



The Wy'east Beacon

A Welcoming Unitarian Universalist Congregation

*Whoever you are,
Wherever you come from,
You are welcome here*

Wy'east : Ancient name for Mount Hood

January/February 2018

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*Wy'east meets at the
Hollywood Senior Center
(HSC) at 1820 NE 40th,
Portland, Oregon. Services
begin at 10:30 a.m.*

Service Animals Welcome

*The parking lot of the
U.S. Bank around the
corner is available for
Wy'east on Sundays.
That's at the corner of
Northeast 41st Avenue
and Hancock Street.
Please make use of it!*

WRITTEN OFFERINGS – from Rev. Craig Moro

I shared in a sermon last fall how I practice Spanish by watching movies like the *Harry Potter* series or *Lord of the Rings* over and over in that language. Working with familiar stories helps to facilitate my comprehension.

For a reading practice, I thought I'd try something similar. I know the Bible fairly well, so I bought a Spanish version at a used bookstore, but it turned out to be in Castilian, the language of Spain. I needed a version in the language we hear in this hemisphere, a language that's been diverging from Old World Spanish for over 500 years. I soon found a Latin American edition, and what a book it is! It comes from the Liberation Theology tradition of activist priests, nuns, and laypeople. It's laced with photos of poor villagers, of soldiers routing crowds with attack dogs, and of change agents like Martin Luther King and Don Hélder Câmara (follow this link to learn more: https://en.wikipedia.org/wiki/Hélder_Câmara)

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SUNDAY SERMONS

1/7	What is Idolatry?	Rev. Craig Moro
1/14	Life at the Improv	Rev. Millie Rochester
1/21	PBUH	Rev. Craig Moro
1/28	Paths to Healing: Sexual Violence and Community	Morgan Evans
2/4	Eklavya	Rev. Craig Moro
2/11	Black Lives of UU: Racial Justice Teach-In Service	Wy'east Members
2/18	The Chi(cago) Touch	Rev. Craig Moro
2/25	Where is the Joy, and What Does it Mean Anyway?	Rev. Kate McGraw

(For sermon details, See "2 Months Of Sundays," on Pages 6 & 7)

Written Offerings

(Continued from page 1) One photo of a peasant wedding includes a caption that I was able to decipher. It invites us to a party where “God himself will dance with us.” Such photos and the abundant footnotes exemplify Liberation Theology’s approach to the book: Here is a great story in which you are deeply involved, and—in some ways—*implicated*. Do you hear that voice crying out from the heart of the ancient Middle East? Open your own window, and what do you hear right now? Pleas for justice? Shouts of joy? The story you read continues in the story we are living today. Take both stories to heart!

Of course, very few of us would be prepared to give the Bible—or any other religious scripture—such a place in our lives. But we can still ask ourselves: Is there a great story that I belong to as much as it belongs to me? What is my great story? And what is ours? What direction and what “liberation” will we experience if only we can discover it, name it, and reconnect with its power? Can we resolve to make that happen at the start of this New Year?

In faith and fellowship,

Craig Moro

[Rev. Moro can be reached any time by email, minster@wyeastuu.org or by phone at 503-851-4757, 8 a.m.-6 p.m. Note: E-mail is always the best way to get in touch!]

Contacting RE & the Board of Trustees

Contact the Religious Education Committee chair if you have questions about our children’s programming at Wy’east: wyeast-re@googlegroups.com.

If you have questions for the Wy’east Board of Trustees, you can send an email to wyeast-board@googlegroups.com or talk to any board member on Sundays at church.

Wy’east mailing address: 3439 NE Sandy Blvd # 368
Portland, OR 97232

Wy’east Board Meetings

The board now meets on the **first Tuesday** of the month, so the upcoming meetings are **January 2nd** and **February 6th**, from 7:00-8:30 p.m. We meet at Rose City Park Presbyterian Church (1907 NE 45th Ave.), either in the library or the conference room next to our office.

If you are planning to come to the meeting be sure to let a board member know so that we can make sure someone monitors the door to let you in.

Getting Connected @ Wy’east

JOIN THE WY’EAST GOOGLE GROUPS

Wy’east has two community-wide email lists through Google: “Wyeast” (for news and announcements about church events) and “Wyeast-chat” (an informal way for members and friends to share thoughts or events that are not official church happenings). To subscribe to these groups...

go to www.wyeastuu.org/contact

or groups.google.com/group/wyeast

and groups.google.com/group/wyeast-chat

WY’EAST DIRECTORY

Wy’east has a directory of contact information for lots of people in the community. If you don’t know where to find the directory, you’re probably not in it; emails are sent periodically to everyone in the directory with instructions on how to access it. If you’d like to be added to our directory, please contact Hank H.

