



# the UNIGRAM

## Paying Attention: What’s Going on Inside?

*Rev. Seth Carrier-Ladd, Minister*

A friend recently shared with me an interaction he had with his teenage daughter, where she was struggling with her feelings, and didn’t know how to deal with it. What emerged from their conversation was that she wasn’t used to paying attention to what was going on inside her. So much of her world is focused on social media interactions with her friends, and she and he realized that that intense focus was on creating an external sense of self, of curating an outward image and persona. She realized that she was spending so much thinking about how she was presenting herself to the outside world, that she had ended up spending very little time paying attention to what was going on inside her. When the feelings inside became so intense she could no longer ignore them, she found she wasn’t even out of practice – she didn’t have the skills to engage what was going on inside her to begin with.

I don’t know if this anecdote is representative of what is going on for a lot of teens in our culture today, but I wouldn’t be surprised if it was. Especially because our culture was not particularly great to begin with at helping us pay attention to what is going on inside us, even before the advent of computers in our pocket, constant social media engagement,

(continued on page 8)

\*\*\*\*\*

### In This Issue

<u>Sunday Mornings</u>	<u>2</u>
<u>Theme Exploration</u>	<u>3</u>
<u>Religious Education News</u>	<u>4</u>
<u>Splinters from the Board</u>	<u>5</u>
<u>Harvest Feast</u>	<u>7</u>
<u>Sharing Gratitude</u>	<u>12</u>
<u>November Calendar</u>	<u>13</u>

\*\*\*\*\*

## To Pay Exquisite Attention

*Rev. Julia Corbett-Hemeyer, Community Minister*

She had been both a colleague and a dear friend of many years. We had supported each other through serious and not-so-serious ups and downs in both our lives. Now the cancer for which she had been in treatment for a year or so was wreaking its inescapable havoc. Further treatment was medically futile and would only have added to her misery. Nonetheless, her dearest hope was to complete a book which she had begun writing prior to her diagnosis. Hospice was called. What Jillian (not her real name) wanted more than anything else was to be adequately free of pain but also clear-headed enough for long enough to finish her book and send it off to her publisher. Hospice was able to provide care that enabled her to meet that

objective. Her pain was managed well enough, without clouding her thinking, to enable her to write. She did not live to see the book published, but died knowing that it would be.

I have been drawn to the concept of hospice care from the first time I learned of it. There comes a time when further medical treatment only worsens suffering, as would have been Jillian’s situation. There is still much that can be done at that point to enhance someone’s quality of life and to support the dying person, family and friends through the process of dying and grieving.

In what follows I have relied heavily on information provided by the National Hospice and Palliative Care Organization and their supporting Foundation,

(continued on page 9)

## Sunday Mornings at Our Church in the Woods

**Service at 10:45 am      November Theme :: Attention**

Our theme for the month of November is Attention. Among other topics, we'll examine the many different ways we pay attention in our lives, and the impact that attention has on our world around us. Special events include our All Souls remembrance ceremony before the service on November 3, Youth Sunday led by our fabulous youth on November 17, and the choir singing on November 24.

**November 3, 24** – Rev. Seth Carrier-Ladd

**November 10** – Jessica James

**November 17** – Youth Sunday

## Religious Education for Children & Youth

**Classes at 10:45 am**

**November 3, 10, 17, 24** - Curriculum Sunday

Join us as we continue our religious exploration!

**November 17** - Youth Sunday

All Middle School and High School youth will be in the service.

## Adult Religious Exploration Offerings

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 on Sunday mornings.

**Adult Discussion Group**  
Every Sunday, 9:30 am  
Red Room

This group is a chance for people with various personal beliefs to get together and openly discuss a variety of topics. You'll find weekly topics listed in the eBlast each Friday.

## Other Monthly Events

There are a variety of regular events on Sunday mornings at UUCM. Be sure to check the calendar for Youth Group meetings, assembling sack lunches for the Soup Kitchen of Muncie, and much, much more... so many opportunities to connect with each other in our beautiful church in the woods!

### 2019-2020 UUCM Themes

**September** – Expectation

**October** – Belonging

**November** – Attention

**December** – Awe

**January** – Integrity

**February** – Resilience

**March** – Wisdom

**April** – Liberation

**May** – Thresholds

**June** – Play

## Theme Exploration – Attention

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 email them to Rev. Seth.

