



FIRST UU NEWS

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

If I didn't get back to you

by Rev. Meg Barnhouse



One thing I like about being on Facebook is that I have learned over the years that I am pretty much the same as everybody else. My Facebook friends struggle with email, they triumph over it when they clear out their email boxes, they gnash their teeth when they can't find something, they write with frustration and then erase without sending, they work on putting things just the right way, they delight in hearing from a friend after a long time.

I spend a lot of time communicating by email. I never clear out my email box, because I like to be able

to search back in time and follow an issue or a discussion to its root. Sometimes the email is a reasonable flow and sometimes it feels like an avalanche. I wanted to tell you a little about how I do it so you will have the information for when you are reaching out to communicate with me.

If there is something urgent, please write "MEG – urgent" in the subject line. When a committee or working group copies me on rounds of email discussion, I try to skim the first ones, and then I let the discussion go on without reading every email in the thread. Sometimes, since people don't know that, they will ask a question of me in the middle of an email to their whole group, and then they are flummoxed by why they never get an answer from me. Please assume good will and good intentions. If you don't hear from me, please don't think I don't care about you and your question. Please just write "MEG, please read" in the subject line and then I'll know there is something I need to attend to in there. Alternatively, you can call me. My cell phone, for

church members and friends only, is (512) 568-7437. That phone is almost always in my hand.

People sometimes think I'm too busy to talk to them. This is not the case. A much-loved big part of my job is to talk to you. Please don't worry about bothering me. If I'm deep in the writing, reading, meeting or meditating zone, I won't answer. Leave me a message. I love you all, and it is my delight to have the job of working with you on making this the congregation we dream of. You can't trust me to be the ideal minister, always at the church, attending every meeting and social event while also being present at the hospital when you're sick, at justice events downtown, being involved in the construction process, supervising staff wisely, providing pastoral care, quickly answering all communications while also devoting the two days' work it takes to try to write a quality sermon. You can trust me to be myself, doing the best I can. Thanks for working with me.

All blessings on us, email boxes and everything. ■

CLEANING UP FOR RENOVATIONS

If you have anything at the church that is precious to you, please come get it, as we are needing to clear out for the renovation. At this time we will not accept any furniture donations, large or small. Please donate them to your preferred resale shop.

PRESIDENT'S ADDRESS

New Member Recognition

Sunday, May 20
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 the minister 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, May 19
Howson Hall
6-8 p.m.

Be welcomed into the First UU community! Visit with other new members, ministers, members of the board, and other church members. Current church members are invited as well to give our new members a warm reception!

And Service is its Law

by Jairy Grisaffe



What a year it has been! It's been my honor to serve on the board of this church as both a trustee and its president these last three years. I am particularly proud of the work we've all done together this past year. Together, we took time to reflect on who we are and who we want to be. That effort gave birth to our new mission statement and new end statements. Many of you have taken time to give us feedback on the work we did this year and I am grateful for your responses. These statements, along with our values, will be our guiding light for the years to come. I have strong faith that this community will live out these core tenets of who we are in all that we do.

I'm very proud of the work that the Nominating Committee did this year to bring a slate of four very qualified and engaged members to our board of trustees. I have been fortunate to know or know the work of each of them to believe that their contributions will make this congregation proud. I am also looking forward to the leadership that my friend Sean Ramsey will provide as our board president. I've known Sean almost as long as I have been a member of this church and he is someone whom I highly respect. Sean brings a lot of passion and ideas with him everywhere he

goes. His voice on our board these last several years has been a valuable one.

This year's experience of being on the board has been a memorable one on my spiritual journey. Each of our trustees served this board with and honor and integrity that made being its leader an absolute pleasure. Our service to this congregation has reminded me that great things can be done when we commit to being courageous and transforming our greater selves.

My charge to you, my fellow congregants, is to find a way to live out our new mission. There is passion and inspiration in each of you if you are willing to realize it. I see it every time I am around you all. As I've written in my column many times, I am a big believer in transformation through service. And that is what our new mission calls us to do—transform our community and ourselves by serving it. If you're unsure of where to start, I invite you to reflect on an often-used quote that is a favorite quote of mine by Howard Thurman: "Don't ask yourself what the world needs. Ask yourself what makes you come alive, and go do that, because what the world needs is people who have come alive." What will make you come alive? ■



Music Matters

by **Katrina Saptorsantos,**
Assistant Director of Music

Performance of Persichetti's "Flower Songs," Sun June 3 (during services)

The First UU Adult Choir, led by Director of Music Brent Baldwin, will be joined by a string orchestra for Vincent Persichetti's "Flower Songs (Cantata No. 6)." Persichetti was a prolific twentieth-century American composer known for his succinct

polyphonic style, forceful rhythms, and generally diatonic melodies. For text, he usually turned to contemporary poetry; E. E. Cummings was a favorite. Flower Songs reveals the depth of his commitment and reverence to this particular poet. Using seven of Cummings' poems, he came up with a loosely constructed cycle that speaks of innocence and experience, love and loss. ■

Vincent Persichetti

FLOWER SONGS

text by e.e. cummings



June 3, 2018
(both morning services)

The First Unitarian Universalist Church of Austin
Adult Choir & Orchestra
Brent Baldwin, Director of Music

Racism Unlearning Circle

Saturday, May 19
Rm 15
10 a.m. – 12 p.m.

