



# Unitarian Universalist Church of Midland

## April 2024

Unitarian Universalist Church  
of Midland

WELCOMING diversity

EMPOWERING spiritual growth

FOSTERING the interdependent web

TRANSFORMING lives

Please visit our website at [www.uumidland.org](http://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 Erica Stoltz or Barbara Handley, Membership Chair, or a Board member.

### Table of Contents



#### Sunday Worship

Sermons at a Glance  
Sunday Mornings



#### UUCOM

#### Announcements

Minister's Musings  
Share the Plate  
Drop-In Circle  
Blood Drive  
Richard Davis  
Concert  
Banned Book Club  
RE Corner  
Membership  
Care Team

#### Wider World



## April 2024 Sermons at a Glance

### April 7 “Wanted, Giving, Getting” with Rev. Lisa Jebsen

---

This week we will hear a sermon written by Bonnie McClish Dlott that explores the blessings, lessons and challenges of these three actions.

### April 14 “A Conversation about Transformation” with Rev. Lisa Jebsen

---

Join us for a further exploration of the themes from April and how they can impact transformation in our lives and our living faith.

### April 21 “Celebrating Neurodiversity” with Rev. Dr. Stevie Gaines

---

Humanity is diverse in many ways, including how our brains function. In recognition of Autism Acceptance Month and World Autism Awareness Day, Rev. Dr. Stevie Gaines will lead a celebration of neurodiversity and neurodivergence. If those terms are new to you, don't worry—you can learn about them in this service. Sky Conover will be our guest musician!

### April 28 “Hope for Humanity” with Rev. Lisa Jebsen

---

It's time for another batch of good news headlines to fortify our minds and spirits. We'll have stories from around the world that reflect our 8 UU principles in action.

## POTLUCK LUNCHEON, APRIL 21, 2024

Please join UU's for our monthly potluck luncheon on Sunday, April 21<sup>st</sup> following the church service.



**Spirit Play meets in person from 10:00-10:45. This class meets in person and has no Zoom option.** Interested in RE, see the **RE Corner** on **page 7** for details.

## Sunday Mornings

Sunday services remain in a hybrid format both in-person and virtually. For in person services, masks are optional and available on the guest table. We will also continue to broadcast our services over Zoom (<https://zoom.us/j/2750827327>) services so that people who cannot attend in person will be able to join us online.

For a low-tech option, you can call in with any phone to this number: 929-205-6099. When it asks for your Meeting ID, enter the below number.

11:00 AM SUNDAYS

**All are Welcome!**  
**Online Service**

Zoom Meeting ID  
**275 082 7327**

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

10:15 - 10:45 AM  
Children's Space

UNITARIAN  
UNIVERSALIST  
SERVING BY MEANS OF FAITH

## UUCOM BOARD

**Harry Nutter**, President  
**Kyle Farmer**, President-Elect  
**A.C. Fields**, Treasurer  
**Emmy Ulmschneider** Secretary  
**Chris Stoltz**, At Large Member  
**Tom Parks**, At Large Member

## UUCOM STAFF

**Lisa Jebson**,  
**Lay Minister**

Office Hours:

Tuesday, 9:00 AM - 12:00 PM  
 Wednesday, 12:00 PM - 4:00 PM  
 Thursday, 12:00 PM - 3:00 PM  
 Email: [minister@uumidland.org](mailto:minister@uumidland.org)

**Jessica Stewart**,  
**Office Administrator**

(432) 694-4308

Office Hours:

Wednesday 9:00 AM - 1:00 PM  
 Email: [office@uumidland.org](mailto:office@uumidland.org)

**Sonja and Scott Millichamp**,  
**Music Directors**

Email:

[music-directors@uumidland.org](mailto:music-directors@uumidland.org),

**Visit our website:**  
[www.uumidland.org](http://www.uumidland.org)

**Like us on Facebook:**  
 Unitarian Universalist Church of  
 Midland TX  
[https://www.facebook.com/  
 UUMidland](https://www.facebook.com/UUMidland)

## 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](http://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.

## Minister's Musings

Did you know that April is National Humor Month? I've heard many times that there are health benefits in a good sense of humor, so in honor of National Humor Month, here are some details from an article on [envolve.com](https://www.envolve.com).



- 1. Decrease Stress.** Laughter can lower stress hormones and reduce physical tension all over your body and help lower blood pressure.
- 2. Strengthen Immune System.** Smiling feels good and when you do there is a chemical reaction in your brain releasing neuropeptides, which are molecules that help maintain immune tolerance and can fight illness.
- 3. Improve Mood.** Another body reaction to smiling or laughing is the release of three different hormones: dopamine, endorphins, and serotonin. These hormones can make you feel happier.
- 4. Reduce Pain.** Another benefit to the release of endorphins is a temporary reduction in body aches and pains. This can also help elevate pain thresholds and build a higher pain tolerance.
- 5. Increase Positivity.** Laughter and smiles lead to positive feelings that can contribute to health benefits like increased life span, better cardiovascular health, and lower rates of depression.