Wy’east Photos for Directory



The Membership Committee has been taking individual and family photos for our Directory. The January Directory will include these photos. Thanks to all who posed!

If we don’t yet have your photo, or you would like to have your photo taken, contact Diane I. the next time you come to Wy’east.

~Diane and Justice

Special Collection for January

SEXUAL ASSAULT RESOURCE CENTER

In line with our social justice theme for the year of Women's Justice, we are going to have a speaker from the Sexual Assault Resource Center (sarcoregon.org) on January 28th and take a Special Collection for this organization the same day. Given what is so much in the news right now, it feels appropriate to list at some length from their website the services that SARC provides.

24-HOUR SUPPORT LINE

At SARC, we believe sexual violence is never the survivor's fault, and everyone has the right to safety. SARC's 24-hour anonymous, confidential, free support line offers a safe place for survivors and their loved ones to get immediate support in the ways they need. Our advocacy is driven by the philosophy that individuals know what is best for their life. Everyone's story looks different, everyone's needs are different, and everyone's responses to sexual assault are different. Our advocates' role is to make sure survivors have all the relevant information and resources available, and to support survivors in whatever choices they make. We view advocacy as a microphone, and we strive to amplify survivors' voices rather than impose our own. **We believe you. Your story matters. You need not be alone.**



COUNSELING SERVICES SARC's Counseling Program welcomes survivors with warmth, kindness, and an understanding that taking the first step towards healing can be difficult. Our counselors have expertise in providing trauma-specific care to help survivors of sexual assault heal. At SARC we believe that we are not defined by our past events. We provide trauma informed care in a safe healing environment for gentle exploration to help survivors find hope and decrease the impact of trauma. SARC's counseling program is dedicated to helping survivors feel empowered and reconnected with their core selves. We offer individual and group counseling to survivors. A requirement for individual counseling only is to live in Washington County.

CASE MANAGEMENT The case management program was created to ensure sexual assault survivors have ongoing support and information based upon

empowerment and trust to help meet their unique needs. Case Managers provide emotional support in a way that works best for the survivor either by in-person meetings, telephone, texting, or email. We help identify the survivor's needs, explain their options, connect them with the appropriate resources, provide safety planning and answer questions regarding common trauma responses. We reinforce their support system through a connection with SARC's 24-hour support line.

PREVENTION/EDUCATION SARC's Sexual Violence Prevention & Education Program addresses the root causes of sexual violence through education in Washington and Multnomah Counties. We believe that sexual violence is preventable. Through the critical examination and analysis of the unhealthy norms in our society and promotion of healthy norms, we hope to create a culture in our communities that values healthy relationships and sexuality thus preventing sexual violence.

LATINX PROGRAM Why do you use the term "LatinX"? At SARC we want to offer safe and inclusive services to all types of people, regardless of their race, beliefs, sexual orientation, gender/sex, etc. We recognize that in Spanish, linguistic gender exists in such a way that requires individuals to identify with a binary gender. The terms "latinA," "latinO," or "latin@" exist in a binary, and only include cis-male and cis-women, and do not represent the entire gender spectrum. When we use the "x", our purpose is to provide a gender-neutral word, so everyone may feel welcome.

CSEC (COMMERCIAL SEXUAL EXPLOITATION OF CHILDREN) SARC has been providing 24-hour crisis response and long-term supportive case management to commercially sexually exploited youth (CSEC) since 2008. SARC is available around the clock to offer emotional support via the crisis line to exploited youth, and to respond in-person to hospitals, youth shelters, and police stations. Additionally, our Cabs to Safety program offers 24/7 transportation to safe locations. At the heart of our case management services is the establishment of safe and supportive relationships to empower and reduce barriers, connect youth to appropriate resources, provide consistency in complex systems, foster youth community building, and engage youth around their own self-identified goals.

sarcoregon.org

Special Collection for February

GIRLS ON THE RUN OF PORTLAND METRO

Girls on the Run is a non-profit organization dedicated to creating a world where every girl knows and activates her limitless potential and is free to boldly pursue her dreams. Meeting twice a week in small teams, we teach life skills through dynamic, interactive lessons and running games. The curriculum is taught by certified Girls on the Run coaches and includes three parts: understanding ourselves, valuing relationships and teamwork, and understanding how we connect with and shape the world at large. Running is used to inspire and motivate girls, encourage lifelong health and fitness, and build confidence through accomplishment. Important social, psychological, and physical skills and abilities are developed and reinforced throughout the program. At each season's conclusion, the girls and their running buddies complete a 5K running event which gives them a tangible sense of achievement as well as a framework for setting and achieving life goals. The result – making the seemingly impossible, possible, and teaching girls that they can. <http://www.girlsontherunpdx.org>



