



Unitarian Universalist Church of Midland

May 2023

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 Erica Stoltz or Barbara Handley, Membership Chair, or a Board member.

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May 2023 Sermons at a Glance

May 7 “Flower Communion”

Today we celebrate the 100th anniversary of the first Flower Ceremony (AKA Flower Communion)! It was held in Prague in June 1923 and led by Rev. Norbert Čapek. We invite you to bring a flower to share during this annual tradition that celebrates beauty, human uniqueness, diversity, and community.

May 14 “A Mother’s Heart”

The second Sunday in the US is recognized as Mother’s Day and it can be a mixture of many emotions: joy, grief, pride and sorrow to name a few. Whether you celebrate, struggle or some combination thereof during this holiday, we hope you will join us for music and words to lift your spirit and nurture your “mother’s heart.”

May 21 “Home of the Brave”

We are doing something different this Sunday! Join us for a screening of the critically acclaimed 2004 documentary about Viola Liuzzo, a civil rights activist, who was murdered in 1965 as she campaigned for black suffrage in Selma, Alabama. Her family tells the story of a fellow UU who was further victimized by an FBI smear campaign.

May 28 “Memorial Day Weekend Brunch”

In lieu of a Sunday service, we will have a Brunch on Sunday, May 28th at 11:00.

Bring something to share as we gather for food and fellowship on this holiday weekend. If you have stories of loved ones who served, please bring those to share as well!

POTLUCK LUNCHEON, MAY 21, 2023

Please join UU’s for our monthly potluck luncheon on Sunday, May 21st 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. The board and the COVID Team gave much thought to the rules which we must all abide by as a way to properly care for each other and reduce the possibility of spreading the virus. Please read them carefully and be prepared to follow them.

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.

Sunday services are currently hybrid both in person and online, using Zoom

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.

1100 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
CHURCH OF MIDLAND, TEXAS

UUCOM BOARD

Barbara Handley, President
Harry Nutter, President-Elect
Jane Hellinghausen, Treasurer
Alex Fields, Secretary
Eli Hilbert, At Large Member
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

Jessica Stewart,
Office Administrator

(432) 694-4308

Office Hours:

Wednesday 9:00 AM - 1:00 PM
 Email: 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

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 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 May is Mental Health Awareness Month in the US? It has been observed here since 1949, in fact. As we continue to emerge from the pandemic and its many ripple effects, mental health is at the top of the list of concerns.

As Tim can attest, I'm a voracious podcast listener and I was struck by an assertion made by one of my favorite hosts:

"We all have mental health."

Mind blown!

For years, I've fallen into the trap of equating mental health with mental illness which is patently wrong. The phrase "mental health" can refer to any number of things, including good mental health. I now think of it as a spectrum where we can fall anywhere from extremely poor to excellent. And as with physical health, it's something we must constantly take care of on numerous fronts: daily habits and choices, education, professional help, to name a few.

While reading about how various national organizations are recognizing Mental Health Awareness Month this year, I found the National Alliance on Mental Illness' #morethanenough campaign.

It's an opportunity for all of us to come together and remember the inherent value we each hold — no matter our diagnosis, appearance, socioeconomic status, background or ability. We want every person out there to know that if all you did was wake up today, that's **more than enough**. No matter what, you are inherently worthy of **more than enough** life, love and healing. Showing up, just as you are, for yourself and the people around you is **more than enough**.

Throughout my life, I've dealt with bouts of self doubt that veered into deep anxiety that I've self diagnosed as imposter syndrome, so this reminder that I'm #morethanenough seems like an excellent tool to have on hand, especially during those times. It also dovetails nicely with a phrase I heard during some YMCA training during my years as a manager which was "Don't get paralyzed by perfection."

All of this is to say that while we do our best to embody UU values including recognizing the inherent worth and dignity of all, we must remember that we ourselves are included in that group!

As we head into the month of May and beyond I hope you'll take time to recognize that in yourself. You are worthy. Worthy of love. Worthy of good things in life, including good mental health. You are #morethanenough.



May Share the Plate

We will share ½ of all cash donations with this May's Share the Plate recipient. The Board has chosen the following recipient, the Permian Warrior Partnership.

Permian Warrior Partnership™ (PWP) is a veteran-focused, community-led initiative committed to improving veterans' quality of life in the Permian Basin through the coordination of local services and opportunities; from housing and employment to enrollment in VA



e-benefits, healthcare, recreation, and more. PWP aims to cultivate an integrated, resilient, and prosperous veteran community within the Permian Basin by improving veteran quality of life thus ending veteran suicide. Supported by funding from the Permian Strategic Partnership and the Abell-Hanger Foundation, it is the culmination of the Community Integration program.

