

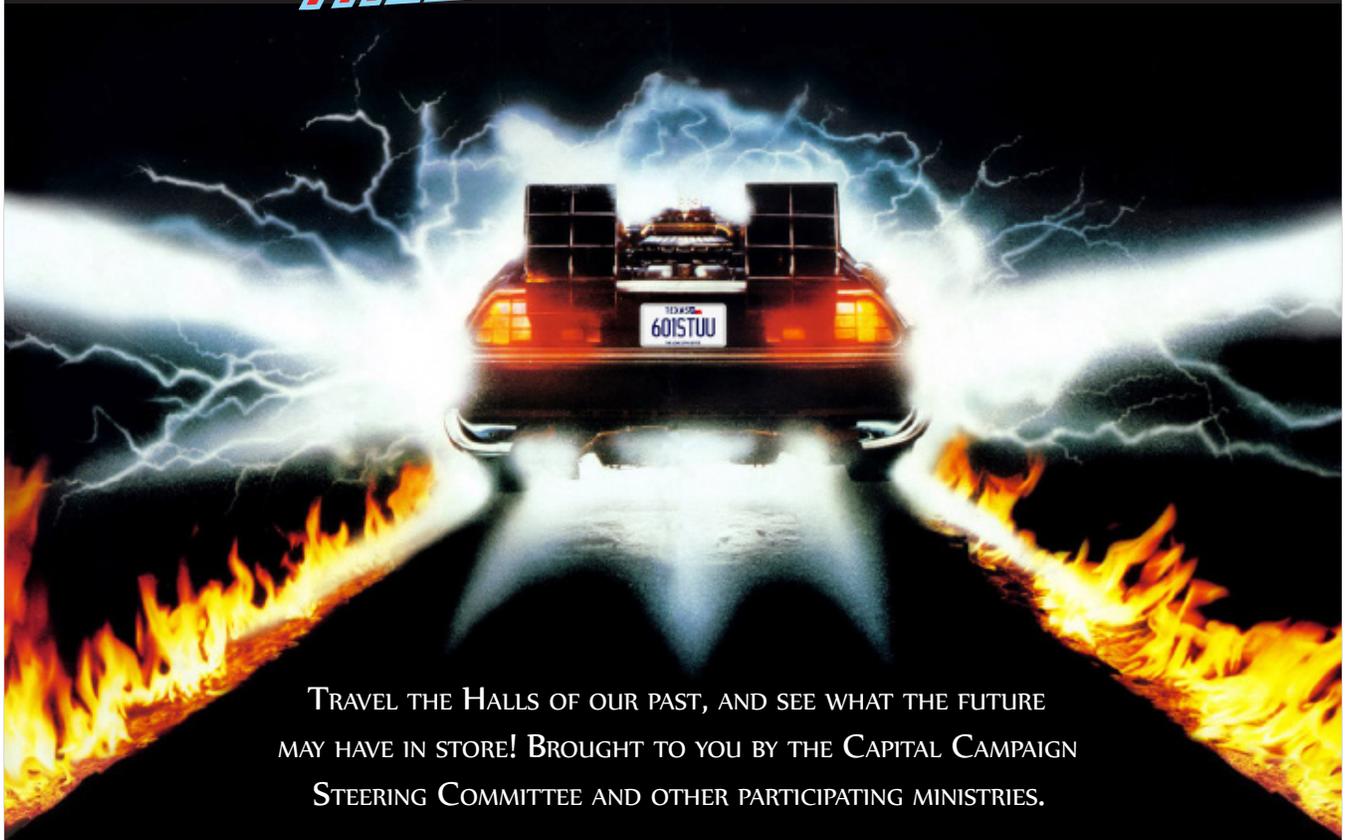


FIRST UU NEWS

We gather in community to nourish souls, transform lives, and do justice.

JOIN FIRST UU ON ITS 60TH ANNIVERSARY AS WE GO...

BACK TO THE FUTURE



TRAVEL THE HALLS OF OUR PAST, AND SEE WHAT THE FUTURE
MAY HAVE IN STORE! BROUGHT TO YOU BY THE CAPITAL CAMPAIGN
STEERING COMMITTEE AND OTHER PARTICIPATING MINISTRIES.

OCTOBER 12 2014 | 11:45 AM

WE BEGIN THE JOURNEY IN THE SANCTUARY!

*Look for more event details in the order of service next week!
Newsletter continues on page 2*

MINISTER'S ADDRESS

Tough decisions

Welcoming and Safety

by **Rev. Meg Barnhouse**



In the bushes along the fence, under the portable, under the outdoor platform, we recently found clothes, blankets, sleeping bags, pots and pans, a radio, a lamp, a hundred vinyl records, a cooler with spoiled food and another with food that wasn't spoiled. We knew that several times we'd seen a man here who we'd asked to leave several years ago. Welcoming at first, First UU offered him entrée in to book groups, meditation groups, church services, etc. He abused the church's hospitality by stealing, pestering people for money, and showing up often at one member's work during the week. How far does welcome reach? When do you modify your welcoming stance when it becomes clear that people do not hold in mind the best interests of the community as a whole, but is seeking benefit just for themselves?

We asked him to leave again, reminding him that he was trespassing and renewing the complaint with the police department. He knew he needed to gather his things and go. Instead, he kept coming back, and when he was confronted by a staff person, he asked her somewhat confrontationally, "Who are you?" After that, we discovered his things everywhere. Lots of things. Three carloads of things were taken to Goodwill or thrown out. Was that mean? Was it setting a boundary? Was it creating a safer church community for our

members and friends, renters, visitors, for our kids? This is tough to talk about, tougher to deal with.

