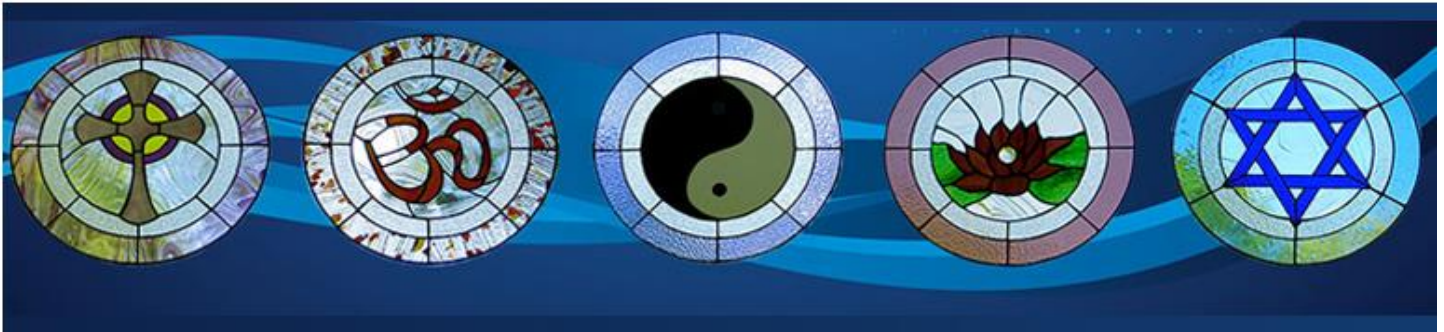


April 2020 Newsletter



Unitarian Universalist Church of Midland

WELCOMING diversity
EMPOWERING spiritual growth
FOSTERING the interdependent web
TRANSFORMING lives

Please visit our website at www.uumidland.org for a listing of all current events.

Membership Matters

Have you been getting to know the church and Unitarian Universalism? Do you feel that this congregation might be a spiritual home? Are you considering a deeper commitment to the church? Membership comes with great gifts and opportunities, as well as responsibilities to the church community. If you are considering membership, please check out our membership brochure in the foyer or see Carol Kullman, Membership Chair, a Board member, or the Rev. Emily Wright-Magoon.

Table of Contents

Minister's Musings	2-3
April at a Glance, April Share the Plate	4-5
Thoughts from the RE Corner	6
Sermon Excerpt	7
Images from Quarantine	8
What's Happening at UUCOM	9-10

April 2020 Newsletter

April Minister's Musings

Dear beloveds,

The rise of the novel coronavirus has brought us into an unprecedented time. In order to care for the most vulnerable among us and protect our public health systems, we are staying at home (unless our work is essential) and physical distancing.

These times affect each of us in some common – and diverse – ways. I know some of you are worrying about your health risks or the health of a loved one. Some have great financial hardships and fears. Some are dealing with loneliness; others are struggling with having to work from home while also caring for children; others feel trapped in homes that don't feel safe or affirming. Some are sad about the cancelation of gatherings and events that brought them joy and connection. You may have other unique struggles.

I want to affirm for everyone that your hardships are real. For all of us, what we are going through is a slow trauma – in such a crisis, our nervous systems cycle through the fight, flight, and freeze responses, flooding our bodies with hormones that can cause alternating responses: anxiety, irritability, depression, numbness...

It is important to normalize these responses in ourselves and each other and practice self-care and community-care. We are also going through grief. So I encourage you to practice radical gentleness with yourself. Take your days one breath, and one hour, and one choice at a time. Yet also be intentional about building in moments like those listed on the checklist on this page: move your body, get outdoors, engage in even a very simple spiritual practice, connect with others (safely), set limits on news and social media, find beauty and gratitude.



And don't expect yourself to be fully productive during these times. In fact, these times are a good time to wonder if our typical habits of consumption and productivity were serving us and our society.

If we can remain awake and gentle throughout this shift, if we can stay connected to active hope and the promise of our principles, we might be able to move as humans into a new way of living that honors our true interconnectedness.

Forty-plus folks have been joining us at our Zoom services on Sundays. We are finding new ways to connect and nurture community. If you haven't been able to join due to difficulty with the technology (or lack of wifi or

April 2020 Newsletter

computer access), please let me know. We also have our mid-week connection opportunity and our Children's Space. If you have suggestions or feedback about other ways to connect, please let me know.

