



the UNIGRAM

Breathing with the Ocean

Rev. Dr. Julia Corbett-Hemeyer, Community Minister

We'd been here a couple of days before I was organized enough to take my morning coffee out on our east-facing deck to watch the stars disappear and the first light at the horizon appear in their stead. But on this morning, there I was. I was wrapped up in a quilt like an enchilada because it was chilly, and to protect myself from the ever-present no-see-ums with their pesky bites. And I sat, and I listened.

The ocean is as much an auditory experience for me as anything. The water temperature is far too cold this time of year to make getting into the water attractive, and the area sometimes has vast numbers of Portuguese man-of-war jellyfish close offshore. But for me, the sight and sound of it, and the beach to walk on, is sufficient.

I've written about Ocean Breath before (*Ujjayi Pranayama* in Sanskrit, pronounced *oo-jai*), but it suggests itself to me again every time we come to Florida. I've incorporated it into my life when I'm not near the ocean as a way of calming and centering.

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Splinters from the Board

Eleanor Trawick, President

The Eighth Principle of Unitarian Universalism

"We, the member congregations of the Unitarian Universalist Association, covenant to affirm and promote: journeying toward spiritual wholeness by working to build a diverse and multicultural Beloved Community by our actions that accountably dismantle racism and other oppressions in ourselves and our institutions."

This is the proposed text for an eighth principle, potentially to be added to the existing seven. Delegates will vote at the next General Assembly on whether to

amend Article II of the by-laws of the UUA ("Principles and Purposes") to include the eighth principle. If the proposal passes, it will need to be affirmed by vote again at the 2024 GA.

Additionally, individual congregations across the country are voting to adopt the eighth principle, thus committing members of each congregation to promote antiracism within themselves, their congregation, and their community.

The Eighth Principle Project is a grassroots movement started in 2013. Two Unitarian Universalists, Paula Cole Jones and Bruce Pollack-Johnson saw the need for a statement supporting antiracism and deep multiculturalism, and drafted the proposed language.

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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 Home Savers of Delaware County.
The offering will be collected February 5 & 19.*

February 5 – “The Value(s) of Money” Rev. Joel Tishken

Join us as we consider some of our cultural adages about money and the values they convey. Which of those sayings and values might be useful for UUs? Which are unhelpful and in need of modification to better align with UU values?

February 12 – “♥ UUCM Today and Tomorrow”

A multi-generational service of stewardship and fellowship.

February 19 – National Alliance on Mental Illness (NAMI) Mary Bedel

February 26 – Karen & Jay Moorman, Service Leaders

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.

You should have already received a letter and pledge form from the Stewardship Committee. If you haven't had a chance yet, 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. Joel** will be in the pulpit on Sunday, February 5. The children in RE will make valentines that day to display on February 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 via the [online form](#). Please help the Finance Committee as they create the 2023-24 budget by making your pledge on or before February 12.

Service Auction 2023

It's coming!

The 2023 Service Auction will take place online from **Thursday, May 4 to Saturday, May 6**. We will again be using Auctria to host our online auction with an in-person celebration lunch on Sunday, May 7. Our goal this year is \$4,000... Pshh, we can do that!

Donations

A hosted event? A pool party? A service like leaf raking, child/pet care, light cleaning? A home cooked meal? Fresh bread? Lessons? Tech Support? The list of ideas is **endless!** Donation sheets are live now and needed by April 21st. Click [here](#) to access the digital donor sheet.

Ideas

Don't know what to donate but definitely have a need for something? A pile of clothes in need of ironing? Windows washed? Two weeks of lawn mowing? **We want those, too!** Email a team member with your idea and we'll see if we can find someone to donate that item/service. Our team will also be offering after-service 'drop-in sessions' where we can chat about your items or you can bring us your ideas/needs! Dates TBA.

If you have any questions, reach out to your service auction team!

Denise Ewing, chair dewing218@gmail.com, **Jean Filson** jfilson44@gmail.com,
Shonet Martin shonet1@sbcglobal.net, **Susan Taylor** susantaylor68@hotmail.com

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.

Breathing with the Ocean

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

The ocean breathes. Waves arise offshore, come in and break on the sand, to return a moment later to the vastness of the ocean. But between the break and the return, there is a tiny and profound stillness, a silence deeper than we're usually privileged to experience. A silence I crave amid the clatter of modern-day life.

Ujjayi breathing seeks to recreate that oasis of silence. Ocean breathing calls for breathing slowly through your nostrils, about 4 to 5 heartbeats in and about 4 to 5 heartbeats out. As you breathe, constrict your throat ever so slightly, not too much at all. Doing this creates a soft and gentle sound in your throat, like waves on an inner ocean.

Begin by becoming aware of your breath without trying to control it. Just let it be, and feel your body, mind, and spirit begin to settle. Then bring your awareness to your throat. As you exhale, begin to tone the back of your throat (your glottis or soft palate), slightly constricting the passage of air. You should hear a soft hissing sound.

As you gain more experience with the technique, you can begin to apply the same contraction of the throat when you inhale. You should, once again, hear a soft hissing sound. This is where the name of the breath comes from: it sounds like the ocean. One writer points out that it also sounds like Darth Vader, although I've not heard Darth Vader breathe!

One practical note: if you are congested or your throat is irritated, it's probably best to avoid this practice until you are better. My experience is that, under those circumstances, it will not have the desired calming effect!

Practitioners of this technique cite its many benefits. It is reputed to balance the cardiorespiratory system and the nervous system. Ujjayi helps calm the mind and body. All of us can benefit from practices that help to calm, and by calming, heal.

