



FIRST UU NEWS

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

Sometimes bad things happen

by **Rev. Meg Barnhouse**



In my mother's house, if several things went wrong too close together in time, my mother would smile, shake her head, and say "The Perils of Pauline!"

When she was a kid, she went to a British boarding school in India, way up in the Himalayas. She lettered in track up there at 7,500 feet, and I'm guessing she despised the silent-movie heroine, Pauline, slender and pale as a spaghetti noodle, constantly needing to be rescued from the railroad tracks where the sneering villain had bound her.

It felt more like a warning than a joke. It wasn't exactly an implication that I was causing bad things to happen, just that I was in danger of becoming the kind of person trouble sticks to. A sad sack, she would sometimes say, a helpless victim in a silent movie being tied, yet again, to the train tracks. When I was about nine, I remember telling her that I had a headache. "Oh, honey," she laughed, "children don't get headaches!"

In the middle-class Scots-Irish Protestant culture of my big family,

if you were doing well, it's because God was blessing you. The corollary—never articulated openly—was that if things were going wrong for you, if you had no money or a spell of ill health, it's because you were not blessed. Un-blessed. The polite thing to do was pretend not to notice when someone was sick. Sickness wasn't a lesson from which you should learn. You learned from reading the Bible. Period. It wasn't a trial to test your faith.

Presbyterian Scots taught that we have to rely completely on God's goodness for our salvation. Why should our faith be tested when it was so obviously such a pitiful thing? With God in charge of everything, we weren't allowed to believe in luck. There had to be a reason for illness and injury, and the reason was probably that you had done something wrong or careless.

The protocol for being ill or injured was: you don't get coddled, you don't talk about it, and you take care of it and get over it. When Mama got a lump in her breast, she followed this line. For a year she

didn't tell anyone but God about it. A different theology would have helped us have each other longer.

Sometimes people who had a lot of trouble were compared to Job, the main character in the oldest book in the Hebrew scriptures. "You're having the sufferings of Job," someone would murmur. The message of the book of Job is that God thinks it's stupid to blame people for their misfortune. Job's "comforters" say all the things people say today to people who are suffering. Maybe you were too prideful, maybe you had lessons to learn, maybe you have done something to keep God from blessing you, maybe you have stepped out of the Tao, maybe you needed to be taken down a peg.

In Job, Godself appears to yell at the comforters, to tell them they are wrong. God doesn't give a reason. The message seems to be "stuff happens," and God is God. God/the Universe/the Cosmos/Being can talk to the water-spurting whale. God is God, and you are not. The book of Job was read and taught, but it didn't sink in to the level of daily practice,

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PRESIDENT'S ADDRESS

Exploring courage and wonder

by **Jairy Grisaffe**



Over the next several weeks, our church will hold a series of workshops to gather your stories of courage within our church and aspirations for our church. The purpose of them is to help our board of trustees learn what sustains us and moves us forward as we work to refresh our end statements. The method we will use in these sessions is called “appreciative inquiry.” In this method, we focus on what we do well as an organization. Since I will be listening during the sessions that I attend, I want to share a story of my own.

I was twenty years old when I made my first trip to the Vatican. I was on a pilgrimage with a Catholic church for the holy day of Pentecost. I didn't know many people on the trip due to it being a series of churches from the area. There were only few people my age. Instead of being in a group with men much older than me, I opted to be with a group of teenage boys.

The teens were typical of their age. They called each other names and made jokes at the expense of one

another. Despite those things, they were still friends and still demonstrated, in their own way, a sense of community. I enjoyed being around them and it didn't bother me one bit that they likely saw me as a role model. I wanted to listen to them and understand who they aspired to be. When I came to realize that their spiritual advisers truly regarded them as exercising poor behavior and in need of disciplining, it was heartbreaking to me. I knew there had to be a better way to minister to people this age.