What would I do if someone moved in to my backyard? Talk to them, try to get them help. If they stole from me and scared the other people in my house? I would ask them to leave. The ethics of dealing with a person of good will are one thing—in dealing with a person who is not showing good will, another. The ethics one practices as an individual are one thing, the ethics one practices when one is making decisions on behalf of a whole community, another.

How far does welcome reach? When do you modify your welcoming stance when it becomes clear that people do not hold in mind the best interests of the community as a whole?

One of the things I was asked to do when I first arrived at First UU was to make it a safe place for people. Many layers of safety were involved: not just physical safety but emotional safety as well. "Emotional safety" does not mean you will never be challenged, that we will always agree with one another, that we will never have to be uncomfortable. It does mean

that you will be treated according to the covenant created by this congregation.

The situation with the man who was camping out on the property and stealing from First UU is fairly straightforward. It is not compassionate to allow someone to abuse you or treat you badly. Things get a lot tougher when we talk about emotional safety and the behavior of our own members, friends and visitors.

First UU has a Covenant of Healthy Relations that articulates how we want to interact with one another. It is on a large board in Howson Hall, and we sometimes print it in the order of service. We have a Serious Breach of Covenant policy as well, and the Healthy Relations Team is currently reworking it. Its aim is to show compassion to the people who attend here and to help people of good will get back into covenant with one another and with First UU.

For more serious matters, we also have a Disruptive Behavior Policy. This is for all who attend, for people who have not signaled their acceptance of the covenant by signing the membership book, or for people whose capacity for living in a covenant community is not discernible. When someone's behavior repels members and visitors, when it diverts attention away from the purpose

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PRESIDENT'S ADDRESS

Love is the doctrine of this church

by **Carolyn Gremminger**



A leadership training was conducted at First UU on September 13, 2014, by Connie Goodbread, Congregational Life Consultant for the UUA Southern Region. Leaders from six area congregations attended along with our church leaders. It was a great opportunity to network and learn about leadership in a covenantal community. I received permission from Ms. Goodbread to summarize the material from the training for my column this month.

We began by grounding ourselves with the classic reading, "Love is the Doctrine of this Church," which provided a touchstone to guide our conversation on church leadership:

*Love is the doctrine of this church.
The quest for truth is its sacrament
and service is its prayer.
To dwell together in peace
To seek knowledge in freedom
To serve humankind in fellowship
Thus do we covenant.*

(This was written by L. Griswold Williams, a Universalist minister who served churches in Pennsylvania, Vermont. It was first published in 1933.)

Love is the doctrine of our church. Usually, a doctrine is a set of statements about God, but that is not our practice. Our doctrine is to be found in the value of love. If love is our doctrine we will make that value cen-

tral to all that we do, including leadership. We can show love through our leadership. Connie discussed the importance of trust in healthy leadership: to be kind, truthful, accountable, and to strive to bring out the best in our communities. Other traits of healthy leadership include humility, self-definition, not needing to be the center of attention, setting boundaries, lowering anxiety in relationships, taking principled stands and inviting others to do the same, and never being a bully. In short, great leaders empower people to be their best through love.

The quest for truth is its sacrament. This quest can be seen in a sacramental sense, an entry point to the sacred. Serving our congregations through leadership can lead to a deeper life and strengthen our conscious relationship with the highest good. The truths we seek are the truths that allow us to become better people. We have a non-creedal faith. We have a covenantal faith, Doug Zelinski asserts, "The centrality of the covenant is the freedom to discern how best to love the world, in association with other congregations and communities as we work to shape the world with our deepest values."

Service is its prayer. Some of us open ourselves to the sacred by attending to every day actions with a spirit of compassion and gratitude.

A quote that held particular significance was: "Leadership is the ongoing spiritual process of discerning what we believe, acting on that belief in the public arena, and standing behind that action despite the varied response of people."

To dwell together in peace. We engaged in an experiential exercise that will have lasting impact on me. We were asked to form a line and place ourselves in the continuum of belief in God: atheists on one end, theists on the other. (I located myself in the middle.)

She made the point that a place needs to be made for all in our communities: theists, atheists, and those in between. Unitarian Universalist communities call for the need to compromise and not demand that everyone be of "like mind." There needs to be "room at the table" for a diversity of beliefs and attitudes. To live in community, we give up our claim on demanding our own absolute "right way." People with divergent viewpoints can dwell together in peace. Our values hold us together. Peace is more than the absence of conflict. Striving for a peaceful community can provide a framework to help us to learn how to deal with disagreements, resolve conflict, and to listen to each other.

To seek knowledge in freedom. Our emphasis on covenant instructs us

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“Tough decisions” from page 2

of the church’s gatherings, when it shocks or offends people who need this community, a warning is given. Usually there are many warnings and plans for assistance with change. When the behavior continues and warnings seem not to be effective, the next step according to church policy, is for the person to be given a “time out” from interaction with the church community for a period of months. When interaction is restored, if the behavior continues, the final step is asking the person to leave the community. This has not been done since my first year here, when a frequent visitor wrote, after a series of difficult and offensive emails, that they “sure understood why that man came in and shot up that UU church in Knoxville.” He then moved down the street to a Methodist church and began disrupting church life there.

