



# FIRST UU NEWS

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

## Family at the holidays

by Rev. Meg Barnhouse



### Building Update

Come to the pre-congregational meeting on Nov. 20, 1:30 and see the almost-final building design!

- All new: kitchen, Howson Hall, toilet rooms in the foyer; and gallery and sanctuary expansions
- Two candle windows, one looking out on a garden and a fence (similar to the ones we have now)
- A good stove and fast dishwasher, a higher ceiling in the gallery, a spruce up for the RE classrooms, and storage!

They have moved heaven and earth to stay within budget, and to design something for us that reflects our values.

Every Thanksgiving my mother's family has a reunion. It was my cousin Lila's year to be host, so about sixty of us were gathering at her house. She had written to ask if I would bring sweet potato casserole and say the prayer before dinner.

That was brave of her. Not the casserole part—I make a mean sweet potato casserole. It was brave of her to ask me to be the one to pray.

Many older members of that side of the family are pillars of an ethnic Scottish denomination that doesn't yet allow women to be ministers. Lila and her mother have been working for years to try to change that, but you know churches, they hate to change. Most of my mother's generation approach the fact of my being a minister in the way of the Southern culture, which is to say they ignore it, as they would if I wore an outlandish outfit or had an unfortunate lapse in manners.

Coming into the enormous front room around noon with my sons and my casserole, we saw knives gleaming on every bookcase and coffee table. Uncle Norman, 82, had recently returned from Pakistan, from the area where he and my mother had grown up as missionary kids. He'd brought back a collection of Gurkha weapons. There were kukris of every length, dangerous curved blades whispering of battles

long past. Lila's twelve-year-old son Decker was running out through the carved Mexican door to the screen porch brandishing a long talwar sword, chasing his squealing sister Emma into the backyard. No one seemed overly concerned. Since half the adults there were doctors and the other half were lawyers, I figured that if anything happened, we could sort it out. So I set my casserole down on the side board and drifted over to where Norman was holding forth on his trip, on the bravery of the Gurkhas, and on the beauty of the Himalayas.

Glancing out into the yard to keep an eye on the chase, I was dumbstruck. An enormous Brahma bull was being led around out there by a woman dressed like a rodeo cowgirl. Her blue vest with the silver stars sure was sparkly. The two-thousand-pound animal was speckled gray and white, with a hump on his shoulders and a dewlap hanging from his neck, flapping from side to side as he plodded behind her with the expression of an ancient being praying for world peace. I was glad

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## PRESIDENT'S ADDRESS

## Celebrate Thanksgiving at First UU!

**Thursday, November 24**  
**Howson Hall**  
**2:30 p.m.**

Every year members, family, and friends get together to celebrate a day of gratitude together in fellowship here at the church. We plan to continue this tradition with a full Thanksgiving spread. Members will be encouraged to bring a dish to share. More details will follow in the weeks to come, but please start considering your holiday plans now. If you know you are interested in attending and want to sign up, please email [fellowship@austinuu.org](mailto:fellowship@austinuu.org).

## Wednesday Morning Music Club

**Wednesday, November 2**  
**Sanctuary**  
**10 a.m.**

The Wednesday Morning Music Club will be presenting a program of international music for the church. We welcome guests to enjoy some exceptional music and performers!

# That's not fair!

by Marsha Sharp



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

Our mission is what defines this congregation: what we believe, what we strive to do each day. This is the fourth and final article in a series about our mission.

**jus-tice**  
*noun*

1. just behavior or treatment.
2. a judge or magistrate, in particular a judge of the supreme court of a country or state.

I'm sure you've sometimes heard bickering about someone not playing by the rules, cheating, or trying to skirt the accepted norm, people treating others with disrespect. That's not fair!

As I was preparing to write this, I decided to do some homework about fairness and justice—look for some guiding references. What I found was more than overwhelming. Here are just a few of the possible issues regarding justice: girls, women, elderly, justice system, children, foster children, disabled, displaced/homeless, immigrants, minorities, laws, workers, pay, LGBTQ.

How in the world can anyone make a dent in creating fairness for all these folks? To avoid feeling overwhelmed and just giving up, focus on what stirs in you. What are your interests? What news headlines really "get to you?" When you see or hear of an injustice, are you wish-

ing you could do something about it, make things better for someone? This is a beginning. No matter how small or large, doing something to right an injustice makes a difference to someone.

Each of us can make a dent. Volunteer your time or treasure toward causes that resonate within you. That cause doesn't have to be with an organization; it can begin at home for those with whom we spend the most time—those we care for and love. Are we treating our loved ones with the same care we would give to a needy stranger? Are we fair and respectful to those with whom we are close? How are we treating our sons and daughters, our parents, our elders?