This group is a place for white folks to discuss the creation and meaning of whiteness, white supremacy, racism, our role in perpetuating oppressive systems (intentionally or not), and how we can take accountable action to dismantle white supremacy and show up with minoritized peoples to demand an end to dehumanization. Meetings are third Saturday of every month. Check First UU Facebook events for more event info to prepare for meetings. Childcare RSVP: childcare@austinuu.org. Info: racismunlearning@austinuu.org.

Young Adults Group Brunch

May 27

Meet outside of the sanctuary after second service to walk to a local brunch spot for some fellowship and fun!

LIFESPAN FAITH DEVELOPMENT

Lifespan FD highlights

by Laine Young, Interim Director of Lifespan Faith Development



Last October I got to spend the day at the Think Orange tour, and the theme was “For Our Neighbors.” It was a jam-packed day full of large talks with several breakout sessions that you could choose to attend. Towards the end of the day, one of the speakers shared this list for shared ministry. I love it so much I made a poster of it for the LFD office message board.

*Do something you don't have to.
Invite someone new to the table.
Fast forward someone else's dream.
Inspire every kid you meet.
Create beautiful spaces.
Speak up for someone else.
Discover life together.*

In February we hosted a LFD Visioning session after services. We had a lot of congregants attend who had great ideas, insight, and questions about what direction we want the faith development programming at this church to go. There was one Sunday School/church model that came up repeatedly through our conversations, the Sunday School for All model. Several people grew up attending a church that used this model, and for some people who were not familiar with this model they got excited about the idea of being able to attend more classes here at First UU, as after services and week-day evening classes present unique challenges.

With the Sunday School for All model, both services would need to move a little bit so that we could offer a Sunday School hour for everyone in between services. Obviously this would be a huge change for this congregation, and we are already beginning other huge

changes not only with the construction and renovations, but also welcoming a new director of Lifespan Faith Development next month. Because of this, we have decided to not make any huge changes to the children and youth lifespan faith development programming until the incoming director has time to get to know this congregation and get settled. This will also give the incoming director the opportunity to host additional LFD Visioning sessions.

While I don't think it would be possible for me to adequately convey how much I am going to miss serving this congregation, I am confident that this congregation and the new director will work together and create a beautiful vision for the children and youth programming that will do something you don't have to, invite someone new to the table, fast forward someone else's dreams, inspire every kid you meet, create beautiful spaces, speak up for someone else, and discover life together!

In fellowship,
Laine Young

Splash Day is Field Day this Year! Sunday, May 27

Most years we “splash” into summer with our annual Splash Day! However, we have several things we need to work with this year, including large piles of dirt and construction equipment. Keeping our kiddos' safety in mind, this year we will be having a Field Day instead of Splash Day. There will be lots of field day activities kiddos can choose from—including a paper airplane

continued on next page

station to celebrate National Airplane Day, which will be on May 26!—and we will end the Field Day with a water balloon fight and popsicles! Field Day will occur during the Sunday School hour for both services on this day, for grades Pre-K through 5th grade. Kiddos participating in Field Day should wear comfortable clothes and shoes they can run in, sunscreen and/or bug spray, and should bring a water bottle and towel.

We need volunteers to help make the Field Day fun possible! If you can help out, please contact Laine Young at faithdevelopment@austinuu.org.

Classroom Spruce-up! May 20, 12:30 p.m.

Let's get the LFD office and classrooms cleaned and organized! We need helpers of all kinds: cleaners, organizers, people who have a truck and can take some items to Goodwill, painters, gardeners to check on classroom plants, and fish enthusiasts to check on the fish tanks. Lunch, treats, and tunes will be provided. Kiddos and youth are also welcome to join in and help out!

Contact Laine to RSVP (faithdevelopment@austinuu.org), and if there is a specific thing you would like to help out with, please let her know.

Ramadan Fast-Breaking Iftar Dinner May 25, 7:30 p.m.

The Dialogue Institute of the Southwest will prepare and bring an iftar dinner to share with the congregation. Ramadan this year starts around May 15 and ends around June 14. Fast breaking time is at sunset, which is around 8:30 p.m. The program begins around 7:30 p.m. so that the participants have a chance to get to know each other and have conversation before dinner is served. RSVP at the LFD table outside the sanctuary, or email faithdevelopment@austinuu.org.

