



# The Wy'east Beacon

A Welcoming Unitarian Universalist Congregation

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

Wy'east [*Wy'east' : Ancient name for Mount Hood*] WWW.WYEASTUU.ORG

July/August 2011

## From the Minister...

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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!*

## Going Deeper

Summer has finally arrived in Portland! After a spring with little springing, we're finally starting to get some warm air. Spring blossoms are gone, but the green of the trees remain. One of the reasons I fell in love with my new apartment was the amazing trees outside. One in particular bloomed right outside my back window, and punctuating the grass off my back patio is the most astounding root system. One root of this tree stretches out, visible above the grass, nearly the entire 20 feet of yard between my apartment and the back fence, making the most beautiful pattern.

I remember my daughter coming home from school after learning that trees go as deeply into the earth as they are visible above the ground. It gives a whole new sense of the world, doesn't it? We don't live in an area with subways, but still, we have sewers and root systems and power lines and the big dig—all under our feet—hidden under what we do see. The world doesn't stop with the visible.

*(Continued on page 2)*

## Sunday Sermons

7/3	<b>Picnic at Sellwood Park</b>	Wy'east Congregation & Friends
7/10	<b>My Story As A Muslim Woman</b>	Nafisa Fai
7/17	<b>Nothing Better To Do But Listen</b>	Amy Beltaine
7/24	<b>Live Aloha</b>	David Komeiji
7/31	<b>Because All Is One</b>	Rabbi Ariel Stone
8/7	<b>Poet Of My Journey</b>	Katy Liljeholm
8/14	<b>Reflections on Liminal Space</b>	Sonrisa Alter
8/21	<b>Serendipity</b>	Rev. Marcia Stanard
8/28	<b>A Pagan in Progress</b>	Amy O'Brien

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

## From the Minister *(continued)*

And neither do our lives. A wise person said, “We never know what unbearable burdens other people are carrying, so let us be gentle with one another.” This is a good reminder for us, especially in church.

Sometimes, people come in through our doors because they’re full of unbelievable joy, like the couple that was looking for a minister to marry them. But sometimes people are a bit lost—seeking an anchor, or a community during a difficult time.

And sometimes, after we’ve been at Wy’east a while, we start seeking something more. Maybe it’s a new way to be involved. Perhaps you’re looking to deepen your connection with our community? Maybe it’s a new depth of spiritual practice you’re looking for?

Summer can be a good time to explore a new level of involvement here. The folks on our connections committee can help you connect with a new volunteer opportunity. Summer can be a great time to try out a new job: greeting or ushering, set up or take down, volunteering to be with our kids in Wy’camp some Sunday. Our membership connections committee: Tode Oshin, Ardis Bay Laurel, Mabel Poole and Hank and Betty Hadaway can help connect you with a role.

I’m in the process of setting up a new member class. Contact me at [minister@wyeast.uu.org](mailto:minister@wyeast.uu.org) if you’re interested in learning more about membership. Also this summer I’ll be thinking about classes or groups we can offer to help people go deeper with their own spiritual practices, or understanding of their own spiritual path. Look for information on that coming in the fall.

In the meantime, take advantage of the longer days and perhaps the slower pace of the summer to think about how you can go deeper in your own lives. Deeper into the earth, deeper into the hammock, whatever works best for you. Enjoy your summer. Blessed be.

Warmly,  
*Marcia*

## 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](http://www.wyeastuu.org/contact)

*or*

[groups.google.com/group/wyeast](https://groups.google.com/group/wyeast)

*and*

[groups.google.com/group/wyeast-chat](https://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 Betty H. or anyone on the Connections Committee.

## 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 may 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 [wyeast-worship@googlegroups.com](mailto:wyeast-worship@googlegroups.com) or talk to Mark A., Brooke C., Katy L., Amy O., or Marcia S.

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

## From the Board...

After 4 years on the Wy'east Board of Trustees, my term of service is ending. Partly, it's a relief. The Board discusses, debates, struggles with, and works on every part of Wy'east such as debating our mission in the wider world, discussing where Wy'east should meet, reviewing our religious education program, checking our voice mail and deciding whether we need a Yellow Pages ad.