When we come together to foster positive change, the dent gets larger and larger. Many hands can make shorter work of repairing a house. A few hands can help prepare meals for the homeless. The more people participate and the more our church reaches out into the community, the more we can accomplish. As a church we do a lot through our Social Action Council. If you're looking for a place to make a difference, go to our website [www.austinuu.org](http://www.austinuu.org) and click on the Social Action tab. There you will find activities that will allow you to work with others with similar interests, help you meet new people, and give you a feeling of accomplishment and satisfaction. And make a difference in someone's life. ■

*"Family at the holidays" continued*

somebody was praying for peace. My guess is that when the bull saw Decker and Emma run out of the house, his prayer for peace got more specific.

This particular bull's job in the world, apparently, was to give slow rides to people. Helping people face their fears is a good way to work for peace, I think. Most of us rode the bull that day, except the very elderly generation. They watched and applauded in the cool sunshine. Even cousin Pooh was coaxed tenderly out of her wheelchair and onto his broad back.

Uncle Henry used to pray before dinner every year, a long and sonorous prayer that reminded God about the Puritans and the Native Americans (whose genes, I suspect, dance within the DNA of this family), a prayer that named one by one the blessings of this land and this family. My prayer, the first ever given at this gathering by a woman, was of gratitude for the land, for the family, for the love that surrounded us. I invited those present to call the names of those we missed, those who weren't able to be there or who had died. One or two cousins said "good job," Lila and her mother did, of course. Most of them smiled past me as if I hadn't spoken.

The food and the company were a pleasure. We told stories of long-ago mischief, and then planned some new mischief. One cousin and his wife told about entertaining the devout and extremely dull president of a southern Christian college, along with his extremely dull wife. They had made the mistake of inviting a couple of the other cousins, and one of those had attempted to liven up the conversation by slipping Amaretto liqueur into his own wife's after-dinner coffee. Through an unfortunate mix-up, the devout president's wife was the one who was served the doctored

coffee, and throughout the rest of the evening she pestered my cousin's wife to tell her where she got this coffee. "This is SO delicious," she cooed dreamily, "what kind of coffee is this?" The two who were in the know shook the sofa with suppressed giggles, almost falling against one another. My cousin's wife said "I couldn't let her see them laughing, so I finally turned to the woman and held. Her. Gaze." Her open hands went to the sides of her face, like a horse's blinders. "I held her gaze so she wouldn't see them over there, and I told her," and here her voice got animated, confidential. "I grind my own beans!"

After dinner we all lined up, as always, for flu shots. This strikes strangers as a tiny bit odd, but we are used to it. One of the doctor cousins brings a cooler full of medicine and doses everyone in a back bedroom with the help of his ten-year-old daughter. She's a whiz with the alcohol and cotton swabs. It's community-building, getting a chance to be brave together after dinner.

Thanksgiving for me is the family. I took my sons to this gathering every year from the time they were born until they were grown. I am grateful for the tradition, the talent, the wildness, the faith, character and kindness of these people. They have their faults, their self-righteousness, their blind spots. Don't we all? It is a blessing to carry them in my heart. I wish adventures, peace, good company and good mischief for us all in this holiday time. ■

**Solve the mystery, win a prize!**

Somewhere in this newsletter is a sentence containing a secret code word. Where is it? Find it and tell it to Laine Young to win a prize!

**Paradox Players  
Children's Theater**

**Saturday, November 19  
Howson Hall  
10:30 a.m.**

We have begun our fall season, presenting shows in elementary schools and libraries. This season's shows are "The Bunny Who Wished for Wings" and "Too Much Noise." These are stories from children's literature and folk tales, staged using story dramatization for children ages 4–8 years. It's a wonderful experience of theater and puppetry, which will be great fun for children as well as adults. Please join us for our First UU performance, admission is \$3.

Contact Jean Boehme:  
[joboej@hotmail.com](mailto:joboej@hotmail.com), or  
find us at [paradoxplayers.org](http://paradoxplayers.org).

**Save the Dates!****Pre-congregational meeting**

Sunday, November 20  
Sanctuary  
1:30–2:30 p.m.

**Congregational meeting**

Sunday, December 18  
Sanctuary  
1:30–2:30 p.m.

## LIFESPAN FAITH DEVELOPMENT

# Growing in gratitude

by **Laine Young, Interim Director of Lifespan Faith Development**



Can you believe that it is already November? This year seems to be racing by! The last two months have been amazing for me—from teaching First Sunday Seminars, to attending meetings, to spending in each of the Sunday School classrooms, to teaching the F.R.E.D. Night class “Parents as Resident Theologians” (and my list could go on and on)!

I am also grateful that I have had the opportunity to speak with so many of you—each conversation has truly been wonderful, re-energizing, and uplifting. I am learning so much about the visions and ideas that you each have for this congregation and I truly love the opportunity to be a part of this conversation, and I appreciate everything that is shared with me. If we haven’t had the chance to talk yet, I would love to hear from you!

I know that amazing things are already happening at this church and I am excited about the new, amazing things on the horizon. The code word for November is “gratitude.”