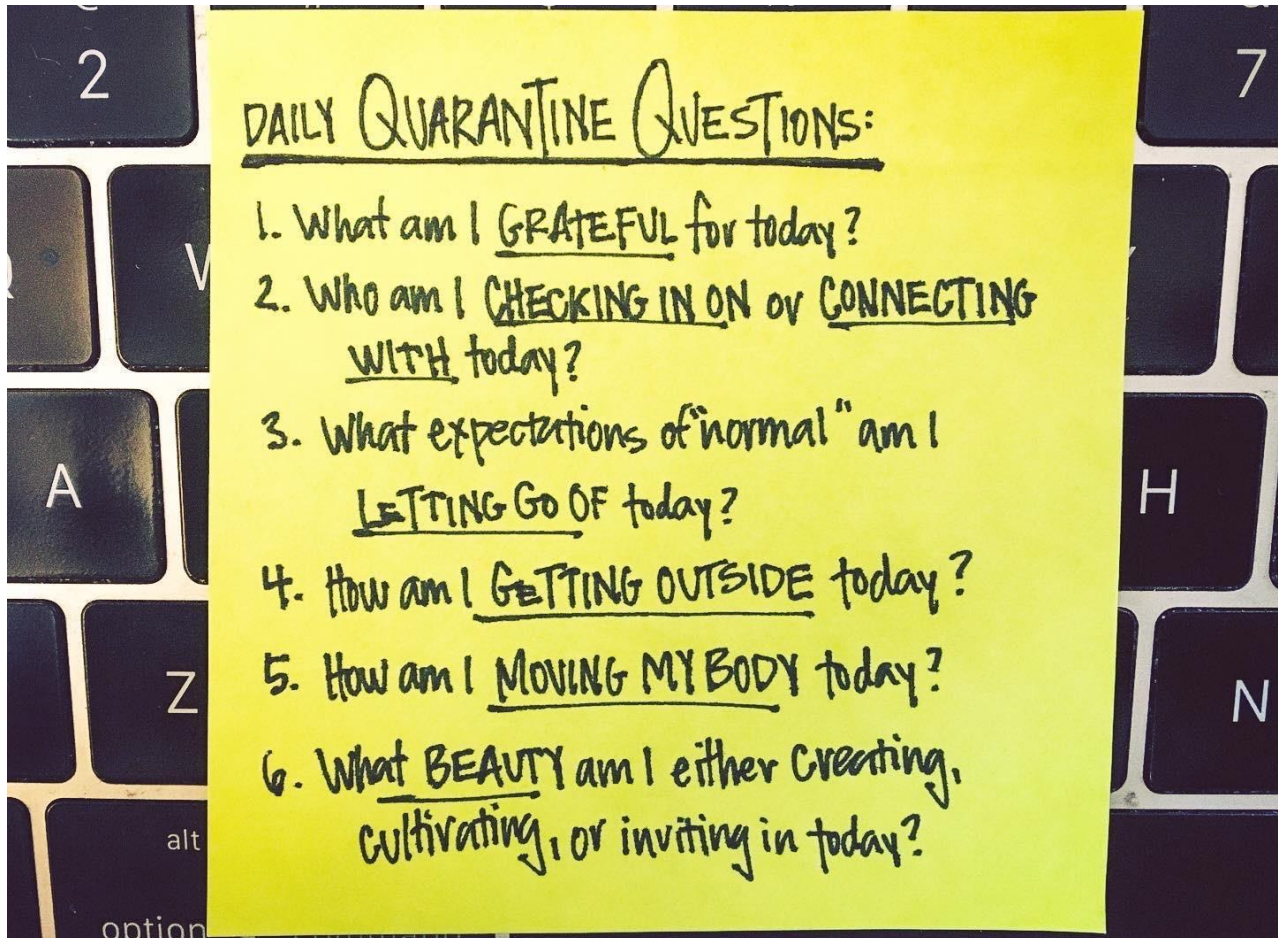
In order to create our **Community Circles** (groups of five households check in on each other once a week to say hello and see if needs can be filled), I need a few more volunteers. Those volunteers would simply agree to get communication going each week among the group, and pass along to me any needs that can't be filled by the group.

During this time of such uncertainty in our world, the lines of a poem by Antonio Machado keep coming back to me:

Caminante, no hay camino. Se hace el camino al andar.
Traveler, there is no path. We make the path by walking.