I will, however, also miss being on the Board. Nearly every Board meeting I attended was a gratifying experience of listening, sharing, struggling, commiserating and supporting each other. We had difficult conversations with respect. We planned and budgeted to the best of our ability under circumstances that were often challenging. We laughed, we ate many varieties of snacks, and we drank many gallons of tea. Always, always, we took seriously our responsibility to be good stewards of Wy'east and the funds entrusted to us by members and friends. That's what "trustee" means, and we always remembered that. I am grateful to have spent time with all my fellow Board members.

I am even more grateful that after two years as Treasurer, Wy'east has had two balanced budgets that did not use up our small savings, and we head into a new year with a (gasp!) surplus, which could help us weather the next economic downturn. Even better, I am so very grateful for the generosity of the Wy'east community during our recent canvass, which allowed us to surpass our goal of bringing Marcia to 1/3 time and instead move her to 4/10 time. Yay for us!

As I said at the Annual Meeting, the last 2 years required the Board to be budget-cutting fiscal conservatives, and it was very difficult and scary. We struggled with existential issues: Why does Wy'east exist? Why do we spend our money on Wy'east?

I've always believed that a place like Wy'east is needed for people who want a religious home that encourages intellectual curiosity and spiritual growth and does it all with sincere compassion.

My work on the Board is nearly done, but there will be other ways for me to take part in the work of Wy'east. The work of defending the inherent worth and dignity of everyone is never done. The work of encouraging everyone's spiritual journey and religious education is

never done. Respecting and protecting the democratic process is never done. Remembering that our lives depend on our planet's health, and that we need to use energy and resources more wisely is never done.

This is all sacred work. I've often thought that modern Unitarian Universalism is a very American idea: people from different backgrounds coming together, respecting each other's views, believing that we are stronger and better together than on our own. May it be so at Wy'east.

—Karl A.

## Wy'east Special Collections

For the two months of July and August, our Special Collection is going to the **UUA/UUSC Japan Relief Fund**. Below is part of a notice that was sent to us about it.

### Help Our Partners in Japan

Following the devastating earthquake and resulting tsunamis in Japan, the Unitarian Universalist Association (UUA) and the Unitarian Universalist Service Committee (UUSC) established the UUA/UUSC Japan Relief Fund. UUA President Peter Morales issued a statement in which he said, "We, at the UUA, will hold the country of Japan in our hearts, as we work to support them in their time of great need." Our partners, including Risho Kosei-kai, Tsubaki Grand Shrine, the Konko Church of Izu, the Tokyo Dojin Church, and the Japan Chapter of the International Association for Religious Freedom, are all in discernment about the specific efforts they will be taking to support recovery work, and the UUA and the UUSC will walk with them in the directions that are ultimately chosen. Please join with Unitarian Universalists (UUs) throughout the United States by contributing to the UUA/UUSC Japan Relief Fund.



# Before & After Worship Programming in July & August

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

## JULY 3

- **Potluck picnic at Sellwood Park** • 10:30 am  
There will be no service at the Hollywood Senior Center on this day.

## JULY 10

- **Potluck Brunch** • bring a dish to share right after the service.

## JULY 17

- **Social Hour** • 11:30 am

## JULY 24

- **Social Hour** • 11:30 am
- **Restaurant Adventure** • 11:40 am

## JULY 31

- **Social Hour** • 11:30 am



## AUGUST 7

- **Social Hour** • 11:30 am

## AUGUST 14

- **Potluck Brunch** • bring a dish to share right after the service.

## AUGUST 21

- **Social Hour** • 11:30 am

## AUGUST 28

- **Social Hour** • 11:30 am
- **Restaurant Adventure** • 11:40 am

## UU Adventures in Eating

### SUNDAY POTLUCK

Our potlucks will be held on **July 10th** at 11:30 am and **August 14th** at 11:30 am. Bring a dish to share.



### RESTAURANT ADVENTURE

After our service on the **fourth Sunday** of each month, those who are interested gather for lunch at a local restaurant. It is an opportunity for lively and topical conversation, and for enjoying the bounty of wonderful restaurant food available in Portland.

Our group varies in size from as few as four to as many as 15, and often includes both adults and children. We announce the month's destination during the service, gather a list of interested congregants, and then call ahead to make reservations.

We try to find places with a variety of moderately priced vegetarian and omnivorous menu items. We have some regular stops on the rotation, and we're always on the lookout for new restaurants to try.

