



the UNIGRAM

Goal Setting and Goal Getting

Rev. Dr. Joel Tishken, Acting Minister

Happy 2023! Here we are at the beginning of another calendar year. And with it comes the annual advertising blitz for all the services and products people need to go along with their new year’s resolutions: dating sites and apps, gym memberships, exercise equipment, diet pills, teeth aligners...and on the list could go. Some of the messages are a bit problematic or superficial. Some of it is there to support genuine needs people have to improve their lives. The impulse and desire to improve ourselves, and grow, is very human, and it’s laudable. The problem is that too often resolutions end up having the opposite effect. We often don’t achieve them in the way we originally imagined them, and instead of improving us, they erode our sense of self because we failed at the thing. Today I want to get us thinking about how we can be more successful in achieving our resolutions and goals.

Where we sometimes go awry, I believe, is that in working toward a goal, we often make two kinds of mistakes. One common mistake many of us make is that our first steps toward the goal are inauthentic. Let me give you a personal example. If I wished to set the goal of getting more

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Splinters from the Board

Eleanor Trawick, President

February is Stewardship Month in UUCM, the time for members and friends to make our pledges to the church for the 2023–2024 budget year. February is also the month of Valentine’s Day, so it is appropriate that “♥ UUCM” is the motto for this year’s stewardship campaign. My theme for this month’s column is love—love, and also giving to the church.

♥ Universalism. The part of our Unitarian and Universalist heritage that resonates the most with me is the Universalist side, the idea that God is love. I don’t believe there is a God (or god), but I do believe that, if there were a God, she would love all people unconditionally. I believe that love needs to be at the center of my faith and my religious practice. Reason

and rationality will only get us so far; they don’t counter selfishness and self-dealing, but love does. Love leads in the direction of generosity, of social justice, of trying to make the world a better place.

♥ our staff. In this year’s budget, pledges and gifts are \$287,500, or 91.6% of the total \$313,770 projected income of the church. Basically all the money for paying our staff and running our programs comes out of pledges. Because we are UUs, “paying our staff” is more than a transaction. It is a value. We value giving our staff a fair compensation for their services, including raises to keep up with inflation, and health insurance and benefits that honor their humanity.

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Sunday Mornings at Our Church in the Woods

Multi-Platform Worship 10:45 am Online Service: <https://bit.ly/UUCMSundayService>

This month's Dedicated Offering recipient is MLK Dream Team.

The offering will be collected January 8 & 15.

January 1 – “Who We Are and Who We Hope to Be” Rev. Julia Corbett-Hemeyer

January 8 – “What Ought to Be, Will It Be?” Rev. Derek Parker

Rev. Derek will lead us through an exploration of one of the Us in UU - Universalism. A relevant topic for the Muncie church, which was for more than a century, the flagship Universalist church in Indiana. Through time, and all our diversity and reforms, what has Universalism been? This is a time to dig deeper into some of the spirituality within our own house.

January 15 – “Prayer at All Angles” Rev. Joel Tishken

Prayer comes in many forms with many purposes. Join us as we explore options from around the world of what prayer can be. We'll examine prayer horizontally (at zero degrees), vertically (at 90 degrees), and at angles between.

January 22 – “Freedom of Thought: From Michael Servetus to the Last Blasphemer in Boston” Rev. Jamie Hinson-Rieger

With book-bannings in the news again, teachers under fire for giving kids access to books, and librarians and churches drawing armed groups of protestors for hosting LGBTQ themed events, we celebrate Unitarian Universalism's history of defending freedom of thought and expression. Come learn the inspiring stories of those who have pushed boundaries and sometimes paid a price.

January 29 – 8th Principle Rev. Joel Tishken

Religious Education for Children & Youth

RE Program – 10:45 am Sundays

All children begin in the Sanctuary with their grownups and church community. Families are invited to sit wherever they are comfortable, plus, we have an area designed for young families with pillows, books, and a variety of manipulatives up front by the glass doors, where little ones can see what's going on during the service.

Following the Story for All Ages and the Lighting of the Children’s Lantern portions of the service, the congregation sings the children out to their Religious Education class. A family's grownups are always welcome to attend class with their children!

A nursery for infants and toddlers up to 23 months is available starting at 10:30am.

For more information about our Religious Education Program, please contact our Acting Director of Religious Education, **Susanne Hinson-Rieger**, at susanne@uuchurchmuncie.org or 317-418-1679 (voice or text).