First Sunday Seminars: May 6

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 seminars, and childcare is available. Simple

lunch 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.

Please note that First Sunday Seminars go on summer break in June, July & August. Interested in teaching a First Sunday Seminar in the fall? Please send your class proposal to laine.young@austinuu.org.

FUUN Track: Pajama Movie Afternoon with Moana

Join Laine & Kaitlyn Young for one more pajama movie afternoon before they embark on their own adventure across the sea! We will be watching *Moana* and will have some movie snacks to share. All ages are welcome, feel free to wear pajamas and bring a stuffed animal friend along.

In Ancient Polynesia, when a terrible curse incurred by the Demigod Maui reaches an impetuous Chieftain's daughter's island, she answers the Ocean's call to seek out the Demigod to set things right. *Moana* is rated PG and ages 6+ by Common Sense Media.

Faith Formation Track: Science and Religion, facilitated by Bruce Naylor

We will continue with our Build Your Own Theology sojourn. This time the focus will be on Bruce Naylor's construction of a theology that is not only compatible with science, but whose foundations are based on science. This draws on math and computation, physics, and neuroscience, as well as Eastern religions such as Buddhism and Taoism, along with some features derived from the Judeo-Christian tradition.

Summer Children & Youth Programming Starts June 10!

We like to give our amazing fall and spring lead teachers a summer break. Being a summer teacher is a wonderful way to learn along with our lil' UUs, deepen your own faith, and have fun along the way! We currently only have one lead summer teacher spot still available, so if you are interested in teaching or would like more information about it, please contact Laine: laine.young@austinuu.org.

Summer class info on page 7

Enneagram Study Group

Thursday, April 12
Room 15A
7–8:30 p.m.

This month we look at “Three Ways of Moving Through the World: Triads.” Within each of us exists three centers of intelligence (thinking, feeling, doing) each with its own purpose and function. Your triad is another way of describing how you habitually respond to experiences. With identification of your stance and center of intelligence, a person is very close to identifying their type on the Enneagram. Contact: enneagram@austinuu.org.

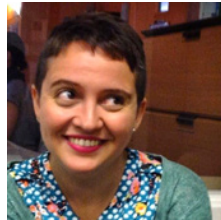
“Getting to Know UU” class

Sunday, June 10
Rm 15A
12:15–1:30 p.m.

This informal class is a good way to learn more about Unitarian Universalism and this church. Sign up for the class at the membership/visitor’s table in the foyer on any Sunday morning, or email membership@austinuu.org. Childcare is provided.

So long, and thanks for all the fish!

by Victoria Valadez, Communication Coordinator



It has been nearly five years that I’ve had the pleasure of working at First UU. What a great, fun, interesting time I’ve had with you! It makes it all the more bittersweet to announce that in mid to late June I will be leaving this position, to start on the next chapter in my professional life.

As some of you know, I started going back to school for graphic design in 2015, and somehow miraculously managed to maintain my work life here alongside my studies. (Eternal thanks to the ministers and my fellow support staff for helping make that possible!) This month I will finally complete the program, and will prepare for rigorous studies at the Austin Center for Design. (My ultimate goal is to learn how to use the design process to help people and to help solve larger-scale societal issues; I’ll be happy to tell you more if you’re interested. On the Sundays I attend church you can find me in Howson Hall.)

Several folks here deserve my many thanks. To past and present support

staff (including Sean and Natalie, as well as Katherine and Shannon), our times in the fishbowl will be missed. Thanks for your teamwork, support, light attitude, and for all the laughs. I couldn’t ask for better coworkers. To Brent and Katrina, what fun we’ve had, I’ll miss y’all too! Let the mass music and podcast-swapping commence! To the wonderful welcome center team, for helping us church staff keep our sanity; I will really miss our weekly chats and stories. To my stellar copy-editing team, what a delight and asset you are! I would contract you all for future projects if I were able! And last but not least to the ministers, thank you immensely for this opportunity to grow professionally as well as personally.

I am interested in many of our church projects, including Alirio’s campaign and our music program, so after some time away for myself I expect you might be seeing me again. Thanks again to you all, and take care.

Or to quote one of my favorite references—🎵 So long, and thanks for all the fish! 🐟

Be looking for an introduction to the new communications coordinator in the next month or two.

Summer class info, continued

Pre-K–5th Grade: The Awesome Stuff Summer Institute! (Rm 23 & 17)

Both Pre-K through 1st (Rm 23) as well as 2nd through 5th grade classes (Rm 17) will be doing “The Awesome Stuff Summer Institute!” This curriculum is based on the book, “The Kids Book of Awesome Stuff!” by Charlene Brotman. Lessons are all about evolution, ecology, and the earth sciences. The storybooks that go along with it are seriously stellar!

This will be very friendly to the rough and tumble, hands-on kind of kid, as there are as many of those activities along with stories and crafts.

