



FIRST UU NEWS

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

Enjoy the ride

by Rev. Meg Barnhouse



One of the people I learn from is Derek Sivers, a musician and one-time circus clown who started CD Baby by accident. He found a way to put his CDs online so people could buy them. His musician friends asked if he would put theirs up too, and within a few years he was serving over 100,000 independent artists. Giving indie musicians a place to sell their music changed the music industry forever. He sold the business in 2008 for 100 million dollars. Now he writes about how to start businesses, blogs about his life and interests, and stays focused on his mission to help artists, musicians and entrepreneurs.

One day he was taking his regular bike ride by the ocean. Seven and a half miles out, seven and a half miles back, he applied his usual intensity and drive to the ride, head down, red in the face, pushing hard. He usually finished, exhausted and dripping, in 43 minutes. He began to dread the ride, knowing how he would feel by its end. One day he decided to relax, to look around, to dial his effort back by about 50 percent. Noticing the pelicans for

the first time, the porpoises dancing in the water, feeling the sun and the air, he enjoyed the ride. Looking at his watch as he finished, curious about how many minutes this had added to his workout, this ride had taken 45 minutes.

He couldn't believe that all the red-faced intense pushing he'd been doing had only given him a four percent boost in outcome. He began to wonder whether all of the stress and dread he felt over one task or another was worth it. Maybe he could imagine himself taking on tasks in a more relaxed way, actually choosing to enjoy more of what he was doing. If the outcome might be 96% of what it otherwise would have been with stress and pushing, that would be smarter.

I've been pondering that. I tell myself the story that I never stress about my work, but that's not true. Deadlines, missed opportunities, an overwhelming building and renovation plan, fund raising, follow-ups not accomplished: these things wake me up in the night. Like housework or parenting, like many of your jobs, there is always something left

undone. You accomplish a lot, but the sense of failure is never far from your spirit.

When that part of me hears a suggestion to relax, it answers "What?! You want me to care less? To give up? Not to go for excellence in all things? Not to give 110 percent? The smarter part of me points out that you can care and be constant and also be relaxed. It notices that if you give 110 percent at all times, in all things, you would burn out in days. It asks if perhaps not all things call for absolute excellence, that some things can work if they are just pretty good. And, as always, my sweet mother's violin practice every morning of my life reminds me that a thing worth doing is worth doing badly, if you love doing it enough.

When I get red in the face, head down, pushing too hard, I'm going to hear Derek's voice in my head as he reminds me to enjoy my days, to ask for help or forgiveness, and to give help and forgiveness to others as well. This is a great congregation, a healthy church, and a worthwhile ride. We're going to be fine. ■

PRESIDENT'S ADDRESS

Learning from those who have come before

by **Angela Smith**



Breakfast has always been my favorite meal. I love bacon. I love eggs, and the southern gal in me loves my grits. I'm doing a little happy dance knowing McDonald's is now offering Egg McMuffins all day.

Breakfast is even better when shared with friends, and I was especially aware of that recently as I sat down for breakfast with several past presidents of First UU Austin. As they recounted their experiences, it's an understatement to say I was awed by their stories. This church has always been blessed with great talent, and that talent was much evident in the wisdom shared by these past board leaders. I confess it was also a little intimidating, knowing I had to live up to the high standards they had set. They told of their successes and what they enjoyed about the job; they also talked about their trials and tribulations while serving in this office. I took to heart the advice each of them gave me—from keeping a sense of humor to not taking things personally—and, of course, to always heed the call for more cowbell!

After hearing some tell tales of troubled times, I felt some sense of relief that our current board is serving at a period of relative calm and stability in the church. Much of that is due, I believe, to an extraordinary

staff and wonderful volunteers who keep the day-to-day operation running smoothly.

We're fortunate to have in Rev. Meg a senior minister who happens to be one of the best in our denomination. In fact, we're the envy of UU congregations everywhere because of her presence here. She and her wife Kiya have blessed us with gifts we should never take for granted. They say ministers go through a "honeymoon" period. Here it seems the honeymoon has evolved into a strong, healthy marriage. Because we're not spending all our time dealing with contentious issues or conflicts that divide rather than unite us, we're able to fully focus on our mission – to nourish souls, transform lives and do justice. Rather than dealing with petty issues that tear us apart, we're concentrating our efforts on being what a church is supposed to be.

As I've reflected on my first few months as board president and what this church has accomplished, I have so many reasons to be optimistic. For example, I'm looking forward to the upcoming discussions on whether we become a permanent sanctuary church. That decision, of course, will have bearing on our building program. I'm looking forward to hearing your views in a healthy

dialog on the subject.

You'll have another opportunity to share your views at our pre-congregational meeting Nov. 15 when we'll present the budget, which will come up for vote at our congregational meeting Dec. 13. Your participation and input will be valuable, and I promise you, the leadership will listen.

So many churches today are dysfunctional families. Policy governance and our covenant of healthy relations have thankfully kept us from falling into that trap. We don't always agree on every subject—but when we disagree, it's with respect and with a desire to come to a better understanding of the other's viewpoint.

