



Unitarian Universalist Church of Midland

November 2022

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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November 2022 Sermons at a Glance

November 6 "Hope for Humanity"

Some happy headlines from the news to help alleviate stress as Election Day approaches.

November 13 "Becoming Change"

Rev. Dr. Steven Gaines will deliver a message titled "Becoming Change." It will explore three futures: vision, theology, and action. Rev. Steven is Minister of the Unitarian Universalist Fellowship of Fayetteville, Arkansas, and Professor of Communication at Midland College.

November 20 "Transgender Day of Awareness"

This is an internationally recognized day to recognize lives lost due to violence and transphobia this year and in years past.

Monthly Potluck and Congregational Meeting

We hope you will join us immediately after 11AM worship for our monthly potluck and semi annual congregational meeting.

November 27 "Meditations on Thankfulness"

In this time of Thanksgiving it's good to reflect on ways to cultivate gratitude.



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 6 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.

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
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
Rebecca Dodge At Large Member

UUCOM STAFF

Lisa Jebsen,
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:

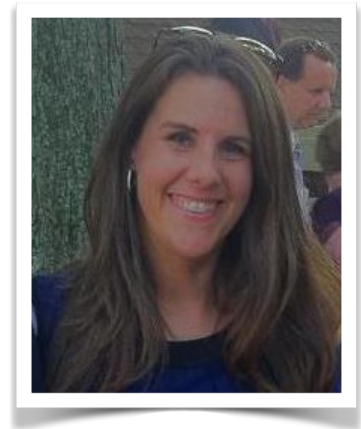
Unitarian Universalist
 Church of Midland TX
[https://www.facebook.com/
UUMidland](https://www.facebook.com/UUMidland)

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

I don't know about you but I'm stressed and anxious. I get this way every election season. In September during my Hope for Humanity sermon I spoke about replacing "doom scrolling" with "hope scrolling" - by that I mean it's important to step away from the doom and gloom of the news and social media and find the good in the world. I'm looking forward to bringing another crop of good news on November 6. I'd also like to offer some other suggestions for combating stress now and any time. Scientific studies have shown the stress relieving benefits of all of these things...



Physical activity - any type will do: a walk, a yoga class, high intensity interval training, etc.

Meditation/mindfulness - set aside some time, even 5 minutes to simply focus on breathing, embracing some stillness

Connect with friends/family - surround yourself with loving, supportive company

Spend time in nature - this could be combined with physical activity or meditation!

Practice self care - get a massage, take a nap, read a good book, practice a hobby, etc.



POTLUCK LUNCHEON, NOVEMBER 20TH

This month's potluck will mix business with pleasure! Following our luncheon, we will have our Fall Congregational Meeting. During the meeting, we will select members to serve on the Nominating Committee as well as vote to "ordain" Lisa Jebson as our minister. (She will then be able to use the title Rev. in our church!)

There is a sign-up sheet on the guest table in the foyer.



November Share the Plate

We will share ½ of all cash donations with this **November's** Share the Plate recipient. The Board has chosen the following recipient, the **West Texas Food Bank**.

The West Texas Food Bank is a non-profit, non-governmental hunger relief organization. We are the largest collaborative non-profit agency in the Permian Basin, and proudly distribute donated and purchased food to children, families and seniors through a network of 100+ partners across 34,000 square miles of West Texas.



While the West Texas Food Bank does give food directly to those in need, we primarily function as a distribution center. After receiving donated and surplus food, as well as food purchased at low wholesale prices from manufacturers, the West Texas Food Bank serves as a clearinghouse to solicit, store, inspect, and repack food for our Partner Agencies.

Our vision is a West Texas without hunger. Therefore, our overall goal is to continually improve the quantity, variety, and nutritional quality of foods offered to agencies for distribution to low-income individuals and families in need.

Learn more at <https://wtxfoodbank.org/>.

Uucom is an Honor Congregation

UUCOM has been recognized as an Honor Congregation from the Unitarian Universalist Association (UUA) which is the national organization for UU congregations in the US. From their website: "The mission of the UUA is to equip congregations for health and vitality, to support and train lay and professional leaders, and to advance Unitarian Universalist values in the world." This recognition serves as a thank you to UUCOM for making our full contribution for the year. Supporting the UUA is important because by helping other congregations and developing leaders we can amplify our values. Over the years, our congregation has benefitted from the training and workshops. Recently the UUCOM staff and board of directors received much needed training and support during a Saturday retreat which will help us move forward with our Lay Minister, Lisa Jebesen.



If you'd like to learn more about how our support of UUA is important, you can visit here: [Why We Give to the Annual Program Fund](#).