Junior High Youth Group: Middle School MythBusters! (Rm 13)

The junior high youth group will be engaging in various science experiments this summer. Experiments will include aerodynamics, creating slime, making soda geysers, and more! Second service only, 10:45 a.m.–noon.

High School Youth Group (Rm 11)

This summer, the high school youth group will have fellowship, small group worship, and field trips with the middle school youth group. The purpose of each is to build strong fellowship and spiritual deepening within the group and a bond between the two youth groups. Second service only, start time 10:45 a.m. ■

White Allies for Racial Equity

**Sunday, May 13
12:30–2 p.m.**

This month we’ll look at micro-aggressions: those little things some of us say and do that cause unintentional harm to people of color, as well as other marginalized groups. We’ll look at examples of micro-aggressions, their impacts, and how we can learn to notice and interrupt them.

The UU White Allies for Racial Equity is a group of self-identified white Austin area UUs and friends. Through training and self-examination, we educate ourselves about racism and whiteness in order to be good allies as we go out and do anti-racism work in our church and our communities.

For more info or to be added to our email list, contact Scott Butki: sbutki@gmail.com.

WOMEN’S ALLIANCE

This month: Betty Wood on international volunteering

**Tuesday, May 8
Howson Hall
6–9 p.m.**

This month will be our final meeting for the 2017–2018 program year. We’ll begin again in September.

Betty Wood will speak about her 20 years of international volunteering, hoping to inspire others to explore the world in service.

The Alliance meets at 6 p.m. for a potluck dinner and conversation. Betty will present at 7 p.m. All are welcome.

We’re seeking volunteers to plan next year’s programs. Our committee will meet twice over the summer to plan and coordinate. If you are interested in joining, please contact Mary Overton at mover100@aol.com or call (214) 620-1812.

Save the Date!

Congregational meeting

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

DENOMINATIONAL CONNECTIONS

General Assembly Kansas City, June 20–24

General Assembly is the annual meeting of our Unitarian Universalist Association. Attendees worship, witness, learn, connect, and make policy for the association. This year General Assembly will take place in Kansas City, MO, and online. More details at www.uua.org/ga.



So far at least a dozen members of our church plan to attend. If you have any questions about GA, or if you are planning to go, please contact David Overton at denom@austinnuu.org. He is keeping a list of attendees so that we will be able to be in contact while we are there. Also contact David to find out about scholarship opportunities for General Assembly.

Take Action with UUSC for the Rohingya in Burma

The UUSC works to protect rights at risk in the US and around the world. Right now one of the most critical issues involves the Rohingya minority, which has been forced to flee persecution in Burma. UUSC has organized several actions, including an orchestrated plan to contact/inform members of Congress. Find out more and join in taking action to protect human rights: www.uusc.org.

New UU Senior Cohousing Community

Common Ground Community is excited to announce the formation of a senior (55+) cohousing neighborhood in Knoxville, TN. Modeled on the groundbreaking work of Dene Peterson at Elderspirit (Abingdon, VA), they have 22 acres of land under contract less than 15 minutes from downtown, and are ready to dream big for their homes and intentional neighborhood. Info can be found at their website, www.uucommunity.org, or on Facebook under CommonGroundET. They will also be an exhibitor at GA in June! Come visit at booth 228.

Upcoming UBarU events

UBarU is a UU camp and retreat center in the beautiful Hill Country, just 120 miles west of Austin. In 2015, UBarU was designated an International Dark Sky Park. All the following events and more found at www.ubaru.org, under 'Events.'

- **Family Camp, May 25–28.**

Cookouts, campfires, nature, swimming, worship and star parties.

- **Summer Camp at UBarU.** Fun and faith for youth in the Texas Hill Country. Programs tailored to each age group. More info and registration at www.ubaru.org/home/SummerCamp. Dates:

- Grades 3–5: June 17–23
- Grades 6–7: June 24–30
- Grades 8–9: July 1–7
- Grades 10–HS grads as of 2018: July 8–14

(Grades are as of Sept 1, 2018)

Questions and Carpooling

Want to carpool to an event outside Austin? Email denom@austinnuu.org and we'll try to put you together with someone to share the ride.

SERVICE SATURDAYS

Serve at the Community First! Village

Saturday, May 19
8:30 a.m.–1 p.m.

Community First! Village is a 27-acre master planned community that provides affordable, permanent housing and a supportive community for disabled, chronically homeless people in Central Texas. A development of Mobile Loaves & Fishes, this transformative residential program exists to love and serve our neighbors who have been living on the streets, while also empowering the surrounding community into a lifestyle of service with the homeless.