Take care and stay in touch,

Rev. Emily



Sunday Services

Church is not canceled, we are simply finding new ways to do church!

Sunday services are currently online, using Zoom:

<https://uuma.zoom.us/my/uucom>

It will ask you to download an app to your computer. Just follow the steps. You might need to find “Zoom.pkg” in your downloads and double-click it to install the application. On your smartphone, download the Zoom app, and then join a meeting with the meeting ID:

The Meeting ID is: **958 368 6410**

For a low-tech option, you can call in with any phone to this number: 346-248-7799. When it asks for your Meeting ID, enter the above number.



11:00 AM SUNDAYS

All are Welcome!

Online Service

Zoom Meeting ID
958 368 6410

Or check our home page
for the link or call-in #

10:15-10:45
Children's Space

Children's Space: Every Sunday from 10:15-10:45, in that same Zoom room, Rev. Emily will host a “time for all ages,” show-and-tell, joys and sorrows, and casual conversation.

Mid-Week Event: Online Drop-In Space: Wednesdays 2 – 3

Rev. Emily will open our Zoom room (same link as the Sunday service, above) for a casual space to check-in and connect. We will start with a brief reading and meditation at 2:05, and then invite people to check-in and chat. Children are welcome. Come anytime between 2-3, and stay the whole hour or just for a bit.



REACH OUT AND CONNECT

WEDNESDAYS
2-3 PM

Drop-In Check-In
In our Zoom Room

UNITARIAN
UNIVERSALIST
CHURCH OF MIDLAND TEXAS

April 2020 Newsletter

April Calendar

Check online (<http://www.uumidland.org/calendar>) for the most up to date calendar.

April 1	2:00 p.m.	Online Drop-In
April 8	2:00 p.m.	Online Drop-In
April 9	8:00 p.m.	Virtual Parent's Night Out
April 15	2:00 p.m.	Online Drop-In
April 19	2:30 p.m.	Stitching Circle - online
April 22	2:00 p.m.	Online Drop-In
April 29	2:00 p.m.	Online Drop-In
May 2		Annual Church Garage Sale

Office Hours

Office hours remain the same, but the Church office itself may not be open during those times. If you have any question or need to contact the office please do so by phone, 432-694-4308 or email, office@uumidland.org and Jessica will reply during usual office hours.

Sunday Mornings, etc.

Interested in RE, see the **RE Corner** on page 6 for details.

Online Giving

While we are mostly meeting online, remember that there are still ways to give to our weekly offering and submit your pledge. You can text: "Give" to 432-271-4921 Or you can go to our website: uumidland.org and scroll down to the yellow PayPal Donate button. You can also mail a check to our office, or have your bank send a check.

April Share the Plate

We will share ½ of all cash donations with this April's Share the Plate recipient: the Minister's Discretionary Fund. This month, half of all cash donations go to the Minister's Discretionary Fund, which is used to support church members and friends who have fallen on hard times.

Beware of email or text scams

Nationwide, ministers and churches have been the target of a series of email and text phishing scams. If you receive an email or text purportedly from the minister or another staff member asking for an unusual donation or a gift card, please do not respond and mark it as spam.

UUCOM Board

Tom Hull, President
Maureena Benavides,
President-Elect
Alex Fields, Treasurer
Emmy Ulmschneider, Secretary
David Allen, Member
Charles Holmstrom, Member
Kayleigh Kirk, Member

UUCOM Staff

Rev. Emily Wright-Magoon,
Minister

Email: minister@uumidland.org
(432) 694-4308 office
(617) 501-0020 cell

Minister's office hours are by appointment.

Jessica Stewart,
Office Administrator

(432) 694-4308
Office Hours:
Monday 9-12
Wednesday 9-1
Friday 9-12

Email: office@uumidland.org

Barbara Handley,
Director of Religious Education

Email: dre@uumidland.org
Phone: 432-978-5977

Sonja and Scott Millichamp,
Music Directors

Email: skassal811@yahoo.com
scott@bruenor.org,

Visit our website:
www.uumidland.org

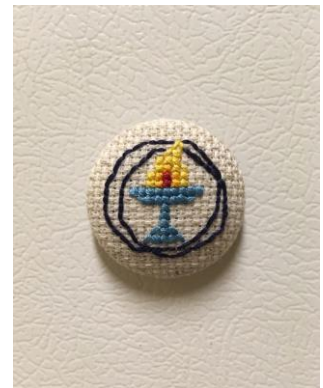
Like us on Facebook:
Unitarian Universalist Church of
Midland TX
<https://www.facebook.com/UUMidland>

April 2020 Newsletter

Thoughts from the RE Corner

Here is a list of ten projects to earn a Flaming Chalice pin! You must complete at least six to earn the pin. You may choose to complete more!