RE Corner

Spirit Play 10:00-10:45

This is a time for chalice lighting, story, check-in and fun! We are using a modified Spirit Play format. This month we will pay tribute to the indigenous peoples of North America. A special thank you to the anonymous donor of several of the books that we are using this month!!

November 6: “**The Mud Pony.**” This story exhibits the Pawnee belief that no matter how lowly one’s origin, the path to honor is open through adherence to virtues such as a humble spirit.

November 13: “**The Girl Who Loved Wild Horses.**” This story is from the “Horse People” tradition.

November 20: “**We Are Grateful—Otsaliheliga.**” This is a Sources Story of Gratitude from the Cherokee people.

November 27: “**We are Water Protectors.**” This story is inspired by the many movements led by Indigenous people to save our resources.

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 Spirit Play. You may help to create Spirit Play stories. You may be a substitute teacher for the times that Barbara is away on adventures!

Please contact Barbara Handley at 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!

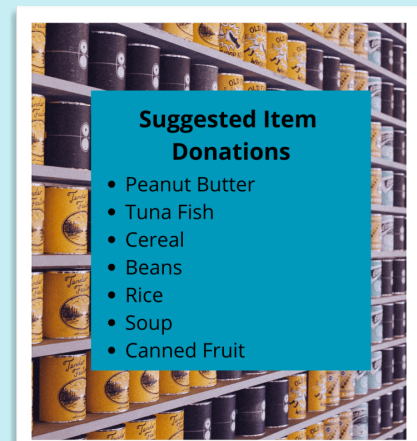
Care Team for Church Members and Friends

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

TXUUJM

Dear UU congregational staff and leaders,

Less than two weeks until election day!
Please share this important message (optional logos attached), full of actions and the UU principles behind them, in your newsletters and communications. Thank you! - Rev. Erin

Texas UU Justice Ministry news: Less than two weeks until Election Day! [Please click here](#) and join us in at least one of the many TXUUJM - UU the Vote actions between now and Nov. 8! **Every person makes a difference**, and our democracy actions reach voters that partisan campaigns often don't reach. [Click here](#) to read why and **why it's so important** to our UU faith. And **THANK YOU SO MUCH** to everyone who has been part of our postcarding, phone banking, and more so far!

Create Climate Justice

[Create Climate Justice on Side With Love](#)

Climate Resilience through Disaster Response and Community Care

Climate disasters impact our communities - how can UUs be prepared? Join this series of workshops with activities to help you identify the climate risks, understand who is most at risk and how your community will be impacted. From there, make a plan to prepare for and respond to climate disasters in your neighborhood.

This workshop is part of a series. All sessions are 90 minutes long and begin at 7pm ET / 6pm CT / 5pm MT / 4pm PT

- 11/15/2022 - [Community conversation](#)

View more updates from the Green Sanctuary Congregation [here](#).

UUtheVote

Meeting the Moment Series

We are in a critical moment in our country and in our democracy. In this moment, it is important that we are trusted messengers to voters all across the country about all things voting. Introducing Meeting the Moment, a political education series! Join UU the Vote for in depth conversations on civics, faith based organizing and getting out the vote in a fun and engaging way!

[Sign up here!](#)

Wider World

UUMFE

New York UU Collaborates: Spirituality & the Climate Crisis

- Tuesday, November 1
7pm EST/6pm CT
[Learn more](#) and register.

Disaster Response: Community Care and Climate Adaptation

- Tuesday, November 1, 7pm

Faith Life and Climate Crisis

- Tuesday, December 6, 7pm

Unitarian Universalist Training

To help meet the need to skill-up for effective video engagement online, the UUA has partnered with Peter Bowden, a Unitarian Universalist trainer and coach, to share a free, five-session training through the UU Institute. The training covers video-based strategies to support online visitors, increase engagement with worship themes, and amplify justice work.

[Explore the Training.](#)

Rolling Ridge

The Enneagram is a system of personality typing that describes patterns in **how people interpret the world and manage their emotions**. The nine personality types are connected on a nine-pointed diagram and provide insight into our deepest motivations and fears, relational and spiritual tendencies.

Rolling Ridge invites you to join us for our fall Enneagram ONLINE series **with Enneagram enthusiast, Herb Pearce**. Whether you join us for one, two or all three, each will provide you with **a wealth of knowledge and deeper understanding about yourself and your relationships**.

[Learn More.](#)

2022 UU Common Read

Learn how to make our communities safer by participating in the 2022 UU Common Read: *Defund Fear: Safety Without Policing, Prisons, and Punishment* by Zach Norris. With an array of multimedia resources including a discussion guide and ideas for taking action, the UU Common Read offers community learning opportunities on some of the most impactful issues of our time.

[Join the Common Read.](#)