In fellowship,  
*Laine Young*

## **Classroom Helper Training Nov. 12, 9 a.m.–12 p.m.**

Are you one of our Sunday School classroom helpers, or considering joining our fabulous classroom helper crew? Would you like to get to know UUism in a deeper way? Are you yearning for more wonder and awe in your life, more playtime, more silliness? If you answered yes to any of these questions, please consider attending this classroom helper training! Breakfast and childcare will be provided. Please contact Laine Young to RSVP at [laine.young@austinuu.org](mailto:laine.young@austinuu.org).

## **First UU People of Color Group Sunday, Nov. 13, 12:15 p.m.**

This group is for anyone who identifies as a person of color, Latinx, bi/multi-racial. We provide a supportive and fun club for POC UUs. White allies are encouraged to join the White Allies for Racial Justice group.

Join us for the POC luncheon at DiMassi’s Mediterranean Buffet, 12636 Research Blvd. If you’d like a ride from church to the restaurant, contact [peopleofcolor@austinuu.org](mailto:peopleofcolor@austinuu.org) or meet in Howson Hall after second service.

## **Guest at Your Table**

Each year, our congregation participates in the UU Service Committee’s fundraiser “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 “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. 18 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 Faith Development table in the gallery as well as in all of our classrooms.

*continued on next page*

## First Sunday Seminars

First Sunday Seminars take place on the first Sunday of the month. This multi-track, adult religious education experience has options in areas such as leadership development, spiritual identity, UU identity development, and spiritual practices. No prior registration is required for any of the First Sunday Seminars, and childcare is available. A simple lunch will be provided in Howson Hall from 12–1 p.m. for \$5 (available to-go for Forum attendees). The seminars take place from 1–2:30 p.m.

*Interested in teaching a First Sunday Seminar? Please send your class proposal to [laine.young@austinuu.org](mailto:laine.young@austinuu.org).*

### Spiritual Practices Track: “Journaling as a Spiritual Practice,” facilitated by Rebecca Schwarz

“We should not endeavor coolly to analyze our thoughts, but, keeping the pen even and parallel with the current, make an accurate transcript of them.” – Henry David Thoreau in his personal journal; March 7, 1837

There is ample evidence that keeping a journal provides mental, emotional, and creative benefits. Most powerfully, it can offer a way to track and shape our spiritual journey. If you’ve always wanted to keep a journal but are not quite sure how to start, if you used to keep a journal and would like to start up again, or if you’re already journaling and would like to liven up your practice, join us for this no-deadlines, no-pressure seminar. We will explore a variety of techniques to get your inner thoughts out on the page, as well as the many different forms a personal journal can take.

### UU Identity Track: “Celebrating Thanksgiving as a Unitarian Universalist,” facilitated by Laine Young

Thanksgiving can be a time to celebrate gratitude as well as a time to slow down and spend time with family, but it is also a holiday with a conflicted and complicated history. Join us for a discussion about how we can celebrate Thanksgiving while upholding our Unitarian Universalist values and principles. You will also have the opportunity to make a chalice for your home and get a Guest at Your Table box to take home, too!

## F.R.E.D. Night

F.R.E.D. (Fellowship, Religious Education and Dinner) is our all-ages Wednesday night programming that runs from Sept.–May. We serve a simple, delicious \$6 dinner (kids eat free!) at 6 p.m. that always includes vegetarian options, followed by a variety of adult and children’s programming and small group ministries from 7–9 p.m. Childcare always available.

### “Parents as Resident Theologians” with Laine Young, Nov. 9 & 30

“Parents as Resident Theologians” is a 6-workshop course that encourages the exploration of one’s own religious pilgrimage. As we become more confident about what we believe and for what we are searching, we become more creative in our dialogues with our children and youth. This is part of “The Parenting Trilogy” series.

### “The Wi\$dom Path” with Karen Neeley Nov. 2 & 16

The Wi\$dom Path is a 12-workshop program where participants understand how money can be a more effective force for living lives of meaning and value, and for creating positive change. There is a \$20 enrollment fee for this class, with scholarships available.

### “Neuroscience” with Bruce Naylor Nov. 2 & 9

Are you puzzled about how your mind works? Do you wonder why other people think and behave differently? Neuroscientists have been busy unlocking the answers to these very important questions. Join us in an introduction to the mind-brain connection and learn a new paradigm of human understanding based on science.

## One Room Sunday School Sunday, Nov. 27

Laine Young will be leading a “One Room Sunday School” during both services for grades Pre-K through 5<sup>th</sup> grade. Children will stay with their families until the story for all ages, and then we will all go to class together. We will be talking about the upcoming December holidays and making cards to give to Dell Children’s Hospital. ■

## NOTES FROM THE INTERN

# Seminarians in training

by Susan Yarbrough



Many of you have asked me interesting questions about the 16 competencies I'll be expected to demonstrate when I see the Ministerial Fellowship Committee in March, and also about the seminary courses I've taken to gain and develop those competencies.

