



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

WWW.WYEASTUU.ORG

January/February 2014

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*Wy'east meets at the
Hollywood Senior Center at
1820 NE 40th, Portland.*

*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!*

"The Nourishing Dark" by Dick Gilbert

We forget the nourishing dark at our peril.
There is mystery in the dark to be probed.
There is the adventure of that which cannot be known,
cannot be seen, can only be experienced in the soul.
There is deepness in the dark, impenetrable and inviting.
In the darkness we rest our bodies and our souls;
We escape that which distracts and confuses.
We come face to face with ourselves.
We come into the deep places of our being.
Darkness is not mere absence of light.
Darkness is not simply an interval between days.
Darkness is the softness of things,
the blessed quiet of the night.
May we not bemoan the dark, but relish it.
May we feel its powerful presence
and rejoice in its mystical embrace.
May we celebrate the deep and nourishing dark.

(Continued on page 2)

Marcia's Musings...

Sunday Sermons

1/5	What is the Identity of a Tree?	Kevin Lawson
1/12	Reproductive Justice	Rev. Marcia Stanard
1/19	Contagious Love	Naseem Rakha
1/26	What Does it Mean to be Unitarian Universalist?	Rev. Marcia Stanard
2/2	Mid-Winter Intergenerational Service	Wy'east Children @ Wee Works Preschool
2/9	Radical Love	Rev. Marcia Stanard
2/16	Humanity is Stronger than any Storm	Rev. Joseph Santos-Lyons and Aimee Santos-Lyons
2/23	What Does it Mean to be Humanist?	Rev. Marcia Stanard

(For Sermon Details, See "2 Months Of Sundays", On Pages 6 & 7)

From the Minister *(Continued)*

As I write this, I've just returned from a trip north while my dear sister-in-law Leauri was in the hospital. As a single mother with kids 15 and 11, this was a scary time for their family, and Katie & I each went up for a night to be with the kids while Leauri was in the ICU.

Like many of us, Leauri doesn't find it easy to ask for favors from people, so when she texted back yes, she would really appreciate it if I could stay with her kids while she was in the hospital, I knew it was important to do so. It was a wonderful experience, getting to know my new niece and nephew better, and being able to support them in this difficult time. The biggest gift though, was seeing how meaningful the whole experience was for Leauri.

Life-threatening illness has a tendency to really make clear what's important. For Leauri, seeing her family put their own lives on hold for a moment to come help her out was deeply meaningful. She realized how much it meant to her to have her friends come by and visit, and how she wants to spend more time with them. It made even more clear the need to do things with her kids now, rather than putting things off because everyone is busy.

This is the lesson of the nourishing dark. Hopefully, it doesn't take a health scare to learn these lessons. With luck, we can get to these places of appreciating those around us, counting our blessings, forgiving ourselves and others, and realizing what's most important to us, without a trip to the ICU.

I texted Leauri and asked how she was doing. She responded, "tired, appreciative, comforted, whole, amazed/awakened, and loved." My wish for all of you is that you embrace the quiet of the nurturing dark in this season of cold and grey, and get in touch with the truest parts of yourselves as you do so. May we all be whole, amazed and awakened. Blessed be, and Amen.

-Rev. Marcia

Newsletter News

The Wy'east Beacon is published bimonthly. The deadline for the March/April issue submissions is Thursday, February 13th. Please send articles, meeting/event dates, poetry, artwork, book recommendations, favorite spiritual practices, etc. to: weast-news-editor@googlegroups.com. If you have any questions, contact Sharai E. or send an email to the above address.

To save paper and printing costs, we are printing fewer copies of the newsletter. We encourage you to view it online, at: <http://weastuu.org/newsletter>

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, contact Hank H. or anyone on the Connections Committee.