On May 19, you'll have the opportunity to join other First UU members for a service event at the village. We'll depart from First UU at 8:30 that day and return to the church by 1 p.m. This service event may include laying pathways, harvesting gardens, tending the chicken coop or dry landscaping yards of micro-homes. All volunteer events are led by a current or future resident of the community. Hosting groups like ours is one of the ways residents are able to earn a dignified income, which in

turn enables them to pay rent and buy groceries. This support also helps to pay for materials necessary for ongoing projects at the village. A minimum gift of \$10 a person is recommended. (If volunteers cannot pay this support amount, funds are available from the budget at First UU.)

We ask that everyone come wearing the proper clothing to ensure a safe day at work. We require that each volunteer wear long pants, a short sleeve shirt, and closed-toe shoes (boots **HIGHLY** recommended). Also, using a hat, bug spray and/or sunscreen for the outdoors is a good idea. You're more than welcome to bring your own pair of work/gardening gloves as well. Everyone needs to *bring your own water bottle, they are not provided*. All volunteers under 18 must be accompanied by a parent/guardian while serving at the village.

Advanced signup is required. Please register at the Social Action table in the gallery after Sunday services. For more information, contact Carolyn Gremminger: cargrem@yahoo.com.

Senior Luncheon

Wednesday, May 9
Howson Hall
12 p.m.

Virginia Larson, Community Liaison with local nonprofit Family Eldercare, will be joining us to discuss Family Eldercare programs which are designed to promote the health, wellbeing, and dignity in seniors, adults with disabilities and those who care for them. Also: Jon Montgomery is collecting used glasses for the Lions Club to refurbish and give to people in need all over the world. Reading glasses, bifocals, etc. will be accepted. Soup, salad and dessert will be served for \$5. Please RSVP to Alice Cashman: (512) 217-2615.

New class: Chair Yoga!

Wednesday, June 6
9:30–10:30 a.m.

This new class will be taught by First UU Austin member and certified Hatha Yoga instructor Katherine Tanney. Moderately paced seated practice will combat stiffness and increase strength & energy. Discover muscles you haven't used in a long time and find out why "motion is lotion" for your joints. Questions: windsorparkyoga@gmail.com.

MONTHLY SPECIAL OFFERING



UBarU Camp and Conference Center

**By Michael West, President
UBarU Board of Trustees**

UBarU is a Unitarian Universalist Camp & Retreat Center located on 142 rugged acres in what is again this year a peaceful, green, and wild-flower-strewn patch of the Texas Hill Country near Kerrville. Since the property was passed on to us by the Quakers, we have sought to fulfill our UBarU mission: “to provide a welcoming, peaceful place to gather for spiritual, educational, and recreational purposes in harmony with our Unitarian Universalist Principles and the Land.” Scores of members of this church have joined in spring and summer youth camps, Deep in the Heart of Texas Women’s Retreat, Heart of Texas Men’s Retreat, Texas Wine–Texas Stars Celebrations, the new Dark Sky astronomy weekends, contemplative retreats, and even personal family reunions.



*Campers enjoying the swimming tank.
Photo: Michael West/UBarU*

This past year has been incredibly exciting for all. The new Youth Astronomy Observatory was dedicated, and a new ham radio instructional building and tower are completing construction. A second grant from H-E-B Environmental has again expanded our solar power capabilities across the campus. The areas opened by last year’s cedar clearing improved fire security and opened new meadow area for wildflowers, butterflies, bees and birds. The solar panels on the Rev. Dwight and Marie Brown Center, the Art Barn, and Sojourner and Hermitage houses are all in full operation, significantly reducing our overall carbon footprint.

In addition to regular hosting of the Alamo Area and Hill Country Astronomer Associations and numerous amateur and professional astronomers each month, we will hold our first-ever Youth Astronomy Camp (Aug 2–5) and a UBarU Star Party Labor Day weekend (Aug 31–Sept 3). These events are open for registration and are significant expansions for us as an International Dark Sky Park.

Registrations are also open for our fifth year of expanded summer youth camps in the new Rev. Dwight and Marie Brown Center, featuring its climate-controlled

four-room suites with double, queen, and even extra-long bunk beds; and both gender-specific and gender-neutral bathroom facilities.

This year our calendar of events offers more camps and retreats including Meaning Makers, a life-changing, year-long program for 18–24 year olds; and a full summer of youth camps for all ages, plus a family camp. All activities revolve around the traditional Quaker-style meeting house and radiate to the decks, the limestone rock pool by the windmill, the Meditation Oak, the two meditative labyrinths, and the evening fire circle.

This month, UBarU is proud to have been chosen by you, the members of First UU Austin to receive the monthly special offering. Thank you for your continuing support! If you’d like more information on UBarU or the camps and retreats hosted there, check out our website at www.ubaru.org, or check out the many photos on the UBarU Facebook page at www.facebook.com/UBarURetreat.

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.