Adult Religious Exploration

Adult Discussion Group
Every Sunday, 9:15 am
Via Zoom

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 and a Zoom link in the eBlast each Friday.

 **UUCM Today and Tomorrow**

What do you love about the Unitarian Universalist Church of Muncie? Take a moment and think about some of your favorite memories. The people you've met. The music that has moved you. The homilies that have inspired you. The acceptance you feel. As we enter the season for the annual pledge drive, the Stewardship Committee asks you to think of these things as you consider your support for the church.

In the next few days, you will receive a letter and pledge form from the Stewardship Committee. Please read it and consider a pledge that is appropriate for you. The Sunday services for February 5 and 12 will be dedicated to showing our love and hopes for the church. Rev. Dr. Joel will be in the pulpit on Feb. 5 with a special love-themed sermon. The children in RE will make valentines that day to display on Feb. 12, as we continue the theme of love. On this final day of the pledge drive, we'll have a celebration of all that the church brings to us and the community at large. Acting DRE Susanne Hinson-Rieger will speak about Religious Education and what it means to the present and future of a congregation. Members of the congregation will have the opportunity to share why UUCM is important to them and their hopes for the future. The choir will sing, the fellowship committee will bring refreshments, and there will be a big valentine box for your pledges.

You are the heart of our church. Your support makes the UUCM a haven for those who cannot find a spiritual home at other churches. We actively support organizations in our community that provide critical services for people and our environment. We welcome people of all identities. Come on February 5 and 12 to celebrate our church and pledge your support for its work going forward.

If you can't attend either of these services to bring your pledge in person, you can mail it to the church office or pledge online at the members link in the UUCM website

<http://www.uuchurchmuncie.org/members/forms-and-information/#pledging>. Please help the Finance Committee as they create the 2023-24 budget by making your pledge on or before February 12.

MLK Day Volunteering is ON at Second Harvest

Please save time the morning of Monday, January 16, 2023 from 10 am – 12:00 noon to come out and join with other UUs at the Second Harvest Foodbank Warehouse on whatever project Second Harvest needs help with. There are usually Ball State students pitching in that day, too. Good to work with others who also want to turn their day OFF into a day ON for service! Note: Kids 12 and up are also welcome.

Here is the link to register so Second Harvest knows to expect you: <https://givepul.se/qwudw5>
If you prefer, you can simply give Kellie Arrowood at Second Harvest a phone call or an email to register. Kellie's contact info is karrowood@curehunger.org or 765-287-8698 ext 115.

Thank you for being generous with your time!

~Feeding Our Hungry Neighbors Task Force

If you could fundraise for UUCM without *really* doing anything, why wouldn't you?



You're already doing it... why not raise money at the same time?

If you go grocery shopping, travel, do any online shopping, or buy gift cards as presents - RaiseRight is made for you! Choose from 750+ brands and a percentage of your purchase total is donated from the retailer to UUCM. No additional money out of your pocket.

The options are endless! A few examples:

- Buying a new dishwasher from Lowe's? Take a few minutes to buy a Lowe's eGift card and use it to help pay for your new appliance... 4% of the total is donated to UUCM.
- Getting a GameStop gift card for that kid who loves gaming? Buy it through RaiseRight... 5% is donated to UUCM.
- Stocking up on holiday groceries at Meijer? Buy some gift cards ahead of time to use when you shop... 3% is donated to UUCM.
- Those teens in your life love to eat at Applebee's and Olive Garden? Snag them some gift cards... 8% is donated to UUCM.
- Buying something from Apple? Grab a gift card to help pay for it... 5% is donated to UUCM.
- SO MANY MORE EXAMPLES EXIST

So, you know how to use traditional, plastic gift cards, but how do you use eGift cards? Or **gasp** **reloadable** gift cards?! [Check out the flyer here.](#)

There are two ways to participate – order online at www.raiseright.com or download the app to your smartphone. For a quick tutorial on the app, check out this [YouTube video](#).

Sign up instructions - and other FAQs - are available through this online document linked [here](#).

Still confused? A bit hesitant? Want someone to walk you through it? Contact Denise Ewing with the fundraising committee at dewing218@gmail.com or 317-650-8031.