Like most theological schools, Meadville Lombard has certain required core courses, plus other required "distribution" courses. After all of these are completed, the student is left with only three electives. Here's how all of this played out for me:

The required core courses are liberal theology, UU history and polity, worship arts, preaching, pastoral ministry, a first-year internship in a 501(c)3 agency, second and third-year internships in a congregation, and a chaplaincy internship. These constitute 60 of the 90 credit hours needed for graduation.

Other requirements are two courses in scripture, two courses in Western Christian history, two courses in theology and/or ethics, and a second course in religious

education—all for another 21 credit hours. The remaining nine hours consist of three electives chosen by the student. My choices for electives were Problems in Public Ethics, Creative Encounters: Ministry as Improvisation, and two 1.5-credit courses—one in church administration, and the other in ministry in a "post-denominational" age (e.g., to people who describe themselves as "spiritual but not religious").

Meadville Lombard is one of two Unitarian Universalist seminaries in the United States (the other is Starr King School for the Ministry in Berkeley, California). There are informative articles about the history of each of them in Wikipedia, and you might enjoy looking at the websites of both schools—or even taking or auditing a course at them (although I don't recommend the Meadville January term in Chicago, unless you like especially cold weather). Meadville's courses are all organized on a hybrid model—the student does reading, paper-writing, and teleconferencing from home, then attends class in Chicago for

a solid week for each course. Starr King, however, offers some courses that are completely online, which is how I took Global Religions there. The content and the instructor (an expert in Islamic mysticism) were excellent, and I greatly enjoyed writing a term paper about the Bahá'í faith and visiting the Austin Bahá'í center for a worship service.

It's never too late—and we're never too old—to learn more about the theology of Unitarian Universalism and how it is evolving and being taught to ministers-to-be. I recently saw a report stating that there are about 400 UU seminarians "in the pipeline" at various seminaries across the country. Not all of us will go into parish ministry, and many will choose chaplaincy or some other form of community ministry. But each of us is making our way through a long process, and we are sustained by the knowledge that *all* Unitarian Universalists are ministers, and that we are all called to the work of repairing the world.

It is good to be a minister with each of you.

*Psst...hey! Something special for Susan is coming up soon! Check pg. 14.*

## INSIDE AMIGOS

# Support global communities at the Women & Fair Trade Festival

**Nov. 19 & 20**  
**Howson Hall**

Find unique gifts and learn about the communities around the world that will benefit from your shopping at the annual Women & Fair Trade Festival/ Alternative Holiday Market!

Austin Tan Cerca de la Frontera, which promotes economic justice, will bring this 13-year-old festival celebrating cultural exchange to First UU Austin for the second year.

The former half-day market has been expanded and will feature eight artisan producers representing women's cooperatives from all over the world, and performances by a variety of talented musicians and poets. By press time, musicians scheduled include Las

Gabacha-chas, Alexis Ordonez, Kunitan, and a women's poetry collective called Women Artistically Collecting Experiencias—Unidas Prosperando (WAKE-UP).

Take a stroll through markets from Mexico, Palestine, Ecuador, and greater Central America and Africa as you get a head start on shopping! There will be beautiful handmade crafts, toys, pottery, jewelry, clothing, textiles and weavings at this consciousness-raising community event.

Those wanting to volunteer to help with setup, sales or cleanup for the two-day event should email Peggy at [insideamigos@austinuu.org](mailto:insideamigos@austinuu.org). Festival hours are 1–7 p.m. on Saturday (Nov. 19), and 10 a.m.–7 p.m. on Sunday (Nov. 20).

## 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 third 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](mailto:alphabetsoup@austinuu.org), or follow us on Facebook.

## Fall UU Campout this month

**November 4–6**  
**Near Spicewood, TX**

It's here again! Please join us for a weekend of camping with UUs at a privately-held campground 35 miles from Austin. Camp overnight, or just spend the day; 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. 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](mailto:Lynn@Lynnspetsitting.com), or Krause Springs: (830) 693-4181.

## Your board needs your opinion!

The First UU Board of Trustees wants your feedback on what ways you have felt welcomed or not welcomed at our congregation. Board members will be in Howson Hall before and after each service on the first three Sundays in November. Please drop by and share your thoughts!

## HEALTHY RELATIONS MINISTRY

# Advice from Covenant Corner

Dear Covenant,

I'm worried about what I should say the next time I go over to my best friend's house for a party, and hope you can help. The last time he hosted our group of friends he said something that I'm sure he'll say again, about a couple who's always late. These other guests are from Argentina. When they didn't arrive for an hour after the rest of us, the host got increasingly annoyed and finally said in an angry voice, "I know it's okay to be late in South America, but they're in the U.S. now and they should be on time!"

I don't know if this comment shows racism or just a cultural difference, but I do know how terrible I felt on behalf of my Argentinian friends. It was like they were getting dissed behind their backs, and I felt even worse when I didn't say anything. Our Covenant calls us to "interrupt hurtful interactions when we witness them," but I'm scared. The whole prospect of speaking out makes me tremble. I don't want to get into a confrontation! Please help me understand my friend's attitude and give me some words to respond!

