



[Wy'East' — Ancient name for Mount Hood]

December 2007

Reveries ♦ ♦ ♦ By Rev. Susan Maginn

Many years ago, I visited with a friend I had not seen in a while. When I asked how he was, he replied, "I've been really frustrated lately." When I asked why, he replied, "It's hard to explain, but my frustration comes from the fact that I am involved in things that will take more than a lifetime to fulfill."

More than a lifetime... This seems a beautiful thing. A blessing, right? Surely, my friend is involved in some pretty exciting projects that will have him feeling engaged and challenged for his entire life. We should all be so fortunate.

But the rub for my friend, and for anyone who lives by their highest hopes for the world, is that he may not have many experiences of success to motivate him. The fact of the matter is that when we are living by our highest hopes for the world (i.e., ending climate change, poverty, war), we are bound to experience disappointment and frustration. We are bound to get our heart broken. Where do we go with our broken hearts?

Sometimes I feel that our religious community is a place where activists are born and inspired toward action. Other times I feel that Wy'east is a place for the activists to rest, to regain strength, to be still and silent and renewed. At best, it is probably both.

My highest hope for the world is that we would all be brave enough to devote our life to something that is larger than our lifetime. In order to live in this way, we must be able to live with scrutiny, uncertainty, and feelings of doubt and failure. We must be able to have the strength to find possibilities and hopes where others do not. Most of all, we must have people surrounding us who make us laugh, who make us see the miraculous in a patch of moss, who remind us that our life and our love makes a difference.

Let us be aware of how hurried these holy days can be. So that we can experience the magic of this time and not just the rush, we will have many opportunities for silence and stillness this month. When I am leading worship, you are invited to meditate with me from 4-4:30. There is childcare during this time. We will meet in the "Pastor's Study" above the narthex (entryway). We will also have a contemplative worship service on December 23rd to honor the Winter Solstice.

Pray for peace, work for justice...and have fun!

— Susan

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From the Board

Confessions of a Bird Watcher

I decided recently that I could no longer continue as chairperson of the Worship Committee while also serving as a member of the Board of Trustees. I had become frustrated by the time constraints caused by serving on both committees. One of the things I told our minister, Susan Maginn, was that I needed time to pursue other interests. I said half-jokingly that one of those interests was raking leaves in my backyard.

Our backyard, though modest in size, has a truly enormous oak tree that dominates the skyline on our block. I love the tree - in the summer it provides great shade, but in the fall it blankets our yard with leaves about 3 inches deep. In a compulsive moment, I tried to calculate how many leaves were on the tree. My wild estimate was about 500,000.

So, on a recent sunny Saturday, I was raking some of these leaves into big piles. Growing up in New England, I have always loved the changing seasons, but raking leaves isn't my favorite event. I'd actually rather shovel snow. However, this time, while raking leaves, I found myself actually enjoying it. The leaves were light and fluffy, the sun was warm, the air was fresh. It was almost relaxing.

Then, I noticed a sound coming from the trees. Birds? Not squirrels, but not a common bird song either. Yet it was a familiar sound. I have spent time as a naturalist and amateur bird watcher, and I was curious to know what I was hearing. I saw some small birds about 3 stories up in our oak tree, so I went in and grabbed my binoculars to focus in on our feathered friends. To my surprise, they were colorful but shy birds that were recognizable to me from the East Coast. I hadn't seen them in so long, I couldn't quite remember their name. So, I grabbed my Oregon Bird Guide and found it – Cedar

Waxwings! They were mostly gray, but with a splash of red and yellow and an impressive crown of feathers on their heads. (It's an unexpected joy when birds sit still for viewing with binoculars.)

Although they are found in many regions, Cedar Waxwings are generally shy creatures, preferring the safety of leafy trees and forests. But here in my yard, was a whole flock of them, making their pleasant, insect-like “tszee-tszee-tszee” call. I watched one fly to a neighboring tree, eat a berry, then fly back to the oak tree. For several minutes, I got to observe these birds, calling, fluttering, hopping around, so pleased that our oak tree was providing them a safe perch to enjoy the day and each other's company.

I find so often that when I allow serendipity to guide me, that serendipity opens my eyes to an insightful, rewarding experience. I had not “planned” to rake leaves that day. I got up, saw the leaves and the sun, and said, well, I have time and energy today, let's do some raking. I wasn't expecting to do any bird watching, and I didn't know Cedar Waxwings lived in Oregon. But in the middle of a city, in the middle of a busy life, I found a connection to nature stronger than I have felt in a long, long while.

I hope that, especially during this hectic time of year, we can all leave room and time in our lives for a little serendipity – and unexpected moments of grace.

Karl Arruda
Board Vice Moderator ♦



Weaving a Web of Ministry

Go Now in Peace

For as long as our congregation has existed, we have sent our children off to their classes by singing a particular song. This January, we're going to change songs. Why would we do that? We sing a perfectly beautiful song and everyone likes it.

