-Ladd	Rev. Seth begins our exploration of our February theme of "Sexuality."
Sunday, February 14 Rev. Seth Carrier-Ladd	On Valentine's Day, Rev. Seth will continue our exploration of the month's theme of Sexuality as we also hold our annual Cookie Communion ceremony.
Sunday, February 21 Rev. Seth Carrier-Ladd	Rev. Seth leads our Stewardship Sunday service, as we explore this year's stewardship campaign theme of "Giving for Good... To Keep Good Going," supported by the wonderful music of our SanctUUary choir.
Sunday, February 28 Youth Sunday Multigenerational Service	"Underneath It All" Join members of the Middle and High School Youth groups for our third annual Youth Sunday. This year, the youth will present a service about identity, masks, what makes us unique and what binds us together.
Religious Education for Children & Youth, 10:45 am	
Sunday, February 7 Curriculum Sunday	Please join us, as we continue our religious exploration!
Sunday, February 14 Curriculum Sunday Cookie Communion	Our youth will be serving cookies to the entire congregation as a symbol of love. If you can provide cookies, please let Nadine know. Cookies can be dropped off at the church on Friday, February 12, between 10-2 (please call first) or bring on Sunday morning.
Sunday, February 21 Curriculum Sunday	Please join us, as we continue our religious exploration!
Sunday, February 28 Youth Sunday	This morning we will not be holding religious education classes, as we welcome all ages to remain in the sanctuary for our "Youth Sunday" service. This service has been created by our middle and high school youth, under the guidance of Rev. Elizabeth Carrier-Ladd. Nursery and childcare will be available for our preschool and kindergarten youth.
Adult Religious Exploration Offerings, 9:30 am	
Our new mission statement begins by calling us to a continuing exploration of our faith. In pursuit and support of that goal, we are expanding our Adult RE offerings during the Sunday morning 9:30-10:30 am pre-service slot. Check out all the offerings below!	
1 st Sundays – Yellow Room Exploring Spiritual Practices with Rev. Julia	Start your month by investigating a spiritual practice. Engaging in regular spiritual practice is one way we can explore our faith. It's also a good way to strengthen ourselves for practicing inclusivity and living justice.
2 nd Sundays – Yellow Room What Moves Us: Unitarian Universalist (UU) Theology with Rev. Elizabeth	Our theology is rich and powerful. Come explore what makes UU theology so life giving and transformative. We will journey together in faith, through shared direct experiences and reflection exercises, readings and lessons, and ethical deliberations. This month we will meet on the 3 rd Sunday – January 17.
4 th Sundays – Yellow Room Sharing Circles with the Pastoral Associates	Sharing Circles, based on a model of speaking and listening that affords everyone a safe space in which to speak from their heart, offer us the opportunity to strengthen our faith and form deeper relationships with each other.
Every Sunday – Red Room Pre-Service Discussion	This group is meant as a chance for people with various personal beliefs to get together and openly discuss a variety of topics. See page 11 for weekly topics.
Every Sunday – Violet room Muncie UU Pagans	This is an open discussion group to explore the differences in our pagan traditions. We will also be discussing the reasons that so many Pagan and Earth-based religions find homes in UU congregations. People of any belief are welcome to attend.

Theme Exploration – Sexuality

Selecting a theme for our worship services each month allows us to explore specific important theological topics in greater breadth, while also challenging us to go deeper. If you have a reading, poem or personal story to share that relates to our current or upcoming theme, please e-mail them to Rev. Seth.

Sacred Text

Our sacred text for this month is an excerpt from an “Open Letter to Religious Leaders on Adolescent Sexuality”:

Religious traditions affirm that sexuality is a divinely bestowed blessing for expressing love and generating life, for mutual companionship and pleasure. It is also capable of misuse, leading to exploitation, abuse, and suffering. Sexuality, from a religious point of view, needs to be celebrated with joy, holiness and integrity, but it also demands understanding, respect, and self-discipline. Our traditions affirm the goodness of creation, our bodies, and our sexuality; we are called to stewardship of these gifts.

Questions for Reflection

What has your relationship to your sexuality been like over the course of your lifetime? Positive, negative, mixed? Has your relationship to your sexuality changed over time?

What was your sexuality education like growing up? What were you taught about sexuality by the following groups: By your parents and family? By your school? By your church or faith community? By the culture around you?

How did the messages you received as a child about sexuality inform or impact your adult experience of sexuality?

How is your journey with your sexuality reflected in your journey with your spirituality?

Are you a “good steward” of your sexuality?