Both the Disruptive Behavior Policy and the Serious Breach of

Covenant Policy apply to adults only. If a child’s behavior is consistently disruptive, it is the parents who are asked to attend to the problem.

It is my heart’s desire that we never have to ask anyone to leave again. If you have concerns about how First UU is dealing with anything, please don’t hesitate to make contact with me and we will make some time to talk about it.

This job is a joy, and it also involves some tough decisions. I ask for lots of help in making those decisions, and if you’d like to weigh in on any of them, I’m interested in what you have to say. ■

“Love is the doctrine” from page 3

on how we behave together; how we will be together. This implies love of human kind, respect for one another, and listening with intent to understand. Through our covenant, we come together to give the world

hope, love, justice and great joy.

The world needs the saving message of Unitarian Universalism. Our covenant is a representation of our attempt to agree on our promises; it helps us to discern our deepest shared values and put them into action.

To serve humankind in fellowship.

What does the world need from us? Along with our covenant, the world needs a pluralistic faith, not fundamentalism. There are many answers and we will never finish. We enjoy a living tradition and revelation is open and ongoing. There is hope in the next statement. The covenant is a tool, but not a hammer. It begins with the self, you live it from the inside out, and it is made between equals.

The knowledge and experience I gained this day truly enriched my understanding of what it means to be a leader in a covenantal community. I am so glad I am in leadership at First UU and can share fellowship with you. ■

Stand up against for-profit detention centers



Both children and adults have stood against for-profit detention centers for immigrant families seeking political asylum because of violence in their home countries. After closing down family deten-

tion at the nearby T. Don Hutto facility five years ago because of horrible conditions, the U.S. is slowly returning to the family detention business via for-profit companies at a high cost to taxpayers, much more than it costs at non-profit facilities like Austin’s Casa Marianella.

The U.S. is granting contracts to more for-profit prisons, having first opened a new center in Artesia, NM in July and then another in Karnes County. Now, another 2,400-bed detention center is being planned in

South Texas.

Plan to join fellow UUs as we work in coalition with Grassroots Leadership to attend a protest at the Karnes Detention Center on Saturday, Oct. 11 at noon. Grassroots will organize buses and caravans of groups to leave Austin that morning about 9 a.m. Look for the finalized details of the event in the order of service or by contacting Peggy at socialaction@austinuu.org.

GROUNDS COMMITTEE**Grounds Work Day a big success**

Four hearty members of the First UU Grounds team braved the heat on September 6th and removed a huge pile of overgrown natives, weeds, hanging limbs, and invasive plants. Team members included Dale Bulla, Carol Edwards, Kathryn Ehlert and Amanda Armatta. With such a small turnout we were only



Amanda Armatta (left) and Kathryn Ehlert (right) show off their work removing a large pile of organic material from the north flowerbeds.

able to work on the north side of the church, but now members can come from the credit union parking lot or park in the new handicapped spaces on that side without feeling like they are on a jungle trek.

And our grounds team can now put all our plant refuse in a giant pile at the back of the property rather than overflow the church dumpster. (Our pile was much larger than the dumpster itself, so it is impractical to attempt to lift it up high into the dumpster!)

Because none of us want organic material that can be recycled going into a city landfill, our Clean Air Landscaping Company generously makes a second trip back to our property the week after a grounds work day, manually loads a flatbed trailer and hauls the plant refuse to

an organic recycling facility. It may surprise you to learn our organic refuse is then turned into mulch for our flowerbeds and shrubs, both by the city and by private companies.

Attention fellow UU members: seventy-five percent of the September 6th workers are eligible for senior discounts! We need some younger members to “dig in” and help out! While we were working we had a short discussion about how much we learn from each other while we work. We learn about plants and plant identification, a new tool or great water bottle, or some event or restaurant we want to try, etc. Believe me, it’s not all work and no play. Join us for some quality outdoor time and exercise! With cooler weather on the way, you have no excuse. The next work day is scheduled for October 11.

Goodbye Carol, Hello Chris and Susan!

This week we say goodbye to Carol Drennan, who has been serving as our Interim Director of Finances and Operations. Her work definitely had a positive impact here! Overall she helped us move us closer to our mission as a church. We’ll be having a small reception to say goodbye to Carol this Sunday (9/28) after the second service in Howson Hall.

Chris Jimmerson, who has completed his seminary training, will be stepping in as the permanent replacement for the position. Tell

him congratulations if you see him around the church! We will have his welcoming reception next week on October 5th, and his official ordination will be in February. Stay tuned for more details.

Finally, we will welcome a new face to the halls of First UU: a new church intern, Susan Yarbrough. Susan is a student at Meadville-Lombard in Chicago. She comes to the UU ministry as a second-career seminarian, having spent years as an immigration judge. Her experiences on the bench are chronicled in her

book, “Bench-Pressed.” She comes highly recommended from one of Meg’s colleague in Houston.

In the three-year program through Meadville-Lombard, Susan will spend her first year off-campus working eight hours a week at the Lifeworks Street Outreach Clinic, part of People’s Community Clinic. The second and third years she’ll be working 20 hours a week here with the congregation. We will look forward to getting to know her better as she studies ministry at First UU.

“Getting to Know UU” class

Sunday, October 5
12:15-1:15 p.m.
Rm. 15

This class is a basic introduction to Unitarian Universalist history, as well as a history of First UU of Austin. You will also have opportunities to ask questions and share faith histories with other attendees. Childcare is provided.