Sandy Hook Remembered

"Hey, Sandy Hook alum, check out the news," the post from one of my childhood friends said. I did a quick Google search while I was getting ready for work and saw the headline that went something like, "Shooting at Sandy Hook School." My heart sank, but at that point we didn't have a ton of information. I went about my morning and headed to work, listening to the updates on the way. By the time I got to my job, it was sounding more and more serious. So, this being a desk job with a computer, I did what you do: I obsessively followed whatever news I could. My phone started ringing: my mom, my brothers, my childhood best friend. By 10am, it was clear I wasn't getting any work done. On my way home, they were reporting 20 children dead in the classroom where I had first grade. I screamed the most heart-wrenching scream I'd ever heard while on the 205 heading north. What else could I do?

My kids were in kindergarten and 2nd at this point, and all I wanted to do was hug them. Instead, it being December, my roommate and I took the afternoon to pick out a snake for their Christmas present. The distraction was nice, but my head and my heart were still in Connecticut. School pick-up has never been so filled with relief; school drop-offs have never been the same.

It is a devastating reality that mass shootings are a regular part of American life and that no one is off limits, not even children. Hearing "Newtown" and "Sandy Hook School" being spoken on national and international news by President Obama and other world leaders; seeing photos of the sign I passed every morning from kindergarten through the end of 4th grade as a symbol of tragedy rather than innocence... all of it was surreal; and, to be honest, it still is. I've always had to explain to people where I grew up based on its proximity to NYC, New Haven, and Danbury, but now, when I say I'm from Newtown, the response is usually a somber, "Oh..." with an inquisitive look that suggests, "Are you at all connected to the shooting?"

I believe gun violence is a symptom of larger societal problems and cannot be solved with a single magic piece of legislation. It will take a multifaceted approach that starts with sensible gun laws but reaches into domestic violence prevention, access to counseling and removing the stigma around it, and teaching our children from a young age how to cope with stress without resorting to violence.

Since December 14, 2012, I have been loosely involved with Sandy Hook Promise and follow the work of Moms Demand Action, Newtown Action Alliance, and other gun control groups, mostly with sharing updates and financial contributions. I believe spreading the word about the good work being done is a positive action that can show others there is hope.

It's hard not to think, "If it can happen at Sandy Hook, it can happen anywhere," and it seems like it's getting harder to find someone who ISN'T connected to a shooting. It's hard to feel safe anywhere anymore. It's hard to tell my children that they are not in danger at school. However, I am hopeful that this can be a unique generational issue that will be stopped with persistent efforts. Even though it will be a slow process, if we, as a nation, demand an end to the insanity, we will see the other side of this.

~ Kate F.

Before & After Worship

Programming in January & February

If you have a programming idea that you would like to facilitate in the future, please contact Linda M., Paul H., or Mark A.

January 7

- **Potluck Brunch** • 11:30 a.m. Bring a dish to share.
- **Youth Discussion** • 11:40, in the classroom

January 14

- **Social Hour** • 11:30 a.m.
- **Poetry Group** • 12:00 noon

January 21

- **Social Hour** • 11:30 a.m.
- **Seniors' Group** • 12:00 noon

January 28

- **Social Hour** • 11:30 a.m.



February 4

- **Potluck Brunch** • 11:30 a.m. Bring a dish to share.
- **Youth Discussion** • 11:40, in the classroom

February 11

- **Social Hour** • 11:30 a.m.
- **Poetry Group** • 12:00 noon

February 18

- **Social Hour** • 11:30 a.m.
- **Seniors' Group** • 12:00 noon

February 25

- **Social Hour** • 11:30 a.m.

SUNDAY POTLUCKS

Our monthly potlucks will be held on **January 7th** and **February 4th**. Bring a dish to share.



YOUTH DISCUSSION – On each potluck Sunday, the Religious Education committee invites any interested youth (grades 6-12) to get together after the worship and discuss that week's sermon. We'll get our lunch and then meet and eat in the classroom.

The **SENIORS' GROUP** at Wy'east is very much a going concern and meets after the service on the **third Sunday** of every month at the home of Barbara R., within walking distance of the Senior Center. Barbara always makes something good to eat, and others bring things to go with it. The monthly topic is engaging – be it past, present, or future. And the definition of senior is flexible – your choice.