In that heartbreak awoke something in me that still lasts to this day. It would be ten years before I would put it into action and begin volunteering with young people. When I arrived at our church, it wasn't long before I found the Universe calling on me to be involved in a meaningful way. I felt a call to lead the direction of the senior high youth group after our youth director had left for seminary. While I had been a religious education teacher and youth adviser before, I had never

had any leadership responsibilities. I recognized that I could not do it alone. I put faith in our church community to support making this youth program something special.

Five years have passed since that time and I find myself in awe of how this dream of mine keeps coming true each week. Our youth have amazing parents and people in their lives that care about them. We show up each week to meet them where they are and help usher them along their spiritual journeys. I am proud to be a part of that transformative ministry. My favorite part of every year is watching the thoughts and ideas for Youth Sunday form into expressions of a cohesive theme and then shared with everyone in the church. There are plenty more aspirations that I have for it that I am excited to work towards.

I invite everyone in the congregation to attend one of these workshops to share their stories and wishes about how, when grounded in courage and wonder, we will create a future together. ■

Seek courage and wonder!
Find workshop info on page 12.

“Bad Things,” continued

and there wasn't much room in Scots Protestant culture for cooing or comforting or taking care of someone who has been kicked off the blessing train.

I've been hearing my mother's voice in my head these past few months as I've lived the Perils of Pauline. I fell off a horse at fourteen, and the impact started a degenerative process in my hip joint. I had a total hip replacement when I was 30. It lasted until now. I earned a second-degree black belt in karate with it. I chased toddlers and lived most of my life with it before it wore out. It had been in there so long that a lot of rebuilding was called for before they could put the new hip in.

Six weeks after that surgery, when I had almost recovered, they found that the prosthesis had a staph infection. The protocol for that is heavy antibiotics and multiple re-dos of the same surgery. I've just had the fourth and, I'm hopeful, the final hip rebuild in five months. I've recovered from the surgery now five times. Mostly I do the prescribed exercises and then sit in a special recliner to let my body and the Cosmos do their healing work. This is not something I can rush, like the farmer who goes out every morning to pull on the new little shoots to help them grow faster. This is not something that my will or charm can affect. I have had to sit here like a mushroom growing amongst tree roots, being cut down once a month and then having to grow back.

Life is full of perils, Mama. Some people seem to get more than their share, but how does anyone know the size of anyone's share, and who is capable of portioning out the responsibility?

I'm trying to learn to be kind to myself in this, compassionate, comforting. Sometimes I have to struggle with the embarrassment and isolation of pain,

the Protestant suspicion that I should somehow be ashamed in this situation. I get mad and twisted up about the things I can't figure out how to do for myself. Mostly I keep a good attitude and sit at the feet of people who have been through cancer and chemo and who are in situations that aren't going to get better. Mine will get better, and I will be temporarily able-bodied once again.

Halfway through this long injury-infection event, I had a dream. During a video call with an agent who wanted to represent my new book, my wife's band started to practice. I told my agent I needed to go next door so I could hear her better. When I opened the front door, boughs of lilacs tumbled in past me, all around me. Some kind of vine wove through the lilacs and I couldn't get out through the door, but I stood there and breathed in the fragrance.

I woke up knowing that there is some sweetness in this time of being trapped, limited, and stopped in my tracks. I've learned how very much a small kindness can mean: a card, a text, a vase full of flowers. Those little things turn out not to be little at all. There is sweetness in being taken care of by someone who loves you, and it's a lovely thing to watch my wife, Kiya, as she does it so gracefully.

Most of the time I don't feel “unblessed.” I feel like part of nature. Like a water-spurting whale that ran into some plastic in the ocean or a tree that got struck by lightning. Of course I want to know the “how” and the “why” of this infection. I don't think I ever will. I know the “how” of the recovery, though. I gave it lots of time. I had lots of help from the medical people, from friends, from my wife, and from this congregation I serve. That feels like blessing to me. ■

Celebrate Thanksgiving at First UU!