Suggested Reading

Article – from UU World: “40 Years of UU Sexual Education” – <http://goo.gl/CWpy2z>

Book – The Erotic Word: Sexuality, Spirituality, and the Bible, by David M. Carr

Sermons by UU Ministers

“Becoming Sexually Healthy” by Rev. Dawn Cooley – <http://goo.gl/olA4EK>

“The Sex Talk for Adults” by Rev. Sharon Wylie – <http://goo.gl/Vyrqh9>

Spiritual Practice

Go see the “1 in 3: What Does it Take for You to Be Outraged?” exhibit on gender based violence at the David Owsley Museum of Art here in Muncie (on display from now until May 8th). Take a friend or family member, and reflect on the experience together afterwards. For more information: <http://goo.gl/alhdUh>

2015-2016 UUCM Themes

September – Forgiveness

October – Inclusivity

November – Grace

December – Waiting

January – Freedom

February – Sexuality

March – Brokenness

April – Truth

May – Creativity

Religious Education Corner

Nadine Tringali

Director of Religious Education

Our Whole Lives (OWL)

Sexuality Program

Begins February 2nd

Our Parent/Child OWL Orientation was held on January 26th, and we are delighted to have four UUCM families participating! The topics of birth, babies, bodies, and families are explored through songs, stories, activities and at-home projects that promote family dialogue. OWL models and teaches caring, compassion, respect, and justice. It helps young children identify their attitudes, values, and feelings about themselves, their sexuality, and others' sexuality. **Rev. Elizabeth Carrier-Ladd** and I are facilitating the program.

A complete description of the OWL curriculum is available on the UUA website www.uua.org.

Nadine

Roots & Wings Sunday, February 28th

Interested in learning more about Unitarian Universalism? Whether you're a visitor, long-term friend, or established member looking for a refresher, everyone is welcome to attend our "Roots & Wings" class exploring the basic tenets of Unitarian Universalism. We'll look at a little bit of our history, talk some theology, and go over our expectations of membership. The class will be held Sunday, February 28th from 9:30 to 10:30 am in the Indigo Room. Childcare is available, so please don't let that be a barrier. If you're interested in becoming a member (and there is a new member joining ceremony the following week – Sunday, March 6th at 10:15 am in the sanctuary), you are strongly encouraged to attend a Roots & Wings class before joining. If you can't make the Roots & Wings class, but would still like to become a member, please contact Rev. Seth to set up an appointment to review the material.



Intercultural Competency Workshop

Interested in anti-racism, anti-oppression work? Consider attending the "Intercultural Competency" workshop that we are co-sponsoring with four other Unitarian Universalist congregations on Friday evening, February 19th, and all day Saturday, February 20th in Indianapolis. Rev. Seth has attended this training twice before, and highly, highly recommends it, noting that "learning more about the idea of intercultural competency and the DMIS model will transform how you look at the world." A description of the workshop content:

During this workshop, you will learn about the Development Model of Intercultural Sensitivity. The DMIS posits that we have the ability to learn how to be more interculturally competent - that we go through stages of ability and attitudes, and that we have the ability to increase our abilities. It provides tools for learning in order to advance your competency. The model is about the "differences that make a difference" in every setting--whether that be race, class, culture, gender, sexual orientation, or any other difference that might be key in our interactions. It is applicable in congregational life, but also in your work, leisure and private life - anywhere differences in culture and outlook might differ, the tools of the DMIS can help you increase your competency.

Learn a new framework for understanding intercultural competency, and how to enhance your own skills, as well as insights into the multiple components of conflict and how culture plays a role in that. By attending with members of your congregation, you can learn how to move this work forward in your congregation.

If you are interested in attending, please sign up as soon as possible using this link: <https://goo.gl/adR1pV> – there are four congregations participating including ourselves, and only fifty slots available, so sign up now to reserve your space, they're going fast.

The workshop will run from 6:30 to 9 pm on Friday the 19th, and 8:30 am to 5:30 pm on Saturday the 20th and will be held at All Souls Unitarian Church in Indianapolis. Registration is \$40, which will cover the cost of snacks, Saturday breakfast and Saturday lunch. If you need financial assistance to be able to attend, the church has scholarship money available – please contact Rev. Seth (seth@uuchurchmuncie.org) to request a scholarship. We hope to see many of you there! ~The UUCM Anti-Racism Task Force

Giving for Good to Keep Good Going

2016-2017 Stewardship Campaign

STEWARDSHIP — a time to reflect on the priceless legacy left to us by those who came before. Similarly, we want to, and must, take care of the community entrusted to us now and for generations to come.

“Our church community is amazing in its caring for the people within this church,” a line heard many times over from members and friends. We are remarkable as a group in giving our time, talent and treasures. What do YOU get from your religious community church; what is important to YOU in your church?

Pledge commitments come in varying amounts depending on circumstances, and the role that UUCM plays in your life. Please give generously.

WHAT TO WATCH FOR DURING FEBRAURY

All Month — Look for stewardship and pledging information in the eBlasts and Sunday Orders of Service.

Second week — Look for your personal letters and pledge sheet to arrive by mail.

Sunday, February 21st — Stay for the “official kick-off,” a splendid celebration immediately following the service with delicious finger foods. There will be something special for the youth, and childcare will be provided.

Sunday, February 28th — Giving/pledging opportunity during the Sunday morning service.

STEWARDSHIP — a time to reflect on what is significant to you: worship, music, social justice, religious education, and community to name a few. Please pledge what you reasonably can. We thank you all for your generosity.

