



# The Covenant Sound

All Souls Unitarian Universalist Community  
Lacey, Washington  
November 2008

Sunday Services at 11:00 am

November 2 "Beyond Stress", presented by Robert (Doc) Gabriel, is more than a typical stress management program. The term stress management implies that stress is inevitable and the best one can do is to learn to manage or control it. Except for rare life threatening situations, most stress consists of either worry or anger. Both are self defeating and self destructive. Stress is not really the problem. The problem is what one does with stress. The following week on November 9 after the service, we will hold a workshop exploring "Beyond Stress" in greater depth.

November 9 "Democracy is a Wonderful Thing in Use". Now that we are past the election, let's have a roundtable discussion about how things turned out. This service is intended to be a safe place for us to discuss "What It All Really Means".

November 16 In Pagan traditions: The Festival of Samhain is a celebration of the end of the harvest season in Gaelic culture, and is generally regarded as 'The Celtic New Year. Come and explore the rituals and culture surrounding Samhain. Hear the retelling of the folk tale of "Stone Soup".

November 23 Unitarian Universalist traditional "Guest At Your Table": Be sure to bring goodies to go in our "Stone Soup".

November 30 "Gratitude from the Heart". Join Cheryl D'Angelo-Gray in an exploration our deepest feelings of gratitude.

## President's Perspective

Must do during November: All Souls Coffeehouse & Talent Show and InterFaith Thanksgiving Celebration.

Saturday, November 8 — All Souls Coffeehouse with Dinner beforehand. This will be a chance for our performers in our community to share their talents with us without any pressure, to rehearse for the Talent Show, or just to have a good time with the rest of us. It is good to make music together!

Wednesday, November 19 — Talent Show. Annaliese D'Angelo is our leader on this, and she is an awesome young performer! Her plan is to have a talent night where artists from the whole Olympia/Lacey community can share and perform. The idea for the talent show is to have several real quality performances with a break between each to greet the performers, have snacks, and set up for the next performance. Russell Felch, who did a good job last year, has consented to emcee this night.

Our space will become a Gallery that night, too. We want local visual artists to participate. We plan to place in our hallway all types of artwork including needle arts. I'm going to be a judge for that...who else will join me?

So, you see, we are planning BIG. To me, that's the All Souls Spirit. We're small in numbers and BIG in heart. I hope we all have fun in all of this, and make a few new friends in the bargain. It's a time to shine for all of us...and share our love with the community as well.

Have I told you lately how very wonderful All Souls UUs are? We are a special group of friends intent upon loving and healing the world. I'm so blessed to know each one of you. I find in your sharing of Spirit more strength to be your President. You are all so dear to me.

Sunday, November 23 — InterFaith Thanksgiving Celebration at 1:30 pm, Westminster Presbyterian Church (1925 Boulevard Rd SE, Olympia). The purpose of this program is to build community and to build understanding and respect for each other as we bring communities, families, and individuals together to give thanks. Celebrating through readings, songs, poetry, prayer, skits, etc. should illuminate this year's theme: "Giving Thanks: a Presentation by Many Faith Traditions". You are in for a treat and a beautiful interfaith beginning to the holiday season.

Patti Logan

# November

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

						<b>1</b> 12:00-4:30 Our Lady of the Sacred Earth Coffee Time
<b>2</b> 11:00 "Beyond Stress" 12:45 Road Clean-up	<b>3</b> 10:00 am Monday Morning Tea Time	<b>4</b> 9:30 am Tuesday Morning Exercise 7:00 Writer's Group	<b>5</b>	<b>6</b> 6:50 Spirit of Life	<b>7</b> 7:00 TGIF Guided Meditation	<b>8</b> 9:00-3:00 Diversity Council 5:30 Coffee House (show at 7:00, see page 3)
<b>9</b> 11:00 "Democracy is a Wonderful Thing in Use" 1:00 Beyond Stress Class	<b>10</b> 10:00 am Monday Morning Tea Time 3:00-9:00 Talent Night Auditions	<b>11</b>	<b>12</b> 7:00 Board Mtg	<b>13</b> 6:50 Spirit of Life	<b>14</b> 7:00 TGIF Guided Meditation	<b>15</b>
<b>16</b> 11:00 Explore Samhain 1:00 Celebrant Training	<b>17</b> 10:00 am Monday Morning Tea Time 6:00 Talent Night Rehearsals	<b>18</b> 9:30 am Tuesday Morning Exercise 6:00 Talent Night Rehearsals	<b>19</b> 6:00 Talent Night Performance (see page 3)	<b>20</b> 6:50 Spirit of Life	<b>21</b> 7:00 TGIF Guided Meditation	<b>22</b> 1:00 Pastoral Care Mtg
<b>23</b> 11:00 "Guest at Your Table" 1:30 InterFaith Thanksgiving Program (Westminster Presbyterian Church)	<b>24</b> 10:00 am Monday Morning Tea Time	<b>25</b>	<b>26</b>	<b>27</b> Thanksgiving	<b>28</b> 7:00 TGIF Guided Meditation	<b>29</b>
<b>30</b> 11:00 "Gratitude from the Heart"						

## It is time Again for our Annual Coffeehouse

Saturday, November 8 will be our traditional "All Souls UU Coffeehouse". Set-up for dinner at 5:30, potluck dinner at 6:00, and extemporaneous entertainment will begin at 7:00. Bring your funny songs, stories, music, or readings to enchant the listeners. A good time will be had by all.