Learn More at <https://www.permianwarriorpartnership.org/>.

Spring Gatherings

It's the time of year when the board evaluates priorities to create a budget for the new fiscal year and we can't prioritize without YOU!

So on behalf of the UUCOM board, I'd like to invite you to one (or more!) of the following SPRING GATHERINGS for food, fellowship and the opportunity to dream and discuss what we want for the future of UUCOM.

- **May 6 @ 11 AM - light lunch provided**

All gatherings will take place at UUCOM Children are welcome to attend. RSVP: 432-694-4308 OR office@uumidland.org.

We look forward to dreaming with YOU!



Congregational Meeting

Please plan to join your Board on June 11, 2022 for the Spring Congregational Meeting following the service. So, be part of our congregational business as we see where we have come this year and start to prepare for next year.

2023 Members and Friends Directory

The 2023 UUCOM Members and Friends Directory is complete. Electronic and hard copies will be sent this week to UUCOM members, UUCOM friends will need to request their copy of the directory and any may request physical copies of the directory.

Please contact Jessica in the office by email, office@UUMidland.org, or phone, 432-694-4308, or by [website request](#) to request an electronic or hard copy of the directory.



Blood Drive

Please help us help the community by donating blood on Saturday, May 13, 9:00 AM - 1:00 PM!

To donate blood please sign up for a time at <https://bit.ly/UUCOM-BloodDrive>.



RE Corner

Spirit Play 10:00-10:45

Spirit Play meets in person from 10:00-10:45. Masks are required. Spirit Play is a Montessori-based curriculum that is based on our UU Promises (Principles) and Sources.

May 7: Present for Mom. Some of the best gifts do not come from a store.

May 14: Barbara on her way to Yellowstone!

May 21: Barbara at Yellowstone

May 28: The Great Kapok Tree. This story explores the interdependent web of the rain forest.

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 could read or tell a story during Spirit Play. You may suggest a story for Spirit Play. If you can help, please contact Barbara Handley at ebhandley@sbcglobal.net or 432-978-5977.



What's Happening at UUCOM

Permian Basin Buddhists

The Tuesday night Buddhist class has expanded to include a 30 minute meditation session to begin at 6:15 PM.

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](#).

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 Jebson, 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!

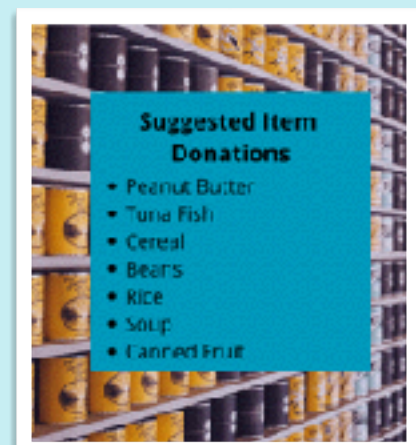
Care Team for Church Members and Friends

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 even more supportive and caring community!

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

General Assembly

Diversity, Equity, Inclusion, and Belonging: Let's Start The Conversation

Join us June 21 - 25, 2023 online or in-person in Pittsburgh, Pennsylvania. Most GA events will take place at the David L. Lawrence Convention Center, 1000 Fort Duquesne Blvd, Pittsburgh, PA.

General Assembly continues to be a time for us to gather, in body and spirit, to honor our history, celebrate who we are, and forge our future together. The General Assembly and Conference Services Team leads the initiative to ensure that diversity, equity, inclusion, and belonging (DEIB) are woven throughout, from planning to fruition.

Each month we will highlight different tentacles of Diversity, Equity, Inclusion, and Belonging in preparation for our upcoming General Assembly in Pittsburgh, Pennsylvania, June 2023. For the month of December, let's focus on inclusivity.

TXUUJM

[Click here for the latest from TXUUJM](#), the Texas UU Justice Ministry. Call your legislators on issues from healthcare to censorship, immigration to trans rights. Click [here to subscribe](#). REMINDER: Thursday night Action Hours are a place to take action together in community every week, with UUs around the state! [Details here](#).

UPLIFT

[REGISTER HERE](#) In 2019 we launched a new Welcoming Congregations renewal program called [The Five Practices of Welcome Renewal](#). The goal of the program is to encourage congregations to practice Welcome every year, year-round. As such, we are inviting religious leaders and congregants to join one (or more) of our Five Practices of Welcome Renewal - Monthly Orientation sessions.

- **Monday, May 15th**
All sessions are at 2pm ET / 1pm CT / 12pm MT / 11am PT
[REGISTER HERE FOR A MONTHLY ORIENTATION](#) [CLICK HERE](#) to view a previously recorded session.