BUDGET FACTS:

Tidbits of budget facts providing a small view of monies required to operate our religious home:

- ESTIMATED COST to keep our doors open and operate UUCM:
\$5750 for one week (total annual expenses /52 weeks per year)
- COST for just one of those adorable kids to attend RELIGIOUS EDUCATION:
\$19 to attend for one child one Sunday. Total enrollment to date is 62 children. (DRE + Youth Coordinator compensations + related expenses /50 Sundays/ 62 children)
- COST for one person for SANCTUARY SUNDAY:
\$38 for one person to sit in a chair in the Sanctuary for Sunday Service (total annual expenses /52 Sundays/150 people (average Sunday attendance reported by Christie).
- COST for our beautiful MUSIC that we relish and are thankful for each week:
\$333 for the musical artistry provided each Sunday (Director’s salary + guest musicians + music library _ related expenses) / 52 Sundays a year
- COST for yearly DUES paid on registered members:
\$17,808 paid in dues to UUA and the Mid-America Regional District for 212 registered members of the UUCM congregation. Yearly UUCM is assessed \$84 per member (Denominational Affairs expense line item in the budget).
- GROWTH we welcome new members, friends and visitors:
19 New Members signed the UUCM membership book during 2015.
- BUDGET ESTIMATED INCOME:
86% — portion of UUCM’s budgeted income comes from members and friends pledges to the church
14% — portion of UUCM’s budgeted income comes from other sources, i.e. fundraising (Bazaar), investments, and building use fees



Mark your calendars for
A Special SUNDAY: Solar Panels Above Us
 A Dedication Celebration
 Sunday, February 28, 2016 – 1:30 pm

On Sunday, February 28th, our congregation will host a public Dedication Ceremony for our new solar panel installation - all UUCM members and friends are urged to attend. Invitations have gone out to many in the broader Muncie community, including the local media, environmental leaders, and selected clergy in Muncie and the surrounding area.

The call for applications for SUN grants to subsidize solar energy installations - and our successful response to it - emphasized two main interrelated goals: 1) switching from fossil fuels to solar energy and 2) increasing overall energy efficiency. These are the same main goals – just expand solar energy to all renewable energy sources, and Muncie, Indiana, to the whole globe – agreed to by 195 nation states at the UN climate conference in Paris. In this case, local equals global.

But now everything depends upon the follow-through – on the part of everyone.

Now is a time for more hope, and also for not just maintaining but for upgrading our collective efforts.

So on February 28th, we will pause to celebrate our achievement and our good luck, and also attempt to fulfill our ongoing obligations to renew our own commitment, to spread the good news of solar power, and to encourage others to consider similar projects.

The Green Team is working on arrangements for featured speakers and the premier of a short video telling the story of solar panels at UUCM. Following will be an optional workshop on the technical and financial basics of a photovoltaic solar system. A soup lunch after the regular Sunday service is also planned. Stay tuned for more details.

Wayne Meyer for the Green Team

General Assembly 2016

Have you ever been to General Assembly (GA), our annual national gathering? If not, you should consider going! If you've been before, you know what a treat it is to gather with Unitarian Universalists from across the country and participate in amazing workshops, lectures and worship. Either way, please consider signing up to attend all or part of GA 2016, which will be held June 22nd-26th in Columbus, OH. The location of GA moves around the country from year to year, so this year it's actually accessible to us driving, only 3 hours away.

From the UUA website:

The theme for GA 2016 will be Heart Land: Where Faiths Connect. The faith world is increasingly multifaith. People are crossing borders of religion and spiritual practice to create wholeness in their lives individually and collectively. The labels—Christian, Jew, Muslim, Buddhist, Hindu, theist and non-theist—no longer define who or what we love, or how spirit moves in our lives. General Assembly 2016 in

Columbus Ohio will assemble leaders and communities of many faiths to worship together, learn from one another, and create a new vision of faith that no longer divides us, but connects us to an interdependent future that works for all.

There are many wonderful programs and events to consider attending, including

- the opening **Banner Parade** on Wednesday evening
- the **Service of the Living Tradition** on Thursday evening where Rev. Seth will be honored for receiving Final Fellowship
- the **Ware Lecture** on Saturday evening which this year features NPR host of *On Being* Krista Tippett
- and the **Sunday morning worship service**, led this year by Rev. Nancy McDonald Ladd (yes, related to Revs. Seth & Elizabeth – their sister-in-law)

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Message from the President

Exploring faith. Practicing inclusivity. Living justice.

There's nothing like a good cup of hot coffee or tea on a cold Sunday after church. Vice President **Susan Bossung** has overseen the formation and training of five new Hospitality Teams and says, "We really appreciate those who are helping on the Hospitality Teams. It's wonderful, when everyone pitches in." Right on, teams. Keep that coffee flowing!

Recently, when the weather warmed up and our first snow was melting, Reverend Seth had reason to call Office Administrator Christie Williams into his office to observe and celebrate that water was gushing out of the scuppers that drain water from the roof—instead of into his office, as it did last winter.

Exterior Pro, the company that installed our new membrane roof, has completed all of the changes required after the first inspection. We are now waiting for Duro Last, the company that manufactures the membrane, to do the final inspection and release the warranty. Once we have the warranty, we will send Exterior Pro the final \$17,000 payment. Thank you, **Bruce Craig**, for working with Exterior Pro and Duro Last to bring our new roof to completion.