Yours in Stillness,

~*Rev. Julia*



Photo by Frank McKenna via Unsplash

Pastoral Associates

I (Rev. Julia) left 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* 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)

I personally like the idea and the proposed language of the eighth principle. I hope that it is adopted by the 2023 and 2024 GA meetings and that it becomes part of our principles. Additionally, I would like to see the Unitarian Universalist Church of Muncie adopt this principle, affirming as a congregation that we are committed to antiracism as individuals, in our church, and in our community.

Why, you might ask, do we need an eighth principle? Are we not already committed to opposing racism?

Satya Mamdani writes, for the Article II Study Commission, “In 1997, the General Assembly voted to commit to intentionally becoming an anti-racist, anti-oppressive, multicultural institution. Yet, almost 25 years later, we continue to fall short of our commitments and promises.”

Our existing seven principles clearly imply antiracism—especially the first (“inherent worth and dignity of every person”), but also the second (“justice, equity, and compassion”), the third (“acceptance of one another”), and the fifth (“use of

the democratic process within our congregations.”) Adoption of the eighth principle, however, would make this commitment explicit.

When Unitarians and Universalists merged in the 1960s, they affirmed *six* principles that they agreed on, that they thought would encapsulate the shared beliefs of the new association. However, they did not think that the six principles were carved in stone, never to be revisited or rethought. Indeed, in 1985 the UUA drastically revised the six principles and added the seventh (“Respect for the interdependent web of all existence of which we are a part.”)

I invite all who are interested to join me in the Indigo Room on **Sunday, March 5**, after the service to discuss the eighth principle and what it would mean for our congregation to adopt it. Bring a brown-bag lunch with you, and let’s talk about what a renewed commitment to antiracism and to deep multiculturalism might look like for UUCM.

For more information, see <https://www.8thprincipleuu.org/>

~*Eleanor Trawick*

COVID-19 Masking Policy

Here is a reminder of the UUCM’s COVID-19 masking policy, which was adopted by the previous Board of Trustees, and adapted by the current one.

When the CDC indicates that the community level of COVID in Delaware County is low (green), decisions about masking are to be made by the person leading or responsible for an activity at UUCM. Thus the chair of a committee would decide whether or not masks were to be worn for a committee meeting.

When the CDC indicates that the community level of COVID in Delaware County is medium (yellow), all persons are requested to wear masks for church activities. The exceptions are that, during worship services, those speaking from the pulpit can do so unmasked. After the service, people may remove masks to participate in the coffee hour.

When the CDC indicates that the community level of COVID in Delaware County is high (red), the Board of Trustees, in consultation with the minister and with others at UUCM, may make additional decisions to maintain congregants’ safety, such as cancelling in-person services.

The Delaware county level is updated each Thursday, and is listed in the eBlast on Friday.

~*Eleanor Trawick, for the Board of Trustees*

February 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

February Meetings & Events

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

Worship Associates	Wednesday	Feb 1	7:30 pm
Church Office Closed	Friday	Feb 3	
Pastoral Associates	Sunday	Feb 5	12:00 pm
Board of Trustees	Tuesday	Feb 7	7:00 pm
OWL 7-9: Overnight	Saturday	Feb 11	5:00 pm
Committee on Ministries	Thursday	Feb 16	7:00 pm
Unigram submissions due	Wednesday	Feb 21	9:00 am
OWL 7-9	Sunday	Feb 26	10:30 am



UUCM Office Schedule

Monday

1:00 – 4:00 pm

Tuesday- Friday

9:00 am – 4:00 pm

The office will be closed Friday, February 3.

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, February 22.

Please send as attached Word docs to

uucm@uuchurchmuncie.org

Sharing Gratitude



If you have a note of gratitude you'd like to share in the next *Unigram*, please send it to uucm@uuchurchmuncie.org, subject line "Sharing Gratitude."

Thank you **Diane Hill, Karen Moorman, and Mary Johnson Robey** for spending 2 hours cleaning the chalice "altar." It looks beautiful!

~**Rev. Joel**

Thanks to the dedicated group of folks who turned out to help at Second Harvest on MLK Day. When Second Harvest gets produce donations from other agencies, they need volunteer help to put the produce into appropriate-sized containers for distributions. We had 22 UUs and their friends work for two hours sorting two kinds of onions: red and yellow. Made some of us cream of onion soup!

Second Harvest does such good work providing food to our neighbors who have found themselves straining to feed their families. It was a privilege to be able to help them out. The need for volunteers hasn't gone away, however, so if you have the ability, please consider signing up to donate your time at their [Give Pulse registration site](#). Thanks for all you do!

~**Susan Taylor for Feeding Our Hungry Neighbors (FOHN)**

UUCM Staff & Leadership

Staff

Rev. Dr. Joel Tishken, Acting Minister
joel@uuchurchmuncie.org

Rev. Dr. Julia Corbett-Hemeyer, Community Minister
julia@uuchurchmuncie.org

Susanne Hinson-Rieger, Acting Dir. of Religious Education
susanne@uuchurchmuncie.org

Christie Williams, Office Administrator
christie@uuchurchmuncie.org

Dr. James Helton, Director of Music
jim@uuchurchmuncie.org

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765.288.9561 | uucm@uuchurchmuncie.org | www.uuchurchmuncie.org

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

Unitarian Universalist Church of Muncie

4800 West Bradford Drive
Muncie, IN 47304