### Sacred Text

*Our sacred text this month is titled “Ambushed into Attention” by Joyce Rupp. She wrote:*

No matter how pressed my life is or how fraught with difficulty, I do eventually wake up. My desire to be aware is restored most often through finally stopping, or being stopped, by the sheer magnificence of creation. I have been ambushed by the power of the moon, held captive by fireflies dancing at dusk, bowled over by wobbly white shoots beneath a rock pushing their way out to life, moved to tears by the sight of a small finch falling from the roof. I have lain on the picnic table and gazed at the stars in sheer ecstasy until I thought the only option for my heart was to die at that moment. I have sat still, stood attentively, hiked happily, skied freely, gardened with quiet vigor, and all with the intention of becoming more aware of life around and within me. When I have freed my spirit to become aware, I have never failed to find meaning and hope, gratitude and peace, comfort and encouragement.

### Questions for Reflection

Who was the first person in your life to offer you their attention, without adding their advice?

When you were young, did your family teach you to look away from uncomfortable truths or to call attention to them?

Have you become too good at staying focused on the wrongs done to you?

Gurus and psychologists alike tell us that we become what we give our attention to. What has more of your attention - and more of yourself - than you want?

What in your life is hungry to be noticed?

### Resources for Going Deeper

Poem: *Noticing* by Janisse Ray

<http://bit.ly/2q46Jji>

Video: *This is Water* by David Foster Wallace

<http://bit.ly/36cfAQm>

### Spiritual Practice

We sometimes ignore the need of our loved ones to be noticed. It's usually not their big needs that we ignore. But on a daily basis, it's all too easy to get... well... busy. Preoccupied. Wrapped up in work. Or worry.

We also know how big of a difference a little attention makes. You see it in your partner's eyes when you take an extra 3 minutes and bring them coffee in bed before you rush out the door with your own mug. Your kid comes home all excited to tell you a story and you have the good sense to put the phone down and look right in their eyes as they spin their yarn. They light up right in front of you.

Yes, we're tired. Yes, life is stressful. Yes, half-hearted attention is not sin. But this month take a week and fight it. Spend a week intentionally finding all the ways you can to give your full attention and full heart to someone near you.