Wayne Meyer, John Taylor, Marnee Cooley, Holly Hanauer, and Jane Meyer, most of whom are members of our Green Team, have been working hard this year to help us live into the last part of our new Mission & Vision

statement *to serve as stewards of our church, this country, and the world.*

Our new solar panels are up and generating power. At the request of our Green Team, the Board passed the following motion in December: *The use of polystyrene, commonly known as Styrofoam, is not allowed on church property.*

FYI: This and other church policies can be found at www.uuchurchmuncie.org/web/ Click on the Members menu item and select Church Governance Documents, and then open the Policy and Procedure Manual link, where under Policies you can find the Building Use Policy, our No Smoking Policy and more. We will soon be adding our new policy banning polystyrene, commonly know as styrofoam, once the most recent updates to the Policy and Procedure Manual are finalized and sent to Matt Davis, our Web Site Administrator. Matt and Reverend Seth have been working to streamline our church website. Check it out. I think you'll find it improved.

Last, but not least, our Finance Committee (**Chuck Austin, Lynn Austin, Jeff Hathaway, Usha Shivaswamy, Lynn Sousa, Mike Sullivan, and Sherry Ware**) is in the process of working to put together the proposed budget for 2016-2017, which will be presented and voted upon at our May Congregational Meeting.

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Caring for Our Congregation

From the Committee on Ministries

This is the third in a series of articles about the ministries of our church. Everything we do is part of our ministry to one another and to the community, both within the church and beyond. Each month over the next two years the series will spotlight the work of a committee or task force that contributes to the broader ministry of our congregation.

The inter-related web of relationships among our congregants provides social and emotional support. However, two of our standing committees are structured to give an even deeper level of caring for our emotional and physical needs.

The Pastoral Associates are a group of lay members who are trained to listen, support, counsel and comfort anyone dealing with crises and/or transitions in their lives. In order to provide complete freedom for sharing, meetings and information discussed are held in strict confidence. Members are: **Julia Corbett-Hemeyer, Velvet Miller, Phil Gift, Mary Johnson, and Liz Lowe**. If these members are unfamiliar to you, they may be identified in the pictorial directory or by their pink nametags.

The Caring Committee gives support in a more physical manner by arranging rides to appointments or church, meals for homebound, family meals after memorial services, and by sending cards. The members are: **Julie Fritz, Liz Lowe, Katie Frederick, and Kirk and Mary Robey**. They are always happy to accept volunteers to be on a call list to help with food and rides. Contact Liz or Julie if you would like to be of help.

DINING FOR DOLLARS IS BACK!

And we need you to make it succeed!

In case you're wondering... Dining for Dollars FAQs

Dining for Dollars events are private events hosted by church members as fundraisers for our annual church budget.

- Some are held at the church but most are held in private homes. Some are for families but most are for adults.
- Some events became expectations on our church calendar--the South Asia Muncie Association Indian Feast that for many years followed a church service early in the fall (for families) and the Brew Pub hosted for a decade by **Eleanor Trawick** and **Markie Oliver** in late spring (for adults).
- Other events reside in memories and suggest new events to try: Seafood Soiree, Mastering the Art of French Cooking: A Tribute to Julia Child, Equatorial Fusion, *High Tea and a Harp*, or a progressive dinner like Alley Cat.
- Dining for Dollars provides an opportunity for the excellent cooks in our congregation to share foods they love: Moroccan, Japanese, Italian, Country French, German, Italian, Spanish tapas, Swedish, Southern comfort food... some completely vegetarian/vegan.
- Some events include more than a meal: Spa Day, Old Fashioned Garden Party, Strawberry Jam-A Family Affair (music, singing, dancing, pizza), *Medieval Feast* (food, music, entertainment), a Mystery Dinner.
- All events offer good food, good company, and the opportunity to know others in our church community better than we do.



Hosts determine the type of event, date, menu, number of guests they can accommodate, and the contribution per person. That information is placed on an artfully designed sign-up sheet that is posted with others for the season so members of the congregation can sign up for events of their choice.

Hosts' contribution to the church stewardship is the food, drink and labor associated with their event. Hosts collect their guests' contributions for their event and deliver them to the church office, marked as a Dining for Dollars contribution.

What to do now...

Check your calendar: The first scheduled Dining for Dollars event will be **March 5, 6:00 pm**. **Kirk and Mary Robey** will be hosting **Tagines of Morocco** at the church, so be prepared when the sign-up sheets appear in February!

Offer to host a Dining for Dollars event in 2016.

Questions?

Contact **Linda Hanson** (lhanson43@gmail.com or 284-4551), **Mary Robey** (mrbobthecat@hotmail.com or 348-5604) or **Kirk Robey** (kirk_robey@hotmail.com).

Committee on Ministries Focus Groups 2016 Sundays—January 31, February 14 & 28, 12:15-1:15 pm

The Committee on Ministries is charged with helping the ministry teams within the congregation reflect on and assess how well we are working together to serve the mission of this congregation. This year we'll be exploring questions about the following ministries:

January 31—Pastoral Associates, Caring Committee, Program Council. Join us for pizza and discussion in the Sanctuary.