RSVP to “Path to Membership” class

Saturday, October 11
9 a.m.-12 p.m.
Howson Hall

Breakfast and childcare provided. This quarterly class is designed for those interested in becoming members. Learn about the responsibilities of membership from Rev. Barnhouse; learn about UU history and the history of this church; share faith stories with other prospective members (optional); hear about ways to connect in the church; and sign the membership book and fill out New Member paperwork, if you feel ready! Please RSVP by Oct. 7th to membership@austinuu.org or Kelsey at the visitor table.

ACTION FOR JUSTICE

Overwhelmed by the 78 candidates running for mayor and city council?

Action for Justice can help!

article by Wendy Erisman

photo by Chloe Sikes

This November, Austin will hold its first single-member district city council election. With eight candidates running for mayor and 70 candidates running for the 10 council districts, voters have a lot to learn before they decide which candidates to choose.

On September 15, a group of First UU members and guests gathered in Howson Hall for a Civic Academy sponsored by Action for Justice, First UU’s social justice advocacy group. City demographer Ryan Robinson opened the event with a fascinating look at how the 10 council districts were created,

how those districts vary in terms of demographics, and what all that means for voter turnout in the upcoming election. Civic Academy participants then had the opportunity to learn about where candidates for mayor and city council stand on issues of civil rights, economic justice, and the environment—issues that First UU members told us are very important to them during Action for Justice’s summer Listening Campaign. First UU member and Austin Interfaith organizer Braden Latham-Jones wrapped up the evening with a call to action, reminding the group of the importance of educating and turning out voters for this historic election.

If you missed the Civic Academy but still want to learn about the mayoral and city council candidates, Action for Justice can send you a packet of non-partisan information on the candidates running in your district. Sign up in the gallery after Sunday services or email us indicating your city council district at justice@austinuu.org. We want to help you be an informed voter! ■



Members get voter-savvy at Civic Academy in September.

MONTHLY SPECIAL OFFERING

Front Steps gives a step up to the homeless

article by Mary Jane Ford

photo courtesy of Natalie Freeburg

Front Steps' mission is to provide a pathway home through shelter, affordable housing and community education. Its vision is to provide real answers and real solutions to the needs of people experiencing homelessness. Front Steps strives to treat all whom utilize the services with dignity and respect and to restore their hope for their future.

Front Steps' programs are the Austin Resource Center for the Homeless (ARCH), an overnight men's shelter and daytime resource center; the Central Texas Recuperative Care Center, a home health care facility for homeless men and women; and housing programs, transitional and permanent solutions.



David Kuyk, Jim Gary and Scott Butki serve dinner for 120 men at Austin Resource Center for the Homeless (ARCH). They are part of a regular group of First UU volunteers that serve dinner every first Sunday.

Our church is partnered with Front Steps/ARCH for three of our social action programs: the Cold Weather Shelter (Freeze Nights at the church), the Sack Lunch Program for the working homeless, and the First Sunday Suppers (serving dinner at the ARCH cafeteria).

ARCH serves as the first point of entry into the homeless service system for many of Austin's adults experiencing homelessness for the first time, as well as those who have been living on the streets for years. The ARCH is designed to assess client needs, provide information on how and where to access services, and meet the basic emergency needs of homeless adults, as well as provide a place for homeless people to rest and get out of the elements during the day. More than 6,000 homeless men and women utilized the ARCH in 2012-2013, including an average of approximately 423 individuals each day in the Day Resource Center and sleeping more than 200 men each night.

The building, which opened in 2004, includes a large common-use room, showers and locker rooms, laundry facilities, a computer room, an art studio, and offices for various nonprofit organizations that serve the homeless. A clinic, located on the first floor, provides health services. The second floor houses a large com-

mercial kitchen and dining room, serving 100 meals each night to clients staying at the shelter. Located on the third floor is the 100-bed overnight shelter. The sleeping area's rooftop terrace opens up to panoramic views of the city. The ARCH building is located at 500 East 7th St. The ARCH is a one-stop shop where clients can receive support for mental health, medical, legal, employment and other needs, all under one roof. Clients are encouraged to enroll in transitional services focused on helping them move from homelessness to affordable housing.

On October 12, please make a generous contribution to our Justice Fund special offering so that we may continue to support Front Steps/ARCH and our other worthy recipients.

More info: www.frontsteps.org
 Volunteer info: Cold Weather Shelter, freezenight@austinuu.org
 ARCH First Sunday Suppers: arch@austinuu.org
 Sack Lunch Program: sacklunch@austinuu.org

All groups supported by Monthly Special Offerings will receive a check at the end of the year, when the total of the 12 monthly donations will be divided equally.

Eclectic Folk Jam

Friday, October 10
Rm. 17
7-10 p.m.

The Eclectic Folk Jam, an open jam session for singers and instrumentalists, is held on the second Friday of every month. We have "Rise Up Singing" song books, and some people like to bring copies of their favorite songs to pass out. Bring drinks and snacks to share.

Contact Pete and Kim Akenhead at (512) 834-0188, or Mary Jane Ford at (512) 926-4122 or singalong@austinuu.org.

UU/Quaker Singalong

Saturday, October 25
Friends Meeting House
3701 E. MLK Blvd.
7:30-10:30 p.m.