So find some time today and every day for a laugh and a smile. In that spirit, I'll leave you with my favorite UU joke...

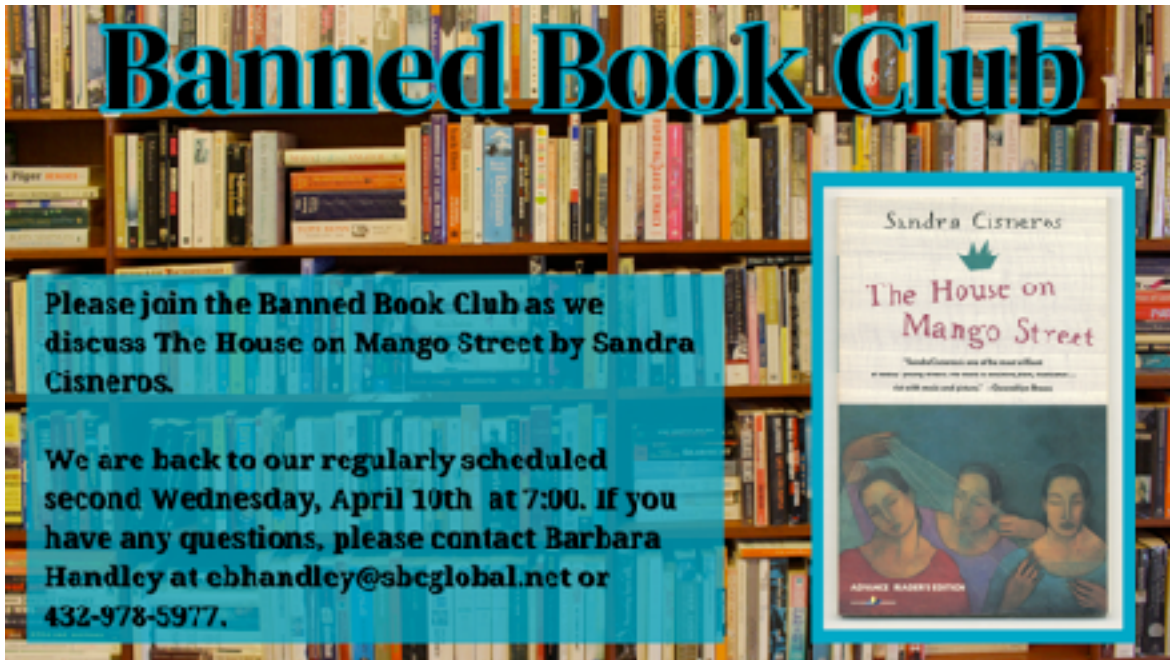
**Q: How many Unitarians Universalists does it take to change a light bulb?**

**A:** *We choose not to make a statement either in favor of or against the need for a light bulb. However, if in your own journey, you have found that light bulbs work for you, that is wonderful. You are invited to write a poem or compose a modern dance about your personal relationship with your light bulb. Present it next month at our annual Light Bulb Sunday Service, in which we will explore a number of light bulb traditions, including incandescent, fluorescent, 3-way, long-life, and tinted, all of which are equally valid paths to luminescence.*



## Banned Book Club

Please join the Banned Book Club as we discuss *The House on Mango Street* by Sandra Cisneros. We are back to our regularly scheduled second Wednesday—April 10<sup>th</sup>—at 7:00. If you have any questions, please contact Barbara Handley at [ebhandley@sbcglobal.net](mailto:ebhandley@sbcglobal.net) or 432-978-5977.



## Concert Celebration in Memory of Richard Davis

Join us on Thursday, April 11, 2024 for a special concert with guest musicians to celebrate the life of Richard Davis and dedicate a gorgeous grand piano to his memory.

## April Share the Plate

We will share ½ of all cash donations with this April's Share the Plate recipient. The Board has chosen the following recipient, **the Texas UU Justice Ministry (TxUUJM)**.

TXUUJM is the UU State Action Network of Texas. We are "Bending Texas Toward Justice TOGETHER."

TXUUJM educates and organizes Texas UUs, member congregations, and partners to advocate effectively for UU principles in public policy and the public square.

UU Principles:

- Uphold the worth and dignity of every person;
- Further justice, equity, and compassion in human relations;
- Ensure the use of the democratic process;
- Protect religious freedom;
- Promote respect for the interdependent web of all existence; and
- Accountably dismantle racism and other oppressions in ourselves and our institutions.

For more information please visit <http://txuujm.org/>.