– Trembling

Dear Trembling,

You bring up an uncomfortable situation, and it's no wonder you feel uneasy! First, though, we want to commend you for recognizing the bias in your host's comments, for your own compassion for your friends, and for wanting to take ac-

tion. These are matters of the head and heart that our Covenant addresses in multiple ways.

Let's take a look at your friend's comments. His words reveal not only his own value about "being on time," but also his opinion that his way is the only right way. Attitudes about being on time can be related to different cultures, but it's incorrect to assume that everyone within that culture adheres to the same norm. That kind of assumption leads to stereotyping, or to thinking of a person as part of a category rather than as an individual.

That said, we know that within the U.S. we have many individual differences when it comes to being on time, and different individual expectations of others around timeliness. Some of us tell ourselves that, if someone keeps us waiting, it means they don't value our time as much as they value theirs. Some of us tell ourselves that our friends won't care if we're late because they love us and they'll make allowances. Some of us would make a great effort to be on time for a business meeting, but not for a dinner with friends.

The problem here is the "categorical thinking" where we imagine we know things about an individual because of one of their identities (race, sexuality, gender, class, education level) or we imagine we can explain behavior using one of their identities. It could be that these folks are always late because that's how they do it. Maybe they would

change if they knew it angered their friends. Maybe they wouldn't. If no one mentions it to them, how are they supposed to know their lateness bothers people? On the other hand, some cultures do seem to relate to "on-time-ness" differently, but within each culture is so much variety that it's smartest to deal with folks as individuals.

You say you want to avoid confrontation, which we can appreciate. Research has shown that humor, a polite objection, a subtle correction, or even just changing the subject can stop biased comments and even prompt later reflection. Here are four ideas for how to respond the next time your host refers to being "on time" in the U.S.

- "My friends who live in \_\_\_\_\_ wouldn't dream of arriving in first hour of a party, and they're American!"
- "I wonder where we get our attitudes about being on time. We all got them from somewhere and we sure weren't born with them! (responding with curiosity is a Covenant guideline)."
- "I really appreciate that you invite this couple to your parties, even when their behavior makes you uncomfortable." (Expressing appreciation is another Covenant guideline.)
- "I myself treasure friendships with different kinds of people and learning different ways of living."

*continued on pg. 10*



**FIRST UU IN PICTURES**

# Check out the buzz at Connections Fair!

**Photos courtesy of Shannon Posern**



## STEWARDSHIP CAMPAIGN

### Austin Presence Group

**November 3 & 17**  
**Room 13B**  
**6:30–8 p.m.**

Each month we discuss a chapter from “A New Earth.” 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](http://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](mailto:Linsalata@austin.rr.com).

### Green Sanctuary Holiday Re-Gifting

**December 11**  
**Howson Hall**  
**9 a.m.–1 p.m.**

Bring old, unused, unwanted items appropriate for a holiday gift to the church on December 4 or 11 for a free re-gifting event. We will put the items out for selection after the first service.

Share with others those things you do not need—others might! Recycle, reuse, RE-GIFT!

## Keep the stewardship going

The 2016 canvass will be over Nov. 6, but the stewardship ministry—so important for carrying out the mission of our church—is never-ending.

Bill Edwards, chair of this year’s campaign, said all those involved, especially church members and friends who made pledges, “have a great deal to be happy about.” Final figures will be reflected in upcoming order of service inserts, and Edwards reports enough money had been raised “to keep the church going.”

“Besides the significant contributions made, even more important is the knowledge that we’re moving forward,” he said.

Edwards said 137 families had increased pledges for 2017 (an increase of about \$77,500—from \$251,000 in 2016 to \$328,500). Fourteen families who did not pledge for 2016 pledged a total of \$27,000 for 2017.

Edwards commended the 65 people involved in stewardship training

(including a record 50 canvassers) for doing “a tremendous job.” He said the software program previously developed by Brendan Sterne for the capital campaign has been especially helpful in providing information and making it accessible.

He said he felt especially gratified by the results of August’s Food Truck Dinner and Discussion, where members shared their dreams for the future of First UU Austin. Over 200 people participated in the event. “That meeting was one of my main goals,” he said. “It was inspiring to see.”

Edwards is already looking forward to next year’s canvass, but stressed that stewardship is far more than a yearly canvass effort. He described it as continuing education in building commitment and “setting free” the generosity of members.

“I wouldn’t do this if it weren’t so much fun,” he said.

### “Covenant Corner” continued

We know it takes courage to step forward in defense of our values because it often calls us to step out of our comfort zone. Every time we interrupt hurtful interactions, we are defending someone who shouldn’t have been disrespected; we are educating our friend; and we’re being an example to everyone else who didn’t speak up. Further good news is that it gets easier with practice, and you’ll feel so much better for speaking out!

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 Elizabeth Kubala and can be reached at [healthyrelations@austinuu.org](mailto:healthyrelations@austinuu.org).