Be sure to pay attention to the difference it makes for and to them, and the difference it makes to what goes on between you.

~~~~~

*The material in this article is sourced directly from our Soul Matters theme packets.*

## Religious Education Corner

**Nadine Tringali**  
*Director of Religious Education*

This month our theme is **Attention**. We have purchased a year-long *Soulful Home* subscription for our families to enjoy! Through this subscription, families will receive a packet at the beginning of each month that is organized around eight distinct family “spaces” with ideas and resources to fill those spaces with UU-theme based exploration. It is about creating memorable and amazing moments! I will be emailing the subscription on the 1<sup>st</sup> of each month.

### **UUCM Bazaar, Boston Bound Booth** **Saturday, November 2, 8 am – 2 pm**

We will have a booth at the bazaar to raise funds for our June 2022 Boston Bound Middle School Heritage Trip. We will be selling beautiful **Harshman cards** and **UU bracelets**.

### **Harvest Feast** **Saturday, November 23, 5:30 pm**

If you will be attending Harvest Feast and your children and/or youth would like to participate as a *reader*, please check out the sign-up sheet in the fellowship hall and sign up for one question or answer.

**Nadine**

## Youth Programs

**Rev. Elizabeth Carrier-Ladd**  
*Coordinator of Youth Programming*

### **Mark Your Calendars!!**

#### **Youth Group**

Sunday, November 3 & 10, 12:30 - 2 pm

#### **Youth Sunday Rehearsal**

Saturday, November 16, 2 – 4:00 pm

#### **Youth Sunday Service**

Sunday, November 17, 10:45 am

**Elizabeth**

The Religious Education Program for Children & Youth is always appreciative of donations of apple juice and cheese crackers for our Sunday morning snack, and packaged cookies, crackers, chips, and pretzels for our Middle School and High School Youth Group meetings.



## Splinters from the Board

*Exploring faith. Practicing inclusivity. Living justice.*



In the book *Healthy Congregations: A Systems Approach*, author Peter L. Steinke says this about leaders in the congregation:

“The people who are most in position to enhance the health of a system (congregation) are precisely those who have been empowered to be responsible, namely the leaders. They set a tone, invite collaboration, make decisions, establish boundaries, encourage self-expression, and restrain the integrity of the whole.”

A later book by Steinke, *Congregational Leadership in Anxious Times*, has the subtitle BEING CALM AND COURAGEOUS NO MATTER WHAT. Our church is enmeshed in anxious times and your elected officials, the UUCM Board of Trustees, are striving for that calm and courageous presence.

You may be saying “nothing seems to be happening.” There is a lot happening, things that will be laying the groundwork for the work we have ahead. Three of us during the past five or six months have talked with Lisa Presley, our MidAmerica regional representative. We are reading and re-reading the By-laws and Procedural Manual to make sure we are making decisions in a fair manner. We are discussing setting boundaries with Rev. Seth in his last year. We are studying about how to be successful leaders using the UUA Congregational Handbook and the UUA’s new on-line program LeaderLab. I have talked with Keith Kron, head of the Director of Transitions at the UUA, about calendar issues concerning finding an interim. To add to our busy-ness, **Mary Johnson Robey** is co-chairing the bazaar, **John Bartlett** has gotten Program Council off to a great start this church year and is doing

computer work for the church, **Emily Wornell** is doing much of the writing for the board and has activated the long-range task force, **Brandon Mundell** is keeping good records of the board business and the reconciliation process, and **Jennifer Hollems** is handling ALL the money issues pertaining to our church. We take this business of being board members very seriously and are working to the best of our abilities.

What have we learned so far this church year?

- We are learning to be patient. For an anxious congregation, patience may be the most difficult concept to understand. The board had planned to start a “healing” activity in August/September. We were strongly advised that we were definitely not ready as a congregation to undertake this project. We had not set proper purposes and goals, it would be too much like the listening sessions and, while this may be hard for some of you, we would be better waiting until Rev. Seth is gone to do the in-depth work the congregation needs to do to reconcile the differences and hurts. We were told take some time to build trust with each other, time to remember why we love this church, and time to have fun. After much discussion, we think this is a prudent first step.
- We are learning to inform the congregation of our progress and be transparent with our decisions. For several years, the board has been remanded for not being transparent, we want to change that.
- We are learning about the philosophy that good can grow out of conflict. At this time, many of us are feeling discouraged about the state of our church, but the board thinks that with positive energy and creativity, this conflict can become a growing and learning experience from which we will emerge stronger.
- We do realize that in the future, we will need a third party to help us learn who we are,

(continued on page 10)

