



The Covenant Sound

All Souls Unitarian Universalist Community
Lacey, Washington

September 2008

Sunday Services at 11:00 am

September 7 Water Communion Join us for this traditional UU ingathering service. We come together and mingle the waters from our life's travels, whether they are from far away or right here at home. Be sure to bring a sample of water for the ceremony.

September 14 The essence of Religion and Philosophy is our attempt to answer 5 fundamental questions. How do you answer them as a UU? As a human being? Do you know what they are? What meanings do you make from your observation of your own personal experiences and your outlook on life? How do your answers reflect in your living day by day? On Sunday, September 14 we will be explorers together to discover the uncharted territory of our personal answers to the 5 basic questions of life.

September 21 "Freedom: Our Choices Shape Our Lives" Guest Speaker Homer Wilkins

After some general discussion on the extent of our freedoms, a few real-life stories will be used to illustrate his conviction that, whatever our handicaps, ill-fortune, past mistakes and victimizations, we still have choices. It is up to us to use our freedom to make a life of which we can be proud.

September 28 "The UU and the Questions of Evil." The Rev. Alex Holt

Does evil exist in our lives? Is it a larger and cosmic force that is in an eternal war with the forces of good? Or is evil a failure of our better nature to engage life? This morning we will consider these questions about a topic most Unitarian Universalists avoid talking about in polite company.

In addition to the usual service, there will be an earlier program this morning at 9:30 to do an extended guided meditation and discussion about the topic of evil. No special meditation experience or postures are required. Just bring your creative abilities and willingness to talk about evil as a universal human dilemma.

President's Perspective

by Patti Anne Logan

Do you feel the excitement of the beginning of the Church Year and the first of September in the air for All Souls UU Community? I do, and I want to share it with you. That's the fun part of being president; I get to see all the programs shaping up and welcoming the new participants to speak of their spiritual journeys. Make no mistake of it: Our Unitarian Universalist faith is alive and well in Lacey. Here are some examples you will hear more about in other parts of this newsletter:

- Ingathering of the people and the waters as we come back from our summer travels and re-energize our home community.
- TGIF will begin on Friday evenings to help us relax into the weekend.
- Monday Morning Tea Time is a circle of friends who share their stories with each other.
- Early Morning Discussion Group on September 28, an extra program at 9:30 on the day Alex Holt is going to present a sermon on Evil at the regular 11:00 time.
- A new Religious Education Program, Spirit of Life, to deepen our faith through exploration and discovery beginning on Thursday, September 25.
- All Church Committee Day to increase communication and decrease the time we work at the business of the church.
- Our Charity of the Month outreach to local non-profits who are helping in many ways in our community. (Thank you for all your support of the Charity of the Month.)

It's a wonderful time of year for All Souls. Please join us in all the celebration of our gathering in as the days get a bit shorter and the rains come back. See you at All Souls!

September

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

	1	2 9:30 am Tuesday Morning Exercise	3	4 7:00 Celestine Prophecy	5	6 1:00 Our Lady of the Sacred Earth Coffee Time
7 11:00 Water Communion 12:45 Road Clean-up	8 10:00 am Monday Morning Tea Time 7:00 Finance Mtg	9 7:00 Writer's Group	10 7:00 Board Mtg	11 7:00 Celestine Prophecy	12 7:00 TGIF Guided Meditation	13
14 11:00 The Five Basic Questions of Life	15 10:00 am Monday Morning Tea Time	16 9:30 am Tuesday Morning Exercise	17	18 7:00 Celestine Prophecy	19 7:00 TGIF Guided Meditation	20
21 11:00 "Freedom: Our Choices Shape Our Lives" Guest Speaker Homer Wilkins	22 10:00 am Monday Morning Tea Time	23 7:00 Writer's Group	24	25 6:50 Spirit of Life	26 7:00 TGIF Guided Meditation	27 1:00 All Church Planning & Activity Day
28 9:30 Early Morning Discussion Group 11:00 "The UU & the Questions of Evil." The Rev. Alex Holt	29 10:00 am Monday Morning Tea Time	30				

All Church Planning & Activity Day—September 27

Instead of each committee of the church having monthly meetings, we will have an All Church Planning & Activity Day at All Souls on September 27. Come at 1 pm for a lively lunch and conversation.