November is the month of thanksgiving, and I am thankful for this church and everyone who is part of it. I am grateful that you've entrusted me with the honor of serving as your president. It's a responsibility I don't take lightly, especially after hearing the stories of those who have come before. I also know change is inevitable. Breakfast all day at McDonald's is proof of that. But whatever change comes, I'm confident our church will handle it—with courage and grace. Happy Thanksgiving, everyone! ■



Music Matters

by Brent Baldwin, music director

“Fauré Requiem” by Gabriel Fauré

Nov. 1, both Sunday services

The First UU of Austin Adult Choir and Orchestra will present a very spe-

cial musical offering of “Requiem” by Gabriel Fauré. They will be joined by guest vocal soloists and instrumentalists from the Austin Symphony Orchestra. Don’t miss this hauntingly gorgeous work! ■



New Member Recognition

**Sunday, Nov. 15
Sanctuary, during
worship services**

Signed the membership book this year, but still haven’t participated in a New Member Recognition ceremony yet? Be introduced to and received by the congregation!

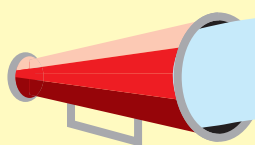
Participation is simple and optional. You’ll be asked to join Rev. Meg at the front of the church, briefly introduce yourselves to the congregation, and a short litany will be read. (Bring a copy of the bulletin up with you so you can read the litany.)

If you’d like to participate, just show up! Wear your “new member” ribbon (extras may be found at the visitor/membership table).

New Member Potluck

**Saturday, Nov. 14
Howson Hall
6–8 p.m.**

Come welcome new members at our biannual new member potluck dinner! It’s a great way to get acquainted with new people and catch up with old friends. Please RSVP by Nov. 5 to membership@ustinuu.org. New members: if you feel comfortable, please wear your red “new member” ribbons!



Stewardship Update and Canvass Wrap-Up Party!

**Sunday, November 15
Church patio
11:45 a.m.–1 p.m.**

As of this writing (10/28), our 2016 Stewardship Campaign has pledges of \$500,047. That is 68.2% of our \$733,203 goal. Our canvassers have contacted 56% of our families to set up a time to discuss their pledge for 2016. In addition, every Sunday after services

through Nov. 15 canvassers will be available at a table in the gallery so you can make your pledge. You may also contact Rev. Chris at any time to find out how to make your pledge: chris.jimmerson@ustinuu.org.

As we wrap up the campaign, the Stewardship Team will be hosting a celebration on Nov. 15 for a successful canvass. Hors d’oeuvres and ice cream sundaes will be served, please join us!

LIFESPAN RELIGIOUS EDUCATION

Lifespan RE highlights

by Rev. Marisol Caballero, Assistant Minister



Guest at Your Table Boxes are Back!

Each year, our congregation participates in the UU Service Committee's fundraiser known as "Guest at Your Table." The UUSC is the Unitarian Universalist Association's international and domestic arm for

human rights work. The idea of this campaign is each family in the church gets a small "piggy bank" to set at their table. You donate the approximate cost of a meal (or more!) for a guest to eat with your family each time you sit down to eat. Return the box to the church on Dec. 13 and we will send our collective contribution to the UUSC to assist in their great work! This program is a wonderful way to teach children about generosity and gratitude, and a great way for adults to be reminded of such lessons, too. The boxes are now available at the Lifespan RE table in the gallery. Stop by and get yours today!

F.R.E.D. Night Happenings:

No reservation required to the hottest Wednesday night spot in town! All are welcome to join us for an always-delicious dinner at 6 p.m. (\$6/person, kids under 12 eat free), followed by mind-blowing classes and workshops! (Please note there will be no F.R.E.D. on Nov. 25 for Thanksgiving break.) This semester we're offering the following:

"Living the Welcoming Congregation: Continuing the Welcoming Congregation Journey," 7–9 p.m.

Alternating Wednesdays (Nov. 4 & 18)

\$15 registration fee (scholarships available)

This year marks the 20th anniversary of First UU being recognized by the UUA as having completed the neces-

sary steps to become an official "Welcoming Congregation" to LGBTQ-identifying people of good will! To honor this wonderful milestone and renew this commitment, we're participating in the refresher course, "Living the Welcoming Congregation," toward obtaining our certificate confirming we're committed to the ongoing journey of acceptance. A lot has happened in the LGBTQ movement in the past 20 years! Please join in this joyous struggle, meet other allies and queer members, and help First UU reach this goal.

"Resistance and Transformation: Unitarian Universalist Social Justice History," 7–9 p.m.

Alternating Wednesdays (Nov. 11)

\$15 registration fee (scholarships available)

Grounded in the belief that even "failures" in our history can be instructive, this program presents the ongoing struggle of our tradition to live up to its ever-evolving ideals of social transformation. Themes include abolition, peace-making, civil rights, free speech, utopianism, counter-culture, the women's movements of both 19th and 20th centuries, and more.

"What Makes a Family?" Volunteers Needed! From the Jr. Youth Group

We now have so many ways a family can be determined: blended, divorced, chosen, nuclear, two parents, single parents, same-sex parents. Our fall curriculum is called "Families." Our middle school group is going to learn about the different types of families that are part of the congregation here at First UU. We need volunteers so we can interview you and your family, plus take portraits. Our class meets during the second service from 10:45–11:45 a.m. so we'd like to have folks to our class so we can ask you questions and learn about your families. If you're willing to volunteer, please come by room

continued on next page

13 after Sunday services so we can schedule a time and date for you to come to our class.