## Community in Transition and Transparency

*Emily Wornell, President Elect*

After discussions with members of the congregation and the UUA, our own research regarding leadership transitions, and careful deliberation with each other, we have established an operational framework for the remaining months of Rev. Seth's tenure. Coming to this decision was a difficult balancing act between disparate concerns and frustrations within the congregation and our collective hope for the future of our community. There are elements of this framework that you might not like; we hope there are other pieces that you agree with, and – ultimately – that we can all support each other going forward regardless of our shared or differing views of what this process should look like.

The main underlying concept of this framework is *transition*. We are in a long transitional period of phasing the current leadership out and bringing new leadership in. Frankly, there is little that can or should be attempted during major transitional periods, especially those involving a change in leadership. This is a process that must be taken slowly and deliberately if it is to be successful. Additionally, the current board is dedicated to maintaining the boundaries that were outlined by the board when Rev. Seth's resignation was accepted and announced.

With this background in mind, there are three important aspects of this framework that we want to convey to you all:

1) *No new programming or major operational changes*: another way to read this is, "maintain the status quo." The status quo constrains two things: the congregation, and the leadership/staff. In terms of the congregation, while many of us would like to see new reconciliation programming start, much of the work that needs to be done is unlikely to be effective while Revs. Seth and Elizabeth remain in their positions. This is not to speak badly of either them or the members of our congregation who have grievances against

them, it is just to say that it will be difficult to turn our focus away from individuals and onto the underlining challenges our church faces while they are still here. We have also made it clear to Rev. Seth and the staff that the church will not be undertaking any new educational programming or changes to the service during this time, which was part of the original announcement regarding Rev. Seth's resignation, which said that Rev. Seth "will not make or initiate significant changes within the church."

- 2) *Revs. Seth and Elizabeth's roles and presence in the church will be limited*: when Rev. Seth's resignation was first announced, the then board said that his activities would be limited to Sunday services, pastoral care, administrating the staff, and participating with the Board of Trustees, Committee on Ministries, and Worship and Pastoral Associates. The current board is dedicated to sticking with these original boundaries, with two slight adjustments. "Administering staff" has been changed to "administration," as some of the basic day-to-day office work Rev. Seth does would not fall under "staff" but is still administration, and we clarified that Rites of Passage (funerals, weddings, etc.) are part of pastoral care. What this means is that Revs. Seth and Elizabeth will not be involved in committees (outside those already outlined) or other extracurricular church events. We recognize and accept that this restraint may be frustrating and/or unnecessary to some of you, but as we transition Revs. Seth and Elizabeth out, we hope that this restraint will make it easier for those who have left our community to transition back in.
- 3) *Communication and transparency*: a common expression of frustration with the board has been the lack of transparency. We are working

(continued on page 11)



## Harvest Feast :: Saturday, November 23

Mark your calendars! November 23, 5:30 pm, is the date of this year's Harvest Feast, the festive event that celebrates our community and opens our holiday season.

We are trying some new things this year. **Brandon Mundel** will be our Harvest Feast emcee. In keeping with our Green philosophy to reduce the use of plastics and amount of trash produced and to shorten clean up time, we are asking that you bring your own place settings (silverware, plates, and glassware.) Limited amounts of place settings will be supplied by the Fellowship Committee for those who forget or arrive unaware that we are trying something different.

The church will provide turkey, coffee and cider. Please bring your favorite side dish to serve at least twelve people, and your own bottle of wine if you desire it. Desserts, salads, vegetables, breads... all will be welcome. After all, It's a feast!

Sign-up sheets will be posted in the foyer the first week in November. We need to know what you will bring and how many will be in your party - 2 sign-up sheets in other words. One to tell us how many and the other that tells what you will bring. Children will eat with their families but if you need preschool age childcare during the program preceding the meal, sign up for that on the third sheet. All children will be with their families during the meal.