February 14—Social Justice, Hospitality. It's Soup Sunday, so grab a bowl of soup and join the discussion in the Sanctuary.

February 28—Adult Religious Exploration, Finance, Stewardship. There will be another **soup** lunch, so bring yours to the **Red Room** and join the discussion. *Then plan to attend the public celebration of our solar panels at 1:30 pm, in the Sanctuary.*

Your feedback is important in the committee's work of helping all our church ministries grow and improve, so please participate if you can!

Sexuality – Let’s Talk

Rev. Seth Carrier-Ladd (continued from page 1)

being, is harmful, whereas guilt, feeling bad about our actions or behaviors, can lead to healthy learning, growth and change. We have made significant progress on some of these issues, but these negative beliefs persist. We won’t fully have made the transition to having a healthy relationship with sexuality in our country until no one is made to feel bad – either implicitly with subtle cultural messages or explicitly with words or actions – about how they look, who they’re attracted to, or what sexual acts they chose to engage in.

Another negative impact is the lack of honest, genuine conversation. It is ironic, because we live in a hyper-sexualized culture in many ways, with sexuality used to sell products that have little or nothing to do with it. And yet we mostly don’t have conversations about sexuality as adults. Instead, too often, our ideas about what sexuality should be are shaped by what we see in popular culture. While we’ve slowly added some non-heterosexual encounters to movies and tv shows, on the whole most sex scene still involve a man and a woman, a wonderful sound track, clothes shed or ripped off incredibly quickly and gracefully (no one ever has a hard time undoing a button or un-clasping a bra), and of course, no talking... and no one on tv or in the movies ever needs to stop and ask for consent. They just “know” (I’m assuming you’re catching the heavy sarcasm here). Because we all know automatically exactly what to do, exactly what’s going to feel best for our partner, without asking, regardless of whether or not it’s our first sexual encounter with this partner. As per our cultural training, most folks not only don’t talk about sex, they don’t talk during sex either. Unsurprisingly, talking and communicating during sex actually usually helps – a lot.

There’s so much more we could go into, but I’m thinking you get the point. Sexuality – the whole, full spectrum, which includes the physical, emotional, various identities, body image and more – is a natural and important part of human existence. And so in this month where we start the Our Whole Lives sexuality education program for our kindergarten and first graders (developmentally appropriate material of course), in this month where some of the youngest among us are appropriately learning more and expanding their knowledge about sexuality, I hope the rest of us can do the same. Having a healthy relationship with our sexuality can be a challenging task in

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Message from the President

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During the 2015-2016 budget, we were able to generate approximately \$24,700 from fundraising and social activity: Service Auction \$8,000; Bazaar \$15,000; Rummage Sales \$600; and Social Activities \$1,100. Total expenses for 2015-2016 were \$299,312. In the past, it has been said that we don’t breathe easy, until the profits from the Bazaar are in the bank. This year, it has been decided that we won’t have our traditional Service Auction. The Board is *not* breathing easy and is working to get a Fundraising Committee up and going.

Luckily, **Linda Hanson**, **Kirk Robey**, and **Mary Robey** have volunteered to manage Dining for Dollars for 2015/2016. They will be a special short-term committee as part of the Fundraising Committee. Keep an eye out, in early February, for sign-up sheets in the sanctuary and notes in the e-Blast about exotic dinners from Morocco, Persia, and other equally wonderful cuisines. If you would like to host a dinner, please contact them.

Bea Sousa is on the lookout for new ways to raise money. Bea keeps our Chalice Marketplace stocked. She forwarded the following fundraising idea:

“One of my pleasant church tasks is ordering Equal Exchange coffee for Sunday service and the Marketplace. Phil frequently answers the phone. He asked me today if we do coffee houses and gave me this link to theirs www.thebluemooncoffeehouse.com.

“This is a church of 80 members that makes \$5000 clear each year on 9 family-friendly, inexpensive events one Saturday a month, Sept-May. He mentioned that a dozen members have joined over the years after coming to the coffeehouse... significant, he says, when ‘there is a UU church on every corner’ in that part of Mass.

“They sell Equal Exchange coffee and tea, snacks donated by a group of church members for modest amounts...an evening costs about \$25/couple. They, of course, pay the bands.

“Just passing along an idea that might be worth trying even if we don’t do it once a month.”

Thanks, Bea, for a great idea. Do you know of a good way to raise funds? We’re open to new ideas. Or, better yet, volunteer to serve on the Fundraising Committee. You can still get a seat by calling Christie or contacting anyone on the Board.

Maybe we could raise more than \$25,000 in 2016-17...