Sincerely,  
*Healthy Relations Ministry*

## MONTHLY SPECIAL OFFERING



## Austin Child Guidance Center

Austin Child Guidance Center (ACGC) celebrated 65 years of service to the central Texas community this year. Since 1951, ACGC has provided mental health services (individual, family, and group therapy; in-depth psychological assessments; and psychiatric services) to over 140,000 children, youth, adolescents and family members. For comparison, the 1950 census of Austin listed the population as right around 130,000.

ACGC treats children in the context of their families, and utilizes an interdisciplinary approach, where social workers, family therapists, psychologists, psychiatrists, and other professionals work to provide children and families emotional tools to meet life's challenges. Mental health concerns can impact any family, and, in fact, affects approximately one out of every five children. ACGC serves the entire community, placing particular emphasis on families with limited means to access mental health services. Approximately 80 percent of clients are low-income. The center has sought and received funding to provide services at no cost to victims and witnesses to crime and violence.

In addition to services at the main campus at 45<sup>th</sup> and Lamar, ACGC reaches out into the community, providing mental health services at ten high-need childcare centers; working with pregnant and parenting teens through a project

with People's Community Clinic; and embedding therapists in low-income schools to lower barriers for families to access services. ACGC is a center of training and learning, engaging 12–15 graduate students every year from a variety of fields. The center provides parent workshops, training for mental health professionals, and outreach to help reduce the stigma of accessing mental health services.

Over the past several years, the center has put particular emphasis on trauma and trauma-informed care. ACGC convened the Trauma Informed Care Consortium of Central Texas in 2013 and hosted the first regional Cross Discipline Trauma Conference in 2015. The second is scheduled for May 2017.

ACGC's work is one therapist working with one child and family. The cumulative effect of these individual relationships is making a profound impact on generations of families. The following is just one of the 3,545 stories from last year:

Lorenzo and his family first came to ACGC when he was eight years old, due to the significant aggression he was showing at home. Lorenzo had come to live with his grandparents at age five after witnessing prolonged and serious domestic violence. Because Lorenzo's mother had a history of severe mental illness, his grandmother was concerned that Lorenzo might also have a psychiatric diagnosis, such as bipolar disorder.

Lorenzo's therapist began using

trauma-focused cognitive behavior therapy (TF-CBT) with Lorenzo and his grandmother; however, progress was slow, and Lorenzo's grandmother was reluctant to implement the parenting strategies presented as part of TF-CBT. As Lorenzo continued to show behavior problems at home and at school, his therapist referred him for a psychological assessment, hoping to obtain diagnostic clarification and treatment recommendations. Due to concerns about cognitive development related to prenatal drug and alcohol exposure, cognitive and neuropsychological evaluation was included. Lorenzo showed average cognitive abilities, and his executive functioning (as measured through neuropsychological measures) also fell in the expected range. Likewise, he showed expected academic achievement. However, emotional/behavioral assessment revealed that Lorenzo was continuing to have many symptoms related to trauma, including re-experiencing, avoidance, and persistent distress. Also consistent with early trauma, Lorenzo showed difficulty understanding other people and relationships, pronounced social withdrawal, and a sense of helplessness.

Based on the assessment, he was diagnosed with Post-Traumatic Stress Disorder. Through feedback, Lorenzo's grandmother was able to understand the link between his behavior and his experience of trauma, and she showed increased engagement in TF-CBT. Over time, Lorenzo's aggression decreased; his relationship with his grandmother improved; and the family was able to complete treatment.

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*Monthly Special Offerings are done every second Sunday of the month at worship services. All groups supported by MSOs receive a check at the end of the year, with the total of the 12 monthly donations divided equally.*

## November Art Gallery Exhibiton

**November 12**  
**Gallery**  
**6–8 p.m.**

The art works in this show have all been created by prisoners in Texas, most of them on death row. With very limited supplies, these inmates have created drawings, paintings and origami animals, demonstrating the power of the human spirit and human creativity, even under difficult circumstances.

Refreshments will be served at the reception. There will also be information about corresponding with prisoners, and the opportunity to send postcards.

A limited number of prints will be for sale. Proceeds will help pay for postage stamps and birthday cards sent to the prisoners on a regular basis by Live Oak UU Church.

## Senior Luncheon

**Wednesday, Nov. 9**  
**Howson Hall**  
**12 p.m.**

This program will be our annual singalong with Charles Palmer, baritone, and Kathryn Govier, pianist, performing our favorite Broadway tunes. Soup, salad and dessert served for \$5. Please RSVP to Alice Cashman: (512) 837-0988.

## DENOMINATIONAL CONNECTIONS

### Carpool Opportunities

Looking to carpool to a UU event outside Austin? Email Margaret Borden at [denom@austinuu.org](mailto:denom@austinuu.org) and she'll attempt to pair you with someone to share the ride.