- Letters or drawings mailed to elderly and/or single folks. You may get a list of names and addresses from Barbara.
- This link contains two challenges!
<https://drive.google.com/drive/mobile/folders/1g4Xhol7NbN5s0BJb2Jd3LKWbq0X2BigA?usp=sharing>
- Take a picture or draw a drawing that reminds you of each of our promises, label them and send them to Barbara and/or Emily who can make collages for our Facebook page or newsletter.
- Do one of the kids meditations and/or kids yoga (various apps, videos and books available)—four times.
- Write out or illustrate one of your favorite Spirit Play stories. You may create it using legos or clay or your favorite medium.
- Make a settling jar.
- Create your own Spirit Play story. Take a favorite children's book and adapt it and create the pieces needed to help tell the story. Remember that you don't have to include everything just the important parts! If you would like, you can share your story when we resume Spirit Play in person!!
- Read a book or story by a famous Unitarian, Universalist or Unitarian Universalist! Some examples: Beatrix Potter, Louisa May Alcott, Kurt Vonnegut, and Ray Bradbury. Go to the uua.org for more names!
- Read three poems by a famous Unitarian, Universalist or Unitarian Universalist. Some names: Sylvia Plath, May Sarton, e. e. cummings, Ralph Waldo Emerson.



Read to Feed

We will gather for a Zoom meeting to share our accomplishments and decide which animals that we would like our donations to purchase.

Date TBA.

Keep Midland Beautiful Trash Pick-Up This event has been canceled!!!

Please join us as we live out our violet promise—value our home the earth—as we help to clean up our community. We will meet at our assigned location at 9:00 on Saturday, April 4th. Please wear pants and hat and sturdy shoes! There is a sign-up sheet for participants on the Guest Table in the foyer. If you have any questions, please contact Barbara Handley at dre@uumidland.org or 432-978-5977. All ages are invited!!!

Save the Date

Chalice Camp 2020 will be Monday, July 6th through Thursday, July 9th from 9:00-12:00. Cost is \$60 per participant. Scholarships are available. We must have at least five participants.

April 2020 Newsletter

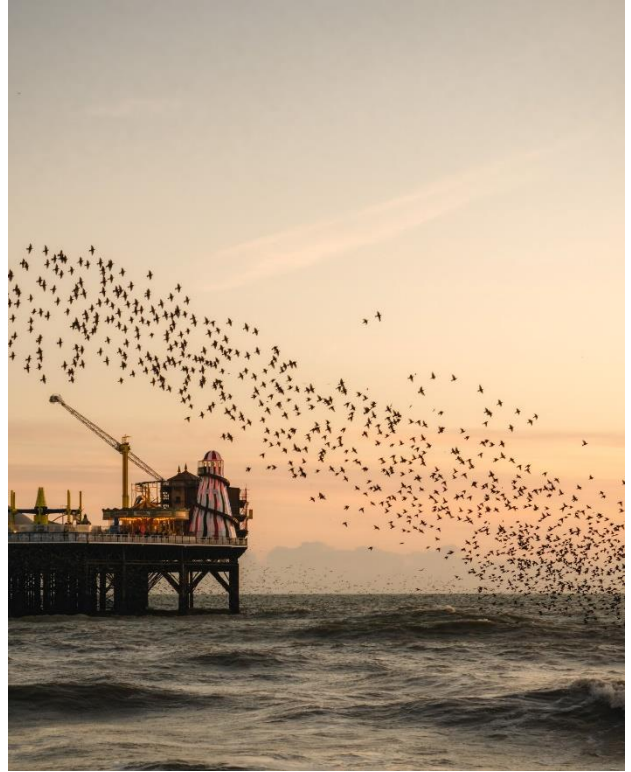
Sermon Excerpts – March 8, 2020 "Murmurations: Lessons from Starlings on Resilience, Adaptation, and Community"

Whether it's underground networks of roots in a forest, or complex ant societies, or starling murmurations, nature can offer powerful examples for how to move toward deeper community and stronger resiliency.