Goal Setting and Goal Getting

Rev. Joel Tishken (continued from page 1)

exercise, buying a gym membership, for me, would be an inauthentic first step. Exercise machines make me feel like a hamster on a wheel. I'm bored within minutes and I have such a miserable experience that talking myself into going back again takes a lot of effort. All those ads for gym memberships and exercise equipment are designed to be very tempting. And it's very easy to think, I have this goal, there's my first step. Good for me, I took a step toward my goal. But if I'm being real and honest with myself, I know deep down that that would be a phony and inauthentic step for me to take. I can create a narrative in my head that this time will be different. Or it's my new year's resolution, so this time I'm going to do it. But I know those narratives are false and I can't imagine a time when exercise machines will ever be something I can commit to. In buying a gym membership, all I'm doing is making myself feel good for having done something, when in reality I've embedded self-sabotage and failure from the get-go. I know myself well enough to know that I despise the gym. Where will I end up? Not at the gym. I'll end up circling right back to the same goal again another day. Or perhaps I'll become mired in negative self-talk about how I can never accomplish my goals.

If I actually want to fulfill the goal, and not simply take a phony first step for short-term gratification, I would be far better served in ignoring cultural messaging and having other people tell me how to work toward my goal, and instead consider what are the things about me that would be a pitfall and which would be a good practice? How do I reach that goal in a way that works for me? What would work for me would be finding a walking buddy, committing myself to a calendar of Nature walks, getting to the roller rink, or making some friends at pickleball to help motivate me to attend more often—those are the things that would make me enjoy exercise, fold in some accountability, and make it easier to keep doing it. Those first steps are, for me, genuine and authentic.

A second and related common mistake we make is that we set goals that are not right-sized. Sometimes the goals are simply too big. Or sometimes we lack a solid path of how to achieve them. I had a friend growing up that I kept in touch with into young adulthood. Let's call him Sigmund. One time I went over to his place and he had magazine pictures taped to his wall: a large speed boat, an expensive sports car, a big house, and some others, and they were all material things. And he told me he had attended a seminar from a guy who got rich quick. And this is how you do it. You visualize how you're going to spend your millions, and then you put images of them around so you see them all the time. And then because you're always seeing your goals, somehow, someday, they'll come true. Is there power in positive thinking and in visualization? There sure is. On the other hand, looking at pictures has never made anyone rich. What are the steps to get from pictures to wealth? Sigmund didn't have any kind of a plan or anything to act on beyond pictures=wealth, because a rich guy said so.

Author Hilary "Zig" Ziglar wrote, "A goal properly set is halfway reached." All of our goals, especially the big ones, need a vision and a plan. We need to have a way to gain a sense of accomplishment and confidence along the way. Perhaps it might be helpful sometimes to think of how pilgrimages work. A pilgrimage, a spiritual walking journey, has stations. A pilgrimage might have the overall goal of walking 200 or 300 miles. But when you start out on that first day, your goal is to get to the first station, typically 10-15 miles. And the next day, another station, and then another. They eventually add up to hundreds of miles. But if you started out on that first day determined to walk 300 miles, it would probably be too daunting and intimidating for many of us. But when we break it down into many digestible and achievable goals, the grander goal becomes much more realistic and easier to achieve. Goals are generally easier when we break them down into achievable pieces rather than staring down the whole path from start to finish.

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Goal Setting and Goal Getting

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Setting an authentic, right-sized goal with good signposting to create a sense of accomplishment along the way, is one approach to goal getting. It's an approach that emphasizes the authenticity and genuineness of goals, and what we do to work toward them, by insuring that they come from within. I'm offering it for your consideration. However, this approach is by no means authoritative or the only one worth considering. Perhaps the best step we can take toward advancing a goal is to consider options and alternatives to the culturally dominant new year's resolution. What has or has not worked for you in the past, and why? What could be some alternative approaches that might be even more effective? I wish each of you the best in finding the goal-setting and goal-getting strategies that best matches who you are. Capitalism has lots of ideas for us all. But that doesn't mean that commercials are the best place for our goals or strategies. May your 2023 be filled with many blessings and achievements.

~Rev. Joel

Pastoral Associates

I (Rev. Julia) will be leaving for Florida January 10th. Our dedicated team of Pastoral Associates, along with Rev. Joel, are prepared to provide pastoral care in my absence. As a reminder, our Pastoral Associates are Leslie Duvall, Mary Johnson, Jerry McKean, and Caroline Sullivan. You'll have opportunities to see them as they will also be helping out with Joys and Concerns.

I will be checking email regularly and am happy to provide whatever assistance I can via email, and we can set up a Zoom call if you would like. I'll be attending staff meetings, writing my usual columns, participating in the Zoom congregation on at least most Sunday mornings, and remain involved in other ways as they arise.