The **WY'EAST POETRY GROUP** welcomes anyone who is interested in poetry, whether or not they are a member of the congregation, to meet with us on the **second Sunday** of every month, from noon until one. This is not a class nor is it a writing group. Anyone who comes is welcome to share in reading poems aloud – either poems which they wrote themselves or those of favorite authors. If you prefer, you can just sit and listen! Whoever you are, wherever you come from, you are welcome here.

January 7 **WHAT IS IDOLATRY?**

Idolatry is the only classic “sin” that’s mentioned by name in our statement of UU Principles, Purposes and Sources. That should get our attention, but what exactly does it mean? Can any form of worship that uses images instead of sticking to words alone be called idolatry? Can written texts—scriptures—be used in idolatrous ways? Sermon by **Rev. Craig Moro**.

Service: 10:30 a.m.

Religious Education (Pre-K – 12th Grade): Children attend the beginning of the service and then go to RE. Nursery care is also available for infants and toddlers.

Wy’east Potluck Brunch: 11:30 a.m. Bring a potluck dish to share.

January 14 **LIFE AT THE IMPROV**

“Improvisation and Unitarian Universalism have more than a little bit in common. Both require an open mind and the willingness to explore past a predetermined path, for example. What wondrous possibilities might there be when faith and improvisation intersect?” Service by UU minister **Rev. Millie Rochester**.

Service: 10:30 a.m.

Religious Education (Pre-K – 12th Grade): Children attend the beginning of the service and then go to RE. Nursery care is also available for infants and toddlers.

Social Hour: Join us for refreshments after the service.

January 21 **PBUH**

The second source of the living Unitarian Universalist tradition that we share is: “Words and deeds of prophetic women and men which challenge us to confront powers and structures of evil with justice, compassion, and the transforming power of love.” Prophets of every time and place share this task, but the means they use to get our attention must be updated constantly. From Muhammad to Martin Luther King to a Buddhist nun named Jun, let’s explore some of their strategies today. Sermon by **Rev. Craig Moro**.

Service: 10:30 a.m.

Religious Education (Pre-K – 12th Grade): Children attend the beginning of the service and then go to RE. Nursery care is also available for infants and toddlers.

Social Hour: Join us for refreshments after the service.

January 28 **PATHS TO HEALING: SEXUAL VIOLENCE AND COMMUNITY**

From **Morgan Evans**, the Volunteer Program Coordinator at the Sexual Assault Resource Center: “For the past five years, it has been my honor to be a part of survivors’ journeys through healing. I am continually moved by the stories I hear, the resiliency I see, and the spirit of those who come together in an effort to eradicate sexual violence and social injustice in our community. I look forward to meeting all of you and sharing my experiences learning from these incredible individuals.”

Service: 10:30 a.m.

Religious Education (Pre-K – 12th Grade): Children attend the beginning of the service and then go to RE. Nursery care is also available for infants and toddlers.

Social Hour: Join us for refreshments after the service.

February 4 EKLAVYA

India's *Mahabharata* is the longest epic poem in the world, more than ten times the length of the Iliad and the Odyssey combined. Eklavya may be only a "minor" character in this long account of a great civil war, but those who hear his story can never forget it or the message that it teaches. Sermon by **Rev. Craig Moro**.

Service: 10:30 a.m.

Religious Education (Pre-K – 12th Grade): Children attend the beginning of the service and then go to RE. Nursery care is also available for infants and toddlers.

Wy'east Potluck Brunch: 11:30 a.m. Bring a potluck dish to share.

February 11 BLACK LIVES OF UU: RACIAL JUSTICE TEACH-IN SERVICE

Please join us for our 2nd Black Lives of UU Teach-In Service, organized in response to a call last April from the BLUU organizing collective. Many Wy'easters have worked together to understand the materials recommended by them and to create a service that answers their mandate to lift up black voices. Together, we'll listen to those voices as we contemplate what it might mean to show up for black lives, both within our congregation and in the wider world.

Service: 10:30 a.m.

Religious Education (Pre-K – 12th Grade): Children attend the beginning of the service and then go to RE. Nursery care is also available for infants and toddlers.

Social Hour: Join us for refreshments after the service.

February 18 THE CHI(CAGO) TOUCH

Come visit a martial arts club in Barack Obama's old South Side neighborhood, which is my old neighborhood, too. How can the diverse peoples of our country start to bridge the gaps between us? (Hint: take a look at your fingers and what you find between them.) Sermon by **Rev. Craig Moro**.

Service: 10:30 a.m.

Religious Education (Pre-K – 12th Grade): Children attend the beginning of the service and then go to RE. Nursery care is also available for infants and toddlers.