**Thursday, November 23
3:30 p.m.**

Every year, members of First UU gather to break bread on Thanksgiving Day. Please join us at the church for a traditional Thanksgiving spread. The meal will be potluck and we'll be accepting small donations. Members of the Fellowship Committee will be present throughout the month of November in the gallery with a sign-up sheet. More details to come in the order of service.

LIFESPAN FAITH DEVELOPMENT

Lifespan FD highlights

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



There's been a lot happening in Lifespan Faith Development recently, so I thought we were overdue for a Q&A session! If you have any questions about Lifespan Faith Development that haven't been answered, please contact me! Laine.young@austinuu.org.

Q: What are the new computers outside the sanctuary for?

A: They are our new Sunday School sign-in kiosks! Families now sign in at the computers instead of the clipboard system we used to have. The kiosk prints out two name tags for each kid. The parent/guardian puts one name tag on their kiddo and holds on to the second one. The second name tag gets handed to their teacher or classroom helper when the their kid is picked up from class at 10:30 or noon.

Q: I noticed there is a vegetable garden at the playground now. Who is in charge of that?

A: Isn't the playground garden wonderful? The garden started as a One-Room Sunday School this spring and has been evolving throughout the year. There is now a Garden Club that helps maintain the garden. The club even made a new garden bed, moved things around to make the garden easier to use, and planted fall vegetables a few weeks ago. They've even made a garden for Alirio to use! If you would like more information about the club, contact Laine (laine.young@austinuu.org).

Q: Laine, I need to talk to you. When is the best time?

A: I am more than happy to talk! Sundays get busy for me, so if we talk then please also email me to remind me of our conversation (laine.young@austinuu.org). I am generally available from 12:30–1:30 p.m. on Sundays for meetings. I am also available Tuesday–Friday during the day, and am always happy to meet at the church or for a lunch or coffee meeting. Send me an email so we can schedule a time!

In fellowship,
Laine Young

Guest at Your Table Starts November 5!

Each year, our congregation participates in the UU Service Committee (UUSC) 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 as part of our Christmas pageant on Dec. 24, 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 outside the sanctuary as well as in all of our classrooms.

continued on next page

First Sunday Seminars, Nov. 5

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

Please note: there are less First Sunday Seminars this month—we would love for you to attend the Courage and Wonder workshop on November 5! These guided discussions focus on the future goals of our church. In each workshop, we'll talk about courage and wonder in our lives and how we want to use those qualities in our future. We'll tell stories and share wishes for the future. We'll consider what future we could build on our church's strengths together. (See page 12.)

Faith Formation Track: A Scientific Perspective on the Roots of Racism, Part 2

Underpinning racism in the U.S. is the assumption that differences in economic prowess between races is due to inherent (i.e. genetic) superiority and/or inferiority of the various races. Certainly up to and into the 20th century, this seemed manifestly obvious to many as the Western Europeans completed their conquest and subjugation of much of the rest of the globe. But progress in scientific understanding of the evolution of human cultures leads to an alternative conclusion: differences in races have their roots in accidents of geography, not genetics. We'll be exploring this thesis, first articulated by Jared Diamond, and what it tells us about how to frame our understanding of our common humanity.

Racism Unlearning Circle Nov. 18

Based on Undoing White Supremacy Austin's unlearning circles, this group will be 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. Please check the First UU Facebook page events section for more event info, to see the monthly topic, and to access readings and videos to prepare for the meeting. Childcare provided, please RSVP: childcare@austinuu.org. Email with questions: racismunlearning@austinuu.org. ■

STEWARDSHIP CAMPAIGN

White Allies for Racial Equity

Sunday, November 19
Rm. 13
12:30–2 p.m.

For our next meeting Scott Butki & Nicole Meitzen will provide tips, tricks and suggestions for folks preparing for and attending rallies. They will also be taking questions and addressing concerns folks have about rallies and related events.

We welcome self-identified white UUs as we discuss this and related topics. Participants will also have the opportunity to share their experiences around being a white ally.

The White Allies group educates themselves on anti-racism via trainings and discussion to be better allies in our community. Contact: sbutki@gmail.com.