2014 Earth Care Summit to Focus on "Breath of Life"

You are invited to the fifth annual Earth Care Summit on January 27, 2014. It will be held from 5:30 to 9 p.m. (registration and display tables at 5 p.m.) at First Christian Church, 1314 SW Park Ave, Portland, Oregon. A pre-event "Taste of Earth Care" reception featuring a Columbia Gorge organic vintner and ecologist will take place from 4 to 5 p.m. at the Oregon Historical Society, next door to the church. The event is co-sponsored by Ecumenical Ministries of Oregon's "Interfaith Network for Earth Concerns" and "Oregon Interfaith Power & Light," congregations, denominations and community organizations. Entitled "Breath of Life: Earth's Atmosphere," the focus of the summit will be on clean air and a stable climate in the context of faith and spiritual practice.

Individual registrations are \$25 each and include a seasonal dinner.

The pre-event reception is \$10 and includes refreshments. Register securely online or download a registration form at www.emoregon.org.

For more information, call (503) 221-1054 or email oipl@emoregon.org.

RE Update

The holiday season is always a special time in Religious Education. Every December, the kids come together to practice and perform The Celebration of Light, our annual Winter Solstice pageant that reminds us all about the importance of celebrating light and hope. This season, the kids also dedicated themselves to raising money for Columbia Riverkeeper, a local nonprofit that works to protect the Columbia River and the people, fish, and wildlife that depend on it. They raised \$240 by selling cookies, handmade ornaments, chalices, and jewelry! Thank you to all of you who helped support the kids this season, whether you attended The Celebration of Light, helped them make a craft, or donated to their sale.

As we head into the new year, the RE committee is excited to be rolling out Our Whole Lives, a UU sexuality education program for 7th to 10th graders. We'll be partnering with other congregations in the area to present this amazing program. Our Whole Lives is grounded in a holistic view of sexuality, and provides facts about anatomy and human development, in addition to helping participants clarify their values, build interpersonal skills, and understand the spiritual, emotional, and social aspects of sexuality. We're hosting our first parent info session in January, and will keep you all apprised as we finalize dates—please get in touch with me, Marcia, Lana, Alex, or anyone else on the Religious Education committee if you have questions about this program.

It's going to be a good year!

In faith,

Ashley



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.



Special Collections for January and February

January: **Partners for a Hunger-Free Oregon**

Partners for a Hunger-Free Oregon works with communities across the state to end hunger before it begins. We document the extent of hunger, coordinate and publicize existing services, advocate for programs and policies to eliminate hunger. Our goal is to provide family economic stability and food security so that all Oregonians have sufficient means and ready access to an adequate amount of nutritious, quality food. We envision an Oregon where everyone is healthy and thriving, with access to affordable, nutritious and culturally appropriate food. To bring that vision into reality, we raise awareness about hunger, connect people to nutrition programs, and advocate for systemic changes that end hunger before it begins. Together with the Oregon Hunger Task Force (OHTF), we work to end hunger before it begins by addressing root causes. Partners for a Hunger-Free Oregon actively supports and compliments the work of OHTF by providing leadership in developing strong and diverse collaborations, and by pursuing specific initiatives to address hunger in Oregon.
oregonhunger.org



**Partners for a
Hunger-Free Oregon**
Ending hunger before it begins.

February: **The Coalition Against Trafficking in Women - Asia Pacific**

The Coalition Against Trafficking in Women (CATW) has made enormous progress in the campaign against sexual exploitation and in extending its influence worldwide. CATW has been an effective NGO presence internationally and has changed the terms of the debate over prostitution and trafficking in many regions of the globe and at the United Nations level. CATW has produced major books, reports and groundbreaking videos on prostitution and trafficking as major human rights violations of women. The Coalition Against Trafficking in Women - Asia Pacific (CATW-AP), an organization that fights anti-trafficking and abuse in all forms, is currently focused in the Philippines on bringing relief goods, searching for the missing, assessing violence against women, monitoring anti-trafficking red flags in affected areas, and serving the needs of all those who are vulnerable in light of the recent natural disaster.
www.catwinternational.org

Gratitude for Thanksgiving

Dear Friends,

Thank you for hosting another memorable and meaningful Thanksgiving Celebration for the participants of the Hollywood Senior Center last month. I recognize the amount of energy that goes into planning the celebration and greatly appreciate the Wy'east Unitarian Universalist Congregation's ongoing efforts to offer this event for low-income and isolated older adults in our community. As always the food was delicious, the music inviting and entertaining, the servers generous and helpful, and the fellowship incomparable.