Then at 2 pm we will start our “business meeting” covering the topics of Membership, Worship Arts, and Pastoral Care. All those there will be the Committee members and learn what the committee’s projects and concerns are in turn. Each Committee Chair will chair the whole group by telling the plans they have for the fall season and outlining the work to be done in their area of endeavor. After each “Committee Meeting” there will be a short break for conversation and refreshments.

At 3:30, the group will again convene to work on the calendar. The dates on the All Souls master calendar will be set based on the individual calendars of those present, on the meetings proposed for each committee, and on the plans outlined in the meeting.

We are trying this new process of committee work at the suggestion from our Mentoring Minister, Alex Holt. Through this process, we hope to 1) create excitement about our committee work, 2) involve more people in the planning, 3) reduce the number of meetings that feel like work, and perhaps the best benefit of all, 4) improve communication through all of the players being in the same room at the same time.

We will conclude the afternoon with a celebration of our combined mission. Dessert with whipped cream will follow. The Goal is to dismiss the meeting by 4 pm and those who want to stay for the celebration and enjoy the dessert and energy can do so.

Spirit of Life

Imagine a program based on a song!! Well, the latest offering in our Adult Education Program is just that. The “Spirit of Life” program seeks to be like the song from which it derives its name and bring meaning, beauty, inclusivity, and growth to Unitarian Universalist adults as they deepen their spiritual awareness and connections.

The nine sessions offer participants space, time, and community to explore their Unitarian Universalist spirituality. They are designed to be welcoming to Unitarian Universalists of many spiritual and theological persuasions. Participants are invited to claim an inclusive definition of spirituality and to recognize the spiritual aspects of their lives.

The word “spirit” derives from the Latin word for breath and for inspiration. The Spirit of Life can be experienced as god or goddess, as deity unfolding, as divine comforter. It can be felt as the collective human spirit, the power of nature, or innate wisdom. Each participant in *Spirit of Life* finds a meaning for Spirit of Life that speaks to his/her own understandings and experience.

In these sessions, participants will reflect on the questions, “What experiences or moments have you had of feeling ‘wow’ — feelings of oneness with the earth, feelings of connection with the mystery and wonder of the universe, or a sense of God or the Spirit of Life?” “How have celebrations and rituals helped express your spirituality, and help you connect with the Spirit of Life?” “What calls out for your care and compassion?” “How does your spirituality relate to the earth and our natural environment?” “In what ways do you show care, love, and respect to yourself? to others?” “What are the roots that ‘hold you close’ and the wings that ‘set you free’?” “If you could reach your full potential as a person in touch with the spirit of life, what would you be like?” Reflection will help participants grow spiritual in awareness and connection.

The sessions are Thursdays September 25 to November 20. They will begin with “check in” time at 6:50 pm and the start of the spiritual work at 7:00 pm. They are expected to last 1½ hours, to 8:30 pm, each night and will be held at our space.

To register contact Jean Holz at church, by phone (360-459-1251) or via email (Jean.Holz@comcast.net). Also, contact Jean if you have any questions.

TGIF

Beginning September 12, Friday nights will be TGIF Guided Meditation time at All Souls. Decompress from the work week. Explore and embrace the strengths within. Rejuvenate your energy flow...

The vision for a Friday evening gathering is to create an environment of calm acceptance that fosters trust, sharing, and personal growth. The structure of the evening would be to start with a 10-15 minutes relaxation exercise. A question focusing on the positive qualities we hold within ourselves will be brought to the group.

In order for this to work, there are three precepts that have to be embraced by the participants. 1) We come with unique strengths and weaknesses. These are accepted without judgment. 2) This is a process of self-discovery and enlightenment—not group therapy. Participants agree that the greatest help we can give is to listen with respect and allow the person to stand in their truth of the moment. We do not offer suggestions or solutions; these come from within each individual. 3) What is shared in the group stays in the group. There should be absolutely no outside discussion, even with a totally disinterested third party.

So, please come to the church for our TGIF every Friday evening, starting September 12 at 7 pm.

Clean the Road (New Request: Please sign up)

The first Sunday of each month we get out with helmets and bright vests and pickers to clean our adopted road, Carpenter Road from Pacific to Martin Way. Please help us September 7 after the service.

Sometimes a very small crew shows up. It's a long one mile span, and takes about six volunteers to do a quick and efficient job of cleaning the road. So, this month we'd like you to sign up in advance. Can you help? Please call Patti at 360-491-3171 or write her at patti.anne.logan@gmail.com to let us know you will be there September 7. Anyone interested in keeping track of the Clean the Road Volunteers? Let Patti know you would like to do it for All Souls and the environment around our church.