At the end of our semester, we'll be putting together a slideshow/photography show in the gallery. Your assistance will aid us in understanding more of our congregation and the different ways families are part of the larger whole. Thank you! Please contact Laine at laine.young@austinuu.org to offer your family's help with this project.

A Plea For Help With Space!

We're all out of storage space at the church, and have a gorgeous (and reusable!) parade float whose pieces need the help of someone with a garage, shed, attic, or storage unit that has a sense of emptiness and longs for companionship until next year. The pieces measure: four side pieces, 75"x16.5"x 32"; and two square pieces, 48"x17"x13". Please contact Laine at laine.young@austinuu.org to offer your help. Thank you!

First Sunday Seminars, Nov. 1

First Sunday Seminars take place on the first Sunday each month. This multi-track, adult religious ed. experience has options in areas such as leadership development, spiritual practices, UU identity development, and spiritual practices. 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!

Faith Formation Track: "Exploring Immigration as a Moral Issue"

The 2013 General Assembly of UU Congregations voted to declare "Immigration as a Moral Issue" a UU Statement of Conscience. As we consider continuing on the journey of offering sanctuary, let's learn more about how this work fits in with the work of the larger UU movement and how it informs our faith as Unitarian Universalists.

Spiritual Practice Track: "Body Movement as Spiritual Exploration," led by Elizabeth Stehl

Join lifelong dancer, Elizabeth, to discover ways to engage creatively and spiritually through body movement. No dance experience necessary. All ages and abilities welcome.

Science and Religion Seminar Series with Bruce Naylor, every 2nd Sunday, 1-2:30 p.m.

Science and Religion are considered the two great schemas for understanding existence. We will be exploring how science provides a "naturalistic" understanding of the universe, and how religion can be recast from the naturalistic perspective. We will begin with the social brain, exploring how being a social animal shaped the evolution of our brains, and how religion evolved as part of this process.

Teacher Training, Nov. 14, 9 a.m.-1 p.m.

Considering joining the crew of fabulous Sunday School teachers and youth group advisors? Would you like to get to know UUism in a deeper way? Are you yearning for more wonder and awe in your life, more play time, more silliness? If you answered yes to any of these questions, please consider attending the next RE teacher training! Breakfast and lunch will be provided. Please contact Laine to RSVP: laine.young@austinuu.org.

People Of Color Field Trip & Brunch Nov. 8 & 29

Please note the meeting dates and times have changed. Starting in Nov. we will meet the second and fourth Sundays of every month. We host informative discussion, exciting field trips, and perceptive social support for people that identify as POCs (person of color, Latina/o, bi-cultural, or multi-cultural).

Nov. 8: Field Trip to Mexic-Arte Museum, 12:15-2 p.m.

We will meet in the gallery and then caravan from the church to the museum to view the Dia de Los Muertos exhibits celebrating Austin's Mexican and Mexican-American identity and heritage. Free admission on Sundays! <http://mexic-artemuseum.org/exhibitions>.

Nov. 29: Brunch at Threadgills North, 12-2 p.m.

We will meet in the gallery and then caravan from the church to Threadgills at 6416 North Lamar for their famous breakfast buffet and live music. www.threadgills.com. ■

SPECIAL ANNOUNCEMENT

Celebrate Thanksgiving at First UU!

Thursday, November 26
Howson Hall
2:30 p.m.

Join us for turkey and trimmings at the annual Thanksgiving potluck dinner. All are invited to bring a dish, along with a donation based on the number of people in your party. Single attendants: \$5; without potluck dish, \$10. Families: \$10; without potluck dish, \$20. Vegetarian and vegan dishes are especially appreciated.

To volunteer or sign up, look for the turkey in the gallery following Sunday services through Nov. 22, or contact Amanda Ray: fellowship@austinuu.org or (512) 825-0345.

November Art Exhibition

Reception: Sat. Nov. 7
Gallery
6-8 p.m.

This month we'll be featuring paintings, drawings, fiber art and mixed media by members of the North Shoal Creek Neighborhood Arts Association. Artists include Olaniyi R. Akindiya, Amelia Cobb, Teri Rodriguez, Mickey Stam, John Williams, Kathe Williams, and Katie Winter.

Share your thoughts about First UU as a sanctuary church

Earlier this year, First UU Austin provided sanctuary to Sulma Franco, a 31-year-old Guatemalan immigrant and LGBT activist who fled her home country after threats on her life. She was recently granted a stay of removal and is able to live in the community again. The church must first decide whether we wish to continue this program for others seeking asylum, and if so, discuss the parameters for moving forward.

Since this decision will have bearing on our building program, these conversations will be especially important. Members of your board of trustees and Rev. Meg, Rev. Chris, and Rev. Mari will co-facilitate discussions.

Members will have an opportunity to share their views on First UU becoming

a permanent sanctuary church at four focus group gatherings. Meetings are scheduled on two Wednesdays and two Sundays in November.

First UU as a Sanctuary Church Focus Groups:

- **Wed Nov. 4*** Room 17A 7 p.m.
- **Sun Nov. 8** Howson Hall 1 p.m.
- **Wed Nov. 11*** Room 17A 7 p.m.
- **Sun Nov. 22** Sanctuary 1:15 p.m.

(*These meetings will take place after the F.R.E.D. dinner)

Please plan to attend one of these sessions! If you're not able to make it, please email your thoughts to Julie Paasche, julie.paasche@austinuu.org, of your board of trustees.