Please bring snacks and finger foods, musical instruments, and copies of songs you want to sing. Copies of "Rise Up Singing" are provided. This is an alcohol-free event, round-robin format, held on the fourth Saturday of every month.

Contact Larry Vaughn at (512) 469-0029 or Mary Jane Ford at (512) 926-4122 or singalong@austinuu.org.

DENOMINATIONAL CONNECTIONS

Women's Retreat UBarU near Kerrville, TX Oct. 10-12

Recharge your spirit in the fellowship of Unitarian Universalist women from across Texas and beyond. Deepen your relationship with old friends and build new friendships. Sing, meditate, dance, walk the labyrinth or the hill country, do what your spirit needs. Free from workshops and classes. No responsibilities other than to be your own true, beautiful, authentic self. Info at www.ubaru.org under "Events."

Fall Harvest Training Nov 7-9, Glen Lake Conference Center Glen Rose, TX

This conference will feature workshops such as:

- Introduction to Leadership as a Spiritual Practice
- Congregational Stewardship with UUA Consultant Bill Clontz
- Creating Vibrant and Meaningful Young Adult Ministry
- Renaissance Module: Youth Ministry
- The Ongoing March to Selma with the Regional Right Relations Specialists

- RETURNING: Children's EvolUUtion Camp for Children ages 5 to 14

- INTRODUCING: Infant and Toddler Childcare!

A family-friendly opportunity for expert lay leader training with only a weekend of time commitment. Classes for children to age 14. Older youth are welcome and encouraged to join the adults! Plus time to enjoy the beautiful fall countryside.

Links to brochure and registration at <http://bit.ly/UUAsouthfall2014>. Scholarship information available by emailing denom@austinuu.org.

Save The Date!

November 13-15: Facing Race National Conference, presented by Race Forward: The Center for Racial Justice Innovation, Dallas, TX

November 14-16: Men's Retreat, UBarU near Kerrville, TX

Carpool Opportunities

Looking to carpool to a UU event outside Austin? Email Denominational Connections at denom@austinuu.org and Margaret Borden will attempt to put you together with someone to share the ride.

PEOPLE'S COMMUNITY CLINIC

Pitch in for the October Book Drive!

Last year members and friends of the church scoured their bookshelves, closets and storage boxes to come up with 373 gently used (some almost brand-new) books for the People's Community Clinic's storytime program and to give to children at their pediatric visits—a book to look at or practice reading, perhaps to share or keep for their very own.

For the month of October we ask again if you will look in closets, under your chairs, behind the desks, in your drawers for books that you're ready to pass on. It's a small thing that we may do to share the wealth of words, pictures and stories to children.

A box will be in the gallery on each Sunday morning in October to accept any books you may be able to donate. This is a nice way for our Religious Education children and/or their friends to get in on a worthy cause and share the stories or picture books they have enjoyed. In 2013 the clinic served 7,735

youngsters...that requires a lot of books! The books may be for all ages: young picture books to young teen books.

People's Community Clinic is a split-the-plate organization of our Social Action Committee. It focuses on not only improving its patients' physical health but also supporting their emotional and family needs. The clinic offers a broad array of healthcare and wellness services. It also has an array of off-site specialized and collaborative programs that run the gambit of nutritional education to chronic disease control and legal consultation.

A group of collating volunteers usually meet the second Tuesday of each month, but we will be canceling our meeting in October due to the space needs of the clinic that month.

For more information about the clinic, go to www.austinpcc.org or email pcc@austinuu.org. ■

Women's Spirituality Group

*First and third Saturdays
10:30 a.m.-12 p.m.*

Rm. 13

In tribute to our 30th anniversary at First UU, the Women's Spirituality Group is reading and discussing the book that launched our group to becoming what it is today: "Dreaming the Dark" by Starhawk. We have covered the first two chapters so far. Women are welcome to join us at any time, and it's ok to show up without having read the book.

This group is for women who are high school age and older. We are open to new members at all times, and we invite you to join us. Contact: women@austinuu.org.

Wanna go out on Saturday?

Join fellow UU's from our congregation and neighboring UU fellowships for dinner, adult conversation and fun through MeetUp.com. Join the Unitarian Universalist's Saturday Night Social group today, or contact Amanda Hatch at amandahatchlcsw@gmail.com for more information.

HEALTHY RELATIONS MINISTRY

Advice from Covenant Corner

Dear Covenant Corner:

My friends often come to me and talk about their interpersonal problems. I'm a good listener and I feel that I help my friends. I've recently heard about triangulation and how bad it is. How can talking out a problem be a bad thing?

— *Friendly Ear*

Dear Friendly Ear:

Listening is a wonderful skill and your friends are lucky to have you.

There are different definitions of triangulation. The one that we like is this: triangulation happens any time that Person A talks to Person B about Person C. In this definition, triangulation is not inherently bad. When your friends talk to you, you become Person B as we define it.

There are three ways a triangle can unfold:

- The best possibility is if Person A sincerely desires to move toward a respectful and compassionate resolution to the problem between A and C. Your contribution as Person B can be invaluable as Person A wrestles with their concern.

- Sometimes Person A must vent and complain a bit before being able to engage in constructive dialog. In this case, one way you can help is to facilitate moving Person A from venting to being able to move toward a respectful and compassionate resolution. You can do so by asking questions like, "How would you like things to work out?"