...Because we especially need deep community as we confront the challenges of our time – epidemics, climate change, white supremacy, patriarchy, poverty, threats to democracy...

An age-old religious question has been: "Who is my neighbor? For whom am I responsible?"

It may have been easier to answer this, and the circle may have been drawn small, before transportation enabled humans to meet peoples very different from ourselves. It may have been easy to answer this, and the circle may have been drawn small, before TV and the internet brought us a constant stream of images and stories of human suffering and human joy. It may have been easy to answer this, and the circle may have been drawn small, before we learned that something we do in our backyard can affect someone across the world, or seventy generations from now.



Now that we **know**, deep in our bones, of our common humanity with all... Now that we **know**, deep in our bones, that there is no "other".... Now that we **know** that we are interconnected....

Now we know that we can no longer afford to go it alone.

We can no longer pretend that we are not interwoven. We can no longer imagine that change cannot happen without all of us.

– *Rev. Emily Wright-Magoon*

See the whole sermon, and others, on the sermons blog at www.uumidland.org/blog

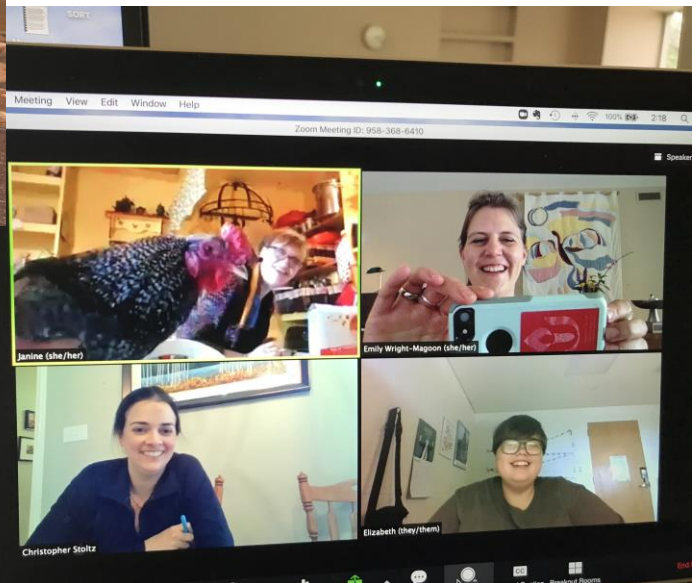
April 2020 Newsletter



“

All beginnings
carry the seeds of ending,
and all endings are
potential beginnings.
And so while I am so sad
about leaving, friends,
I am also excited,
because this congregation
is poised with
great promise to
launch into its next
chapter of impact.

Rev. Emily Wright-Magoon



What's Happening at UUCOM

Community Circles Coming - Volunteers Needed

From Rev. Emily: In the next week, I hope to establish geographically based Community Circles of 5-10 households. Each Circle will have a lead member who will coordinate with the other members, checking in to see that everyone has the food, medicines, and support that they need during this time. ***If you are someone who would be willing to be a Circle Leader, please let me know at minister@uumidland.org.*** It only requires coordinating communication among your circle, and checking in with me occasionally. If you are someone who is vulnerable due to an underlying health condition or other reasons, please let me know. These circles are an opportunity to connect with community members who are our literal neighbors in ways we wouldn't otherwise and build new networks of support that last far beyond this situation. I will be arranging these circles based on our list of members and pledging friends. If you would like to be part of the Circles, but are not sure whether you are a member or pledging friend, please contact me – you don't need to become a member or pledging friend, I just need to know you want to be part of it.

Annual All-Church Garage Sale

At this time, please continue to gather items for the garage sale. We are planning on going ahead with our current date but may need to postpone it to ensure social distancing. We will keep you posted on any changes!

Please mark your calendars for our annual Garage Sale on Saturday, May 2nd! This is one of our major fundraisers for our congregation and it requires many hands to accomplish. First, we need items to sell. As you do your spring cleaning, please box up clean items for the sale. Please NO Videos!! These items may be brought to the church beginning Sunday, April 26th through Friday, May 1st. Please do not bring items before April 26th unless you make arrangements with either Shanda Unger or Barbara Handley beforehand. Secondly, we need workers!! We need people to sort and price items. We need people with trucks or SUV's to help move items from storage. We need people to attend the Pre-View Sale on Friday, May 1st. The cost is \$10/entry. For each \$10 of purchased merchandise, you will receive a \$1 rebate up to \$10. Snacks and beverages are provided. Lastly, we need workers on Saturday to help with the sale. Particularly at 2:00 when we begin packing up the items that did not sell. A sign-up sheet for helpers will be available in April. If you have any questions, please contact Shanda Unger at 432-634-7769 or Barbara Handley at 432-978-5977.