FIRST UU CARES COUNCIL

Give a ride to church!

Did you know that some of our elderly or injured members can't come to Sunday services or other church functions because they have no transportation? We are establishing a Rides to Church program as one of the ministries of First UU Cares, and we need volunteer drivers. Helping a member in need come to church can make a big difference in both of your lives. It is great way to fulfill our mission of nourishing souls and

transforming lives by helping others. Just driving once or occasionally will really help. Once you've signed up, we'll occasionally contact you to see if you're available when we have someone in your neighborhood who needs a ride.

If you think you could give an occasional ride, or if you know of someone who needs a ride, please send an email to caring@austinuu.org. You can also contact us by calling (512) 452-6168 x315 and leaving a message.

SOCIAL ACTION COMMITTEE

It's MSO nomination time

It's time to nominate your favorite nonprofit social justice organization to receive part of First UU's monthly special offering for 2016. Church members may submit nominations through Sunday, Nov. 29. The vote to select our 2016 special offering recipients will take place on Sunday, Dec. 14.

Nomination forms will be available throughout November at the Social Action table in the gallery after Sunday services, as well as in the Social Action mailbox in the mailroom. These forms will ask you to explain how the organization promotes our UU values, what relationship you have with the organization, and what volunteer opportunities the organization offers our congregation.

If your nominated organization is selected, you will be asked to: 1) provide proof of the organization's 501c3 status; 2) write an article about the organization for the newsletter and an announcement for the weekly order of service; 3) speak to the congregation about the organization when the plate is passed; and 4) invite a representative of the organization to come to First UU on the day of the offering and provide further info about the organization.

To receive a nomination form electronically or get help with the nomination process, contact Social Action Chair Wendy Erisman at socialaction@austinuu.org.

Alphabet Soup Social Club

First Sunday of the month, 12 p.m.

This group is for anyone who identifies as lesbian, gay, bisexual, transgender, queer, questioning, intersexual, pansexual, or asexual. The goal is to provide a safe and nurturing environment for us to gather in community and nourish our souls. If you're a heterosexual ally we welcome your support but ask you refrain from attending these meetings.

We meet on the first Sunday for brunch after second service at a rotating location. Check the weekly bulletin for location details each month. We also meet for ad hoc events throughout the month. For more info contact Tomas Medina at alphabetsoup@austinuu.org, or follow us on Facebook.

The Fair Trade Market returns

**Howson Hall, Nov. 21 & 22
10 a.m.–6 p.m.**

Promote economic justice in our community this holiday season! Join us for this year's Annual UU Fair Trade and Alternative Holiday Market. This year, we'll have a combined offering with Austin Tan Cerca de la Frontera's (ATCF) Women & Fair Trade Market. Along with our usual fair trade vendors, ATCF will bring a variety of musicians, poets and cooperatives, formed by women adversely affected by globalization. Come hear their stories and buy beautiful handmade crafts, toys, pottery,

jewelry, clothing, textiles, and weavings at this consciousness-raising community event.

Those attending the "We Gather" worship service on Saturday at 4:30 p.m. may shop before or after the service. Sunday's market will break during the second worship service, as to not interfere with those watching the service in the overflow room. Everyone will be welcome to shop during the fellowship coffee hour after both services and learn about fair trade.

If you'd like to volunteer to help with setup and sales, please contact Judy Sadegh at jsadegh@yahoo.com.

Save the Dates!

Pre-congregational meeting

Sunday, November 15,
Sanctuary
1:15–2:30 p.m.

Congregational meeting

Sunday, December 13,
Sanctuary
1:15–2:30 p.m.

PEOPLE'S COMMUNITY CLINIC

One for all, and all for one!

If an organization has a volunteer who shows up when scheduled, does her task with little direction or problems, and continues serving for seven years—well, that is a dream volunteer. Now, add another volunteer, who shows up unreminded and fulfills her tasks—as an organization you have hit “pay dirt.” Add one more to this wonderful mix, and you have three volunteers who follow through as a team for seven years. As an organization, you have just reached nirvana!

Meet the three People's Community Clinic volunteers who have done just that. Each has a connection with First UU, either by membership or friendship, but all carry the principles and ethics of our mission.

First, meet Lori Sommer. Lori was born in Omaha, Neb. She and husband Rich are the parents of twin daughters: Libby and husband, in Portland, Ore.; and Anna and husband, in Canton, NY.

Lori is a nurse at the Veterans Administration outpatient clinic. She and husband of 43 years, Rich, came to Austin when he was offered a job with the U.S. Department of Agriculture. Formerly, they lived in Chadron, Neb., where they spent some time as bee keepers and sold honey to Bigelow Tea.

Lori attended First UU from

2007 until 2011. She now spends whatever free time she has reading, canoeing, walking and biking with Rich.

Now meet Nora Hughes McLaren. Nora is originally from Rockford, Ill. In 1981 she came to Austin to attend nursing school and met her husband, Jim, who was from Dallas. They have a son, Tom, who has a degree in biology and is working with Americorps building and repairing trails in the national parks. Presently he is in Arizona where his mother says he lives in a tent and gets little pay, but he loves his job.

For 12 years Nora and Jim lived in Los Angeles before coming back to Austin. Nora said those years were very difficult. The schools were suffering with the first round of economic cutbacks; there was an earthquake that damaged the Santa Monica freeway; and race riots in the wake of the Rodney King trial were happening in the area she worked. She was glad to move back to Texas.