We don't have landline phone service there, so while I'm away, I use my cellphone. If you want to reach me, that number (not in our directory) is 765-730-3101. Please use this number *only* from January 8th through March 9th.

I shall miss you all and look forward to returning!

~Rev. Julia and the Pastoral Associates

Splinters from the Board

Eleanor Trawick, President (continued from page 1)

♥ our values. We are currently in search both for a full-time minister and also for a Lifespan Director of Religious Education. Our ability to pay a competitive salary is one of the most important factors in our ability to attract and hire the best candidates for these positions. So there is a cold calculation of costs and benefits to be made. Reason and rationality, it turns out, argue for offering salaries as generous as we can make them—but so do our values, so does love.

♥ for people. "Running our programs" is about the people those programs serve, both within and beyond the congregation. We love our children, so in R.E. we teach them inclusive religious values, and in O.W.L. we teach them age-appropriate information about intimacy and sexuality. We love one another, and our fellowship programs bring us together to socialize and share meals, just as Sunday

morning worship brings us together to learn and to think about the big questions.

♥ our community. As UUs, we choose to Side With Love (sidewithlove.org), and that means doing what we can to promote fairness, inclusion, and sustainability both locally and more broadly. Programs in our church such as the Caring Committee and the minister's discretionary fund help out members and friends of the congregation in temporary need. The Feeding Our Hungry Neighbors ministry assists others in the community who are food-insecure.

♥ UUCM. Love is an action. The most meaningful sort of love is not something you *feel*; it is something you *do*. Making and paying an annual pledge to the church is one way to *do* love. Please make a pledge during the pledging period (so that the Stewardship Committee doesn't have to hunt you down!) Please pledge at least as much as you did last year. If you can, please increase your pledge.

January 2023 UUCM Calendar

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

Regular Weekly Events

Check the eBlast for in-person locations or links to these Zoom meetings

Adult Discussion Group via Zoom	Sundays	9:15 am
Multi-Platform Worship Service	Sundays	10:45 am
RE Classes	Sundays	10:45 am
Coffee Hour	Sundays	After service
Choir Rehearsal	Tuesdays	7:30 pm



January Meetings & Events

Check with committee chairs or church office for in-person locations or Zoom links

Stewardship Committee	Monday	Jan 2	12:00 pm
Board of Trustees	Tuesday	Jan 3	7:00 pm
Worship Associates	Wednesday	Jan 4	7:30 pm
OWL 7-9	Sunday	Jan 8	10:30 am
Book Club	Thursday	Jan 12	7:00 pm
Church Office Closed	Fri, Mon	Jan 13 & 16	
Committee on Ministries	Thursday	Jan 19	7:00 pm
OWL 7-9	Sunday	Jan 22	10:30 am
Ministerial Search Q&A	Sunday	Jan 22	12:00 pm
Unigram submissions due	Wednesday	Jan 25	9:00 am
Kitchen Cleaning	Saturday	Jan 28	10:15 am

UUCM Office Schedule

Monday

1:00 – 4:00 pm

Tuesday- Friday

9:00 am – 4:00 pm

The office will be closed Friday, January 13, and Monday, January 16.

Items for the eBlast are due by 9:00 am each Thursday.

Please use the [Publicity Form](#) to submit your announcements.

Articles for the next *Unigram* are due Wednesday, January 25.

Please send as attached Word docs to

uucm@uuchurchmuncie.org

Q & A on Ministerial Search

The Board of Trustees and the search committee for our next minister will be holding one more Town Hall Meeting to get feedback from the congregation, and to inform the congregation, about the ministerial search.

Please plan to join us if you can on *Sunday, January 22* – in the front of the sanctuary about 10 minutes after the service. You can also communicate your thoughts directly to members of the search committee:

Steve Chalk (chair), Denise Ewing, Holly Hanauer, and Ben Strack

Zoom Help Needed

We are in need of volunteers to help run the Zoom sessions for our Sunday service. We are running at 2 full time volunteers and need 2 more. It isn't a very technical job but having some tech savvy is helpful. Come enjoy the service from behind monitors!

Inquiries, email **Jay Moorman** at

yairijay@gmail.com.

UUCM Staff & Leadership

Staff

Rev. Dr. Joel Tishken, Acting Minister
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Office Hours: Monday 1:00 – 4:00 pm | Tuesday – Friday 9:00 am – 4:00 pm

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