### Heart of Texas Men's Retreat, U-Bar-U, Nov 4–6

Enjoy fellowship in the Texas Hill Country with men from across Texas. Rest, relax, enjoy delicious meals and use the time as a break from your normal routines and schedules. Activities may include poker, music, hiking and fellowship. Rev. Mark Skrabacz will guide participants in a thematic inquiry and processes of introspection to deepen life's path and build community among fellow UU men. More info and registration: [www.ubaru.org](http://www.ubaru.org).

### Fall Conference, Glen Lake Conference Center, Nov 11–13

A family-friendly opportunity for expert lay leader training with only a weekend of time commitment. From principles to partnerships: we must do the work, but we don't have to do it alone! Come to Fall Conference to

learn about working for justice and building the beloved community! You might discover that you have more partners than you ever dreamed.

Classes for children to age 14. Older youth are welcome and encouraged to join the adults! Time to enjoy the beautiful fall countryside. Link to brochure at <http://bit.ly/2dp68BZ>. Scholarship information at [denom@austinuu.org](mailto:denom@austinuu.org).

### UBarU Bee-Sustainable Weekend, Dec 2–4

Explore the possibilities in sustainable living. Meet the bees up close and in person and taste a variety of local honeys. Enjoy presentations about ongoing sustainability efforts at UBarU (water catchment & solar arrays). Learn about the importance of dark sky to health and wellbeing. Enjoy gazing at the stars. Enjoy a campfire with s'mores. Find more information and register at [www.ubaru.org](http://www.ubaru.org) under Events.

### Save the Date!

**Feb 10–12, 2017:** Southwest UU Women's Conference, Magnolia Hotel Dallas Park Cities in Dallas, TX. See [www.swuuuw.org](http://www.swuuuw.org).

## WHITE ALLIES FOR RACIAL EQUITY

# Why do Black Austinites move away?

**Sunday, Nov. 13**  
**12:30 p.m.**  
**Rm 15**

This month the White Allies for Racial Equity will host a presentation by Dr. Eric Tang, the author of a research study on why black Austin citizens are moving out of the city for other nearby areas. Austin is the only major U.S. city to have a decreasing black population.

Dr. Tang explains what sparked the research: “Our 2014 report, which demonstrated that Austin was the only major growing city to experience a net decline in African Americans between 2000 and 2010, spurred a lot of passionate discussion in the public sphere. Many people, including journalists, questioned whether or not African Americans were really being “pushed out” of Austin. “How do we know they didn’t leave for better opportunities elsewhere?” some asked. Our response: “Well, why don’t we ask them directly?”

His work, with the help of others, is not done. “We are about to release a

companion report entitled “Those Who Stayed.” This will be based on surveys of African American residents who refused to move from their historic neighborhoods in East Austin; they decided to weather the gentrification blitz. The findings are really fascinating. Stay tuned.”

The presentation is free and open to all. Afterwards, the White Allies group will meet.

The Austin Area UU White Allies for Racial Equity is group of self-identified white Austin area UUs and friends. Through training and self-examination, we educate ourselves about interpersonal and institutional racism as well as white privilege and white resistance. We seek to create an intentionally anti-racist environment within our church, be good allies to our peer People of Color group, and to partner with other organizations in Austin doing anti-racism work. We usually meet the third Sunday of each month and occasionally sponsor special events.

## Sharing Suppers

**Every third Saturday**  
**(Next meeting Nov. 19)**

These casual dinners are open to anyone attending the church and include families, singles, and couples of all ages. Participants take turns hosting and planning the meal and each attendee contributes something to the dinner. Sharing Suppers are an excellent way to learn more about the church and meet people who can help you get involved in the church’s various groups and programs. Contact: [sharing@austinuu.org](mailto:sharing@austinuu.org).

## Path to Membership class

**Saturday, November 5**  
**Howson Hall**  
**9 a.m.–12 p.m.**

If you’re ready to consider membership, we encourage you to attend a “Path to Membership” class. You can meet other prospective members, learn about UU history and principles, the church’s diverse programs, and the benefits and responsibilities of membership. The class is offered quarterly.

**Eclectic Folk Jam**

*Friday, November 11  
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](mailto:singalong@austinuu.org).

**UU/Quaker Singalong**

*Saturday, November 26  
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](mailto:singalong@austinuu.org).

# WORSHIP SERVICES

SANCTUARY 9:15 AM AND 10:45 AM

## NOVEMBER 6

### Right Speech

REV. MEG BARNHOUSE

In the third strand of the Noble Eight-Fold Path, the Buddha recommends that we abstain from lying, divisive speech, abusive speech, and idle chatter. How might we begin or continue to do this?

## NOVEMBER 13

### Acceptance and Encouragement

REV. MEG BARNHOUSE

Our third UU principle says we will affirm and promote acceptance of one another and encouragement to spiritual growth in our congregations. What is spiritual growth? Are there some ways to encourage one another that don't sound like judgment or advice?

## NOVEMBER 19

### 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](mailto: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 20

### Great Fullness

REV. CHRIS JIMMERSON

Studies have found that intentionally practicing gratitude can improve our daily lives in numerous ways. We'll get grateful together, as Rev. Chris and First UU member Carolyn Gremminger discuss gratitude spiritual practices.