Side with Love

This month's Green Sanctuary 2030 Community Meeting highlighted ways to engage with UU State Action Networks to advocate for policies that reduce emissions at the local, state, and national levels. Special thanks to Deb Cruz from [JUJustice Washington](#) and Rev. Lisa Sampson-Garcia from [UU Justice Ministry of North Carolina](#) for leading the conversation!

[Watch the Recording](#)

- **Spring Skill Up Series** - All Skill Ups run 90 minutes starting at 4 ET • 3 CT • 2 MT • 1 PT
May 21 - [What Do Impacted Communities Need - How Would I Know?](#)

Wider World

Article II:

The Conversation About What It Means to be UU

As a community, we are part of a vibrant, living tradition. UU faith calls us to remain open to new insights and understandings of the world, its needs and possibilities. Our tradition invites faithful reflection on how we practice and live into Unitarian Universalism. We are called to discernment today through the revision of Article II of our bylaws. Unitarian Universalists serving on the Article II Study Commission have developed new ways of expressing and centering our core values and congregations are invited to review the proposed new language in preparation for a vote at General Assembly this June. We hope everyone will take part and connect more deeply with our faith and theology.

[Article II Study Commission](#)

Discussing Amendment Ideas - May

The Board will host three amendment discussion workshops. These are open to anyone, workshops will discuss areas where multiple amendments have been submitted, to help proposers align with each other. People can also self-organize based on posted amendments.

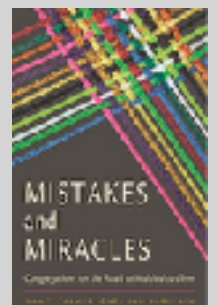
The following workshops are open to all Unitarian Universalists. Whether or not you submit a suggestion or idea, we encourage you to join us for one or more of these workshops. Register below.

- **Amendment Discussion Workshop #1**
Thursday, May 11, 2023
7pm ET / 6pm CT / 5pm MT / 4pm PT
[Register now for the May 11th workshop.](#)
- **Amendment Discussion Workshop #2**
Thursday, May 18, 2023
7pm ET / 6pm CT / 5pm MT / 4pm PT
[Register now for the May 18th workshop.](#)
- **Amendment Discussion Workshop #3**
Sunday, May 21, 2023

2023 UU Common Read

The UUA Common Read for 2022-23 is [Mistakes and Miracles: Congregations on the Road to Multiculturalism](#) (Skinner House Books, 2019). In this book, co-authors Nancy Palmer Jones and Karin Lin—a white minister and a lay person of color—explore five UU congregations' journeys toward Beloved Community and share the joy, disappointment, and growth these congregations found.

[Join the Common Read.](#)



Wider World

UUMFE

Spring for Change: a Season of Sacred Activism is an invitation to the Unitarian Universalist faith community to embody the transformational, regenerative power of Spring through sacred activism for Earth and all our relations. The 2023 Spring for Change theme is Active for Earthcare! Beginning March 19 through May 22nd (International Day for Biodiversity).

- To celebrate International Biodiversity Day, join us on **May 10, 2023 at 4pm PT/ 5pm MT/ 6pm CT/ 7pm ET** to preview our new curriculum: “May You Survive and Thrive”. It is a multi-generational, arts-based family ministry curriculum designed to cultivate and sustain ecological awareness within and between congregations and communities. Join us to learn more about how you can use this in your congregation, family and community.

[Register for Biodiversity Day](#)

- Our Monthly Spiritual Gatherings help us ground, recenter, and imagine what is possible in a world in need of repair. We gather, via Zoom, on the Full Moon to nourish our spirit. We have time for reflection and small group sharing.

Our next gathering will be on **May 5th at 4 pm PT/ 5 pm MT/ 6 pm CT/ 7 pm ET**. Bring a pen and some paper!

[Register for Spiritual Gathering](#)

- **Thursday, May 11**

5pm PT/ 6pm MT/ 7pm CT/ 8pm ET

Shine on Resilient and Beautiful People

Is a DRUUMM Virtual Public Worship via Zoom and is open to all.

Shine on resilient and beautiful people with DRUUMM for our annual public worship featuring a festival of Black and Brown joy and resilience through original works of music and preaching. Musical director Amanda Thomas and guest minister Rev. Katie Romano Griffin are joined by gifted black and brown colleagues from across UU-verse to help bring some shine to your day including The Rev. Dr. Kristen Harper, Nasreen Khan, and Cassie Montenegro. We will feature original works of music, prayer, and poetry.

[Register for Worship Here](#)