### Talent Night

All Souls UU Community is sponsoring a local talent night November 19! It is your chance to go onstage and "strut your stuff"! It will showcase local art, song, stand-up, acting and more.

Due to the limited time for performance, we will be holding auditions Monday November 10 from 3 pm and until 9 pm. Rehearsals on November 17 and 18 starting at six pm. November 19 is the BIG DAY with the performance starting at six pm.

For this night, we will also host a local art gallery for browsing during breaks. All styles of art are wanted. Please submit artwork on November 10 during audition hours of 3-10 pm. Artwork may or may not be posted depending on available space. You will get your art back after the show!

If you have questions please call Annaliese D'Angelo at 481-1720.

### ALL CHURCH PLANNING AND ACTIVITY DAY – A REPORT

The first ever All Souls Activity and Planning Day was September 27. It was a chance to learn from the church leaders what has been done behind the scenes at All Souls and dream into the future together. We started with a wonderful lunch, & good conversation.

### Reports from Committees

Finance — The Finance Committee completed work for the beginning of the church year, is working on revision of our financial forms.

Religious Education — The fall adult religious education program meets weekly to explore the "Spirit of Life".

### Member Services — Arlene Anderson

Interest List of Volunteer Opportunities — Update forms were passed out to those attending and sent to the newsletter list.

Chalice Lighters Announcement — We are enjoying the services of Alex Holt due to a grant from the Chalice Lighters. If you would like to know more about Chalice Lighters, there are brochures in the foyer or ask any Board Member.

ASUUC/OUUC Covenant — Arlene Anderson and Kim McFall are our representatives to draft an

agreement with OUUC to mutually aid each other based on the strengths of each congregation.

Group to Design Uniform Pamphlets for All Souls — Kim McFall is leading a group to look at all our brochures, to develop consistency guidelines, and to re-design as necessary.

### Worship — Billie Clark

A new Celebrant Script has been created with Announcements at the beginning so the service flows more smoothly into the worship mode.

Lay Leaders are needed for each Sunday — Volunteer for one Sunday; you will receive the blessing of knowing you are ministering through a special gift of love and of stretching your speaking/organizing abilities in the meantime.

Checklist Leading Up to Service is in the draft stages to help Service Leaders and Celebrants prepare for services.

Service Topics have been chosen through 2008. We always encourage more ideas of what you would like to experience.

Worship Needs — How do we make the services inspirational and real to you?

### Pastoral Care — Patti Logan

Charity of the Month has been chosen from October to January

Pastoral Care Activities have been ongoing and compassionate. We are pleased that our listeners are continuing their ministry in so many ways.

The Pastoral Care Brochure is in draft form. It will be looked at by the Design Team.

Fifteen-Minute Break — Move to Kitchen for Cake. (We had done so well keeping on task, that we got to the cake earlier than expected.)

Calendar Events through December — Please look at the posted calendar in the kitchen for all the dates we set. Having set these dates will be so helpful in creating our newsletters and knowing where we are going into 2009. The next All Church Planning and Activity Day is set for January 24, 2009. Plan to be a participant. Then you will be one of the first to know!

### Help Planned Parenthood

Every Fri. morning 9:00-12:00 the Pro Choice folks are at Planned Parenthood on the corner of Legion and Adams showing support by holding Pro Choice signs. We need more persons to join us for 1, 2, or 3 hours. We have signs for you to hold. Talk to Arlene Anderson (360-352-8734) if you have any questions.

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><b>OUR MEETING PLACE</b> <b>6326 Martin Way E, Suite 103</b> <b>Lacey WA 98516</b> 360-481-2379 <a href="http://www.asuuc.org">www.asuuc.org</a></p> <p><b>Directions: We are located on the NW corner of Martin Way &amp; Carpenter Road (2 story dark green bldg).</b></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;"><b>Celebrant/Speaker Needed for December 7 Service</b></p> <p>Who remembers Pearl Harbor? December 7, 1941 lives in the memories of our nation's older generation. This anniversary comes on a Sunday this year – it is the 67<sup>th</sup> anniversary of the date. Help us mark this day and make it live for all of us; volunteer to lead the service. The Worship Arts Committee can help you with materials and scripting. If you would like to do this contact Billie Clark (360-.349-1476 or bjclark211@comcast.net).</p> <p style="text-align: center;"><b>Wanted: Volunteer Reader Board Director</b></p> <p>Who loves to use a computer? Likes to type? Wants to make a contribution to our All Souls worship experience? You don't have to come to every Sunday service. You receive the song numbers and responsive readings each week and make sure the words are ready to be displayed on the reader board on Sunday. (Others display the text on the Reader Board.) If you want to be our Reader Board Director. let Patti know (360-491-3171 or patti.anne.logan@gmail.com)</p> <p style="text-align: center;"><b>Assistance Wanted</b></p> <p>Do you look up when a hymn is announced? The little Reader Board is a big addition to our services. Would you like to learn how to display the words on the screen? It's a simple way to enhance the service without saying a word. We would like to train a few more technicians. Contact Carlene Cloud (455-4277).</p>
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