

EVANSTON

UNITARIAN NEWS

A Unitarian Universalist Congregation

This Sunday September 22, 2019

Services will be held at 9:15 am AND 11 am this Sunday

Worship Service @ 9:15 am - Rev. Eileen Wiviott

"Perfect Harm: the violence of unrealistic expectations" - What do you do when you feel you've lost control? A natural response is to tighten your grip, seize up, and attempt to force the wheel of life to straighten out. In times of crisis, perfectionism is pronounced. However, expecting perfection of ourselves, each other or of life rarely generates transformative or sustainable solutions. What would a life-giving response to uncertainty look like? Can we lessen the immobilizing impact of perfectionism as we strive to co-create a more perfect world?

The Chris Isely Cancer Support Group @ 9:30 am, Rm 2

The group is open to anyone facing cancer either personally or through a family member or friend. This lay-led group is a safe place for sharing and hope. Interested participants are encouraged to drop in anytime. Questions? Contact [Renee Hoff](#).

Worship Service @ 11 am - Rev. Eileen Wiviott

"Perfect Harm: the violence of unrealistic expectations" See above.

Join Us to Stand in Support of Black Lives Matter @ 12:10 pm- 12:30 am

You are invited to stand on Ridge Ave. to support the Black Lives Matter movement. Signs and buttons are available for purchase at the back of the sanctuary. Signs and song lyrics will be provided. Sponsored by the REAL team.

From Kathy Underwood, DLRE



I am so grateful for the warm welcome from so many of you in the past six weeks. While overwhelming, I have been included in many meetings and conversations, and heard many of your stories about your personal and collective histories. I hope to continue being in conversation with you during the course of the year.

I'm sure you have heard the expression "change is inevitable", and while this is true, I tend to live by another expression, "don't make changes for the sake of change". Over the next few months, I will be observing and learning how things are done and why, as well as the events that lead to this. From there, we can choose the ones that hit what is called "The Sweet Spot". The Sweet Spot is a tool created by the New England Region of the UUA as a way of prioritizing your options and/or ideas. You can check out a graphic of this wonderful tool [here](#). What would it look like if every committee, team, and council utilized this while planning for the year? Perhaps there is only one way to find out!

Looking ahead into October...

Lifespan Religious Education Updates

Sun September 22: Our young people will look at our theme of Expectation by exploring how we expect – or don't expect – changes.



Thanks to all who have volunteered to help! We still have a few more spots open, so please consider:

- Helping in the nursery or preschool room at 9 am or 10:45 am
- Being a leader or helper with 2nd/3rd grades, 4th/5th grades, or 6th-8th grades at 10:45 am

Or perhaps one of these options would suit you better?

- Help decorate bulletin boards, make posters and signs, and create welcoming spaces
- Serve on the Children and Youth Program Team or Adult Program team to plan programs
- Have an idea for a fun event or activity? Make it a reality by joining others to make it happen!
- If any of these opportunities spark your inner light, email Kathy at kunderwood@ucevanston.org.

September 28-29 Youth Lock-In is coming High school youth are invited to gather at 3pm Saturday, when we'll have some fun activities, dinner with Rev. Eileen, a special program with Bonsai Bermudez, and planning for our hosting of the fall youth con. RSVP to Chris at allenderchristine@gmail.com by **9/22** so we have enough food for you!

From the MidAmerica Team

Thank YOU!!!

For being an Honor Congregation with the UUA and MidAmerica Region for the fiscal year ending June 30, 2019.

You make what we do possible.

Your MidAmerica Team

Update Your Contact Info

Please let the office know if you have changed your address or phone number in the past several months. We have found that some landline numbers are no longer functioning and some of

our information is out of date. Feel free to call the office at (847)864-1330 or email admin@ucevanston.org.

Thank you for helping us be as efficient and helpful as possible!

Jessica Meis,
Communications Coordinator



Hospitality Team Training



create a welcoming atmosphere at UCE on Sunday mornings!

Rev. Eileen will conduct a training for hospitality team members on **Sunday, September 22 at 12:30 pm.**

Those on a Hospitality Team who want to hone up on their skills at welcoming visitors and members alike, or those wishing to join a Team, please RSVP to Melanie Kitchner at mkitchner@gmail.com. Come learn how to

Join the Serendipity Auction Fun: *Volunteer!*

It's that time of year again when we start thinking about our Serendipity Auction, one of our largest fundraisers during the church year. Last year we netted over \$30,000!