HEALTHY RELATIONS MINISTRY

Advice from Covenant Corner: *Did I Just Say That?!*

Dear Covenant,

I made a big faux pas. I was talking with a man in a wheelchair in Howson Hall after service, just trying to make conversation. I said, "Aren't you lucky you always have your chair with you." I saw right away by the look on his face that it was the wrong thing to say. I was so ashamed that I just stammered something and walked off. Now I'm not sure what to do. I want to apologize, but I don't know what to say and I'm afraid I'll say something else stupid or hurtful and make it even worse. What should I do?

— *Ashamed & Uncertain*

Dear Ashamed,

This is such a painful place to be! We know because we've all been there. Good for you for trying to make conversation, for paying attention to the impact of your words, and for having the courage to admit your mistake. Also reaching out, as you have done, will probably help you stay out of a "shame spiral." A shame spiral happens when you feel shame, and then shame about

the shame. Maybe you tell yourself you're a horrible person and then judge yourself for being a horrible person. As you can see, it is a self-perpetuating cycle. On the other hand, studies have shown that speaking about your shame can help keep you from spiraling.

It might also help to make a distinction between shame and remorse. Shame tells you that you are a bad person. Remorse tells you that you have behaved in a way that is not in alignment with who you want to be. While shame makes us want to crawl into a pit, remorse moves us to make amends and grow from our mistakes. This is why our Healthy Relations Covenant invites us to "forgive ourselves and others when we fall short of expectations, showing good humor and the optimism required for moving forward." Many advocates and activists are people who have made mistakes, learned from them, and been inspired to take that learning into the larger world.

So back to your question about how to make amends. It is true that

you might make another mistake if you apologize to the man you hurt, but you will have to take that risk. You could say something as simple as "I am aware that my comment about you always having your chair with you was hurtful. I am very sorry." His response may or may not be satisfying to you. He may not want to talk about it and you will have to honor that. He may start to tell you what it's like for him to live in a wheelchair and hear all the insensitive comments that people make out of discomfort. If that happens, we hope you will listen without trying to fix anything or rationalize or explain other people's behaviors. Whatever happens, if you need help, you can always contact the Healthy Relations Team.

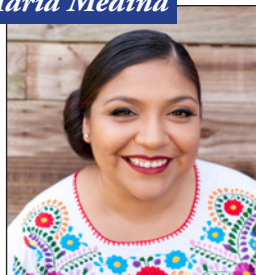
The Healthy Relations Ministry is available to you as a resource if you need help with a difficult situation here at church. Team members Margaret Borden, Ann Edwards, and Elizabeth Kubala can be reached at healthyrelations@austinuu.org.

Sincerely,

Healthy Relations Ministry

BOARD OF TRUSTEES

Meet your upcoming board candidates

María Medina

(Trustee) María found her way to First UU in March of 2017. After browsing the makeshift walls that display the mission and end goals in Howson Hall during a volunteer voter deputy registrar training, she made it a point

to start attending First UU. Once she heard the passionate and deeply moving sermons of Rev. Chris, she knew she had found unique spiritual home. She became a full member in July of that year.

At the late end of that month, María had also become active with First UU Social Action by bringing the school supply drive for Counter Balance ATX to the congregation. Since then, she has become the Social Action Outreach Coordinator and a facilitator for the Courage and Wonder workshops that helped shaped

the congregation's new mission and ends. In 2018, she joined the People of Color group and the Change Team.

María is a local activist and organizer who co-founded the group, Voces Tejas, in December 2017. She also regularly supports other local organizations Counter Balance ATX, Texas Progressive Action Network, and Women's Racket Club. She is slated for the board of directors at the League of Women Voters for 2018–2019, and she is a founding member of the local market and community event committee for Frida Friday ATX.

She enjoys photography, non-traditional board games, and miniature painting. María brings to the board her work in creating and supporting intersectional equity. Her constantly expanding and evolving knowledge on what it takes to be truly inclusive and just at every level of society is a vital motivation for why she has considered bringing her passion to the First UU Board of Trustees.

Leena Batra

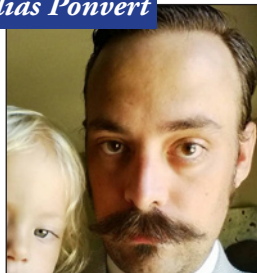
(Trustee) Leena Batra was raised as a Hindu in Texas and first attended a UU church with her parents and sister at age nine. This experience was pivotal in shaping her own spiritual journey. She attended UU churches in college and graduate school, while continuing

the personal search for truth and connection between Hinduism, Buddhism, and Unitarian Universalism.

After adopting her daughter as a single mom, Leena moved to Austin to work as a staff psychologist/Asian American specialist for the Counseling and Mental Health Center at UT. In 2012, Leena opened her private

practice in Austin, specializing in women's reproductive health. She has been a passionate advocate for reproductive and maternal justice since her college years.