Thanks to all for your stewardship!

November is the month we celebrate Thanksgiving, and it's appropriate that the Stewardship Ministry give thanks for all those who participated in the 2017–18 annual stewardship and spring capital campaigns.

Those who generously gave their support through pledges and outright gifts make it possible for our church to continue its efforts to carry out its mission: to nourish souls, transform lives, and do justice.

Those who volunteered to join the stewardship visitor team, went through the training, and then actively worked to help us meet giving goals proved their commitment to the work of our church and to the members of this church family.

Gratitude is also owed volunteers such as Brendan Sterne who has tirelessly worked to streamline the giving process to make it more user friendly, and those who volunteered their homes for training sessions: Margaret & Sam

Roberts, and Betty Wood & Ron Buford.

Thanks also to those who gave inspiring stewardship testimonies at Sunday services: Karen Neeley, Brendan & Valerie Sterne, Phil Hewitt, Kae McLaughlin, Elizabeth Gray, Eugene Belauger, Jairy Grisaffe, Carolyn Gremminger, Tomas Medina, and Bill Edwards.

Bill Edwards, chairman of the Stewardship Ministry, reported that the spring capital campaign raised an additional \$110,150 to over \$3,070,000 already raised in pledges for the building project. As of mid-October, 303 family units had pledged to support the church's operation in 2018.

Six new members who contributed to the spring capital campaign went on to join the stewardship visitor team for the annual effort. We count 56 of our church members as trained stewardship visitors, with 45 of them having made visits to members and friends.

FIRST UU IN PICTURES

Recent photo roundup!

Photos by Jane Parsons & Jon Montgomery



Soon-to-be ordained minister Erin Walter leads UUs at the Women's Retreat at Wildflower UU, Oct. 13-15. Photos: Jane Parsons

Rev. Meg returns to work mid-Sept; attendees at Women's Alliance talk by Maxine Barkan in Oct; Laine leads Water Communion Sept. 10.

CHURCH PARTNERSHIP

Next interactive Austin Playback Theatre performance to benefit Sustainable Food Center

By Bess Green, First UU and APT member

Tuesday, November 7
Doors 7 p.m. Showtime 7:30
Suggested donation: \$7-15
Howson Hall

Austin Playback Theatre (APT) is a theatre troupe with a commitment to social justice and community building. We invite audiences to share stories from their lives and then transform them into theatre on the spot, using a variety of improvisational techniques. Unlike traditional improv, Playback is not focused on exclusively on humor but rather on honoring the truth of each storyteller.

APT was founded in 2009. We have focused the last seven years on building our craft and troupe, and performing for audiences whose voices are often unheard, such as residents at the Austin State Hospital. In 2017 we partnered with nine local nonprofits to raise awareness, solidarity and funds, telling stories about their mission and passion for the work. APT is very grateful for our partnership with First UU Church of Austin. First UU provides APT theater space on the first Tuesday of each month. APT provides various nonprofits

who contribute significantly to the Austin community with an opportunity to gather supporters and clients for a night of storytelling. In the first half of our 2017 season we have featured organizations such as American Gateways, National Alliance on Mental Illness, and SAFE Alliance. Each organization collaborates with us to determine the best theme for the evening. In addition, proceeds collected at the door are donated to the organization. Our goal is to focus on one organization per month. November's featured organization is the Sustainable Food Center. Suggested donations go to the featured nonprofit. December's featured nonprofit is Volunteer Services Council for Austin State Hospital.

We are currently recruiting nonprofits for our 2018 season. Please contact Bess Green at (512) 636-9838 to nominate a nonprofit, or you can use the contact form on the Austin Playback Theatre website. You can also follow us on Facebook at www.facebook.com/austinplaybacktheatre. We are also happy to collaborate with groups within the church to further the evolving mission of the church in nourishing souls, transforming lives, and doing justice.