We're changing songs because it's the best solution to the fact that we're breaking the law, (and not honoring the songwriter's wishes). For years, UU churches across the country have been quietly editing "Go Now in Peace," substituting the words "Spirit of Love" for "Love of God." This action, while inclusive of our diversity of theological beliefs, is illegal. We have the right to sing any copyrighted songs during worship, but only as they are written. Adjusting the words to our preference is only an option if the copyright owner gives us permission. We checked with the publishing company, and in this case, they did not want the lyrics changed because it would alter the song's meaning.

The Committee on Ministry discussed how to solve this problem in a way that would best fit our community. One option would be to sing the song as written; but that language would exclude many in our community whose beliefs don't match those words. And while we should sing and read many different words from a variety of theological perspectives, this song is one of our central rituals. A song we sing every week should be something that embraces everyone.

In the New Year, we'll start singing new songs. On January 6, I'll explain to the children during the children's worship moment why this change is happening. Then, all month long we'll try out a new song. We will try a few songs, singing each song for a month, so we can get to know it well. Then we can choose what music will become part of our new tradition.

Please know that this was a painful and difficult decision. We love "Go Now in Peace" very much, but once the legal facts were brought to

our attention, we couldn't responsibly continue to sing it as we do now. If anyone has any questions about this decision, please do call me.

Anders L.
Committee on Ministry ♦

Music Matters



Coming soon—The Wy'east Intergenerational Choir! As I look at the ever-increasing number of children in our congregation, and hear from adults who would like a chance to sing in a fun and accessible setting, but may not have the time budget to rehearse on a regular basis, I decided it was time to add something new to our musical vocabulary.

People of all ages and abilities are welcome to sing in the Intergenerational Choir, including babes in arms. We will gather on occasion just before the service to learn a song by ear, then sing it during the first part of the service. The more, the merrier! The idea is to have fun with music and learn from each other.

Our first time singing together will be on Sunday, January 27 at 4:00 p.m., so mark your 2008 calendar now!

In the meantime, I hope you will enjoy the variety of music we have planned for our six services in December, including a seasonal hymn sing, choral anthems, the Celebration of Light pageant, meditative piano music for the Solstice, the Wy'east Chamber Players on Christmas Eve, and, as always, plenty of congregational singing.

May music fill your life with gladness,

Linda Jo Reinhard
Music Director

LRE

Lifespan Religious Education



Celebrations and Challenges in Religious Education

I recently attended two district workshops in Tacoma for Directors of Religious Education (DREs). Meeting with other DREs from around the district was an enlightening experience. Over a dozen coordinators of RE programs were present, representing congregations from 35 to 300 members. Did you know that we have 26 children and youth participating in our RE program? We have one of the highest ratios of children to adult members represented, with about two adult members for each child enrolled. I spoke with representatives from churches two or three times our size with 10-30 children involved.

It's worth remembering that Wy'east started as a congregation devoted to involving children in congregational life. Its first organizers in fact were RE teachers from the larger congregation in town who wanted a smaller place to worship and raise children. One of the best reflections of this enduring value is our commitment to having children attend the beginning of worship every Sunday, and our offering a number of intergenerational services. I am proud of the degree to which our young people are integrated into the worshiping life of Wy'east.

But we do have challenges in the RE program. I was the only DRE represented who doesn't have an RE committee currently functioning in the congregation. The DRE runs the day-to-day program, but the RE committee has a crucial role as well. They set long-term goals for religious

education, support the teachers and the DRE, support the program in the congregation, and help set policy. In consultation with the DRE, they assist with curriculum choices and decisions about what lifespan education classes to offer. They assist with teacher recruitment and are one of the groups that the DRE is accountable to.

We are also short on teachers. I am extremely appreciative of the vibrant, engaging teachers we have this year, but we have fewer than half of what is ideal. As much as I enjoy teaching, I am unable to offer support to teachers in other classes when I'm in the classroom every Sunday.

I don't feel as though Wy'east doesn't appreciate me. In fact, my hunch is that people think that the RE department is in able hands, and feel like, "Oh good, Marcia's got that covered, so I can focus on something else." That makes perfect sense, and I understand the inclination. The problem is, that with no infrastructure, the RE program isn't sustainable. That's what worries me. As most of you know, I am studying to become a minister, so as much as I love it here, I won't be at Wy'east forever.

These challenges will not be fixed overnight. We have a very small congregation to draw from, and people are putting their energy elsewhere. But I know that Wy'east is devoted to our young people, and I believe with some creativity we can build this program to a healthy, sustainable level.

Rev. Susan Maginn and I will be talking with congregants over the next few months. We'll be discussing the needs of a healthy RE program and the needs of healthy parents and congregants. One goal is to find ways that people can support the program while maintaining their connection to the worshiping life of the congregation. Being involved in the RE program can, and should, be an enriching experience. Let's make it so.

Faithfully Submitted,

Marcia Stanard
Director of Religious Education ♦

Celebration of Light

Celebration of Light will happen this year on December 16, at 5 p.m. in place of the regular worship service.