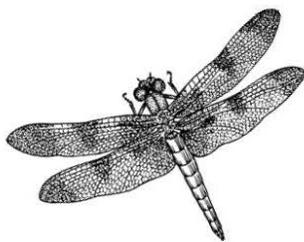
- The worst case scenario is if Person A is not interested in respect, compassion, or resolution. If your attempts to convince them to work toward a resolution aren't successful, then we recommend that you en-

courage Person A to speak to Person C directly, as per our covenant, and disengage from further discussions with Person A about Person C.

A triangle is very stable, that's why it's so common. It becomes a problem when the issue between Person A and Person C is never dealt with, like in the last bullet above. As long as A and C are moving toward a respectful and compassionate resolution, your triangle is a healthy triangle.

The Healthy Relations Ministry is available to you as a resource if you need help with a difficult situation here at church. It includes Margaret Borden, Ann Edwards, and Sandra Ries and can be reached at healthyrelations@austinuu.org.

Sincerely,
Healthy Relations Covenant



Wildflower Church
First-Friday Film Series presents
**Can Eating Insects
Save the World?**

October 3, 2014

With 40 tons of insects to every human, insects could offer a real solution to the global food crisis. Watch as food writer Stefan Gates immerses himself in the world of hardcore insect-eating!

And YES, there will be samples to try yourself!



Doors open at 6:30 P.M.
Film begins at 7:00 P.M.
Wildflower Church
1314 E. Oltorf

Free of charge and family-friendly



Paradox Players presents another Austin premier!

by **Gary Payne, creative director**

"Stella and Lou"

by **Bruce Graham**

**Starring Cynthia Schiebel and
Gary Payne**

October 17 - November 2

Fri & Sat, 8 p.m.; Sun, 3 p.m.

Howson Hall

On a quiet night in an old Philly bar, two kindred spirits – one the bar owner, the other his favorite customer – seek solace as they carefully navigate changing times and relationships past. "Stella and Lou" is a touching, humorous and intimate exploration of friendship, forgiveness and loss, and the awkward longing for companionship that grows with the passage of time.

Running time is 90 minutes with no intermission. Friday, October 17 is a gala opening with special refreshments after the show.

Make reservations at (512) 744-1495 or at www.paradoxplayers.org. Tickets are \$10-\$20 (opening night \$25). Free childcare is available October 19 and 26,

reservations for childcare not required.

You can help out Paradox with this next show if you have any of the following:

- Small tables (round or square)
- Empty liquor bottles
- Bar-like drink glasses
- Pictures that might hang in a bar
- A dart board with darts/dart holder
- A cash register
- A TV (ideally flat screen but doesn't have to be)
- A small microwave (doesn't have to work)

Contact Gary Payne at (512) 799-5872 or capcitymystery@swbell.net.



Calling all UU member artists!

The Alternative Space Gallery here at the church welcomes all UU member artists to submit original art for our annual member show. Entries must be received as of December 1st or by arrangement. We hope to have a large collection of work to exhibit. Fifteen percent of any sale will go to the church general fund. Request additional details and send questions via gallery@ustinuu.org.

F.R.E.D. Fellowship with the Board— you are invited!

On the first Wednesday of each month, visit with members of the First UU Board of Trustees and enjoy a good meal at F.R.E.D. This is an opportunity to get to know your board of trustees better and to give them feedback about how the church is doing in regard to realizing our mission, vision and ends.

LIFESPAN RELIGIOUS EDUCATION

Lifespan RE highlights

by Rev. Marisol Caballero, Assistant Minister

**Lifespan Religious Ed. Update**

The fall semester of Lifespan Religious Education has gotten off to a great start! This year, we are starting off with more volunteers signed up to teach our children in Sunday school and youth advisors for our teens than any other year in this church's recent history! So far we have heard great things about the curricula from both the kids and their volunteer teachers!

Thirty people attended our Big Anti-Racism Weekend training and we have begun Part II of the two-year "Building the World We Dream About" course. "What We Choose: Ethics for Unitarian Universalists," begins Oct. 1st from 7-9 p.m. Chalice Circles begin later this month as well. (If you didn't register, you'll have another chance to join a Chalice Circle after the holidays.) And beginning in November, First UU Church of Austin will be offering a new multi-track Sunday afternoon adult RE program called **Sunday Seminars!**

Sunday Seminars will take place on the first Sunday each month, beginning November 2nd. We will offer options in areas such as Leadership Development, Spiritual Practices, UU Identity Development, and Faith Formation. No prior registration required. A simple lunch will be available in Howson Hall from noon-1 p.m. for \$5 (available to-go for Forum attendees), and childcare will be provided. Please check each monthly newsletter for detailed information on Sunday Seminars.

Sunday Seminars, Nov. 2nd, 1-2:30 p.m.

Faith Formation: Everything You Never Wanted to Know About Policy Governance (But Were Afraid to Ask)

Chris Jimmerson, Facilitator

Many of our members come from smaller churches, where decisions are made using something closer to a consensus model than the staff-led programming that a church our size requires. Many more remember the "old

days" when this church, despite its number in the hundreds, operated like a small church. Jokes such as, "How many UUs does it take to change a light bulb? There is no fixed number, but the committee must have a quorum," hit close to home. Come hear resident policy governance expert and Assistant Minister of Finance and Operations, Chris Jimmerson, explain the current decision-making model of our church. How does our theology line up with this model?