Tuesday Morning Exercise

There is an exercise group that meets on the 2nd and 4th Tuesday of each month at 9:30 am. This is low-impact and/or stretches led by a DVD. It will meet every week if people want to do so.

Habitat for Humanity

For several years now All Souls UU Community has been involved with the lunch program for Habitat for Humanity.

Every two months or so a group gets together and creates a delicious and nutritious lunch for the workers at the building site. By having lunch brought to the Habitat volunteers, they save the expense of buying lunch and can use those funds to buy things needed for the homes, such as kitchen cabinets.

All Souls is committed to assisting this very worthwhile endeavor.

Phase III of the construction at the Fairview Ave. neighborhood is underway and will start needing lunches in September.

We will need volunteers to subscribe to financially supporting each lunch. We will also need volunteers to shop for the groceries, prepare the lunch, and deliver it. We have a lot of fun working together.

Please contact Billie Clark at 360-943-8317 to volunteer or for more information.

Lunch Dates: October 25, December 27, February 28, and April 25.

ASUUC Cookbook

Recipes, recipes, recipes ... We all have them. We have family favorites. We have easy to cook ones. We have healthy ones. And so the story goes.

However, we have not collected enough for a cookbook to be produced by All Souls and Our Lady of the Sacred Earth. The collection will continue through September. We can never have too many recipes so bring in all you have.

You may send them to Patrick Long (P.O. Box 13033, Olympia WA, 98502), give them to at church, or email them to Jean Holz (Jean.Holz@comcast.net).

Monday Morning Tea Time

Would you like to start Monday morning with a cup of tea and sharing the spiritual truths of life with a few friends? Then come to the church Mondays at 10 am. We will light a candle, read a few thought-provoking words, and share the blessings and challenges of our lives for an hour. For more information, contact Patti at 360-491-3171 or patti.anne.logan@gmail.com.

Annual Picnic

Our Annual Picnic was held in the parking lot on August 17 after a short service. Russell Felch manned the barbeque and cooked up the meat to perfection. He kept the meat coming until everyone had eaten their fill.

The meal was excellently filled in with the excellent potluck dishes. The feast was plentiful and delicious. No one had to go away hungry. There was food and good company.

After the picnic, several people stayed behind and played Mexican Train Dominos. What fun to play games in the parking lot!



September 2008

The mission of All Souls Unitarian Universalist Community is to build a warm, friendly and joyful home from which we respond to the spiritual, intellectual, ecological and social justice needs around us. We embrace diverse ideas and lifestyles as exemplified by Unitarian Universalist principles and stated in our by-laws.

<p>OUR MEETING PLACE 6326 Martin Way E, Suite 103 Lacey WA 98516 360-481-2379 www.asuuc.org</p> <p>Directions: We are located on the NW corner of Martin Way & Carpenter Road (2 story dark green bldg).</p> <p>§ From I-5 take the Martin Way exit (#109)</p> <p>§ Head east on Martin Way through 2 traffic lights</p> <p>§ Turn left (north) into the parking lot – last driveway before Carpenter Road (third traffic light)</p> <p>Use the door at the right -- the one with our phoenix chalice on it!</p>	<p style="text-align: center;">September Charity of the Month</p> <p>SafePlace is the only advocacy agency and confidential shelter for survivors of domestic violence and sexual assault in Thurston County and has been chosen the September Charity of the Month. It is mainly supported by individual donations.</p> <p>Many of the people served arrive at SafePlace with only the clothes on their backs. They often have little or no financial resources and very few material possessions. They are fleeing abusive situations and are often in fear for their physical well being. SafePlace assists them to build a new life.</p> <p>We can make monetary or in-kind donations. In-kind donations could be gift cards from stores and restaurants, gas cards, phone cards, and other items off their Wish List. A copy of the Wish List will be posted on the board in the kitchen. Since they do not have much storage room, they are unable to take large items that are not on their Wish List.</p> <p>From personal experience, Jean Holz can state that they are very appreciative of any and all assistance and that they take their mission seriously. Let's help them generously.</p> <p>If you have any questions, contact Doug Weston (360-359-1683, or douglasweston2@gmail.com).</p>
---	--



All Souls Unitarian Universalist Community
6326 Martin Way E, Suite 103
Lacey WA 98516