Austin Playback Theatre members perform at First UU last April. Photo: APT Facebook page

MONTHLY SPECIAL OFFERING



Austin Child Guidance Center

Austin Child Guidance Center (ACGC) has been providing mental health services to children and families since 1951. ACGC's services include individual, family, and group counseling; in-depth psychological assessments; psychiatric evaluations; parent workshops; and trainings. Since its inception, the agency has served nearly 150,000 children, youth, adolescents and family members.

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 84 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 45th Street and Lamar,

ACGC reaches out into the community: providing mental health services at 12 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.

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 has hosted two biannual regional Cross Discipline Trauma Conferences. The 2017 conference featured Dr. Dan Siegel and drew more than 500 participants from around the state.

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 3,000 stories from last year.

"Jordan was ten years old when she first started coming to ACGC. She had already been diagnosed with multiple disorders. She had severe and violent outbursts two to three times a week that lasted for hours, and would have to be restrained.

Jordan would frequently run away from school and started having suicidal thoughts. However, there was more bubbling underneath the surface of Jordan's diagnoses and behavior—she had experienced trauma. Jordan had been physically and sexually abused by the people that she and her parents trusted. ACGC's therapists understand the effects that trauma can have on behaviors, and Jordan's therapist worked with Jordan and her family in processing these traumatic events through cognitive behavioral play therapy and trauma-focused cognitive behavioral therapy. Jordan learned mindfulness, began using "I" statements, learned how to reframe unhelpful thoughts, and learned healthy distraction and relaxation skills. By the close of therapy, Jordan had gone two months without a meltdown or outburst, was equipped with coping skills to handle life's challenges, and had processed the trauma that had occurred in her life. Today, Jordan utilizes the skills she learned in therapy at home, school, and in the community."

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

**Austin Presence
Group**

November 7 & 21
Room 17
6:30–8 p.m.

We continue our book discussion on Michael Singer's "The Untethered Soul." A \$5 donation is requested in order to support the church. For additional details, visit us at 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.

Advice from Covenant Corner

Dear Covenant,

Recently I have found myself avoiding the gallery after service on Sundays. The last time I was there, another well-meaning person wanted me to sign up for yet another worthy cause. That person told me that social justice work is the heart of our church. Is that true? I go to this church because I want to grow spiritually. I want to understand myself and my relationship to the divine better. Isn't that what church is supposed to be about? You can do social justice work anywhere.

– *A Seeker*

Dear Seeker,

Your question is timely considering we will be revisiting our mission this year. Since our current mission is to nourish souls, transform lives and do justice, perhaps we could say that our church has a three-chambered heart. Social justice is just one of the chambers. It sounds like you come to church to nourish your soul and transform your life. We're glad you are making choices that are right for you. When each of us reaches toward what gives us joy and meaning, then we have a vibrant and diverse community.

You also might consider that while your spiritual work seems to be about turning inward, others feel called to

reach outward. For some people, social justice work *is* spiritual work. Others find that the challenge of serving on a committee or taking on leadership at the church helps them grow spiritually. A congregant's relationship to the church can also change over time. A recent stewardship speaker mentioned that he lets the church support him in nourishing his soul and then when he's feeling strong, he puts more energy into working for justice. Whatever your path, we're glad you are finding a way to follow it at First UU. It is our covenantal promise to encourage each other's spiritual growth. We hope you feel supported on your spiritual journey and also that others feel supported by you.

This month we will have congregational discussions about our values, and about our hopes for the future of this community. If you would like to participate, see page 12 for dates and times.

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

SOCIAL ACTION COMMITTEE

Show your favorite social justice nonprofit some love!

It's time to nominate your favorite nonprofit social justice organization for First UU's monthly special offering for 2018. Each year, 12 nonprofits receive the funds collected through our special offering on the second Sunday of each month. For 2016, we were able to give each of the 12 selected organizations \$1,650. If you know of a nonprofit that is doing great work for justice, please submit a nomination!

Church members may submit nominations through Sunday, Dec. 3. Nominated nonprofits must

have 501(c)3 tax status. Throughout the month of November, nomination forms will be available at the Social Action table in the gallery after Sunday services, in the Social Action mailbox in the mail room, and by email. The vote to select next year's special offering recipients will take place on Sunday, Dec. 17.