## Newsletter News

The Wy'east Beacon is published bi-monthly. The deadline for the **September/October** issue submissions is **Thursday, August 18th**. Please put this date on your calendar, and send articles, meeting/event dates, poetry, artwork, book recommendations, favorite spiritual practices, etc. to: [wyeast-news-editor@googlegroups.com](mailto:wyeast-news-editor@googlegroups.com). If you have any questions, contact Sharai E. or send an email to the above address. Thanks!

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

From the RE Committee...

## Love Did Guide Us

It's July now, and that means our Religious Education program has transformed itself into Wy'camp – our summer break mode where we give our teachers some time off, and put away our charts and schedules. We'll be taking turns hanging out with our children on Sunday mornings crafting our own classes. We may read books, we may dance or sing – mostly we'll be celebrating our time together with our younger congregants.

We closed off this learning year with a wonderful plant sale to benefit the children's program. We planted seeds back in April in celebration of Earth Day. Some seeds were purchased, but many came free from the Northeast and Southeast seed banks! In our planting, the children gathered together to share their heartfelt wishes for their seeds to emerge from the darkness and into the light. Each child took her/his seeds home to nurture, and then brought them back in June for the sale. These small sprouts successfully raised over \$100, a fact two of our children celebrated with jumping and shouting.



While I am personally excited about the summer months ahead, there are also some questions about what will happen when we return in the fall. We'll have quite a different program by then I think. Firstly, we will no longer have our regular childcare provider, Anne S. Anne has been caring for the youngest of our children since September of 2008. This June she graduated from her education program, and is currently waiting to see what graduate program she will be attending in the fall. Anne gave us her every Sunday for three years!

I believe she stayed with us not for the paycheck, but for the love of the children. She will be around for part of the summer, so there is still time for us to say thank you and good luck. And we will have a new person on board by fall.

Secondly, I will no longer be part of the RE Committee after this summer. I took over chairing RE two years ago. I first learned to work with our Director of Religious Education (DRE), and then later worked without one. I've been blessed to have had such wonderful support, teachers, and children. I'll be shifting my concentration to moderating the Board of Trustees, where I'll continue to support this program. But the RE Committee will have a new chair, and hopefully a few new members by fall. Please join in!

Finally, in the next few weeks we'll begin discussing how a new part-time DRE may fit into our program, helping us to continue growing and shifting to meet the needs of our children.

So although there are questions, I am also reassured. We will have many of the same teachers and children to keep continuity. During our plant sale I saw again how this congregation gathers together to work with our smaller congregants. Even though the *Love Will Guide Us* curriculum is completed, I know our Love for this RE program will continue.

Thank you,  
*Liana A.*

## Contacting RE & the Board of Trustees

Contact the Religious Education Committee Chair if you have questions about our children's programming at Wy'cast: [weyeast-re@googlegroups.com](mailto:weyeast-re@googlegroups.com).

If you have questions for the Wy'cast Board of Trustees, you can send an email to [weyeast-board@googlegroups.com](mailto:weyeast-board@googlegroups.com) or talk to any board member (David Tode O., Nancy D., Dan E., Hank H., and Liana A.) on Sundays at church.

July

TWO MONTHS OF *Sundays*

**July 3 PICNIC AT SELLWOOD PARK**

Join us for a potluck picnic at **Sellwood Park at 10:30** to celebrate summer and each other! We will be meeting at Picnic Site D, which is north of the pool and across from the children's play area. The nearest cross streets are SE 7th Avenue and Lexington. We hope to see you there!

**There will be no service at the Hollywood Senior Center on this day.**

**July 10 MY STORY AS A MUSLIM WOMAN**

**Nafisa Fai** will give an "open, honest, and respectful" presentation about being a Muslim woman and a refugee here from the civil war in Somalia. Nafisa is a program coordinator in human resources for Multnomah County, and we connected with her as a participant in an anti-racism training sponsored by Uniting to Understand Racism.

**Service:** 10:30 a.m.

**Religious Education (Pre-K-8th Grade):** Children attend the beginning of the service, and then go to Wy'camp. Nursery care is also available for infants and toddlers.

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

**July 17 NOTHING BETTER TO DO BUT LISTEN**

"The poetry of Mary Oliver and time spent with those in pain have taught me to listen." Share a journey through a lifetime of learning packed into one summer serving as a chaplain at Rochester NY's Strong Memorial Hospital.