Nora, being an eight-year survivor of ovarian cancer, served a time as president of the National Ovarian Cancer Coalition. Her hope is that more women become aware of the symptoms of ovarian cancer which are not heavily advertised and are hard to recognize until it is too late.

Presently Nora is a nurse with a

family practice clinic and hopes to retire early this coming year. She used to attend the church, but now spends her Sunday mornings with a group of friends that gather to walk various trails or kayak on Town Lake.

The third lady in this group is Megan Seaholm. Megan is a professor at UT Austin and teaches in the field of late 19th and 20th century U.S. social and cultural history and U.S. women's history. Her main area of interest is history of women's health care and the social construction of medical science and medical practice.

Sheri Overton recruited these women seven years ago, and between the three of them, they are still seeing to it that all the necessary copies are prepared and available for organizing and collating into the informational booklets and leaflets that are needed by the clinic. The church and PCC thanks them and recognize their sincere desire to do what they can to help our community within the time constraints of their busy lives. Many thanks!

For more information about the clinic, the services it provides, and how to volunteer, go to www.austinpcc.org. For information about First UU volunteer efforts with PCC, send an e-mail to pcc@austinuu.org.

GROUNDS COMMITTEE

First fall grounds work day

by Carol Edwards, Grounds Chair

With the weather a bit cooler, the church Grounds Committee volunteers had their first work fall day on the second Saturday of October. The team was lead by Membership Coordinator Shannon Posern, as I took a break due to seasonal allergies.

In addition to maintaining the First UU membership rolls, helping at the visitors table and new member activities, Shannon is secretary of Sunshine Community Garden and is currently working on her Master Gardeners certification. She is knowledgeable of our native perennials, shrubs and trees as well as vegetable and flower gardening. Thanks for filling in, Shannon!

Three cheers for our new grounds volunteers: Jay Kalina, Todd Nicodemus, and Michael Stanbury. We greatly appreciate their coming out, as many of the long-time volunteers have cut back their grounds work for a variety of valid reasons.

In addition to Shannon and the three new volunteers, veteran workers this month included: Dale Bulla, Joseph Hunt, Al Rogers, Kitty Traylor, and Michael West. And as it turned out,

volunteer Kathryn Ehlert arrived to help just as Chris Carter, owner of Clean Air Lawn Service, came by just to haul away the cuttings and organic debris the volunteers piled up.

Later, Chris told me Kathryn was a huge help loading into the trailer, and Kathryn said how much fun it was to work with Chris. And so it goes...you make new friends and learn many new things if you hang out with the grounds volunteers!

The nine volunteers trimmed perennials, took out unwanted saplings and weeded the north side of the property next to the credit union so that people who park there can get to the church easier. In addition, two volunteers removed a dead stump on the opposite side of the property. The ground where the stump used to be is very soft, so please take caution when walking around this spot. (It has since been marked with orange safety cones to mark the area.)

The next First UU Grounds work day is Nov. 14, likely at 8 a.m. with the time change. Mark your calendar!

“Path to Membership” class

**Saturday, November 7
9 a.m.–12 p.m.**

Howson Hall

Breakfast and childcare are provided for this quarterly class 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 to membership@austinuu.org as soon as possible or with Shannon at the visitor table, so we can get an accurate head count for food and childcare.

Senior Luncheon

**Wednesday, Nov. 11
Howson Hall
12 p.m.**

This program will feature Charles Palmer, baritone, and Kathryn Govier, pianist, with a program of Broadway songs including some to commemorate Veteran’s Day. Soup, salad and dessert will be served for \$5. Please RSVP to Alice Cashman: (512) 837-0988.

HEALTHY RELATIONS MINISTRY

Austin Presence Group

November 5 & 19
Room 13B
6:30–8 p.m.

Each month we will discuss a chapter from “The Power of Now.” Then we may tune in to an Eckhart Tolle video. A \$5 donation is requested in order to support the church. Visit us at www.meetup.com/AustinPresence.

Come light another candle to illuminate your understanding along the spiritual path called life. Contact: Joe Linsalata, (512) 327-5000 or Linsalata@austin.rr.com.

Sharing Suppers are back!

Saturday Nov. 21, 6 p.m.
RSVP by Nov. 10

Sharing Suppers is a great way to meet church newcomers and long-time UUs. They're casual adult dinners for six to ten people held the third Saturday of each month. We gather in various participants' homes and everyone contributes to the dinner. Need not be a member to take part. Sign up for one dinner at a time, no long-term commitment. Contact fellowship@austinuu.org to sign up, or call Amanda Ray at (512) 825-0345.

A Word from Covenant Corner

How easy it is to “mess up!” Recently we members of the Healthy Relations Ministry penned an email that fell short of communicating with curiosity and respect.

Our email, which any business might admire for its clarity and conciseness, did not translate well in the context of our church's covenant. And there's the rub—we are a church, not a business. Implied good will is not sufficient when our communication lacks that extra dose of curiosity and respect that the business world does not expect.

A small turn of phrase can make all the difference in how a message is received. Tone is everything! Reading a message aloud before sending can help a lot. It's worth remembering also that the same message will be received differently depending on the reader's

mood. The writer cannot know, of course, if the receiver is feeling calm or anxious at the moment of reading a message, so we urge using extra care before clicking the “send” button, to be certain that one's email is more kind than curt. Alternatively, face-to-face conversation always gives both parties the advantage of nonverbal cues.