Sherry Ware, President of the Congregation

Surviving the Primal Wound

Rev. Julia Corbett-Hemeyer (continued from page 1)

perhaps the most basic, and the one that infuses all the others, is *spiritual* wounding. It's the wound that transpersonal/humanistic psychologists John Firman and Ann Gila refer to as "primal." This primal wound results from a violation that goes to the "core of our deepest humanity." It occurs when those around us treat us as objects, as things for their own purposes. Firman and Gila go on to cogently describe how this primal wounding affects us spiritually:

"However this wounding is inflicted, it is a break in the intricate web of relationships in which we live, move, and have our being. A fundamental trust and connection to the universe is betrayed, and we become strangers to ourselves and others, struggling for survival in a seemingly alien world. In psychological terms, our connection to our deeper Self is wounded. In religious and philosophical terms, it is our connection to Ultimate Reality, the Ground of Being, or the Divine that is broken... Again, it is caused by unnatural experiences in which our fundamental relationship to other people, the world, and the Ground of Being has been violated."¹

Our relationship with (1) ourselves, with (2) others, with (3) the entire interdependent web of being and with (4) the Transcendent is tainted when we experience sexual assault. It attacks anything we might otherwise experience as sacred or foundational. It is this primal wound that cries out for healing if we are to reclaim our birthright to wholeness. One way to describe the spiritual impact of sexual assault is through its impact on these four relationships: We can think of this as *relational* spirituality. It is a spirituality of trust, connection, and boundaries.

As the quotation from *The Primal Wound* portrays so well, our relationship with ourselves is seriously compromised by sexual assault. I can remember feeling "not real" as a child. As I grew older—thought not for many years, wiser—I stumbled through life not knowing myself, unaware of the impulses that drove what I thought was going on. The feeling of being "not-real" haunted my adult years as well. Things happened in my life for which I had no reasonable explanation, and I wondered who I actually was—the person I thought I was, or some other person whom I did not know? Perhaps both?

Spirituality involves our relationships with other persons as well as with ourselves. These relationships are an intricate dance of moving toward another in trust, openness, and sometimes love, balanced by the presence of appropriate and appropriately flexible boundaries. Sexual assault

erodes our capacity for trust. Those experiences are egregious boundary violations, and tend to lead toward either a lack of boundaries or to overly-rigid and inflexible ones.

Broadening this out, healthy spirituality embraces a relationship with the entire vast web of being. It's a living sense of being a part of all that it, of being related to both living and nonliving elements. Sexual assault, by contrast, is isolating, and tends to lead to overwhelming feelings of aloneness rather than relatedness. The vital sense of connection is lost.

Spirituality that includes a healthy relationship with the transcendent, however we experience and name that, leads to feelings of safety and trust. It a deep sense that the ground under our feet will not collapse, an overarching conviction that we are loved. Assault often leads in the opposite direction, to feelings that there is nothing that grounds our being, nothing we can trust. Sometimes we even learn to experience the transcendent Ground of our lives as hateful, frightening, punitive, or in a word, abusive.

There is very good news here, in that we can heal our spirits following sexual assault. We can reclaim our souls and our birthright wholeness. And as a community of faith, there is a lot we can do to assist the sexual assault survivors among us, and those whom we may know outside our church community. In short, we can live our Principles. Survivors urgently need to hear the good news of the inherent dignity and worth of *every* person. Acceptance and encouragement to spiritual exploration and growth is hugely important, along with providing a safe and supportive context in which that can happen.

More concretely, the first and the foremost thing I'd say is to *listen*. Listen without judging, without making assumptions, and without trying to "fix it." When we speak the truth of our own stories to a careful and compassionate listener, we hear ourselves into wholeness. Encourage professional help when it seems appropriate and offer to accompany the survivor if they wish. Be authentic. Model appropriate boundaries. Above all, recognize the strengths and gifts that survivors bring into our community.

Rev. Julia

Rev. Julia will be out of town between January 30th and March 2rd. The best way to contact her while she is gone is at julia@uuchurchmuncie.org. You may also leave a message on her confidential voice mail at 288-9561, or contact our office administrator, Christie Williams.

¹ John Firman and Ann Gila, *The Primal Wound: A Transpersonal View of Trauma, Addiction, and Growth* (Albany, NY: State University of New York Press, 1997), p. 2.

Pre-Service Discussion

9:30 am – Every Sunday – Red Room

Our Sunday morning mainstay continues. This group is meant as a chance for people with various personal beliefs to get together and openly discuss a variety of topics. A different leader each week presents the topic and tells us some main points and history, usually lasting about 10-15 minutes. Then we discuss the topic for the rest of the hour, with a moderator helping guide the discussion and making sure everyone gets a chance to talk. Our discussions usually focus on issues of morality, ethics, knowledge, personal responsibility, and applying UU Principles to daily life. All interested adults are welcome – there's no signing up; just come for subjects that sound interesting you or come for them all!

**February 7th
Reaching Out**

If we presuppose that the line that distinguishes the "haves" from the "have nots" is nowhere more distinct than the line that distinguishes our "First World" from their "Third World" - is it really possible for us to have a meaningful "Social Justice" orientation - either as individuals, or as a church - without trying to find ways to reach out into that "Third World" and help somehow?

The recipient of the Designated Offering, Water Is Basic, is one organization that does just that - by drilling water wells for some of the poorest people anywhere: the indigenous people of rural South Sudan. Lead by **Steve Robert**.

February 14th

Changing Views About Relationships

How has the increase in cohabitation (arrangement where two people who are not married live together on a long-term or permanent basis) affected our families and values? How have our attitudes toward cohabitation and same sex marriage changed in recent years? **Alice Bennett** will be the discussion leader.