This year our auction will be held on **Saturday, November 16th**, and we hope you've already marked your calendar! We are currently getting started with planning and organizing for this epic event. We have a wide variety of volunteer positions available including positions in the weeks leading up to the Auction, and an array of positions that occur during the night of the event.



And don't worry about missing any of the excitement of the Auction; there are positions throughout the night that will still allow you to have dinner, and participate in both the silent and live portions of our lively fundraisers. Many jobs require shifts that span anywhere from 30 minutes to an hour. You could help in the technical aspects of the auction, entertainment set-up, children's activities, tending bar or helping out in with kitchen prep or clean up.

To get connected to your ideal volunteer position please contact Valerie Curtis by email at valeriecurtis@gmail.com, or if you prefer to chat by phone about how to help, please email me your phone number and times that are convenient for me to call you. I'd love to share more information with you about our wide variety of fun and exciting volunteer positions available and I am happy to help match you with a volunteer position that appeals to you!

Special Music this Sunday (9/22) at our 9:15 and 11 am services



Multiple Grammy-Award Winner, Howard Levy, is an acknowledged master of the diatonic harmonica, a superb pianist, innovative composer, recording artist, bandleader, teacher, producer, and Chicago area resident. In 1970 at the age of 19, he discovered how to play the diatonic harmonica as a fully chromatic instrument. This opened new possibilities for an instrument that had been limited to playing Folk and Blues.

Equally at home in Jazz, Classical, Rock, Folk, Latin, and World Music, Howard Levy is a favorite with audiences worldwide. More information about Howard is available at www.levyland.com.

Come to the 9:15 and/or 11 a.m. services this Sunday to experience the magic that happens when Howard and Gregory perform together!

Update from Ministerial Search Committee

We all wonder about who the next minister will be and have a picture of an “ideal minister” in our heads. To keep these mental pictures from getting in the way of a productive ministerial search, the Unitarian Universalist Association (UUA) offers the Beyond Categorical Thinking (BCT) workshop, which is designed to promote inclusive thinking and prevent unfair discrimination during the search. This program will be offered at UCE on **Sunday, October 13** following the 11 o'clock service. Please join the search committee to find out more about the ministerial search process and discuss your own hopes and expectations for the new minister.

[Click here](#) to find out more and to RSVP for the workshop.

Memorial Service for Lucia Miller

We will celebrate the life of our beloved Lucia Miller on **Saturday, October 5, at noon**, with a reception to follow. As we customarily do, we will gather as a church community to present the reception. We welcome your participation. Sign up [HERE](#) to volunteer to greet, setup, serve, cleanup, or (and?) bring food. Your reception mavens are Lynn Kendall, Lois Taft, and Margaret Shaklee, any of whom can answer questions or take your request to help. Thank you!

Retired (but never retiring!) Women

Tuesday, September 24 at 5:00 pm in Room 3, we will meet for a delicious potluck in the back of the sanctuary, followed by a lively (and also delicious!) discussion: What might you tell a woman who is thinking of retiring soon, or who has very recently retired, about your experience? What had been your expectations? Looking forward to seeing many of you who are in this "stage" of living!
- Margie Rogasner

Bike the Ridge event coming soon!

Summer may be ending, but UCE members can look forward to Evanston's fall event: Bike the Ridge. On **Sunday, September 29th from 9:00-1:00 pm**, Ridge Avenue between Howard and Church will be closed to vehicular traffic for “Bike the Ridge.”

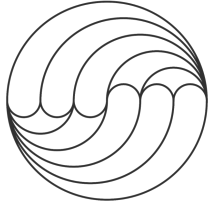
This event is an excellent community building opportunity for UCE. Hundreds of people will be biking by UCE's doorstep; let's give them a UCE welcome! We will have a tent set up on Ridge. Here UCE members can greet bikers, supply them with water, and provide information about the church. We need lots of friendly faces on Ridge to represent UCE!