We ourselves continue striving to meet the high standards of our covenant. We're grateful that we all promise to show “good humor and the optimism required for moving forward” when we fall short of expectations.

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.

Fall UU Campout this month

November 13–15
Near Spicewood, TX

Please join us for a weekend of camping with UUs at a privately-held campground 35 miles from Austin. You can arrive Friday around 4 p.m., or on Saturday. No need to make a reservation, one's already been made for the group. Bring food for Friday and Saturday nights, plus breakfast and lunches. There's a swimming hole and a waterfall, and you

can hike to Lake Travis. Restroom and shower facilities nearby.

A group potluck meal will be around 6 p.m. on Saturday, then a campfire (if it's allowed) and musical jam. Camp overnight or just spend the day. On Sunday morning will be a communal breakfast. For more details, camping fees and directions, call Lynn Vaughan: (512) 587-8221 or Lynn@Lynnspetsitting.com, or Krause Springs: (830) 693-4181.

MONTHLY SPECIAL OFFERING



Austin Child Guidance Center

Mental health problems do not discriminate; they affect all of us. Each of you knows a child—in your family, your neighborhood, your community—who is struggling with depression, ADHD, grief from the loss of a loved one, anxiety, relationship problems in the home, or trauma; from abuse, neglect or from witnessing violence. Many of you probably know more than one, since one out of five children experience these issues.

The Austin Child Guidance Center provides help to thousands of children (ages 3 to 17) and their families, through individual and family therapy, groups, in-depth psychological assessments, and psychiatric evaluations. We do this through an interdisciplinary model, with psychologists, social workers, psychiatrists and family therapists all working together to treat children, not in isolation, but in the context of their families and communities.

The need we meet is great, and it is growing. An estimated 79,000 children in central Texas have a mental health concern, and an astounding 82% of them will not receive treatment. Children with untreated mental illness are at increased risk of becoming part of the juvenile justice system, and often face a life marked

by academic failure, poor employment prospects, poverty, and substance abuse.

Regardless of their income level, families have access to comprehensive, quality mental health treatment in English and Spanish at Austin Child Guidance Center. We work with children and families from all walks of life, and from every corner of central Texas. Services are offered on a sliding-fee scale, making them affordable for all—and no one is denied treatment because of inability to pay. Eighty percent of families we see are low income.

In addition to serving children and families in our center, we reach out into the community, working in daycare centers, juvenile courts, and the schools. To be responsive to the needs of families, we are open till 8 p.m. every weeknight. We have a crew of volunteer play leaders in our waiting room so families don't have to worry about childcare. And we have opened a weekly walk-in clinic to support families with immediate needs. We are also a center of training and learning, and we have helped train over 700 current and future mental health workers.

We work with one child and one family at a time, such as:

- The five-year-old girl who has witnessed her mother being beaten by her father, through engaging her through play and talking about her experiences.
- The ten-year-old boy whose father is dying of cancer, helping him and his father to be able to make some memories, share their thoughts and feelings, and say goodbye.
- The fifteen-year-old boy in juvenile detention, helping him and a group of other adolescents get in touch with their emotions, and learn alternative behaviors to use when they are back out in the community.
- And the seven-year-old girl who is struggling in school following her parent's divorce and her mom's new relationship, by engaging her in play therapy and working with her parents on parenting skills to support their daughter.

Austin Child Guidance Center has over 3,000 of these stories every year, and 140,000 of them since we opened in 1951.

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.

YOUNG RELIGIOUS UNITARIAN UNIVERSALISTS

First UU youth reflect on Black Lives Matter rally

Black Lives Matter Austin held a rally against police brutality at the Texas Capitol on September 19 and First UU Austin responded. Along with two ministers, folks from social action and White Allies, five of our high school students and their parents attended. For some, this was their first social action event.

Afterwards, I asked two of the high school students in YRUU to do two things: describe what they saw and felt during the Black Lives Matter rally. Did the experience make them want to get involved in future social justice work of this or other types? These are the responses of the two 10th graders.

“Talking about events, or at least writing about them, for me, is tough. I know it sounds easy, but when you talk about a civil rights movement you feel like preaching. I don’t want to preach, I want to talk about this event,” wrote Samuel Winget, 16.

“In other drafts I kept saying “I” this and “I” that, and only talking about my opinion. When I did that it made me feel like I was drifting away from the idea of the rally. Because the rally wasn’t about me, it was about the suffering of the Black community and coming together to try and stop that suffering. Black people have been hurting for too long, and I’m surprised that they can get out of bed every morning and feel like they can win this war of oppression. I hate that they’ve had to fight this war every day of their lives. I hate it

down to my core. I’m happy that I went to this event. It opened my eyes and allowed me to become part of a movement for happiness and the end of a destructive society.”

Owen Lucas, 15, also shared his thoughts. “At the rally I felt a host of emotions and only spent the time to untangle the web of feelings later that afternoon,” he wrote. “It was kind of funny for me actually, sitting in bed watching YouTube while unfolding the feelings of the day. I sat in silence for a good thirty minutes before I found the idea to sum up the experience: the experience was learning. This idea of finding out about a whole unseen world, an idea of discovery summed up the experience pretty well for me. I had not been to a Black Lives Matter rally before and seeing the faces of those who have lost loved ones, seeing the brave speakers who were not afraid to speak up and educate people of the injustice that happens on a daily basis, was like seeing history unfold and seeing whole worlds come out of the fog. Yes, this whole experience could be described as inspiring or fulfilling or exciting, but I feel that it was a learning experience because in just a short amount of time I learned not just of the events, but of the people, the people who decided to put themselves out there.