Social Hour: Join us for refreshments after the service.

February 25 WHERE IS THE JOY, AND WHAT DOES IT MEAN ANYWAY?

"As a chaplain working in healthcare, I'm charged with supporting my team members in approaching their work in a sustainable way. The Institute for Healthcare Improvement advises us that finding meaning and joy in work can aid in that effort. But I wonder if they're right, and if they are, can the ideas they suggest work for people in other fields? We'll explore these and other questions together." Service by UU minister **Rev. Kate McGraw**.

Service: 10:30 a.m.

Religious Education (Pre-K – 12th Grade): Children attend the beginning of the service and then go to RE. Nursery care is also available for infants and toddlers.

Social Hour: Join us for refreshments after the service.

R.E. Report

Our learning year in Religious Education (R.E.) got off to a running start in spite of some initial changes with adult staffing. Despite these changes we've been able to introduce and maintain some long-standing religious education rituals, such as gathering in a circle, lighting a children's chalice, sharing our joys and sorrows with felt candles, and reciting, "We are Unitarian Universalists."

R.E. is currently running at two levels. Our preschool and first grade children are following a *Tapestry of Faith* curriculum called *Creating Home*, which explores the purpose and functions of homes and introduces the concept of a faith home drawing from the details of our own congregation.

Children second grade and above have been following another *Tapestry of Faith* curriculum called *Faithful Journeys*, which contains stories of historical figures in the UU world and links our faith to actions we can take in our own lives, such as being kind and welcoming to those around us.

Rituals and routines are two pillars of our religious learning. Our commitment to remaining welcoming to newcomers, to helping one another, and to widening our circle have all been central to keeping our program running smoothly through the changes and transitions we've experienced this year, including the departure of our childcare assistant, Fiona, after 3+ years of dedicated service. We'll soon be welcoming a new assistant with open arms.

Parents, such as Aurora H., Anders L., Karl A., and Bie L., who have stepped in to act as assistants and teachers, also deserve credit for our successful year thus far.

I would finally like to thank everyone who helped us maintain our annual tradition of Celebration of Light. While I was not able to be there myself due to illness, I was able to see the photos added onto our Wyeast Instagram account (@WyeastUUCongregation) and remember how enthusiastic and how central to our congregation our children are. Let's continue our ritual of mutual support and welcoming—please always feel free to ask questions and volunteer time with our children.

~Lana A.

A UU Alaska Experience

Was it serendipity? MaryLu W. mentioned that she'd like to go to Alaska. The following week I saw an advertisement for a trip to Alaska, hosted by the Alaska UU's. Although Alaska had never been on my "bucket

list," I mentioned it to her. Next thing I knew, we were both signed up for the trip.

The trip was called the **Whale Coast Alaska National Park Tour**. After viewing the itinerary I became more excited about it, especially since it was hosted by Unitarian Universalists. The idea was to travel to many areas of Alaska, guided by other UU's, and to stay in their homes for several nights.

On June tenth, we flew into Anchorage and were met by representatives of the group. Dave the tour leader and his assistant, Cynthia, were open and friendly. Each member of the tour was assigned to the home of a UU member in Anchorage. Mary Lu and I, along with another couple, stayed with Dr. Doug and his wife, Rosena. Doug took pleasure in showing us around Anchorage. He took us to the hospital where he was the director. The complex of buildings was especially designed to meet the needs of native peoples like the Athabaskans and others who use the facility. It is run as a team effort with general practitioners, specialists, nurses, and therapists who meet as a team with the patient. Doug feels this cuts down on time and the need for extra visits, which pleases staff and patients.



From Anchorage, we took a dome car train to Seward. This was a very pleasant day-long trip; we were able to see moose, elk and other animals from the train windows. We visited Exit Glacier, which is rapidly shrinking as the earth becomes warmer. Later we proceeded to the Sea Life Center and had the opportunity to actually touch fish and shellfish. We spent the night at the Harbor 360 motel and ate well-prepared food at local restaurants. The next day we visited the Kenai Fjords National Park. We had a full day on a ship, which took us through several fjords and also served great food. There was an evening kayaking tour for those who were interested.

A highlight of the trip was a visit to Denali Park. Denali (formerly called Mt. McKinley) is the highest mountain in North America. At 20,237 feet, it is difficult to see the top when it's hidden in the clouds. The park is full of life: beautiful Dall sheep with their large curling antlers, moose, elk, fox, bears, and other wild animals.

The trip was memorable. I'd recommend it to anyone interested in seeing our 49th state. It was great fun to see it with other UUs! (See www.whalecoastak.org for 2018 program information.)

~ Judy C.