



the UNIGRAM

Present in the World

Rev. Julia Corbett-Hemeyer, Community Minister

Some time ago, I read a list of seven commitments titled the “Monk Manifesto.” The author, Christine Valters Paintner, introduced these on her web site, Abbey of the Arts www.abbeyofthearts.com. They’re available there if you want to read the original. She isn’t encouraging us all to become solitary monks or join a monastery. Rather, it’s intended as a way to help us live “immersed in the everyday with a single-hearted and undivided presence, always striving for greater wholeness and integrity.” Rather than quote her intentions directly, I’ll share with you briefly the reflections they brought up for me.

1. In the face of our noisy,

stimulation-saturated culture, I will make time daily for *silence and solitude*. Often, it isn’t realistic to claim large blocks of such quiet time. But it’s important to make even a little time to practice silence and solitude. For myself, I find they are times of renewal and insight, and I cherish them. We might simply sit silently, or incorporate some form of meditation practice or prayer into our days.

2. I will *welcome the stranger*, both outside and within myself. To the extent that we can accept the parts of ourselves we might sooner turn our backs on, the more likely we are to be able to accept others

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What I Did This Summer

James Helton, Director of Music

Hello everyone! I have had a busy and good summer. After Ball State’s Chamber Music Festival, I spent some time in the deep south playing and teaching at a festival. It was hot, but I got my fill of great food in Mobile and New Orleans. I also made acquaintance (from a safe distance) with some alligators.

My most recent travel was to Madison, WI, where I attended the national conference of the Unitarian Universalist Musicians Network. This was a great conference, with about 250 in attendance. I met and reconnected with some terrific musicians from UU congregations around the US and Canada, and I

came away with lots of ideas for music—both for the choir and in general.

The headlining speaker for the conference was Dr. Marsha McFee, author of *Think Like a Filmmaker: Sensory-Rich Worship Design for Unforgettable Messages*. Her premise starts with a fairly obvious fact: that we all have different learning styles. We generally associate the learning styles concept with children, but it’s important to remember that we never grow out of these affinities. This in mind, we want to provide as much variety as possible in our communication.

I’ll be honest; some of the visual and emotional elements Marsha incorporated in the daily worship I found deeply moving, but

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Sunday Mornings at Our Church in the Woods

Services begin at 10:45 am

See [page 3](#) for information about next year's themes.

Sunday, August 7 Islam Bibi Bahrami	Join us as we wrap up our World Religions summer series with guest speaker, Bibi Bahrami's service about Islam. Dedicated Offering: TEAMwork for Quality Living
Sunday, August 14 Guest Speaker TBD	Our guest speaker was yet to be determined at the time of printing. Check out the August 11 eBlast for more information. Dedicated Offering: TEAMwork for Quality Living
Sunday, August 21 Rev. Seth Carrier-Ladd	Rev. Seth returns to the pulpit after summer vacation and study break.
Sunday, August 28 Multigenerational Service Rev. Seth Carrier-Ladd	<i>Ingathering & Water Ceremony.</i> Please remember to bring a small amount of water to share if you have collected some. The water you bring should be connected to a place, event, or person that has special meaning in your life this past year.

Religious Education for Children & Youth :: 10:45 am

Sunday, August 7 Summer Camp	<i>The Forge of Hephaestus.</i> Get your crafting skills ready! We'll be making helmets, shields, and protective amulets.
Sunday, August 14 Summer Camp	<i>Hero's Quest.</i> Minotaurs, the Hydra, and Titans... oh my! What monsters from Greek Mythology are hiding in the Labyrinth? Go on a Hero's Quest to find out!
Sunday, August 21 Summer Camp	<i>Capture the Flag.</i> Just like the characters in the Percy Jackson books, we'll test our hero skills in this popular game!
Sunday, August 28 Multigenerational Service	<i>Water Ceremony.</i> On Multigenerational Sundays, we invite our children and youth to attend the service. Childcare will be available for Preschool-Kindergarten in the Blue Room. As always, nursery care for our infants through 1 year of age will be available in the Green Room.

Adult Religious Exploration Offerings :: 9:30 am

Our mission statement begins by calling us to a continuing exploration of our faith. In pursuit and support of that goal, we offer our Adult RE during the Sunday morning 9:30-10:30 am pre-service slot.

Check out all the offerings below!