One of the unique and special components of the Harvest Feast program is the sharing of family ancestry stories. We are looking for volunteers to share a brief (1 to 2-minute) story of an ancestor who came to the US. Anyone interested in sharing a story should send a brief statement indicating who is the ancestor you'd like to hold up (name and relation to you), what part of the world they were from, and (very briefly) what is special about their story. We hope to include everyone's stories, but if we get an overwhelming number of volunteers, we may have to ask a few volunteers to defer to next year. Please contact Brandon at [brandon@toysforeverhobbies.com](mailto:brandon@toysforeverhobbies.com) or 765-289-7574 with questions and to express your interest.

Whether you are sharing a story or simply coming to enjoy the excellent food, the program, and the amazing company, we hope you'll join us! As always, you are welcome to invite friends. Please RSVP in advance so we know how many turkeys to buy. Suggested donations that will be collected at the door: \$5 for adults; \$2 for children 12 and under. No charge for childcare.

November 23... 5:30 pm... FEAST!

### Paying Attention: What’s Going on Inside?

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

and digital social interaction sometimes far outpacing in person engagement. Men in particular have often received the opposite message of paying attention to what’s going inside – the norms of toxic masculinity in our country dictate that men showing or experiencing feelings are weak, and that to be appropriately strong, men need to shove any negative feelings down and always feel and project strength.

Even for women, who are more encouraged by our culture to have and explore their feelings, engagement with feelings can be hit or miss, often depending on whether feelings were acceptable or not in their family of origin. What was your experience in our family you grew up in? Were feelings welcomed, or dismissed? Did adults model talking about and exploring what feelings meant, or were feelings not discussed at all? What kind of pay attention to what was happening inside did you learn at home?

Understanding to what was happening inside me was something I struggled with as teenager and young adult. I was so anxious in my early twenties that I sought out a therapist. I would regularly show up for my appointments all twisted into knots, and then we would set out together to figure out what had happened that caused this particular round of stress. One of my goals became to pay attention, and try to increase my awareness of when an experience would set off my anxiety. I remember clearly to this day, the first time I caught it in the moment. I was having lunch with a group of friends during an all-day volunteering experience, and lunch was provided to us. As the bags of chips were handed out, someone grabbed the last bag of the kind I wanted, and it happened! I started getting super anxious, and spinning out – and, with my practice of paying attention, I was aware of it in the moment! I jumped up, excused myself, and went to the bathroom, so I could try to talk myself down. I wasn’t actually able to do that in the moment, I still spun out, and still had to work through that in my

next therapy session, but it was the first time I was aware in the moment it was happening! Huge progress!

Some of you may be super-advanced in your ability to pay attention and know what’s going on inside, and some of you may still have a lot of learning left to do. There is no right or wrong with this, no good or bad, no judgment – just an opportunity to learn and grow if you wish. I will say for myself, that all the practice I have put in towards paying attention to what’s going on inside me has been well worth it for me. I have found the more I am able to be aware of what’s going on inside, the better able I am to navigate my feelings, and to be happy in my life.

As we move forward into this month of November, I hope we are able to explore questions like this as we continue to explore our theme of Attention. There is so much that is deserving of our attention in this world, and so many demands on that same attention. There are also things we sometimes avoid paying attention to that are worthy of the attention they are not receiving. I look forward to exploring all this and more together with you.

\* \* \* \* \*

I also have one more unrelated item about attention to address with you all. If you have not already read the article from the Board of Trustees on [page 6](#) in this issue titled “Community in Transition and Transparency,” I encourage you to do so. It outlines the board’s decision that my wife, Elizabeth, and I have been asked to limit our engagement with the congregation this year in our role as staff members – please see their article for details on what that means. We wanted to make sure that you all know that our decrease in “attention” and presence with you at social and other church events, such as the Bazaar and the Harvest Feast, is simply us trying to serve as directed, and is not reflective of the value we place on our connection with this community. It saddens both of us deeply that we will be seeing less of all of you in our remaining months with you than we had planned. We hope to see as much as of you as we can on Sundays, at the service and in youth

(continued on page 10)



## To Pay Exquisite Attention

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

along with other sources. This nonprofit organization is the nation's largest that represents hospice and palliative care programs and professionals. It advocates for patients and families, develops educational programs and materials, and conducts research.