February 21st

Sexuality

The UUCM theme for February of "Sexuality" should lead to an interesting open discussion. Join the talk.

February 28th

A Look At Addictions

Bruce Perkins will help us consider current views about addictions: professional, legal, and the personal impact.

Sexuality – Let's Talk

Rev. Seth Carrier-Ladd (continued from page 9)

our hypersexual culture which sends so many negative messages and teaches us so many negative things. May we reflect, learn, and most importantly talk this month, about sexuality, about what sexuality means in our lives, about how we relate to it, and about how we live it.

See you in church!

peace, love and blessings,

Rev. Seth



General Assembly 2016

(continued from page 6)

If you plan attend the full conference, you might consider applying to our Board of Trustees to be an official **Delegate to GA** from our church, which would mean you could vote on the official business of the denomination in the business meeting sessions. Scholarship money is available from the UUA to help pay for registration costs, with first-time attendees given highest priority. If you don't want pay to register, the Service of the Living Tradition and the Sunday morning worship service are open to the public free of charge.

If you're interested, mark the dates on your calendar now – registration opens March 1st. You can learn more about the programming, logistics and schedule by visiting <http://www.uua.org/ga>, and clicking on the various links on the menu on the left.

Sharing Gratitude



Sleeping Room Meals: Big Thanks!

Many thanks to everyone who brought a breakfast or a dinner to the men staying at the Christian Ministries Sleeping Room during the weeks of Thanksgiving and Christmas. It was much appreciated and shows how we live our UU values. Thanks go to: **Holly Hanauer, Lynn and Bea Sousa, the Calkins Elvin Family, Billie Laverghetta, Kirk and Mary Robey, the Sweeney Enos Family, Lisa Kuriscak, Madison Van Hook, Denise and Ben Ewing, Linda Gregory, Connie Gregory, Simon Bussiere and Kera Lovell, Sherry Ware, Elsbeth Fritz and Lukas Bradford, Eleanor Trawick and Markie Oliver, Ginny Niles, The Miller Family, Melanie**

Hanser, the Moorman Family, Jessica Staffer Fite, Lynn Austin, the Curlin Taylor Family, and the Taylor Family.

Thanks, too, to **Meg Calkins** for organizing all the sign-ups!

~*The Feeding Our Hungry Neighbors Task Force, Social Justice Committee*

MLK Day of Service a Great Success!

On Monday, January 18, **over 65 people** from our church and the Islamic Center of Muncie turned out at Second Harvest Food Bank Warehouse, despite the frigid temperatures outside. For about 90 busy minutes we worked on a large project that needed to be done: we labeled ketchup bottles! Second Harvest often purchases food from suppliers at a drastically reduced price because there's some kind of problem with the product. On Monday we touched **11,000 bottles of ketchup**, many of which did not have ingredient labels. We labeled what needed to be labeled, sorted 23 oz. bottles from 24 oz. bottles, pulled out the damaged bottles, and boxed everything back up. UUs worked beside our new friends from the Islamic Center of Muncie, and a good time was had by all.

Then we all went back to the church for a **delicious soup luncheon** organized by **Jan Moore**. This allowed us more time to visit with each other and trade stories. Make sure to read the e-blast for the complete list of wonderful folks who contributed to the lunch.

It's significant that Second Harvest can count on us every January to turn out in numbers like this! And it's yet another way we live out our UU ideals. **Thank you, thank you everyone!**

~*The Feeding Our Hungry Neighbors Task Force, Social Justice Committee*

Age of Reading Ceremony

A *Big Thank You* to all those who helped create our magical Age of Reading archway for **Aine Donnelly** to walk through! Many thanks to: **Ginny Nilles, Alyssa Farnsworth, Katie & Bill Frederick, Jane Meyer, Jan Moore, Caroline Sullivan, Diane Hill, Linda Hanson, Steve Chalk, Nan & John Barber, Susan & John Taylor, Charlie Dubree, Jeanne Rutherford, Steve Robert, and Michael Mayfield.**

Also a big thank you to **Katie & Bill Frederick** for contributing their two co-authored books [The Kite Surprise](#) and [Patches and the Delightful Dragon Day](#), to the RE library and as gifts to Aine Donnelly as our Age of Reading participant.

~*Nadine Tringali*

Feeding Our Hungry Neighbors

Generosity comes in many ways. **Christie Williams** put the handmade stars left from her Bazaar booth on a table with a suggested price (honor system!) noting that the money would go to the food pantry. As a result the Feeding Our Hungry Neighbors Task Force has over \$50 for a shopping trip. Thanks, Christie and all who bought/donated.

~*Bea Sousa*

If you have a gratitude you'd like to submit for the next Unigram, please send it to uucm@uuchurchmuncie.org, subject line "Sharing Gratitude," by February 17.