The Thanksgiving Celebration is an event that many of our seniors look forward to. This year the event sign-up sheet filled within the first 3 days of promoting the event. The warmth and kindness of this Celebration shows that our community cares greatly about the quality of life of older adults. Wy'east's involvement speaks volumes. Many of the attendees have shared with me what having this event means to them.

Thank you Wy'east Unitarian Universalist Congregation members for continuing to share in the Hollywood Senior Center's commitment to assisting older adults in leading independent, secure, healthy and fulfilled lives within their own community. Your efforts are greatly appreciated, and I am so grateful to work with wonderful community partners like you!

Please accept my heartfelt thanks.

In gratitude,

*Amber Kern-Johnson, Executive Director
Hollywood Senior Center*

Worship Odds & Ends

On Sundays, it is helpful for long-time Wy'easters to sit up front, in the middle, or to the far left in order to be more welcoming to newcomers; it will make room for others who are new, people with children (who need to make quick escapes), or people who want to discreetly enter after the service begins. Thanks!

The Wy'east Worship Committee is always dreaming up new ideas for services, speakers and activities. To share ideas or help bring services to life, contact us at weast-worship@googlegroups.com or talk to Mark A., Brooke C., Amy O., Larry B., or Marcia S.

If your child wants to light the chalice during a worship service, please contact anyone from the Worship Committee.

BEFORE & AFTER Worship

Programming in January & February

If you have a programming idea that you would like to facilitate in the future, please contact Amy O., Larry B., Brooke C., or Mark A.

January 5

- **Social Hour** • 11:30 am

January 12

- **Potluck Brunch** • 11:30 am. Bring a dish to share.

January 19

- **Social Hour** • 11:30 am
- **Seniors Group** • 12:00 noon

January 26

- **Social Hour** • 11:30 am
- **Wy'east Poetry Circle** • 12:00 noon



February 2

- **Social Hour** • 11:30 am
- **The New Jim Crow** (first two chapters) **Book Reading Group** • 12:00 noon

February 9

- **Potluck Brunch** • 11:30 am. Bring a dish to share.

February 16

- **Social Hour** • 11:30 am
- **Seniors Group** • 12:00 noon

February 23

- **Social Hour** • 11:30 am
- **Wy'east Poetry Circle** • 12:00 noon

Sunday Potluck

Our potlucks will be held on **January 12th** and **February 9th**. Bring a dish to share.



THE WY'EAST POETRY CIRCLE welcomes anyone who is interested in poetry, whether or not they are a member of the congregation, to meet with us at **noon** on the **4th Sunday of**

every month. 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.

Meditation for a New Year

Amanda Poppei

My friends, we have arrived.

We are here, in this new year.

We have crossed the boundary of time, into the next year, with all its resolutions and plans and schedules ahead of us.

Let us pause, for just this moment, before we move boldly onward.

Let us pause to hear the breathing of those around us, to feel their presence in this room.

To know their presence in our lives.

Let us pause to consider the trees, their branches stripped bare, their elegant architecture on display.

Let us pause to feel the spirit of life and love that ties us to each other, that winds its way through our very bones and settles in our hearts.

Before we march forward, armed with resolutions that will shortly be forgotten in the day-to-day of living, let us notice what it is that remains every year, every day. What exists beyond schedules and months, beyond time. It welcomes us to life, not just at the start of the year, but every day. And let us answer . . . Amen.