“The protesters came from all over Texas to share their stories and give all in attendance a feeling of gained knowledge and inspiration. I also feel

that, aside from learning and inspiration there is also a lesson in pure inequality, and I’m talking about more than just the facts and statistics. I’m talking about the human aspect that we don’t see on the news, the fact that people of color have to tell their children about the racism, when I, a white child, grew up not knowing about it until a few years ago. I’m talking about the fact that there are people today who worry about their kids getting shot by police instead of worrying about what they will be doing in college. It’s as if the right wing is holding a dangerous weapon while denying its existence, and the left wing refuses to slap sense in the right and won’t even pull out a first aid kit.

“All of these feelings and ideas are jumbled and I know my words may not be the most intelligent or the most inspiring, but I know that there is work to be done. While I am a child in this world of racism and injustice, and I have been exposed to very little of what’s going on, by the time I am an adult I hope I will have learned more. I understand that my view is limited and my ideas are subjective, but I have tried my best to look at the objective truth and accept it as a fact instead of hiding in my box full of things I tell myself. I wish I could talk forever about this world and its problems and my ideas on how to solve them. I wish I could know all there is to know and show everyone that same knowledge.”

GREEN SANCTUARY

Movie night: Learn about the damage of climate change misinformation

Friday, November 6
Howson Hall, 7 p.m.

“Greedy Lying B*stards” investigates the climate change misinformation campaign waged by the oil industry and its funded think tanks. The film exposes how a small number of well-paid spokespeople have worked to confuse the public and lawmakers on the issue. In addition to exposing the denial campaign, “Greedy Lying B*stards” tells the

stories of those currently impacted by changing climate. These include residents of Kivalina, Alaska, who are faced with relocation due to erosion of shorelines caused from rising temperatures, as well as those in Tuvalu facing sea level rise. The film also covers the 2012 wildfires in Colorado, drought in Kansas, and Hurricane Sandy.

The movie is free and open to the public. Popcorn will be served.

DENOMINATIONAL CONNECTIONS

Fall Harvest Training, Nov. 13–15, Glen Lake Conference Center, Glen Rose, TX

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! Time to enjoy the beautiful fall countryside.

Links to information and workshop descriptions at uuasouthernregion.org/fc2015.html. Scholarship information at denom@austinuu.org.

Heart of Texas Cluster Leadership Series, Dec. 5

A one-day workshop on topics from Dwight Brown Leadership Experience. “Systems Theory & Faith Development” will be presented by Natalie Briscoe, Southern Region

Congregational Life staff, and hosted by the Comal County UU Society, New Braunfels, from 10 a.m.–3 p.m. Includes lunch. Link to registration at <http://bit.ly/HoTLS>. Early registration ends Nov. 30.

Save the Date!

Various dates: One-day workshop, 10 a.m.–3 p.m. on topics from Dwight Brown Leadership Experience. Includes lunch:

- **Feb. 6:** First UU of San Antonio. “Governance, Power and Authority, Growth, Change, Church Size Theory.”

Carpool Opportunities

Looking to carpool to a UU event outside Austin? Email Margaret Borden at denom@austinuu.org and she’ll attempt to pair you with someone to share the ride.

Young Adults Group events

Join the young adults (ages 18–35) for the next upcoming meetings. Email youngadults@austinuu.org for more details and info on the group. We’ll also be organizing monthly brunches after second service, so email us or watch the orders of service for updates! All meetings are typically from 7–9 p.m. with some adjustments based on event time for outings.

Thurs, Nov. 5: Potluck in Rm. 17, followed by volunteering at Inside Books (insidebooksproject.org)

Wed, Nov. 18: Happy hour and discussion at Spider House (2908 Fruth St) from 5:30–7 p.m.

Check next month’s newsletter for future events!

Yew Grove Full Moon Ritual

Tuesday, Nov. 24
7 p.m.

We will meet under the oaks in front of the church, or inside the church if it’s too cold. Bring a snack and some thoughts about the season of thanking and giving. Some warm socks to add to the church’s stock for the homeless would also be welcome.

Eclectic Folk Jam

Friday, November 13
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, November 28
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.

WORSHIP SERVICES

SANCTUARY 9:15 AM AND 10:45 AM

NOVEMBER 1**At the Threshold**

REV. MEG BARNHOUSE

What is it like being at the end of one's life? What do people think and write about? On this All Saints Day, we'll hear the choir sing “Fauré Requiem” and say the names of loved ones we have lost.

NOVEMBER 8**The Ugly Duckling**

REV. MEG BARNHOUSE

Another in the fairy tale sermon series, why do we sometimes feel that we don't belong, that we don't fit? What are the blessings and curses of being different from those around us?

NOVEMBER 15**R-E-S-P-E-C-T**

REV. MARISOL CABALLERO

Our congregation's Covenant of Healthy Relations emphasizes treating each other and visitors with hospitality and respect, but “respect” means many things to many people. As we move toward becoming a multicultural church, let's consider together various ways of treating others with respect.