## NOVEMBER 27

### Fruits and Gifts

SUSAN YARBROUGH

We've just celebrated Thanksgiving with fruits of the earth, and we're now preparing to celebrate Christmas, Chanukah, and Kwanzaa with gifts to each other. These holidays are not just times of celebration, but are also strong markers of age and memories. During this transitional season, let's think together about what are the fruits of the spirit, and how we can use them to gather the gifts of age.

**Psst...hey!**

Don't tell her we told you, but on Nov. 27 it'll be Susan Yarbrough's 70<sup>th</sup> birthday! Stay after the second service that day and we'll have a reception with cake and coffee to celebrate her.

# PUBLIC AFFAIRS FORUM

SANCTUARY AT NOON AFTER SECOND SERVICE

## NOVEMBER 6

### Mayor Pro Tem Kathy Tovo

WITH KATHIE TOVO

Kathie Tovo was first elected to the Austin City Council on June 18, 2011. Prior to taking office, she taught writing and interdisciplinary studies at the college level and worked at Humanities Texas, the state partner of the National Endowment for the Humanities. She holds a Ph.D. from the University of Texas at Austin and a B.A. with honors from the University of North Carolina at Chapel Hill.

As former president of the Bouldin Creek Neighborhood Association and vice president of the Austin Neighborhoods Council, Tovo has a long history of neighborhood advocacy and served on many city and school district boards and task forces, including the Planning Commission, the CreateAustin task force, the Families and Children Task Force, and AISD's Community Committee on Neighborhoods and Schools.

## NOVEMBER 13

### Turning Toward Fair Trade

WITH BOB CASH

Bob Cash, director of the Texas Fair Trade Coalition (TFTC), will assess the outlook for congressional action on the highly controversial Trans-Pacific Partnership, an agreement on rules for trade and investment in a dozen nations (the U.S., Japan, Malaysia, Vietnam, Singapore, Brunei, Australia, New Zealand, Canada, Mexico, Chile, and Peru). TFTC is the state affiliate of Citizens Trade Watch, a national network of grassroots groups fighting for a new, fair-trade model in opposition to traditional, corporate-dominated "free trade" deals.

As TFTC state director, Bob Cash works with local groups across Texas to build support for international

agreements that strengthen rather than degrade standards for labor rights, consumer product safety, and environmental protection. Cash brings to this work a lifetime of experience as a labor union activist and as a legislative chief of staff at the Texas Capitol.

## NOVEMBER 20

### Learn to Love Your Pain

WITH RICARDO PALOMARES

Ricardo Palomares is a worldwide explorer, filmmaker, speaker, and life coach. His goal is to spread compassion simply by showing audiences what is out in the world in a beautiful, relatable, honest way; and share knowledge and wisdom gained through overcoming inconceivable obstacles throughout his life's journey.

When involved in goals that bring daily challenges, the biggest obstacle to overcome is how to stay motivated, focused and productive. Some of the causes for that are challenging team dynamics and the lack of clear objectives. This talk focuses on inspiring, motivating, and pushing audiences to learn to love the pain, to embrace the process step by step, and to work smarter and harder along the way.

Ricardo's most recent project is Pedal South ([www.pedalsouth.org](http://www.pedalsouth.org)). As producer/co-director, he led a crew riding bicycles for 21 straight months from Alaska to Argentina to make a feature-length documentary. A Mexico City native, Ricardo immigrated to the United States after graduating from photography school with the singular focus of building a career that would allow him to explore the world.

## NOVEMBER 27

### No Forum (Thanksgiving break) ■

**First Unitarian  
Universalist  
Church of Austin**  
(512) 452-6168  
[www.austinuu.org](http://www.austinuu.org)

First UU Ministers  
**Rev. Meg Barnhouse**  
**Rev. Chris Jimmerson**

Director of Music  
**Brent Baldwin**

Interim Director of Lifespan  
Faith Development  
**Laine Young**

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**Andrea B. Sosa**

Membership Coordinator  
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Bookkeeper  
**Jamie Schroeder**

Board President  
**Marsha Sharp**

**First Unitarian  
Universalist  
Church of Austin**

4700 Grover Ave.  
Austin, TX 78756

## SOCIAL ACTION COUNCIL

# Support your favorite nonprofit!

It's time to nominate your favorite nonprofit social justice organization for First UU's monthly special offering for 2017. Each year, 12 nonprofits receive the funds collected through our special offering on the second Sunday of each month. For 2015, we were able to give each of the 12 selected organizations \$1,500. If you know of a nonprofit that is doing great work for justice, please submit a nomination!

Church members may submit nominations through Sunday, Nov. 27. Nominated nonprofits must have

501(c)3 tax status. Nomination forms will be available throughout the month of November at the Social Action table in the gallery after Sunday services, as well as in the Social Action mailbox in the mailroom, and by email. The vote to select next year's special offering recipients will take place on Sunday, Dec. 11.

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