Please contact David Bates-Jefferys to volunteer or with any questions: 860-501-5300 or david.wood.bates@gmail.com

[Click here for more info!](#)

Planning for What Matters Most starts October 2



Planning for What Matters Most: Living in the Present, Preparing for the Future will be starting on **October 2**. Life planning occurs at many different stages of one's life: going to school, getting married, starting a family, buying a house, and, as you move along life's path toward retirement—acknowledging the need for planning and acting on housing, healthcare, financial and legal decisions. We do this to protect our assets and maintain or improve the quality of our lives.

The seminar has been designed to encourage participants to take proactive steps for life planning. For example, you can plan to meet with an attorney to document your will or trust, explore investments needed to reach your financial goals, and make and record decisions regarding your future health care needs. Please plan to register online by going to the URL: ucevanston.org/religious-education-adults/ and clicking on the yellow "Learn More" button. Brochures about the program are available at the back of the church or on the bulletin board. Questions: write to Carol Nielsen at carolnielsen2100@gmail.com

Black and Pink Card Making



Rainbow Alliance is holding a card-making event for Black and Pink. We will be making birthday cards and donating stamps to Black Pink. The cards go to LGBTQ+ incarcerated people. Several UCE members have Black and Pink penpals and we know that the cards are greatly appreciated. Getting mail shows that the outside world cares. Please join us and help bring a little joy to someone's life. We will meet at **12:30 on Sept. 22nd in Room 3**. Please consider bringing some stamps to share with Black and Pink—any number is greatly appreciated. If you won't be there

that Sunday, you can leave stamps in the office in an envelope marked "Rainbow Alliance."

Friendship Dinners

Want to expand your circle of friends at UCE? Join us in one or more of UCE's Friendship Dinners (for adults) shared in the homes of fellow members and friends. Hosts provide the main dish; guests bring the other dishes. This is a wonderful way to get to know other UCE folks in a relaxed, intimate setting.

Our dinner dates in 2019-2020 are:

October 19, 2019
December 14, 2019
February 15, 2020
April 18, 2020

Whether you are new to UCE, a long time member of our community or somewhere in between, Friendship Dinners are a great way to connect with other members and friends over a meal. Sign up to participate and to host one or more dinners. Can't host? You are still welcome to participate (but without enough hosts dinners won't happen).

Look for our sign-up table at church on Sunday, or click here to sign up online: <http://tinyurl.com/UCE-Friendship-Dinner-2019>. Signup ends **September 22**.

Questions? Contact Gay Menges at gaymenges@gmail.com or Luanne Vanderpool at Lvanderp@mindspring.com

Help with the Soup Kitchens October 2nd and 9th

UCE will host Soup Kitchens on **Wednesday, October 2nd & Wednesday, October 9th** this Fall.

We typically feed dinner to about 100 people from Evanston and surrounding communities and we provide them with a lunch to take away as well.

The soup kitchen leaders are making a concerted effort this year to provide our guests with healthy food. Please click on the appropriate link below to sign-up for helping with food, set-up, serving, or clean-up. Contact Winnie Stevenson (wstevenson4@gmail.com) or Maggie Weiss (mstmaggie6@comcast.net) with any questions. Thanks, as always, for your generosity!



Click on the date on which you would like to volunteer:

[October 2](#)
[October 9](#)

Witnessing Whiteness – October 8, 15, 22, 29 — 7-9 pm at UCE

If you've done some learning about racism and white privilege and are ready to go a bit deeper, plan to attend the **Witnessing Whiteness workshop in October**, sponsored by the REAL team (Racial Equity Action and Leadership). Based on Dr. Shelley Tochluk's book of the same name, this 4-session dialogue-based workshop focuses on increasing white people's capacity for identifying and addressing racism. Participants will discuss white culture, explore how white privilege can show up in everyday interactions and cross-racial relationships, build new skills for addressing racism in everyday life, and develop a personal plan for continued anti-racist work. The workshop is free and a small amount of preparation prior to most sessions will be required. Facilitators are Dr. Gina Logan and Beth McDonald. Registration is now open, space is limited.

[Register Here!](#)

You can help refugees stay warm this winter!



The Immigrant Solidarity Team needs your help. We are gathering donations to help refugees stay warm and safe this winter.

We will be collecting the following items and delivering them to [Refugee One](#).