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

Save the Dates!

Pre-congregational meeting

Sunday, November 19
Sanctuary
1:30–2:30 p.m.

Congregational meeting

Sunday, December 17
Sanctuary
1:30–2:30 p.m.

Alternative & Fair Trade Holiday Market

Sunday, November 19
Gallery
9 a.m.–3 p.m.

Come by and start your holiday purchases without missing services and other activities. As in the past, we'll have UU Service Committee holiday cards and gifts. If you are not familiar with alternative gifts, come by the Church World Service table to learn more. It's the perfect gift for someone who doesn't need anything. Ring in the holidays with these unique gifts!

Next Women's Alliance meeting

by **Mary Overton**

Tuesday, November 14
Howson Hall
6–8:30 p.m.

Karen Neeley is our featured presenter for next month's meeting. Meet us at 6 p.m. for a potluck dinner and presentation at 7. All welcome. If you need childcare, contact Mary Overton by November 1: mover100@aol.com.

"Lobbying & Representing Banks: Perspectives from a UU"
Karen Neeley, Lobbyist

"Sadly, I think the bad press that

Wells Fargo and others get whenever an evil practice is uncovered gives ALL banks a bad name. And the ill will goes back to the Prohibition against Christians (and Muslims!) charging interest on loans, leaving only Jews to act as money lenders. But community banks like credit unions are service oriented and provide vital products to their communities. They do so in a highly regulated and highly charged arena. My presentation will identify the issues and tensions that I face and the ways that I resolve them."

REVISITING OUR MISSION, VALUES & ENDS



Guided Workshops at First UU

What are they?

Guided discussions to focus on the future goals of our church. In each workshop, we'll talk about courage and wonder in our lives and how we want to use those qualities in our future. We'll tell stories and share wishes for the future. We'll consider what future we could build on our church's strengths together.

Why do this?

Healthy congregations systematically and regularly renew their promises together. Since doing this seven years ago, 350 new members have joined the church—and now the voices of new and long-time members need to be heard. It's an opportunity to

participate in the life of the congregation in a deep and meaningful way and to connect with fellow congregants in fun and energizing workshop.

Who should attend?

You should! However you're connected with the church, however long you've been here, we want to hear from you. We need a diversity of voices and visions.

When and where?

Please choose one of the following times below and sign up with our online form: <http://bit.ly/couragewonder2017>. All workshops will be held at the church, childcare and food will be provided.

November

SUN	MON	TUES	WED	THURS	FRI	SAT
						4 10am-noon
5 12:15-2:15pm	6	7 6:30-8:30pm	8 6:30-8:30pm	9 6:30-8:30pm	10	11 10am-noon & 1:30-3:30pm
12 1:30-3:30pm	13	14 6:30-8:30pm	15 6:30-8:30pm	16 6:30-8:30pm	17	18 10am-noon & 1:30-3:30pm
19 12:15-2:15pm						

December

SUN
3 1:30-3:30pm

Sign up:

<http://bit.ly/CourageWonder2017>

Or call the church at (512) 452-6168 and let Shannon or Victoria know of your RSVP, or email info@austinuu.org.

DENOMINATIONAL CONNECTIONS

UBarU Fall Events

UBarU is a UU camp and retreat center in the beautiful Hill Country, just 120 miles west of Austin. Because of its distance from population centers, it has been designated an International Dark Sky Park, perfect for stargazing.

• Fall Men's Retreat, November 3–5.

Come and enjoy fellowship in the Texas Hill Country. Rest, relax, enjoy delicious meals and use the time as a break from your normal routines and schedules. The retreat will be facilitated by Rev. Mark Skrabacz. Mark will guide us in a thematic inquiry and processes of introspection to deepen our life's path and build community among our fellow UU men.

Find out more information and register at the UBarU website, www.ubaru.org.