## Blood Drive May 4, 2024

We are hosting a Blood Drive May 4, 2024 from 9:00 AM - 1:00 PM! Please help us help the community by donating blood. To schedule an appointment contact Lisa Jebesen at 432-694-4308, or call 877-25 VITAL or log onto

[www.donors.vitalant.org](http://www.donors.vitalant.org).



## Drop-In Circle

New to UUCOM? New to Unitarian Universalism? Want to meet some new people? If you answered yes to any of these questions, please join us for our next Drop-In Circle on **Sunday, April 28th** from 12:15-1:00. For more information, please contact Barbara Handley at 432-978-5077.

## RE Corner

### Spirit Play 10:00-10:45

Spirit Play meets in person from 10:00-10:45. Spirit Play is a Montessori-based curriculum that is based on our UU Promises (Principles) and Sources. This month's stories will reflect earth-based promises.

**April 7:** The Planter of Trees

**April 14:** Gaura Devi Saves the Trees.

**April 21:** Miss Rumphius. Miss Rumphius reminds us that we all have the ability to leave a positive mark on the world.

**April 28:** George Saves the World by Lunchtime. George shares the importance of the four R's: Reduce, Re-use, Repair and Recycle!

### Chalice Lighting

We light this chalice to celebrate Unitarian (cup left hand to make a U) Universalism (cup right hand to make a U).

We are the church of the open minds (fingertips touch the forehead and swing open like a door).

We are the church of the helping hands (hands outstretched palms up).

We are the church of the loving hearts (hands crossed over heart).

### Religious Education Volunteers

If you are interested in helping with our children's religious education, there are many ways that you can participate. You may suggest a story for our Spirit Play. You can help to create new Spirit Play stories. If you can help, please contact Barbara Handley at [ebhandley@sbcglobal.net](mailto:ebhandley@sbcglobal.net) or 432-978-5977.



# What's Happening at UUCOM

## PFLAG Midland/Odessa

We are thrilled to work with PFLAG Midland/Odessa to provide a home for their regular monthly meetings that support our local LGBTQ+ community and everyone who loves them.

## Circle Suppers

If you are interested in attending or hosting a Circle Supper contact the office at [office@uumidland.org](mailto:office@uumidland.org) or 432-694-4308. A sign up sheet may also be on the foyer table.

## 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](#).

## Interested in Becoming a Member?

Interested in officially joining our church community? Reach out to Lisa Jebesen, 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!

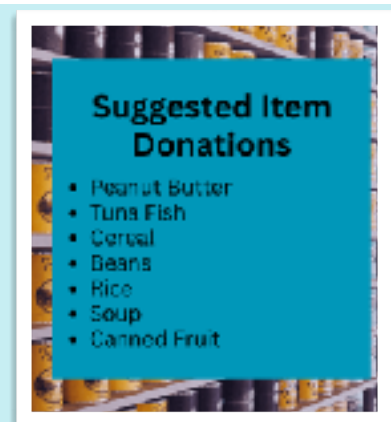
## Care Team for Church Members and Friends

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)), or by calling the church office ([694-4308](tel:694-4308)).

Thank you for helping to make our church an

## 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!)





# Wider World

## TXUUJM

**Texas UU Justice Ministry NEWS: Join us in the Work of Democracy!**

More than 100 Texas UUs and partners gathered in Dallas and online on Saturday, March 23, for the 2024 TXUUJM Annual Gathering. It was an inspiring day of learning, connecting, and renewing our spirits for justice work! If you missed it, [you can watch the morning program here](#) and see more photos on [Facebook](#) and [Instagram](#). TXUUJM is your source for **Texas UU the Vote efforts** this election year! [Sign up for TXUUJM emails to get the latest news and actions.](#)

## UUA Newsletter

March 2024 UUA Newsletter Read here: <https://bit.ly/3IXjcdN>



# Wider World

## UU Southern Region

### Building Beloved Community: Beyond the Binary

Saturday, April 27, 2024

9:00 am Central Time/10:00 am Eastern Time to 3:00 pm Central Time/4:00 am Eastern Time

Multiple In-person Sites and Online Option!

[Read more.](#)

## UPLIFT

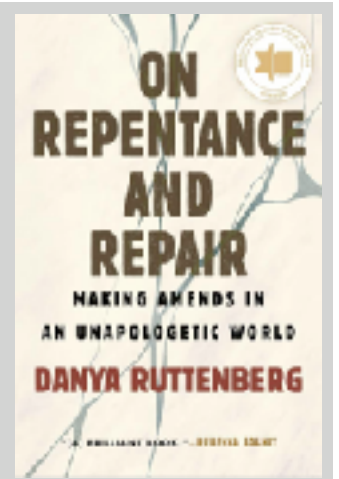
The UUA's UPLIFT Ministries and TRUUsT Director Rev. Julián Jamaica Soto are planning a Trans Day of Visibility gathering on April 2 at 8pm ET/5pm PT. All are welcome to attend - all ages, all (a)gender identities, all religious experiences. [Learn more and register.](#)



### 2024 UU Common Read

The UUA Common Read for 2023-2024 is On Repentance and Repair: Making Amends in an Unapologetic World by Rabbi Danya Ruttenberg (Beacon Press, 2022). This Common Read offers a glimpse into one of our faith's foundational sources, Judaism. Readers explore our own call to be accountable in these modern times as we follow Rabbi Ruttenberg into a framework for making amends offered by the 12th century Jewish physician and scholar, Maimonides.