November has been designated as National Hospice and Palliative Care Month. These two are similar but not the same. People often confuse them. While palliative care is sometimes administered by a hospice organization there are major differences.

- With palliative care people can also receive curative treatments that may cure their illness; hospice treatments are aimed solely at relieving symptoms and providing support, not curing. Since there are no time limits on when someone can receive palliative care, it is available to patients who want and need comfort at any stage of any disease, whether terminal or chronic. In a palliative care program, there is no expectation that life-prolonging therapies will be avoided.
- Hospice care typically begins when the person is thought to have six months or less to live (although that isn't a hard-and-fast rule). Palliative care for those with a serious or chronic illness can begin any time, including at the time of diagnosis.
- Medicare pays for hospice for those who are covered while only some palliative treatments are covered.
- Medicaid covers all hospice charges in 47 states, but it only covers some palliative care treatments.
- Most private insurance plans have hospice benefits, while there are few if any palliative care packages available through most private insurers.
- The average life expectancy for someone in hospice care is a matter of months, while it is typically a matter of years for someone in palliative care.

While both may entail similar services, I will focus on hospice. But first a little history. In Western society, the concept of hospice has been evolving in Europe since the 11th century. Then, and for centuries thereafter in Roman Catholic tradition, hospices were places of hospitality for the sick, wounded, or dying, as well as those for travelers and pilgrims [thus relating it to the concept of hostel]. The modern concept of hospice includes palliative care for the incurably ill given in such institutions as hospitals or nursing homes; care can also be provided to those who would rather spend their last months and days of life in their own homes. The first modern hospice care was created by Dame Cicely Saunders in 1967. Dame Cicely expressed the goal of hospice care this way: "You matter because you are you, and you matter to the end of your life. We will do all we can not only to help you die peacefully, but also to live until you die."

Hospice provides services to support both the dying person and their family members and friends. Typically, care is provided by an extensive specially trained care team. The group of people usually includes a primary care doctor, nurses, home health aides, spiritual counselors, social workers, pharmacists, trained hospice volunteers, and bereavement counselors. The primary care physician and attendant nurses coordinate all aspects of the patient's care. Home health aides help patients with personal care and daily maintenance.

- Coordinating an overall care plan.
- Managing pain, nausea, anxiety and other symptoms.
- Assistance with daily care such as eating, bathing and dressing.
- Access to any needed medical supplies.
- Professional counseling (from mental health professionals, social workers and chaplains as requested) for the patient and their family members.
- Caregiving assistance or respite care from the primary care givers.

(continued on page 10)

## Splinters from the Board

**Caroline Sullivan** (continued from page 5)

what we are, and how we want to be with each other. People may be thinking “everything seems fine, decisions have been made, we are talking to each other, etc. etc.” On the surface, yes, we seem fine, but there is much more underlying work to be done to become a healthy congregation.

The board is truly working with this difficult situation but the success of any endeavor at the church depends on you, the congregation. Here is how you can be a part of future events:

- November 2<sup>nd</sup> BAZAAR; come help and then shop
- November 3<sup>rd</sup> CHAT AFTER CHURCH with your board of trustees for a more in-depth discussion of where we are now
- November 9<sup>th</sup> RUMMAGE SALE; shop, help or both
- November 13<sup>th</sup> BOARD MEETING visitors always welcome
- November 23<sup>rd</sup> HARVEST FEAST—holiday kickoff at UUCM
- December: tree decorating, Santa Lucia, candlelight service
- Church; come relish that peaceful hour of words and music and catch up with friends
- *Talk with board members, we want to hear your ideas and opinions*

This is not the time to stay away from church. These are times to build trust, remember why you love this church and most definitely, to have fun. The board asks you to join us as we make our congregation stronger and ready to face the future.

Yours in leadership and love,

**Caroline Sullivan**

## Paying Attention: What’s Going on Inside?

**Rev. Seth Carrier-Ladd** (continued from page 8)

programming respectively, and invite you to set up one-on-one meetings, or just conversations over a cup of coffee, with either of us if you’d like to connect.

peace, love and blessings,

**Rev. Seth**

## To Pay Exquisite Attention

**Rev. Julia Corbett-Hemeyer** (continued from page 9)

Ultimately, hospice care focuses on helping patients relieve their symptoms while providing these patients and their family with support during their final months. Entering hospice does not mean “giving up.” Nor does hospice “help people to die” in the sense of shortening their lives, both common misperceptions. Hospice is a change of focus, from curing illness or prolonging life at whatever cost to providing comfort and symptom management, enabling people to live the best life possible in their final stage of life.