Southern Region Fall Conference, Nov. 10–11 First Unitarian Church of Dallas

The theme for this year's conference is "Walking Together—Covenant as the foundation of Unitarian Universalism." More info and registration at the Southern Region's site under November events: www.uua.org/southern.

UU Wildflower Church Musical Revue & Fall Fundraiser Nov. 11, 4–7 p.m.

Support Wildflower and enjoy great food, a great cast, and great fun! Don't miss out on what is sure to be a magical evening!

Our performers will delight audiences with a variety of songs from Broadway and movie musicals under the direction of Kenn Wells, an original cast member from the musical "Cats," with special guest performance by previous cast members from Zilker Theater

Productions, and including talent from Ballet Austin and other amazing Wildflower members. We'll have a pre-show reception with delicious food and non-alcoholic mocktails starting at 4 p.m. followed with the show at 5, and dessert served at intermission. There will be a raffle with great giveaways, and childcare is also available!

Get your Musical Revue & Fundraiser tickets now, or find more info: www.wildflowerchurch.org/fall-fundraiser.

Southwest UU Women Conference, Feb. 23–25, 2018 Embassy Suites, Central Austin

Join UU women from around our region for fellowship, celebration and learning. Keynote speakers are State Rep. Donna Howard and UUSC Board Chair Lyssa Jenkins. Kiya Heartwood is the featured musician and Rev. Meg Barnhouse our conference minister. Registration opens in November. More information at the SWUW website: www.swuuw.org.

UUA Disaster Response: Hurricanes Irma and Harvey

The Unitarian Universalist Association has organized a program to assist UU churches affected by the recent devastating hurricanes. The UU College of Social Justice is also organizing volunteer efforts to work in affected areas. Find more info including links to other ways to help at the UUA home page: www.uua.org. Click on the "Disaster Relief" box.

Questions and Carpooling

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

"Path to Membership" class

**Saturday, November 18
9 a.m.–12 p.m.
Howson Hall**

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. Class offered quarterly. Contact: Shannon Posern, membership@austinuu.org.

Senior Luncheon

**Wednesday, November 8
Howson Hall
12 p.m.**

Our own Angela Smith will present clips from "Chicks with Sticks," the documentary based on her book, "Women Drummers: A History from Rock and Jazz to Blues and Country." Soup, salad and dessert will be served for \$5. Please RSVP to Alice Cashman: (512) 837-0988.

Eclectic Folk Jam**Friday, November 10****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” songbooks 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, November 25****Friends Meeting House
(3701 E. MLK Blvd.)****7:30–10:30 p.m.**

Please bring snacks and finger foods, musical instruments, and copies of songs you want to sing. Copies of “Rise Up Singing” 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****NOVEMBER 5****All are Called**

REV. CHRIS JIMMERSON

We tend to think of ministers as answering a calling, but all of us are called in some way or ways to make a difference in our world. Likewise, as a religious community, we are in a process of discerning what differences we are called to make and for whom in the future. How will we live out our mission next?

NOVEMBER 12**Checking Out, Falling Back, Overwhelmed**

REV. MEG BARNHOUSE

At times it all gets to be too much. How do we learn to rest rather than quitting?

NOVEMBER 19**Elijah**

REV. MEG BARNHOUSE

The job of preachers and prophets has often been described as “to comfort the afflicted and afflict the comfortable.” Disruption is annoying. No one likes to be spoken to in the prophetic voice. Elijah’s story tracks his trials, tribulations and triumphs.

NOVEMBER 26**Modern Families**REV. CHRIS JIMMERSON &
LAINE YOUNG

Thanksgiving often brings to mind images of a nuclear family gathered together around the table enjoying dinner. But the reality is that the families we choose to come together with at this time of year take many shapes. In this all-ages service, we’ll hear from several church members about their diverse families and how they are thankful this season.