Leena began to search for a welcoming community that was spiritually and intellectually engaging, and would support her and her daughter's personal spiritual growth. They found First UU Austin and became members in 2014. First UU is the beloved, nurturing community that Leena had long been searching for. She enjoys giving back to the community by serving as a member of the Pastoral Care Associates. She is often moved to tears by the talent of our musicians and artists. She brings to the board her compassion, energy, and dedication to social justice. She is delighted and honored to serve First UU.

Elias Ponvert

(*Trustee*) Elias and his family—his spouse Candace and children Katharine, Jasper, Chester, and most recently Duncan—joined First UU in 2013 and have been active in the community since. Elias has helped with the third Monday sack lunch crew since

joining First UU, and is in his third year of leading the first service 2nd–5th grade section of our Lifespan Faith Development program. Since the 2016 election Elias has become politically active, serving as an organizer for TX-10 Indivisible (covering Texas' 10th Congressional district, which includes the First UU sanctuary and grounds) and Indivisible Austin. Since 2017 he has also been active with the Austin Sanctuary Network, and helped arrange Indivisible Austin joining Austin Sanctuary Network as an active member.

Elias grew up in Rhode Island and attended university at McGill University in Montreal, Canada. After university Elias moved to Austin in 2000 and has lived here since. In 2005 Elias started the graduate program in linguistics at UT, earning a PhD in 2011 with a specialization in computational linguistics. Elias returned to industry after graduate school, and was a data scientist and developer at several software startups before joining Indeed in 2017 as a data scientist. In addition to the four kids, Elias and Candace are the proud caretakers of Moonshine, a cat, and Marvin, a purebred American mutt.

Religiously, Elias was baptized and confirmed Episcopal Christian, then attended the Benedictine Catholic Portsmouth Abbey School for high school. He has found a happy home in Unitarian Universalism, and draws inspiration daily from the sources of the UU faith, most especially the first, “the sense of wonder we all share.”

Tomas Medina

(*President Elect*) Tomas started attending First UU shortly after moving to Austin from NYC in January 2014. On his first visit to the church, Rev. Marisol Caballero was preaching. When Rev. Mari finished the service by breaking into song in Spanish, Tomas

thought this was a church that he could love. He became a member shortly thereafter.

Raised Catholic, Tomas stopped attending mass when he moved away from home to go to graduate school. Years later while living in NYC, Tomas read the book “God Revised,” and it changed his life. When he googled the author, Rev. Galen Guengerich, Tomas learned that Rev. Guengerich was a minister at All Souls, a UU church just a few miles from Tomas’ apartment. Tomas began to occasionally attend All Souls, and decided when he moved to Austin about a year later, that he’d check out a UU church.

Since joining First UU in 2014, Tomas has become

a member of the People of Color group, a facilitator of the Alphabet Soup group for LGBTQ members, served on the usher and lay leader teams, canvassed during the stewardship campaign, participated in a Chalice Circle and the Wellspring class, and was a member of the internship committee for Rev. Susan Yarborough. Tomas very much appreciates the communities he has been welcomed into as he has participated in each of these activities.

Tomas has a law degree and a MFA in theater management but uses neither in his work as a business analyst for a software company. He is, however an avid theater goer, and has recently discovered a passion for immigration law. Tomas was very honored to work with Alirio in seeking a stay to his deportation. Tomas also volunteers with American Gateways to provide legal services to women who have been detained by ICE and are seeking asylum.

Tomas is honored to be nominated to serve on First UU’s board, and is especially excited at the opportunity to serve at this time that we have updated our mission to explicitly include growing the Beloved Community.

Eclectic Folk Jam**Friday, May 11****Rm 17****7–10 p.m.**

An open jam session for singers and instrumentalists, held on the second Friday of every month. We have “Rise Up Singing” and “Rise Again” and music stands. Bring other songs if you like, as well as 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, May 26****Friends Meeting House
(3701 E. MLK Blvd.)****7:30–10:30 p.m.**

Bring snacks, finger foods, and musical instruments. Copies of “Rise Up Singing” and “Rise Again” are provided, but you may bring other songs. 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.

SUNDAY SERVICES**SANCTUARY 9:15 AM AND 10:45 AM****MAY 6****Claiming Our Imperfection****KYE FLANNERY**

As a highly educated and progressive denomination, we think often about what should be and what could be. But sometimes our deepest engagement with what is creates the best progress—and the best stories. Many of the best moments of our lives have to do with our engagement with the imperfect. We'll think about how to do that well and with integrity. First UU's group of professional singers with pianist Benjamin Dia will share music by Johannes Brahms.

Kye Flannery has been a UU since college. She identifies as humanist and agnostic, believing that the question of how we ought to treat one another is the most important question (more important than whether or not there is a God!) and is a practicing Buddhist. Kye is a palliative and hospice chaplain in Austin, and leads workshops on mindfulness and vocation.