Every Sunday – Red Room Adult Discussion Group	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 6 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

Our Theme Reflection section will be on hiatus for the summer Unigrams, as we have no monthly themes from June-August this year. Our overall theme for our summer lay-led services is "World Religions" though, and the Worship Associates have some terrific guest speakers lined up, so keep an eye out for the many exciting services we will be holding this summer!

Working together, we, the minister, the staff and the Worship Associates, have selected our themes for next year. They will be:

September – Change

October – Humility

November – Emotional Intelligence

December – Peace

January – Belonging

February – Power

March – Humanism

April – Identity

May – Ambiguity/Paradox

June – Care of the Soul

If you have any poems, stories, readings or personal experiences you'd like to share related to any of the themes, as always, please feel free to share them with Rev. Seth by e-mailing them to themes@uuchurchmuncie.org.



Religious Education Corner



RE Summer Camp: Percy Jackson's Gods of Olympus

Don't miss the opportunity to attend or assist in our summer program, Percy Jackson and the Gods of Olympus, designed by our very own **Lisa Abner**. The youth are having a blast!

I hope that you are all enjoying the heat of summer, finding cool shady places when you can. Michael and I are enjoying two weeks in Williamsburg, Virginia. Today's heat index is a high of 100 degrees!

Camp Activities Week-by-Week:

July 31: The Hunters of Artemis
(Archery)

August 7: The Forge of Hephaestus
(Shield & Amulet making)

August 14: Hero's Quest

August 21: Capture the Flag

Dreamfest 2016

TEAMwork for Quality Living Needs Our Help

On Saturday, August 27, 11 am – 4 pm, Dreamfest 2016 will take over the County Fairground with what is sure to be a wonderful fundraising event. There will be “zones” of all sorts to visit as you explore your dreams: Arts & Cultural Zone, Adventure Zone, Kids' Zone, Sport and Fitness Zone, Technology Zone, and a Food/Culinary Zone. How about winning a Dream Giveaway, including a white-water rafting trip, a trip to Chicago, a hang-gliding experience, or a trip to the Ellen Show!

All of this will help support the Teamwork for Quality Living (TQL) which has recently merged with Second Harvest Food Bank. For the past 10 years Teamwork for Quality Living (TQL) has focused on Circles of Support to bring highly motivated families to economic self-sufficiency. UUCM has supported TQL for many of those years through funds collected from designated offers. A number of UUCM friends and members serve as allies and organizational leaders for TQL. In the past, we have prepared and served a lasagna dinner in August at a Teamwork event.

But this August instead of helping with a dinner, we are going to assist with Dreamfest. There are numerous ways to help, including the VOLUNTEER TEAM, who will recruit, train, and oversee volunteers who set-up, serve, and clean up the fairgrounds. They will wear t-shirts and work at the gate, will be people movers, guides, and ticket takers. *This is the area of greatest need.*

Can you help out on August 27?

Visit <http://dreamfest.org/become-a-volunteer/> to fill out a volunteer form. Or, if you would rather give financially visit <http://dreamfest.org/donate/> or send a check to P.O. Box 468 Muncie, IN 47308.

TQL is a great organization. Let's make sure UUCM turns out to support them as they move forward with their goal of helping others!

**Feeding Our Hungry Neighbors Task Force
Social Justice Committee**

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in all their difference. As we accept the difficult aspects of ourselves, we become more whole, less fragmented. To the extent we accept others and can celebrate their differences, our community becomes more whole, less divisive. As a community, we can do our best to welcome those who come to us, to encourage them to join with us in ever-evolving community.

3. I commit to being part of a network of people in which I both *give and receive support*. We are stronger together than alone, and each of us needs to be both supported and supportive. Can I ask for support when I need it? Can I offer it to others? How can we each make our church community more supportive? I will also recognize when I am not able to provide the support requested.

4. I affirm and *cultivate my relationship with the great web of all existence*. This means being mindful of how I use things, trying to use less, reuse more, and recycle. It means holding my possessions lightly, knowing they do not define me, and knowing that caring for what I have is an important act of stewardship. I will try to donate rather than throw away what I no longer can use.

5. To whatever extent I can, I will *be fully present in the work I do*, be it paid or unpaid, recognized or not recognized by others. I will seek to understand what my gifts and talents are and to express these in ways that benefit others and strengthen community. I'll bring my gifts to this community of faith, to strengthen it. I'll strive to be fully present in worship, in committees, or in whatever ways I choose to participate. I acknowledge that sometimes, I can be less present than at others, and whatever presence I do bring is a gift.