[Join the Common Read.](#)



# Wider World

## Create Climate Justice

- **March 21 to May 2 (International Day of Biodiversity) is Spring for Change!** Together with a variety of Unitarian Universalist partners working for climate justice, the Unitarian Universalist Ministry for Earth is offering activities and educational events to provide congregations and individuals with spiritual grounding and resources to face our ecological crises with courage, compassion, and a commitment to justice. [Click here to view the full schedule of offerings.](#)
- Join Us for 2024 **The [National Faith + Climate Forum](#)!** We are excited to invite you to join us for an inspiring and transformative event designed to strengthen local congregations through care for creation – The National Faith + Climate Forum on **April 16th** from 12:00 pm - 5:15 pm ET / 11:00 am - 4:15 pm CT / 10:00 am - 3:15 pm MT / 9:00 am - 2:15 pm PT!

## UUJEC

- **Keep Calling And Writing: How the Climate Justice Movement Affects Federal Legislation** An intimate conversation with former Bernie Sanders staffer **Katie Thomas Carol, Esq.**  
Drawing from almost a decade of experience on Capitol Hill working on energy and environmental policy and legislation, Katie will speak in her personal capacity about the power UUs have to help drive the progressive agenda.  
Katie will pull from examples of her work as Staff Director for the U.S. House of Representatives Oversight Subcommittee on the Environment for Rep. Ro Khanna and Senior Policy Advisor for Energy and Environment to Senator Bernie Sanders before that.
  - RSVP: <https://bit.ly/KeepCallingAndWriting>
  - Mini-toolkit: <https://bit.ly/KatieAndBeth-Kit>
- **What is investor-state dispute settlement (ISDS)?**  
6 PM Mountain, 7 PM Central & 8 PM Eastern  
To Register for Zoom, [click here: 5n93dprnhttps://tinyurl.com/](https://tinyurl.com/5n93dprn)  
Or to watch on Facebook, [click here https://fb.me/e/1SjzIYSHS](https://fb.me/e/1SjzIYSHS)
- **Lena K. Gardner, BLUU Exec Director highlights BLUU's Cooperative Housing Initiative**  
Thursday, April 25 - 10 AM Pacific, 11 AM Mountain, 12 Noon Central & 1 PM Eastern  
To Register for Zoom, [click here https://us02web.zoom.us/meeting/register/tZEsc-igrDooHtWuZ2iiJprdoUQuCqCV665r](https://us02web.zoom.us/meeting/register/tZEsc-igrDooHtWuZ2iiJprdoUQuCqCV665r)  
Or to watch on Facebook, [click here https://fb.me/e/3uUjizd5](https://fb.me/e/3uUjizd5)

# Wider World

## UUMFE

- [April's Monthly Musings/ Earth Day Resources](#)
- **Full Moon and Earth Day Gathering**  
April 23, 2024. 7-8 pm ET| 6-7pm CT| 5-6 pm MT| 4-5 pm PT.  
Join UU Ministry for Earth on the Full Moon closest to Earth Day so we may all find time to ground, recenter, and imagine what is possible for Earth. There will be time for reflection and small group sharing.  
Zoom link is always the same: <https://us02web.zoom.us/j/3248332840?pwd=SXVScW1ESzJlLy9PMWIkTXVkTnpjZz09>
- **Movement Training for Young Adults**  
Saturdays in April, 2pm PT/ 1pm MT/ 2pm CT/ 3pm ET, lasting for an hour and a half.  
UUYACJ is hosting its third annual movement training workshop series! This workshop series seeks to support, resource, and empower young adults in their activism and organizing. Over the course of four Saturdays, participants will gain skills and knowledge relevant to all justice movements, such as how to build deep relationships, crafting direct actions, incorporating art, and using herbalism to care for ourselves and each other. Justice work asks so much of organizers and UUYACJ is grateful that we get to offer these free workshops as a gift in return. You can attend just one, or all of them!  
These live, virtual workshops are open to all young adults (ages 18-35). They will be happening every Saturday in April over Zoom.
- [Spiritual Care for Climate Distress, Anxiety and Grief - Worship Resources](#)