Items Needed - must be clean, gently used or new:

- 500 Waterproof Winter Coats (All sizes; men, women, & children)
- 500 pairs of snow boots (All sizes; men, women, & children)
- Hats, gloves, scarves, and wool socks (all sizes)

Many congregations and individuals will be donating these items, so let's do our part! Please place items in the bins under the coat racks in the lobby. All items must be donated by **October 15th**. Thanks for helping out refugees who are making Chicago their new home. Questions? Email Jeanne Kerl at figkerl@gmail.com

Building a Vocal Community: Registration now open!

"Building a Vocal Community: The Power of Singing in the African-American Tradition" is a workshop being planned for October 25-27, 2019. The group will explore

from an African American world view:

- the values embedded in the music,
- the role of cultural and spiritual traditions and rituals,
- ways in which leadership emerges and can be shared by and among community members,
- the nature of cultural responses to and influences on political and social struggle.
- and finally, the significance of a shared communal experience in ones' personal life.

All that is required is a willingness to sing. Workshop led by Dr. Ysaye Barnwell. <https://www.ybarnwell.com/>



[Register Here!](#)

Beloved Conversations: Meditations on Race and Ethnicity

This learning opportunity is being offered again in 2019-2020 with a kick off retreat on **Friday, October 4th from 6 pm – 9 pm and Saturday, October 5th from 9 am – 5 pm** at Hinsdale Unitarian Church. It is followed by eight two-hour sessions here at UCE co-facilitated by Chris Allender and John LaPlante. Dates for the eight sessions are as follows: October 9, October 23, October 30, November 6, November 13, December 4, December 11 and December 18. The sessions are from 7 pm – 9 pm. Beloved Conversations is an in-depth and small group series of discussions and exercises that help participants reflect on race and ethnicity in their individual and congregational lives with an eye towards change and healing. Groups are comprised of 8 – 12 people. More information about the content can be found at www.meadville.edu/beloved. This course is open to UCE members or those on the path to membership and requires a degree of openness, willingness to engage in deeply personal conversations and a level of comfort with potentially difficult interactions. More than 35 members of our congregation have already participated in Beloved Conversations. Please contact Susan Carlton, if interested susan.carlton@sbcglobal.net.

Join the Green Team at OAKtober - Oct 5



Join the Green Team at OAKtober: A Celebration of Trees and Evanston becoming a National Wildlife Federation Community Wildlife Habitat, on Saturday October 5 @ 9:30am-12pm at the Ecology Center. Admission is Free!

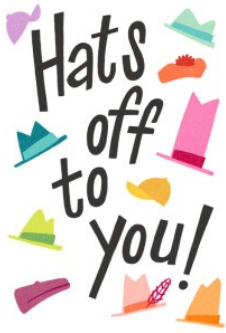
Engagement tables to learn about how you can help trees, birds, pollinators and other wildlife and enhance their habitat. Information on many topics, including Environmental Justice in Evanston, the City Climate Action plan and Evanston's own Repair Clinic. Oaktober will be

giving away native trees and shrubs (one to each attendee), first come first served. OAKtober will include food, music, kids' activities and a chance to explore trees in the Ladd Arboretum. This event will take place rain or shine.

Memorial Service for Liz Stout

A memorial service for Interfaith Minister, Liz Stout, will be held on **Sunday, November 10th at 1:30pm** at Alice Millar Chapel located at Chicago Ave. and Sheridan Rd. A reception will follow with refreshments.

Hats off to Dan and Gillian Lawrence



Our Hats are off to co-captains of the Capital Campaign, Dan and Gillian Lawrence who balance full time work and full time parenting of two young children with many tasks at UCE. They provide for us the ability to live our mission and values through their dedicated work, not only through the Capital Campaign (which may very well exceed goal), but religious education, social justice, hospitality and just about anything they are asked to help with.

Dan and Gillian, we are so grateful for your presence and your many contributions to our beloved community.

Capital Campaign Update

As of September 19, our gift total is:

\$935,029

We're at 93.5% of our goal of \$1 million! Help us reach -- or exceed -- that goal with your gift today. THANK YOU!

If you haven't yet heard from the Campaign Leadership team, someone will reach out to set up a meeting with you between now and early October.

If you've already had a visit with a Captain, but haven't had a chance to submit your pledge, please take the time to do it today.

And if you have additional questions or need more information, let us know. One of us will be happy to visit with you again.

Have any questions right now? Please reach out to the Capital Campaign co-chairs: Martha Holman, Dan Lawrence, and Gillian Lawrence. Thank you!