6. In addition to times of silence and solitude every day, I will *try to set aside longer periods of time for rest and renewal*. Perhaps I can find a way to practice some sort of Sabbath. If not a whole day, then an extended part of the day. For many of us, that might mean turning off our devices. It means (continued on page 5)

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knowing we are not the work we do, that our value and that of others cannot be measured by the hours worked or the emails returned. I'll learn to say "no" as appropriate, discerning that sometimes I can accept more responsibility than I can at other times.

7. I realize my life is a journey, an ongoing process of *transformation*, continually changing. Each of us is on an individual journey, and we're on a larger journey together. It is a journey of joy and sadness, of struggle and calm times, of times of dancing and of mourning. All are acceptable, all can be embraced. I will be an active participant in this process of transformation.

Reverend Julia

What I Did This Summer

James Helton (continued from page 1)

some I felt came across as artifice. Of course, what is a conference without debriefing with your colleagues over a libation? You can be sure that we had some lively discussion about all of this, and the consensus was typically UU: there was no consensus. Some loved it all; some hated it all; and those of us somewhere in the middle liked and disliked different things. As I took all this in I couldn't help but think of my own dear peeps back in Muncie. Some like classical music, some do not; some like the traditional hymns, some like the contemporary styles; some like more singing, some like less; some like the screen projections, some want the hymnals—and that's just the music. I could go on and on with other elements of the service.

Then (in my way of chasing rabbits) I pondered what, exactly, "worship" is, what it means to me and to others, what it is that people really take with them when they leave the woods at noon on Sunday. I admit that I even have an uneasy relationship with the term itself. My evangelical upbringing taught me to believe that worship requires adoration of some entity/deity, and that it must reach some kind of emotional touchy/feely result. Since I don't buy into

much of that anymore, what do I do with this term that seems to have outlived its usefulness?

But then why do we have music in a church service at all?? (I've honestly wondered this.) It's not teaching anything—neither the instrumental music nor the hymns. What the music *does* do is unify our minds on something in a way different from the spoken word. If any of the music means something to you, then you're worshipping through it. Those of us who are moved by the arts (any of them) are truly lucky. We let them do what they do for our spirits or psyches, and we're better for it.

So this brings me back to the many choices Seth, the worship associates, and I make for any given Sunday, knowing that we're not going to please everyone with everything, but hoping that everyone is touched by something. Many of us have used the old saying, "take what you want and leave the rest." That's always left me cold though; it requires us to tolerate those elements we don't like, and toleration is just so pathetic: *I can't avoid this so I'll (a) grit my teeth through smiles, (b) go to my happy place, (c) pout until it passes.* We are a church that places high value on serving though, and Marsha shared a terrific illustration that gave me new perspective. I imagine myself at a potluck dinner (easy enough to do in this church). There are lima beans (yuck) and sweet potatoes (yum!) The guest behind me in line is thrilled that there are lima beans, and she's not so wild about the sweet potatoes. I'm not just going to pass by the lima beans trying not to smell them. I'm going to pick up that bowl and generously help our guest get a generous portion. She can have my share after all. And I'm going to enjoy the heck out of those sweet potatoes. There's something at the welcome table for everyone.

See you in church.

Jim

The Sanctuary Choir will resume our rehearsals on Tuesday, August 30, 7:30-9:00. All are welcome! You do not have to read music; you do need to match pitch and love to sing! Childcare is available if I know by the Friday before. Come by 6:00 and enjoy the Body Life potluck dinner. Please contact me if you have questions!



Sharing Gratitude

Many thanks to **Lisa Abner** for writing the fabulous Percy Jackson's Gods of Olympus summer curriculum for us! I also wish to thank **Lisa** and **Jackie Knake** for leading our summer sessions, to guest presenter/swordmaster, **Jackson Eflin**, for sharing his talents with us, and to **Brandon Mundell**, **Aryn Sweeney**, **Andrea Wolfe**, **Maggie & John Bartlett**, and **Alyssa Farnsworth** for assisting! Your leadership and support, allow us to offer such wonderful programming! Thank You!

Many thanks to **Jane Meyer** for her generous donations to our Children and Youth Religious Education library!