Monthly Stitching Circle

UU Stitching group continues! Join us for a virtual stitching meetup via Zoom during our regular time.

We welcome all stitchers: knitters, crocheters, embroidery or hand sewing! Bring your projects to visit or to get and share advice & tips. Join us on April 19th from 2:30-4:30pm for our next meetup.

Please email Franny at starrymoon@gmail.com for our meeting link.

We welcome all stitchers: knitters, crocheters, embroidery or hand sewing! Bring your projects, get and share advice & tips, or join in the group project. Join us on **April 19th** at 2:30-4:30pm for our next meetup. Bring any stitching project you would like to work on. Previously, our group has donated blanket squares to Warm Up America and hats & scarves to our local homeless. In 2019, we made and collected over 60 blankets and other items for our local animal rescue groups! Thank you to everyone who participated!!

April 2020 Newsletter

Permian Basin Buddhists - Suspended

The Permian Basin Buddhists continue to meet here at UUCOM on Tuesday nights, 7:00—8:00 p.m. Everyone is welcome, whether you are new to Buddhism or have been practicing the Middle Way for some time. For regular updates about the group, join the [Permian Basin Meetup Group](#). For more information about the group, please contact Linda Blanchard at lindaqpublic@nowheat.com.

Amazon Smile

Here's a super simple way to support our work! Click below (<https://smile.amazon.com/ch/75-1837838>), and a portion of all your Amazon purchases will help us keep working toward our mission in the Permian Basin:



Welcoming Diversity, Empowering Spiritual Growth, Fostering the Interdependent Web, and Transforming Lives.

Thank you!

Tree of Life

The modern Pagan movement provides a means for people to connect with the daily, monthly, and yearly cycles that continue to affect us physically and emotionally. Through classes and rituals, the Tree of Life Open Circle explores this connection in an ongoing effort to foster growth and community for kindred spirits of the earth.

For updates and further information about Tree of Life, please check out their Facebook page [here](#).

Parent's Night Out continues!

Join us for a virtual parent's meetup via Zoom.

Let's meet up for an online visit so that we can check in with each other and see how everyone is doing. Join us on April 9th from 8-9:30pm from the comfort of your own home. Bring your favorite evening beverage or snack along with some paper and pencils or a whiteboard as we can still play games during our Zoom meeting! Email Franny to receive a link to our Zoom meetup: starrymoon@gmail.com.

Food donations for people and pets!

Each Sunday during our offering, we collect donations of nonperishable food for local food pantries, and pet food for Lone Star Sanctuary for Animals. Make a special note to remember your food donations for our monthly Intergenerational Services, as the children love to collect the food and bring it forward. (You can check our calendar online to see when those are!)

Interested in Becoming a Member?

Interested in officially joining our church community? Reach out to Rev. Emily, Carol Kullman, Jane Hellinghausen, or Barbara Handley; or check out our Path to Membership brochure in the foyer or info online. The process consists of committing to attend a Newcomers' Drop-In Circle or class; making a pledge of time, talent, &/or treasure; and signing the membership book. We welcome you!

Care Team for Church Members and Friends

We invite you to share any needs you may have or concerns about church members/friends with the care team. When others in our church family approach you about a difficult situation in their life please ask them if it is ok to share that information with the care team. You may share requests and concerns with Jane Hellinghausen ([413-4612](tel:413-4612)), Rev. Emily Wright-Magoon, or by calling the church office ([694-4308](tel:694-4308)). Rev. Emily can also be reached at minister@uumidland.org. For urgent needs, you may call her cell phone, [617-501-0020](tel:617-501-0020).

Thank you for helping to make our church an even more supportive and caring community!

Garden and Grow, Continues

We will be continuing work in the Garden on the first Saturday of every month. Time varies depending on weather. Please contact Mike Vidrine for updates.

Free Yoga Class - Suspended

Patricia (Patty) George teaches a free yoga class at UUMidland on **Saturday mornings from 9-10 am**.

The class is open to all, but please bring your own mat if you have one.