Spiritual Practices: Mindful Meditation

Michael Kersey, Facilitator

Michael Kersey, former president of our congregation, has been teaching Mindful Meditation classes at First UU on Monday nights for over three years. Whether you are a meditation novice or would simply like to hone your ongoing practice, this session will be a refreshing way to begin your week! Michael will present an introduction to Mindful Meditation and lead the group in understanding several meditation techniques that they may be able to incorporate on their own into their personal spiritual practice or even consider using in our Monday meditation group.

F.RE.D Nights Return!

F.R.E.D. stands for Fellowship, Religious Education, and Dinner. Join us for a delicious meal at 6 p.m., followed by religious education classes from 7-9 p.m. Dinner is \$6 a person, children under twelve eat free! Course descriptions below.

"What We Choose: Ethics for Unitarian Universalists"

Alternating Wednesdays, 7-9 p.m. beginning October 1st, \$15 registration fee

By Amber Beland and Manish Mishra-Marzetti, facilitated by Dr. Andy Gerhart

We are regularly faced with moral choices, big and small. How should we respond to a tricky family or relationship situation? What is the right thing to do when faced with a dilemma at work? What is the most ethical

course for a community, state, or nation to follow, and how much am I prepared to invest in advocating for that course? How does morality or ethics enter my food and eating choices? How should morality or ethics enter my consumer decisions? How do we treat others? What must I do to follow the values of my Unitarian Universalist faith tradition? (www.uua.org) Childcare provided.

Film Screening & Discussion: “Half The Sky: Turning Oppression Into Opportunity for Women Worldwide,” 7-9 p.m.

This two-part PBS series was beautifully filmed in 10 countries. “Journalists Nicholas Kristof and Sheryl WuDunn took on this urgent moral challenge in 2009 with their acclaimed best-selling book, “Half the Sky: Turning Oppression into Opportunity for Women Worldwide” (already in its 25th printing in hardback). They encouraged readers all over the world to do the same.

Now, the eponymous landmark movement inspired by Kristof and WuDunn’s book is working to amplify the book’s impact. Ignited by a high-profile national television event and fueled by innovative multi-platform initiatives, “Half the Sky: Turning Oppression into Opportunity for Women Worldwide” is galvanizing even more people to join the burgeoning movement for change.” (www.halftheskymovement.org)

Fall Lifespan Religious Education is Here!

Pre-K, “Celebrating Me and My World”

By Debora Chandler Pratt

This full-year curriculum celebrates the wondrous qualities of children and the animals, objects, and people around them. Provides preschoolers with experiences and opportunities to grow in trust and caring and to develop their self-identity and sense of connectedness with all of life. (www.rec-room.org)

K-1st Grade, “Creating Home”

By Christy Olson and Jessica York

This program helps children develop a sense of home that is grounded in faith. Participants explore the purpose and functions of a home for people and for other animals.

The program describes home as a place of belonging and introduces the concept of the congregation as a “faith home.” Like a family home, a faith home offers its members certain joys, protections, and responsibilities.

2nd-3rd Grade, “Faithful Journeys”

By Rev. Alice Anacheka-Nasemann and Rev. Lynn Ungar

We will equip children with language and experiences to develop and articulate a strong Unitarian Universalist faith identity, through historic and contemporary stories of Unitarian Universalist faith in action.

4th-5th Grade, “Sing to the Power”

By Lynn Ungar

“Sing to the Power” affirms our Unitarian Universalist heritage of confronting “powers and structures of evil with justice, compassion, and the transforming power of love.” Participants experience their own power, and understand how it can help them to be leaders. (www.uua.org)

Jr. Youth Group, “The Gospel According to The Simpsons”

By Mark I. Pinsky and Samuel F. Parvin

Jr. Youth Group will resume their weekly meetings and will engage in the series of 10 workshops outlined in the book, “The Gospel According to the Simpsons.” Each session correlates to an episode of the animated comedy that has been on the air since 1989, exploring religious themes such as heaven, hell, and prayer contained within its humor.

Sr. Youth Group, “Our Modern Family”

By Natalie Briscoe

What makes a modern family? For the upcoming RE year, the youth will explore how families are made and maintained using the award-winning television series “Modern Family.” As youth struggle with issues of identity, family, peer group acceptance, and values clarification, the Modern Family curriculum strives to offer opportunities to explore these issues in an informed and safe environment. Engaging in modern culture, current events, and Unitarian Universalist values, youth will have an opportunity to explore their family and themselves through a variety of discussions and activities.

Senior Luncheon**Wednesday, Oct. 8
12 p.m.****Howson Hall**

Paradox Players will present a scene from the October show "Stella and Lou." (See Paradox Players article on pg. 11 for description.)

Soup, salad and dessert will be served for \$5. Please RSVP to Alice Cashman: (512) 837-0988.

**Save the Date!
Texas UU Lobby
Day**
**Tuesday, Jan. 20, 2015
Texas Capitol**

At the start of the Texas legislative session, the Texas Unitarian Universalist Justice Ministry will host UUs from around the state for a UU Lobby Day to let our senators and representatives know what issues resonate with UUs.

To get involved and learn more, email Peggy at socialaction@austinuu.org.

SUNDAY WORSHIP**SANCTUARY 9:15 AM AND 10:45 AM****OCTOBER 5****Forgiveness and Repentance**

REV. MEG BARNHOUSE

As the Jews celebrate the Days of Awe, Rosh Hashanah and Yom Kippur, we turn to thoughts of the promises we have made that we cannot keep, times when we have said or done things that hurt others, and the many days when we were not the people we know we are capable of being. Can one be spiritual and flawed? Of course. Is there a way to deal with the guilt? Yes there is.