January 5 **WHAT IS THE IDENTITY OF A TREE?**

Not the old Barbara Walters to Katherine Hepburn interview question, What kind of tree would you be? A reflection on what is the being of a tree, a Koan if you will. What is the being of ourselves? As we welcome the new year and the season of resolutions - how we will change ourselves, what we will leave behind, what do we seek to add? What is Identity? Service by **Kevin Lawson**. Kevin is a candidate for the UU ministry, and an active member of First Unitarian Church of Portland. He lives in North Portland with Gary, his partner of more than 20 years.

Service: 10:30 a.m.

Religious Education (Pre-K–8th 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 12 **REPRODUCTIVE JUSTICE**

At the 2012 Unitarian Universalist General Assembly the delegates voted to look at Reproductive Justice as our Study Action Issue for a four year cycle of reflection and education within our congregations. From the Our Whole Lives Sexuality Education program to issues of reproductive health and gay rights, UU's have been a brave, and sometimes lonely, liberal religious voice for justice. Why is this so central to our identity? Service by our minister, **Rev. Marcia Stanard**.

Service: 10:30 a.m.

Religious Education (Pre-K–8th 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 19 **CONTAGIOUS LOVE**

International bestselling author, former NPR journalist, and recently the Artist in Residence at the Grand Canyon, **Naseem Rakha** will talk about forgiveness, restorative justice and the healing nature of compassion. Through these, she will explore her experiences with crime victims and what we are learning around the world about the art of empathy and its role in justice.

Service: 10:30 a.m.

Religious Education (Pre-K–8th 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 26 **WHAT DOES IT MEAN TO BE UNITARIAN UNIVERSALIST?**

The third in our series on historical Unitarian Universalism, this sermon focuses on our denomination since the merger of the Unitarians and Universalists in 1961. How did two separate denominations become one, and what was gained and lost along the way? What do we believe, anyway? Service by our minister, **Rev. Marcia Stanard**.

Service: 10:30 a.m.

Religious Education (Pre-K–8th 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

TWO MONTHS OF *Sundays*

February 2 **MID-WINTER INTERGENERATIONAL SERVICE**

Due to the Vietnamese community's annual Tet celebration (held at at the Hollywood Senior Center), we will be meeting at **Wee Works Preschool** (located just across NE 40th from our usual meeting place at the Hollywood Senior Center.) Wy'east children will present an interactive service that highlights what they've been learning about this year.

Service: 10:30 a.m.

Religious Education (Pre-K–8th Grade): Families will be together for this multigenerational service, so there will be no RE. Nursery care is available for infants and toddlers.

Social Hour: Join us for refreshments after the service.

February 9 **RADICAL LOVE**

John Lennon famously said, "All you need is Love." Unitarian Universalists sometimes use the word love instead of God as our highest good. Our covenant says, "We covenant together as a community of Love." But what is this Love stuff anyway? Is it the namby-pamby stuff of Valentine's Day, or is it something much deeper? Service by our minister, **Rev. Marcia Stanard**.

Service: 10:30 a.m.

Religious Education (Pre-K–8th 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 16 **HUMANITY IS STRONGER THAN ANY STORM**

With **Joseph and Aimee Santos-Lyons**: We are confronted and live with brokenness. In our world, our family, ourselves. Who are we to respond and rebuild? Ultimately where does the arc of our healing work bend towards? A special reflection on the Philippines and Super Typhoon Haiyan.

Service: 10:30 a.m.

Religious Education (Pre-K–8th 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 23 **WHAT DOES IT MEAN TO BE HUMANIST?**

Among the largest religious identities within Unitarian Universalists are folks who identify as Humanists, but what does Humanism really mean? Come explore Atheism, Humanism and other non-theistic beliefs. Service by our minister, **Rev. Marcia Stanard**.

Service: 10:30 a.m.

Religious Education (Pre-K–8th 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.