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 August 24.



"Universalism" Harshman Panel
Photo by Gunther Cartwright

Adult Discussion Group

Sundays at 9:30 am – Red room

August 7 – The Bomb

The ability to kill people indiscriminately in large numbers grew During World War II, especially with strafing and fire bombings. Then, on August 6, 1945, an Atomic Bomb was dropped over the center of Hiroshima, Japan. Join us as **J.P.**

Readmond gets us talking about some of the interesting moral questions the human cost of war raised then and now.

August 14 – Government Support and Welfare

President Roosevelt signed the Social Security Act on August 14, 1935, to help insure that those beyond working age would still have income to live on. Helping to provide for the security and welfare of the people is the job of government, right? Or is it? We'll talk about attitudes concerning government support and welfare.

August 21 – Art Conservation: Successes and Failures

Discussion leader **Dr. Robert LaFrance**, Director of the David Owsley Museum of Art at Ball State University, will help us explore the preservation, restoration, myths, materials, and costs of recent art conservation. Conservation related resources will be identified.

August 28 – Women's Equality Day

On August 26th, 1920, the 19th Amendment to the U.S. Constitution was ratified, finally giving women the right to vote. The women who initiated and continued to fight for women's equality (and also the Underground Railroad) faced unbelievable resistance and abuse. How did their persistence fit with our first principle? How did this change our political climate that lead to equal rights? Discussion Leader **Alice Bennett**.

August 2016 UUCM Calendar

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

Regular Weekly Events

Adult Discussion Group	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 (see announcement below)	Tuesdays	6:00 – 7:30 pm
Finding Spirit :: Transgender Support Group	Tuesdays	7:00 pm
Revival Hour (see web calendar for location)	Wednesdays	5:30 pm
Muncie OUTreach LGBTQ Youth Drop In	Fridays	5:00 – 8:00 pm

August Events & Activities

Feeding Our Hungry Neighbors	Monday	Aug 1	7:00 pm
Finance Committee	Wednesday	Aug 3	7:00 pm
Worship Associates	Wednesday	Aug 3	7:30 pm
Bazaar Task Force	Thursday	Aug 4	6:00 pm
Kitchen Cleaning	Saturday	Aug 6	9:30 am
Social Justice Committee	Monday	Aug 8	7:00 pm
Pastoral Associates	Wednesday	Aug 10	6:00 pm
Program Council	Wednesday	Aug 10	7:00 pm
Chalice Marketplace	Sunday	Aug 14	9:30 am & Noon
Combined Youth Groups	Sunday	Aug 14	12:30 – 2:00 pm
Board of Trustees	Wednesday	Aug 17	6:30 pm
Committee on Ministries	Thursday	Aug 18	7:15 pm
Soup Lunch	Sunday	Aug 21	Noon
Adult Discussion Committee	Sunday	Aug 21	12:15 pm
Unigram Submission Deadline	Wednesday	Aug 24	9:00 am
Sack Lunch Prep for Harvest Soup Kitchen	Sunday	Aug 28	9:30 am
Combined Youth Groups	Sunday	Aug 28	12:30 – 2:00 pm
Choir Rehearsals Begin	Tuesday	Aug 30	7:30 – 9:00 pm

Our **Soup Lunches** will be back for fall semester, starting August 21 - but only if we get enough clean-up crew! We can't ask the coffee crew to wash all our soup bowls, and the cooks can't always stay, either. If you are willing to help wash dishes and put tables and chairs away after service, please contact **Alyssa Farnsworth** at ifarnsworth@ivytech.edu.

Mark Your Calendar

Summer Office Schedule

Monday
1-4:00 pm

Tuesday
9:00 am-2:00 pm

Wednesday - Friday
9:00 am-4:00 pm

The office will be closed two Fridays – August 5 & 12.

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

Book Club

The UU church book club will be meeting on Thursday, August 11th, at 7 pm, in the home or garden of Annemarie Voss. We will be reading *The Invisible History of the Human Race: How DNA and History Shape Our Identities and Our Futures* by Christine Kenneally (312 pp.) “the richest, freshest, most fun book on genetics in some time” (NYT Book Review). Newly interested persons are welcome.

UUCM Staff & Leadership

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

Unitarian Universalist Church of Muncie

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*Exploring faith.
Practicing inclusivity.
Living justice.*

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