February 2016 UUCM Calendar

Online calendar: <http://www.uuchurchmuncie.org/web/calendar.html>

Regular Weekly Events

Pre-Service Discussion	Sundays	9:30 am
Muncie UU Pagans	Sundays	9:30 am
Worship Service	Sundays	10:45 am – noon
Religious Education for Children & Youth	Sundays	10:45 am – noon
Body Life Dinner	Tuesdays	6:00 – 7:30 pm
Choir Rehearsal	Tuesdays	7:30 – 9:00 pm
Revival Hour (see web calendar for location)	Wednesdays	5:30 pm
Muncie OUTreach LGBTQ Youth Drop In	Fridays	5:00 – 8:00 pm

February Events & Activities

Feeding Our Hungry Neighbors Task Force	Monday	Feb 1	7:00 pm
Our Whole Lives K-2 (OWL)	Tuesday	Feb 2	4:30 pm
Communications Committee	Tuesday	Feb 2	6:30 pm
Finding Spirit :: Transgender Support Group	Tuesday	Feb 2	7:00 pm
Finance Committee	Wednesday	Feb 3	5:30 pm
Worship Associates	Wednesday	Feb 3	7:30 pm
Adult RE :: Exploring Spiritual Practices	Sunday	Feb 7	9:30 am
Pokagon Meeting	Sunday	Feb 7	Noon
Adult RE :: Theme Reflections	Sunday	Feb 7	12:30 pm
Social Justice Committee	Monday	Feb 8	7:00 pm
Our Whole Lives K-2 (OWL)	Tuesday	Feb 9	4:30 pm
Pastoral Associates	Wednesday	Feb 10	6:00 pm
Program Council	Wednesday	Feb 10	7:00 pm
Adult RE :: What Moves Us: UU Theology	Sunday	Feb 14	9:30 am
Chalice Marketplace	Sunday	Feb 14	9:30 am & Noon
Committee on Ministries Focus Group	Sunday	Feb 14	12:15 pm
Adult RE :: Exploring Your Theology	Sunday	Feb 14	12:30 pm
Our Whole Lives K-2 (OWL)	Tuesday	Feb 16	4:30 pm
Finding Spirit :: Transgender Support Group	Tuesday	Feb 16	7:00 pm
Unigram Submission Deadline	Wednesday	Feb 17	9:00 am
Board of Trustees	Wednesday	Feb 17	6:30 pm
Committee on Ministries	Thursday	Feb 18	7:15 pm
Choir Rehearsal	Sunday	Feb 21	9:30 am
RE Committee (Children & Youth)	Sunday	Feb 21	9:30 am
Stewardship Campaign Kickoff	Sunday	Feb 21	Noon
Discussion Committee	Sunday	Feb 21	12:15 pm
Our Whole Lives K-2 (OWL)	Tuesday	Feb 23	4:30 pm
Roots & Wings :: New Member Class	Sunday	Feb 28	9:30 am
Adult RE :: Listening Circles	Sunday	Feb 28	9:30 am
Sack Lunch Prep for Harvest Soup Kitchen	Sunday	Feb 28	9:30 am
Fellowship Committee	Sunday	Feb 28	12:15 pm
Committee on Ministries Focus Group	Sunday	Feb 28	12:15 pm
Solar Panel Dedication	Sunday	Feb 28	1:30 pm

Mark Your Calendar

Hospitality Teams

The rotation has been set for the Hospitality Teams. Your participation will help us continue to offer amazing hospitality to visitors and to each other!

- 1st Sunday – Red Team
- 2nd Sunday – Orange Team
- 3rd Sunday – Yellow Team
- 4th Sunday – Green Team
- 5th Sunday – Blue Team

Youth Sunday

Planning Schedule

Don't miss these important dates as we plan for our annual Youth Sunday service on February 28th!

- Tuesday, Feb 2 – 6:30 pm
- Sunday, Feb 7 – 12:30 pm
- Tuesday, Feb 9 – 6:30 pm
- Sunday, Feb 14 – 12:30 pm
- Tuesday, Feb 16 – 6:30 pm
- Sunday, Feb 21 – 12:30 pm
- Tuesday, Feb 23 – 6:30 pm
- Saturday, Feb 27 – 2:00 pm

Singing is good for the body and soul. Join the choir!

The choir rehearses on Tuesday evenings, 7:30 – 9:00 pm, and we always follow these sessions with some mighty fine refreshments!

Contact Jim Helton
jim@uuchurchmuncie.org

UUCM Staff & Leadership

Rev. Seth Carrier-Ladd, Minister

seth@uuchurchmuncie.org

Rev. Julia Corbett-Hemeyer, Community Minister

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Nadine Tringali, Director of Religious Education

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Christie Williams, Office Administrator

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Rev. Elizabeth Carrier-Ladd, Coordinator of Youth Programs

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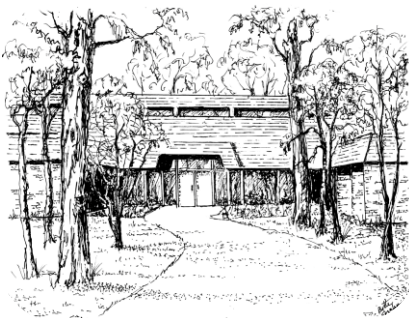
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Office Hours: Monday 1:00 – 4:00 pm | Tuesday 9:00 am – 2:00 pm | Wednesday – Friday 9:00 am – 4:00 pm

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