Fiction Book Club

The Fiction Book Club has made their selections for this fall:

September 20: Toni Morrison, *Song of Solomon*

October 18: Orhan Pamuk, *The New Life*

November 15: John Irving, *The Hotel New Hampshire*

Nonfiction Book Group

The nonfiction book group will meet **Sunday, Sept. 29** at 12:30pm in room 13 to discuss *How Democracies Die* by Steven Levitsky and Daniel Ziblatt. Copies of the book are available at the Book H and at public libraries.

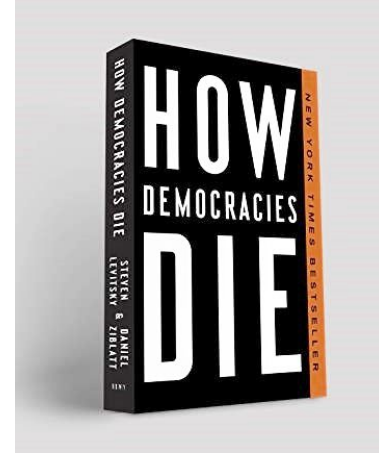
Oct. 27, 2019

Despite the Best Intentions: How Racial Inequality Thrives in Good Schools by Amanda Lewis and John Diamond. 2015. 249 p.

Nov. 24, 2019

Cooked: a Natural History of Transformation by Michael Pollan. 2014. 468 p.

[Click here](#) to view the entire year's list.



Looking to Lend a Hand at UCE?

Are you or someone you know looking to get more involved at UCE? We are currently looking for more volunteers to fill the following positions.

- Lobby Staff - Sundays
- Religious Education Teachers - Sundays
- Childcare Providers - Schedule varies



Please contact Sandra Robinson 847-864-1330 or srobinson@ucevanston.org for more information about the positions and the application process.

Giving by Text

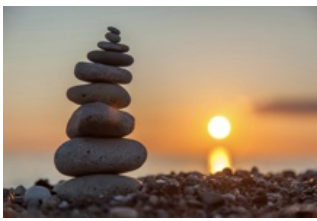
Giving by Text is now possible for four areas:
Shared Plate Offering, Coffee & Bagels, UCE Operating Fund
and Capital Campaign.

Send a text message to **312-584-9160** with the amount you would like to contribute and *the code* for where you would like it to go (e.g., **50 OFFERING**). Valid codes are **OFFERING** (Shared Plate Offering), **PLEDGE** (Pledge Payment), **CAP** (Capital Campaign), or **BAGELS** (for coffee/bagels). Example text: **50 OFFERING** (give \$50 to the shared offering). If you forget the funds, simply type in **FUNDS** and the list will pop up.

Within a few minutes, you'll be sent a text with a link to register. Click on the link and enter your cardholder name and debit or card information. Once your registration is complete, you will receive a text verification and a receipt of your donation via e-mail. For future giving, send a text with the amount you wish to give, and it will process automatically! You can even text "repeat" to make it a recurring donation. Text giving is one of the fastest, easiest ways to give. We hope you enjoy this new way to share your generosity, and we thank you for supporting the church. To read more, [click here](#). If you experience any issues, contact Adam at agough@ucevanston.org.

Once you have completed this process successfully, you can save the number in your text as UCE Donation and giving becomes one simple step. Please note: You can still pay for Fair Trade Cart and Book H items at those locations on Sunday morning. Joan Retzliff and Margaret Shaklee have an iPad and card reader for those accounts.

Pathways to Membership at UCE



Introduction to Unitarian Universalism:

This introduction takes an in-depth look at our progressive faith, including Unitarian Universalist principles, sources, and covenant. Offered by Rev. Eileen quarterly; the next dates **Sunday September 29 and Sunday November 17, 12:30-2 pm, Rm 3**. Childcare is available upon request.

Journey Toward Membership: The Journey includes the exploration of our spiritual lives and what it means to be a member of an intentional community like the Unitarian Church of Evanston. Led by Rev. Eileen; next meeting date **Saturday November 23, 9 am to Noon, Rm 3**. You can take this class before or after you sign the book. Childcare available upon request.

Invitation to Membership: Are you ready to join the membership of the Unitarian Church of Evanston and make a financial pledge to the work of this church in the world? You are encouraged to let Rev. Eileen know when you are ready to sign the membership book and submit a pledge.