Christine McDougall’s poetic reflection, “Liminal,” reminds us that the threshold experiences such as dying, the in-between points of our lives call for our utmost attention.

The space between  
Neither this nor that  
Ripe, potent, uncertain, shaky  
A Dawning, A Dusking...  
The immanent threshold emerging  
crossing...to what?  
Slow down  
The moment is calling you  
to pay...exquisite....attention...

Hospice care pays exquisite attention to the *person* in their wholeness, including their social context. Hospice teams companion those who are dying and those who love them. As Dame Cicely Saunders said, “We will do all we can not only to help you die peacefully, but also to live until you die.”

**Rev. Julia**

## Sleeping Room Volunteers Needed

For many years our church has provided volunteers to bring breakfast and dinner to the men staying at the Christian Ministries Men's Sleeping Room during the Thanksgiving and Christmas weeks. The holiday season is just around the corner, so the Feeding Our Hungry Neighbors Task Force is again looking for folks to sign up.

Could you commit to bringing breakfast at 6am or dinner at 6pm on a morning or evening on one of these weeks: November 24-30 and December 22-28? It would mean a lot to these men, and we can pair new and experienced volunteers. This really is a wonderful chance for living social justice.

A special note to families with elementary children on up: This is a great way for kids to learn about the difference they can make by helping out folks in their community. The setting is very friendly, the group of men is small (6 – 12 men), and children can do simple things to help. The men are always grateful, and it can be especially nice to get that personal thank you.

Additionally, Christian Ministries gets more grant monies when they can show that they've recruited new volunteers to help out. While we love our regular folks who come through time after time (really – we're so thankful!), we'd like to get more newbies out to the Sleeping Room. It doesn't take fabulous cooking abilities -- you could honestly pick up pizza and they'd be happy! Or sandwich fixings and a veggie tray!

**Michael Seregow** has kindly agreed to be our contact person for this project. Look for him in the foyer after service in November and listen for announcements in church for more information. Thanks for considering helping us out!

## Community in Transition and Transparency

**Emily Wornell** (continued from page 6)

hard to change this. That means that we will regularly checking in with the congregation and answer questions about our decisions. We always want your input, and you are more than welcome to our meetings. This also means that we will be talking about this transition ... a lot. Again, we recognize that while some of you appreciate this discussion, others of you may feel like we're poking an old wound. While we hope to make these discussions optional (after church, for example, rather than during service), we do hope that you will choose to engage, and that we can all look to the future of our community together.

Finally, we want to be clear that it is *okay!* to disagree with us. It is okay to be mad or frustrated with our decisions. If you find yourself in this position, please come speak to us, either individually or as a group at our regular board meeting. We will continually strive to hear your opinions and concerns and take them into consideration when making decisions. It isn't reasonable for us to expect that everyone will agree, especially in a group as large, diverse, and opinionated as our beloved community. It *is* reasonable, however, to expect everyone to remain respectful during times of conflict and disagreement. We promise you that we will remain respectful and ask that you do the same for us and each other. We are all doing the best we can under these difficult circumstances. Let's move forward together in love, if not always in agreement.

**Emily Wornell**

President Elect

## Sharing Gratitude

The Property Maintenance Committee would like to thank the following hearty souls who ventured out on a rainy day for a congregational workday on October 26. Laughter and visiting could be heard while also working hard to complete various jobs inside and outside the church. Thank you so much to all of you for jobs well done!!

**Bruce & Judy Craig, John Taylor, Cindy Peters, Eleanor Trawick, Linda Morton, John McKillip, Susan Bossung, Mike & Caroline Sullivan, Bonnie Willy, Jim Wingate, Patrick Beard, Bill Frederick, Holly Hanauer, Jane Meyer, Jeanne Rutherford, Carolyn Harris, Elsbeth Fritz, Carolyn Cooley.**

The PM committee would also like to than **Brandon Mundell** for bringing his scaffolding and changing 2 lights in the sanctuary – yay Brandon!!



*If you have a gratitude you'd like to submit for the next Unigram, please send it to [uucm@uuchurchmuncie.org](mailto:uucm@uuchurchmuncie.org), subject line "Sharing Gratitude."*



## November 2019 UUCM Calendar

Online calendar: <http://www.uuchurchmuncie.org/members/calendar/>

### Regular Weekly Events

|                                                 |            |                |
|-------------------------------------------------|------------|----------------|
| Adult Discussion Group                          | Sundays    | 9:30 am        |