MAY 13**Things I Learned From My Mother****REV. MEG BARNHOUSE**

My mother didn't like being called cute. She wanted to be tall and elegant, but she was cute. She tried to teach me to “drive like a lady,” and she won all the belching contests when we were

camping. There are things we want to keep from our mother's lives and voices, and things that don't help us, things we can let go of. Music by the First UU Intergenerational Choir, singer Chantel Mead, guitarist Derek VanScoten, and the piano-violin duo Bryan Uecker and Ben Hummel.

MAY 20**Exploring Dreams****YOUTH SERVICE WITH THE
SENIOR YOUTH GROUP**

This year's Youth Service finds the youth exploring their dreams and yearnings. There will be music, meditation, and inspirational stories by the youth. The Bridging Ceremony will take place during the second service. Come dream along with them.

MAY 27**Bravely Ourselves****REV. CHRIS JIMMERSON**

In her newest book, Brené Brown examines the supposed duality between becoming fully ourselves as individuals and finding true belonging and community. She finds it to be a false duality. She raises the question of how we find sacredness both in being a part of something and in standing alone when necessary. The First UU Intergenerational Choir will sing with the First UU band. Songs by the Adult Choir will be conducted by Phillip Bernard and Katrina Saporantos.

PUBLIC AFFAIRS FORUM

SANCTUARY AT NOON AFTER SECOND SERVICE

MAY 6

Spousal Experiments in Water Conservation

WITH DR. ROBERT MACE

Dr. Robert Mace is an associate director and the chief water policy officer at the Meadows Center for Water and the Environment, and a professor of practice in the department of geography at Texas State University. Mace has over 30 years of experience in hydrology, hydrogeology, and water, mostly in Texas.

Before joining at Texas State in 2017, Mace worked at the Texas Water Development Board for 17 years, ending his career there as the deputy executive administrator for the Water Science and Conservation Office. Prior to joining the Texas Water Development Board, he worked nine years at the Bureau of Economic Geology at the University of Texas at Austin as a hydrologist and research scientist. He has a B.S. in Geophysics and a M.S. in Hydrology from the New Mexico Institute of Mining and Technology, and a Ph.D. in Hydrology from the University of Texas at Austin.

In his presentation, Dr. Mace will weave a story of water conservation from his own life that can be used in our lives and in Texas at large.

MAY 13

No forum — Mother's Day

MAY 20

Brightness of Noon, Part 1

A FILM SCREENING

Offering sanctuary to the “stranger” is at the core of most religious traditions; sustaining them in an age of violence and cruelty is how we hold onto our human hearts.

“Brightness of Noon: The Intersect of Faith, Immigration and Refugees,” a two-part documentary, highlights the stories of undocumented immigrants and refugees—who fled economic despair and unfathomable violence only to face an uncertain future in the US—and the faith groups who are posing a question to us all: “Are we willing to take some risks in order to protect human life and basic rights?”

Part one focuses on people of various faiths addressing the plight of undocumented immigrants. Narrated by acclaimed actor-activist Bambadjan Bamba (“The Good Place,” “Black Panther”) the one-hour documentary premiered on ABC-affiliated stations across the country, beginning Feb. 18, 2018. It features First UU’s current sanctuary resident, Alirio Gamez, along with Rev. Chris Jimmerson and Peggy Morton. The documentary also features our partner church, St. Andrews Presbyterian.

Following the screening of the documentary, time permitting, Rev. Chris will facilitate a discussion.

MAY 27

No forum — Memorial Day ■

**First Unitarian Universalist
Church of Austin**
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First UU Ministers
Rev. Meg Barnhouse
Rev. Chris Jimmerson

Director of Music
Brent Baldwin

Interim Director of Lifespan
Faith Development
Laine Young

Congregational Administrator
Shannon Posern

Communications Coordinator
Victoria M. Valadez

Financial Administrator
Katherine Patton

Board President
Jairy Grisaffe

About Beloved Community

“Dr. King’s Beloved Community is a global vision, in which all people can share in the wealth of the earth. In the Beloved Community, poverty, hunger and homelessness will not be tolerated because international standards of human decency will not allow it. Racism and all forms of discrimination, bigotry and prejudice will be replaced by an all-inclusive spirit of sisterhood and brotherhood. In the Beloved Community, international disputes will be resolved by peaceful conflict-resolution and rec-

onciliation of adversaries, instead of military power. Love and trust will triumph over fear and hatred. Peace with justice will prevail over war and military conflict.”

– *The Martin Luther King Jr. Center for Nonviolent Social Change*

“But the end is reconciliation; the end is redemption; the end is the creation of the Beloved Community... It is this love which will bring about miracles in the hearts of men.”

– *Rev. Dr. Martin Luther King, Jr.*



**First Unitarian Universalist
Church of Austin**

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