PUBLIC AFFAIRS FORUM

SANCTUARY AT NOON AFTER SECOND SERVICE

NOVEMBER 5

Government Gone Awry: Stories from a Texas Investigative Reporter

WITH JEREMY SCHWARTZ

Jeremy Schwartz is an investigative reporter with the Austin American-Statesman. He has done important in-depth investigative work on several topics, one of which is veterans' access to healthcare and the Veterans Affairs evasion of accountability to provide services and to protect rights of veterans. Recently, he has also done an extensive investigation of the failure of growers to provide adequate housing and sanitation for farmworkers, and of the failure of state agencies in Texas to do inspections of farmworker housing or ensure compliance with standards and safety regulations. These are only a few examples of officials "looking the other way" while institutional or big money interests are protected and the basic human rights of patients or workers are violated. Schwartz has also done in-depth analysis of the probable negative consequences of the proposed border wall on local residents, on commerce, and on the local ecological systems.

A running theme in his work is how government agencies may fail those they are supposed to serve or how government initiatives, if poorly planned, can be destructive. Schwartz will describe his experiences as an investigative reporter in an era in which this type of reporting is increasingly rare given funding constraints, and discuss some content of his recent stories.

NOVEMBER 12

Non-Violent Communication

WITH DAVID NAYER

"Empathy is a learnable skill. Empathy has the power to transform our ability to meet our most basic interdependent human needs, including acceptance, connection, respect, support, and love."

David Nayer is a 25-year practitioner and teacher of empathy as a transformative tool. He is the founder of the Austin Non-Violent Communication (NVC) community which holds weekly practice meetings and workshops welcoming the public to learn and share this valuable tool. David is also the CEO of a technology incubator, an experienced business executive, and serial entrepreneur. His formal education includes mathematics, South Asian studies, linguistics, organizational behavior, business, economics, and medicine. David is inspired by all dimensions of human potential and has a personal practice that includes several forms of mind and physical training.

NOVEMBER 19

Urban Farms

WITH MICHAEL HANAN

Michael Hanan is CEO of Agua Dulce Farm in Austin. Agua Dulce Farm is Austin's premier grower and supplier of fresh salad greens, herbs and fish—serving many of Austin's favorite restaurants, farmers' markets and grocery stores. Hanan and Agua Dulce Farm have been featured in National Geographic.

Driven by a passion to help people live healthier and happier lives and to improve the sustainability of our food and agriculture systems, Hanan has been working on the front lines of urban agriculture in Austin for the past five years—first as cofounder of Ten Acre Organics, and most recently as CEO of Agua Dulce Farm. Agua Dulce develops, employs, and demonstrates the most efficient methods of organic growing, including aquaponics and controlled environment agriculture.

NOVEMBER 26

No forum—Thanksgiving break

**First Unitarian Universalist
Church of Austin**
(512) 452-6168
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

Congregational Administrator
Shannon Posern

Communications Coordinator
Victoria M. Valadez

Financial Administrator
Katherine Patton

Board President
Jairy Grisaffe

SOCIAL ACTION COUNCIL

Help to fight hunger in Travis County!

Over the last two years, First UU Austin has donated approximately 1,000 pounds of food to Caritas of Austin's food programs. Caritas of Austin provides a free, nutritious lunch Monday through Friday in their community kitchen. The Caritas pantry provides take-home groceries to clients. Big or small, all donations help to put food on the table for fellow Austinites!

All non-perishable food and personal care items are much appreciated and can be placed in the blue box outside the sanctuary (near the doors to the gallery and Howson Hall). Please check the expiration dates. (Even canned goods have expiration dates!) The donated

goods are then taken to Caritas by a volunteer. The most needed items are:

- Canned vegetables/beans (15 oz)
- Cooking oil (12 oz)
- Dry rice or beans (1 lb)
- Can openers
- Cereal of all kinds
- Deodorant
- Canned pineapple/peaches/pears
- Shampoo & conditioner
- Spaghetti sauce
- Toothpaste
- Salt (24 oz)
- Soap
- Sugar (2 lb)
- Hygiene items ■



**First Unitarian Universalist
Church of Austin**

4700 Grover Ave.
Austin, TX 78756