| Worship Service                                 | Sundays    | 10:45 am       |
| Religious Exploration for Children & Youth      | Sundays    | 10:45 am       |
| Body Life Dinner                                | Tuesdays   | 6:00 pm        |
| OWL 4-6                                         | Tuesdays   | 7:00 pm        |
| Choir Rehearsal                                 | Tuesdays   | 7:30 – 9:00 pm |
| Revival Hour (see online calendar for location) | Wednesdays | 5:30 pm        |

### November Events & Activities

|                                              |           |           |          |
|----------------------------------------------|-----------|-----------|----------|
| Bazaar in the Woods: Final Donation Drop Off | Friday    | Nov 1     | Noon-7pm |
| <b>122<sup>nd</sup> Bazaar in the Woods</b>  | Saturday  | Nov 2     | 8am-2pm  |
| Chat with the Board of Trustees              | Sunday    | Nov 3     | 12:15 pm |
| OWL 7-9                                      | Sunday    | Nov 3     | 2:15 pm  |
| Worship Associates                           | Wednesday | Nov 6     | 7:00 pm  |
| Rummage Sale Prep                            | Friday    | Nov 8     | 6:30 pm  |
| <b>Post-Bazaar Rummage Sale</b>              | Saturday  | Nov 9     | 8am-noon |
| Roots & Wings :: New Member Class            | Sunday    | Nov 10    | 12:15 pm |
| Social Justice Committee                     | Monday    | Nov 11    | 7:30 pm  |
| Pastoral Associates                          | Tuesday   | Nov 12    | 4:15 pm  |
| Board of Trustees                            | Wednesday | Nov 13    | 6:30 pm  |
| Youth Sunday Rehearsal                       | Saturday  | Nov 16    | 2:00 pm  |
| New Member Signing Ceremony                  | Sunday    | Nov 17    | 10:15 am |
| Adult Discussion Committee                   | Sunday    | Nov 17    | 12:15 pm |
| Stewardship Committee                        | Sunday    | Nov 18    | 6:30 pm  |
| Unigram Submission Deadline                  | Wednesday | Nov 20    | 9:00 am  |
| Program Council                              | Wednesday | Nov 20    | 7:00 pm  |
| Committee on Ministries                      | Thursday  | Nov 21    | 7:00 pm  |
| <b>Harvest Feast</b>                         | Saturday  | Nov 23    | 5:30 pm  |
| Sack Lunches for Soup Kitchen of Muncie      | Sunday    | Nov 24    | 9:30 am  |
| Choir Rehearsal                              | Sunday    | Nov 24    | 9:45 am  |
| OWL 7-9                                      | Sunday    | Nov 24    | 2:15 pm  |
| Church Office Closed                         | Thu-Fri   | Nov 28-29 |          |

### Chat with the UUCM Board of Trustees

The Board of Trustees will be having an information session after church November 3rd. We will be discussing Seth's role in the coming year and plans for moving forward. There will be time for questions and comments.

Grab your coffee and join us.

### Rummage Sale

#### November 9, 8am-noon

*November 8:* Come, help with the final set-up Friday, 6:30 to 8:30 pm. Most of the rummage will be Bazaar leftovers. But additional donations will be accepted until 7:00 pm Friday evening. NO large exercise equipment, large or baby furniture, tires, or textbooks.

If in doubt, call **Jane Meyer** at 282-0967.

*November 9:* Our huge rummage sale will be Saturday morning, 8:00 am to noon. Please sign up for a two-hour shift to help make the sale go smoothly. Folks will need help gathering their purchases, packing them, and getting them to their cars. We will need to constantly straighten up the piles and keep things tidy all morning.

At noon we will need to bag, box, and stack the leftovers which The Muncie Mission and Friends of Muncie Public Library will pick up.

AND all week we need to arrange Bazaar leftovers and incoming donations on the appropriate tables. The tables will be in place Monday morning with signs to direct you. Please pitch in and help sort!

Contact **Jane Meyer**, 282-0967. She needs to know that she can count on you to help!

## UUCM Staff & Leadership

**Rev. Seth Carrier-Ladd, Minister**  
[seth@uuchurchmuncie.org](mailto:seth@uuchurchmuncie.org)

**Rev. Julia Corbett-Hemeyer, Community Minister**  
[julia@uuchurchmuncie.org](mailto:julia@uuchurchmuncie.org)

**Nadine Tringali, Director of Religious Education**  
[nadine@uuchurchmuncie.org](mailto:nadine@uuchurchmuncie.org)

**Christie Williams, Office Administrator**  
[christie@uuchurchmuncie.org](mailto:christie@uuchurchmuncie.org)

**Dr. James Helton, Director of Music**  
[jim@uuchurchmuncie.org](mailto:jim@uuchurchmuncie.org)

**Rev. Elizabeth Carrier-Ladd, Coordinator of Youth Programs**  
[elizabeth@uuchurchmuncie.org](mailto:elizabeth@uuchurchmuncie.org)

**Marcel Ramalho, Choir Director**  
[marcel@uuchurchmuncie.org](mailto:marcel@uuchurchmuncie.org)

### Board of Trustees

**Caroline Sullivan**  
President

**Emily Wornell**  
President Elect

**John Bartlett**  
Vice President

**Brandon Mundell**  
Secretary

**Jennifer Hollems**  
Treasurer

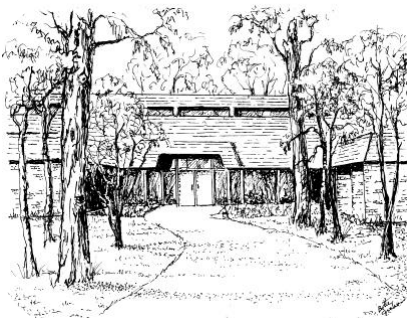
**Mary Johnson Robey**  
Past President

765.288.9561 | [uucm@uuchurchmuncie.org](mailto:uucm@uuchurchmuncie.org) | [www.uuchurchmuncie.org](http://www.uuchurchmuncie.org)

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

## Unitarian Universalist Church of Muncie

4800 West Bradford Drive  
Muncie, IN 47304



Non-Profit Org.  
U.S. Postage Paid  
Permit 635  
Muncie, IN

Return Service  
Requested

**DATED MATERIAL**