**Amy Beltaine** is a UU ministerial candidate who recently returned from upstate New York to her childhood state of Oregon. She is celebrating this return to her roots and the transformations of the past few years.

**Service:** 10:30 a.m.

**Religious Education (Pre-K-8th Grade):** Children attend the beginning of the service, and then go to Wy'camp. Nursery care is also available for infants and toddlers.

**Social Hour:** Join us for refreshments after the service.

**July 24 LIVE ALOHA**

**David Komeiji** is a Japanese-Hawaiian Buddhist priest in Portland. He says, "The literal meaning of aloha is 'the presence of breath' or 'the breath of life.' It comes from 'Alo,' meaning presence, front and face, and 'ha,' meaning breath. Aloha is a way of living and treating each other with love and respect. Its deep meaning starts by teaching ourselves to love our own beings first and afterwards to spread the love to others."

**Service:** 10:30 a.m.

**Religious Education (Pre-K-8th Grade):** Children attend the beginning of the service, and then go to Wy'camp. Nursery care is also available for infants and toddlers.

**Social Hour:** Join us for refreshments after the service.

**Restaurant Adventure:** 11:40 a.m. Location to be announced during social hour.

**July 31 BECAUSE ALL IS ONE**

**Rabbi Ariel Stone** states, "Reality as we know it is a veil; this is a central teaching of Jewish mysticism. Many layers of appearances link us to each other in time, space and history, although we seem to be very different. The struggle is not to be distracted by the necessary acts of living ethically in the world. How shall we engage fully with multiple layers of Being? Explore beyond the veil with the author of the forthcoming book *D'kula Had - Because All Is One.*"

**Service:** 10:30 a.m.

**Religious Education (Pre-K-8th Grade):** Children attend the beginning of the service, and then go to Wy'camp. Nursery care is also available for infants and toddlers.

**Social Hour:** Join us for refreshments after the service.

# August

# TWO MONTHS OF *Sundays*

## August 7 POET OF MY JOURNEY

What, for you, was the perfect poem, that you found just the moment you needed it? Today, bring your poems: the poems that have moved you, inspired you, explained life to you, or comforted you in troubled times. We will share with each other the words that bring us comfort and speak to our hearts. **Katy Liljeholm** will lead the service. Contact Katy if you have poems to share!

**Service:** 10:30 a.m.

**Religious Education (Pre-K-8th Grade):** Children attend the beginning of the service, and then go to Wy'camp. Nursery care is also available for infants and toddlers.

**Social Hour:** Join us for refreshments after the service.

## August 14 REFLECTIONS ON LIMINAL SPACE

“Call it a threshold. Call it a turning point. Call it the moment before a circus performer catches the next trapeze. But thanks to the UU-sponsored Goldmine Leadership School, my preferred language to describe a transition is liminal space,” says **Sonrisa Alter**, a recent high school graduate who grew up attending Wy'east. “As I enter a new phase of life, I seek to incorporate the best elements of my experience as a UU youth into the young adult world at Oberlin College.”

**Service:** 10:30 a.m.

**Religious Education (Pre-K-8th Grade):** Children attend the beginning of the service, and then go to Wy'camp. Nursery care is also available for infants and toddlers.

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

## August 21 SERENDIPITY

This service explores those ways in which the unexpected surprises of our lives can be opportunities for spiritual growth. What's the universe trying to tell us? Our Consulting Minister, **Marcia Stanard** leads our service.

**Service:** 10:30 a.m.

**Religious Education (Pre-K-8th Grade):** Children attend the beginning of the service, and then go to Wy'camp. Nursery care is also available for infants and toddlers.

**Social Hour:** Join us for refreshments after the service.

## August 28 A PAGAN IN PROGRESS

Raised as a sometimes Catholic (summers and every other Christmas), **Amy O'Brien** now considers herself to be a Pagan who sees the Divine in all things, not just an abstract concept. The path to this understanding had many twists and turns, and is still unfolding, with the latest twist being joining the Wy'east UU Congregation.

**Service:** 10:30 a.m.

**Religious Education (Pre-K-8th Grade):** Children attend the beginning of the service, and then go to Wy'camp. Nursery care is also available for infants and toddlers.

**Social Hour:** Join us for refreshments after the service.

**Restaurant Adventure:** 11:40 a.m. Location to be announced during social hour.