Classical saxophonist Harvey Pittel will share his critically acclaimed music for morning services.

OCTOBER 12**Now THIS is Church!**

REV. MEG BARNHOUSE

I have that feeling pretty often, and I wonder when you have it. Is it music? Words? The faces of the people? The children? The candles? I'll tell you what it's been like for me.

The First UU of Austin Intergenerational Choir and Band will perform some space oddities.

OCTOBER 19**Trust and Welcome**

REV. MEG BARNHOUSE

What does it mean to trust someone? What are the depths of being hospitable? How far do you go with people who take you places you didn't want to go? These are life-balance questions that we must address on the road to emotional and spiritual maturity, both as individuals and as a congregation. We get a chance to practice here.

OCTOBER 26**Circle Round**

REV. MEG BARNHOUSE

This is the time of year when some earth-based traditions teach that the veil between the worlds of the living and the dead is thin. It is when the turning of the wheel of the year is taking us into the ascendancy of the darkness. Darkness is necessary for growth, for rest, for all of life. We are celebrating the 30th anniversary of the First UU Women's Spirituality Group! Attendees should download a gong, bell, or singing bowl app to their phones if they care to use it for the end of this service.

THE FORUM

SANCTUARY AT NOON AFTER SECOND SERVICE

OCTOBER 5

How Academic Performance Can Be Improved By Connecting Kids to Nature

WITH MARYA FOWLER

Research shows that environment-based learning is an effective means of engaging students in core subject areas such as math and science. Marya Fowler, senior education manager for National Wildlife Federation (NWF), will show how and why schoolyard habitats and outdoor classrooms help students learn.

Prior to joining NWF in 1999, Marya taught for several years at the secondary level. She obtained her master's degree in environmental planning/landscape design and worked in the field of landscape design, creating restoration management plans for habitat and wildlife using native plants. As senior education manager for NWF's South Central Regional Center, Marya focuses on the advancement of NWF's K-12 school-based programming in the region, including Eco-Schools USA, Schoolyard Habitats and global warming education and literacy, with an emphasis on integrating these programs at the state/school district levels and promoting environmental education as a means to improving student academic performance.

OCTOBER 12

Capital Campaign All-Church Event: "Back to the Future" 60th Anniversary Party

OCTOBER 19

Current Status of the Affordable Care Act

WITH TOM MCHORSE M.D.

The Affordable Care Act (ACA) went into full effect in 2014. Dr. Tom McHorse will outline what

its goals were, and what it has accomplished so far. He will also discuss the problems left unsolved in health care by the ACA, while relating all of this to health care in Travis County.

Dr. McHorse is a practicing gastroenterologist in Austin. He has served on Seton Hospital boards, been president of the Travis County Medical Society, and been active in indigent healthcare in Austin.

OCTOBER 26

Exploring Voice Types

WITH LIZ CASS

Join us for an adventure in exploring voice types! There are more voice types out there than you might imagine. Mezzo soprano Liz Cass will take you on a journey to understanding these voice types through their history, the development of the fach system, and powerfully beautiful music selections by some of the world's most renowned singers. (Fach is German for "compartment." The fach system was developed to classify voices mainly for the convenience of opera houses and casting.)

Liz Cass is a mezzo of unique brilliance, depth, and agility. Ms. Cass has star quality that radiates through her portrayals on the operatic stage and in concert. She is a regular soloist with Austin Lyric Opera, The Austin Symphony, Austin Chamber Music Center, Austin Classical Guitar Society, and Chorus Austin. She has toured with renowned theatre company The Rude Mechanicals in their L.A. run of "I've Never Been So Happy." Each year, Ms. Cass travels to Guatemala City and Antigua, Guatemala, to perform Handel's Messiah. These event proceeds benefit various educational efforts throughout Guatemala. Ms. Cass is the executive producer and founder of LOLA, a chamber opera company dedicated to keeping the art form alive by utilizing local Austin talent in new and innovative productions. Ms. Cass currently resides in Austin. ■

**First Unitarian
Universalist
Church of Austin**

(512) 452-6168

www.austinuu.org

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Andrea B. Sosa

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Marisol Caballero

Assistant Minister

Chris Jimmerson

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Brent Baldwin

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Kelsey Caudebec

Communications Coordinator

Victoria Valadez

Board President

Carolyn Gremminger

**First Unitarian
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4700 Grover Ave.

Austin, TX 78756

Way to go, Austin UUs!



Wildflower UU Kurt Cadena-Mitchell joins First UUs Beki and Richard Halpin as they work in coalition with Austin Interfaith to support human rights and economic justice during a press conference on Sept. 8th before a City Council budget work session.

Through our work with Austin Interfaith, UUs have helped to persuade

Austin City Council to add important items to the budget including:

- Flood recovery/buy-outs-\$78 million
- Social service contracts-\$1 million
- Afterschool programs-\$400,000
- Pool hours expansion (winter)-\$133,000
- Library hours-\$507,000
- Living wages increased to \$11.39
- Capital IDEA increase of \$350,000
- Parent support specialists-\$1.25 million
- Family resource centers-\$43,000
- Adult library services-\$28,000
- Replace Community Transformation Grant (Health Department)-\$410,000
- \$375,000 one time for ACA enrollment, plus \$75,000 for a Rundberg health center feasibility study. ■