The next **New Member Covenant Sunday**, when we welcome new members, is September 22, 2019.

September Schedule for Rev. Karen Gustafson

Rev. Karen Gustafson can be contacted by email with questions or to request an appointment anytime. She will respond to email on **September 24 and 26**. Rev. Karen will return Wednesday Oct 9 and be with us through Friday Oct 20.

Please call [847-864-1330 ex.111](tel:847-864-1330) or email kgustafson@ucevanston.org

Schedule for Rev. Eileen Wiviott

Rev. Eileen Wiviott's office hours

Sunday: By Appt. Only

Monday: Sacred Day Off

Tuesday: 10 AM - 5 PM

Wednesday: 10 AM - 5 PM

Thursday: 10 AM - 5 PM

Friday: Writing Day (Offsite)

Saturday: By Appointment Only

Please contact Rev. Eileen via email at ewiviott@ucevanston.org

UCE Community News

Our Giving House - September, 2019



This month we're asking for canned hearty soups and stews, which will be donated to the pantries at Connections for the Homeless. These are crucial, because both pantries, at 2121 Dewey and at Lake Street Church, regularly run out of protein items between deliveries from the Chicago Food Depository. Your generosity is greatly appreciated! Check out the **Giving House Calendar 2019-2010**.

Yoga at UCE - Wednesdays @ 9:30 am - Rm 2

Yoga at UCE is designed to reduce stress, bring relaxation,



increase range of motion, and find balance - restorative yoga. If you have never done yoga before, this is your opportunity. Drop in, wear comfortable clothing for stretching, and try it. Yoga is learned by doing. Community yoga mats provided if needed.

UCE Addictions & Recovery, Thursdays @ 7:15 pm, Rm 2

**Zen and Alcoholism?
Zen and Eating Disorders?
Zen and Co-Dependence?
How about The Zen of Recovery?**

The Thursday evening Addictions and Recovery group is exploring the book of that title by Mel Ash. If you are interested and active in a program of recovery from one addictive issue or other, (or would like to be), we would welcome you. We meet every Thursday evening, 7:15pm – 8:45pm, and will consider topics brought up in this book for as long as we find our discussions interesting.

The books we have looked at so far have provided good topics for discussion for six months to a year. This is the third book we have explored together, so we'll probably find another.

Worship Service Flowers & Chalice Lighting

Brighten our worship service with flowers and chalice lighting. Mark a special occasion or honor a loved one. Bring flowers for our chancel and tend the chalice flame in our worship services. Contact the UCE office at admin@ucevanston.org with the date you'd like to bring flowers and dedication words for the order of service.

[Click here for sign-up](#)



Opportunities For Spiritual Practice

Tuesdays at 6:30 pm Rm 2

Saturday, 9:00 am Rm 2

Udumbara

Wednesdays at 9:30 am Rm 2

Yoga with Doug Erickson & Jessica Tomell-Presto

Thursdays at 5:30 pm Rm 2

Buddhist meditation with Andrea DeMers

2nd Saturday of each month at 9:30 am Rm 5

Art & Spirituality Space

Things to Know About Our Community

Interested in knowing more about UCE? How to submit something to Joys and Sorrows? How to get a nametag, or a rainbow or pronoun sticker for your nametag? Interested in bringing flowers and lighting the chalice on a Sunday? [Click here for more information about our community!](#)

Board Of Trustees

The Board of Trustees meets the third Thursday of every month.
The next meeting is on **October 17, 7:00 pm in Room 6.**

UCE Facebook Groups



Did you know that, in addition to the [UCE Facebook Page](#), there are three UCE groups that members can join - the [UCE Member to Member Group](#), the [UCE Children and Youth Religious Education Group](#), and the [UCE Social Action Group](#)?

These are closed groups that allow members to post directly to each other. If you have an event you want members to know about, or have a cause you hope to bring attention to, in addition to the newsletter and order of service, you can post to the Facebook Group. Click the links above or search for the groups by name when you are on Facebook and ask to join.

Quick Links

ucevanston.org

[Calendar](#)

[Upcoming Worship Services](#)

[Listen to Sermons](#)

[Facebook](#)

[UCE Member to Member Facebook Group](#)

[UCE Children and Youth Religious Education Facebook Group](#)

[UCE Social Action Facebook Group](#)