NOVEMBER 21**We Gather: Another Kind of Worship**

(4:30 p.m.) The new third service is in its own format, different from Sunday mornings. Pizza, salad, and drinks will follow! Please email childcare@austinuu.org to reserve childcare; however, children are very welcome throughout the entire service. We will have a carpeted area and coloring materials in Howson Hall.

NOVEMBER 22**Family Life as a Spiritual Path**

REV. MEG BARNHOUSE

Can we gain more understanding of our place within our family? Why are we the way we are? How can we love those around us more capably?

NOVEMBER 29**Gratitude**

SUSAN YARBROUGH

One of the appealing rubrics of UUism is “living into our values.” Although gratitude is not explicitly mentioned in our principles, it's surely a value that many of us cherish and have especially practice Thanksgiving weekend. But beyond once a year, how can we do more than simply be grateful periodically? How can we practice gratitude so consistently that we not only live into it, but actually become it?

PUBLIC AFFAIRS FORUM

SANCTUARY AT NOON AFTER SECOND SERVICE

NOVEMBER 1

A Public Utility Goes Green: The Economics of Renewable Energy Options

WITH REV. LOU SNEAD

Georgetown Utility Services announced earlier this year that their public utility will utilize 100% renewable energy sources beginning in 2016. How did this publicly owned utility in a small town become one of the first in Texas to go green, and what can we learn from their experience? This presentation will share the story of how economics, expanding renewable energy markets, and community environmental activism all play a part in the making of a green public utility.

Rev. Lou Snead is a retired Presbyterian minister who lives in Sun City in Georgetown. He and his wife, Michelle, worship at San Gabriel UU Fellowship in Georgetown and Lou serves on the church's Social Justice Committee and on the planning team for the Interfaith Eco-Network of Georgetown. Before retiring, Lou served as pastor of Faith Presbyterian Church in Austin for 17 years and was an organizing member of the Interfaith Environmental Network of Austin. Before coming to Austin, he served as the pastor of Presbyterian churches in Houston, Dallas, and in Virginia.

NOVEMBER 8

The Future of Texas and the Path to Opportunity

WITH ANN BEESON

We all want Texas to be the best state for hardworking people and their families. We want a future for our children and grandchildren that provides every Texan the chance to compete and succeed in life. But one in four Texas children now lives in poverty, and income inequality is growing in our state. Learn about the current barriers to opportunity in our state, and what we can do to help give all Texans a fair chance.

Ann Beeson is the Executive Director of the Center for Public Policy Priorities, and joined in 2013. She is a renowned social justice lawyer, former philanthropy executive, and frequent public speaker and writer. She was previously the Executive Director of U.S. Programs at the Open Society Foundations, where she promoted human rights, justice, and accountability nationwide. Beeson has been recognized as one of the nation's top lawyers by American Lawyer Magazine and the National Law Journal.

NOVEMBER 15

Current Status of the Travis County Democratic Party and its Future

WITH VINCENT HARDING

This presentation will provide a recap of the 2014 election and look at the upcoming 2016 election, and focus on priorities for the Democratic Party. Vincent Harding is the youngest person ever elected to serve as chair of the Travis County Democratic Party and only the second African-American. Vincent is the Chair of the City of Austin Board of Adjustment, a Caritas Advisory Board Member, and a Community Advancement Network Community Council member. He is an attorney who graduated from the University of Texas School of Law and a real estate agent. Vincent served more than two years as the TCDP Secretary.

NOVEMBER 22

Past, Present and Future Climate Change Impacts on Water in a Semi-Arid Region

WITH JAY BANNER

Under essentially all climate model projections, Texas is susceptible to significant climate change in the future. Most projections for the 21st century show that

continued on page 16

**First Unitarian
Universalist
Church of Austin**

(512) 452-6168

www.austinuu.org

Senior Minister

Rev. Meg Barnhouse

Assistant Minister

Rev. Marisol Caballero

Assistant Minister

Rev. Chris Jimmerson

Director of Music

Brent Baldwin

Office Administrator

Andrea B. Sosa

Membership Coordinator

Shannon Posern

Communications Coordinator

Victoria M. Valadez

Board President

Angela Smith

**First Unitarian
Universalist
Church of Austin**

4700 Grover Ave.

Austin, TX 78756

THE FORUM, *continued*

with increasing atmospheric greenhouse gas concentrations, there will be an increase in temperatures across Texas and a shift to a more arid average climate. Studies agree that Texas will likely become significantly warmer and drier, yet the magnitude, timing, and regional distribution of these changes are uncertain. With a projected doubling of the state's population by 2065, science, engineering, and economics are essential elements needed for the state's planning for the projected changes.

Jay Banner was born and raised in New York City and was interested in science from an early age. He attended the University of Pennsylvania as a chemistry major and switched majors to geology partway through to his

bachelor's degree. He pursued graduate studies in geology and geochemistry at the State University of New York at Stony Brook, where he received his MS and Ph.D. He was then a postdoctoral fellow at the California Institute of Technology and Louisiana State University. He joined the faculty in the Department of Geological Sciences at the University of Texas in 1990 in Austin, Texas. He is presently the Fred M. Bullard Professor in the Jackson School of Geosciences, and Director of the Environmental Science Institute at UT Austin.

NOVEMBER 29

No Forum ■