This is a wonderful tradition, begun by past Director of Religious Education Nia Standish, when our children and youth participate in a pageant that honors winter holidays of many cultures and religions, all of which, although observed in diverse ways, celebrate the return of the light. It is a time of hope, a time of promise. Did you know that Jesus was probably born in April? So why do we celebrate the birth of Jesus on December 25th? In part, this timing was encouraged by the early Church so Romans could convert to Christianity without giving up their cherished celebration of Solstice.

Our Unitarian Universalist values teach us that there are spiritual truths to be found in many traditions. What better way to convey this message to our children than to celebrate the common ties of winter holidays?

If your child(ren) or youth would like to be in the pageant, they need to participate in the rehearsal on Saturday, December 15 from 12 to 4 p.m. at church. Anders L. will be directing. Please make sure your child eats lunch beforehand. We'll provide snacks and juice. ♦

Take Part in a Chalice Circle

Several small group ministries, also known as chalice circles, are now forming at Wy'east. Each circle will meet consistently, but just once or twice a month for 2 hours, so it won't require a lot of time to participate. While most groups will be organized based on a shared identity or interest, circles are open to all, as sessions are meant to broaden our spiritual lives more generally, allowing members to: explore beliefs, question and seek meaning, get to know and support each other, and work together on a social action project the circle feels called to do.

Each chalice group will use a pre-designed format for the first 4-6 meetings, with readings, silence, deep listening and sharing around a certain theme. As time allows, you can work in some less structured sharing as well. Once a group is more established, members may opt to design part or all of the sessions themselves. For these general themes that will get us started, the facilitator will try to tailor it just a bit or add some content related to your group's interests.

After attending a trial session or two, please make a commitment (through June 2008) to consistently show up and participate. Otherwise, the group will not be as cohesive and meaningful.

Below are the current chalice circles for you to choose from. Keep in mind that if none seem like a good fit for you, you can organize one. Ask Rev. Maginn how to do that:

Young Adults Chalice Circle

This circle is for people in their 20s and 30s. It meets monthly at participants' homes. Elizabeth S. is facilitator.

Chalice Circle for Knitters and Crafters

This circle, open to men and women of all ages, is for people who enjoy working with their hands. As a service project, the group will create handmade items for those in need. They meet at facilitator, Debra T's home, on the first Saturday of the month from 1-3 p.m.

Parenting Chalice Circle

Parents, grandparents, caretakers, and anyone concerned about children's issues will be a good fit for this group. It will meet once a month on a Saturday morning, with the first meeting on December 8th from 10 a.m. to noon, at Waverly. Laura R. will be facilitator.

Men's Support Group

This circle is for men of all ages. It meets on the first Wednesday of the month, from 7:15 to 9:15 p.m. at, facilitator Mikio O's house. ♦

Dramatic Performance and Discussion about Beliefs

On Sunday, December 16, starting at 6:45 p.m., Sally Seagull Foster will offer a special dramatic presentation entitled “Waiting for Geesus.” This is a 10-minute performance, which will be followed by an open discussion.

Sally Seagull Foster is an actor, educator, and writer currently studying in the MFA program in Contemporary Performance at Naropa University in Boulder, Colorado. Before Naropa, Sally was at the University of Missouri where she participated in Theatre of The Oppressed, writing center administration, primary and higher education, and community and academic theatre.

“At its heart,” says Sally, “Waiting for Geesus” is simply a story about my own imagination and its adaptive responses to the world I discovered around me. I wouldn’t want to suggest that I have answers for parents, or suggestions for children, or know what other people should do, or that this performance is in any way didactic or moralistic.”

Sally adds, “Waiting for Geesus” will open a dialogue among adults (who may or may not be parents) about what they believed as children and how/why those beliefs evolved over time. Or the discussion could be among people of all ages, families, adults, and teens asking, “What are our family traditions? How do they express what we believe? What did we want most of all when we were children and what has happened to that desire since then?”

Wy’east Family Holiday Party

Be sure to circle Sunday, December 9th on all your calendars! Following our Soup Supper downstairs in Fellowship Hall, we will swing into our family holiday festivities. It will be much like the Wy’east Christmas Party we enjoyed about eight years ago in our previous church building.

Everyone: adults, children and family friends are invited. This will be another opportunity to mix, mingle and get better acquainted with newcomers and long-standing members of our congregation. Expect to do some singing and have lots of fun participating in easy, non-threatening group games, contests and simple dramatics.

If you’re interested in helping or have an idea for entertainment or an activity, contact Mabel P. at: (503) 669-7496. ♦

UU Adventures in Eating



Join us for our **First Sunday Supper** on December 2nd after the service. Please bring a potluck dish to share. December 9th is **Second Sunday Soup and the Wy’east Family Holiday Party**. Bring a vegetable to church and drop it off in the basket by the entrance. Mark Alter and Gina O. will use it to make a tasty vegetarian soup for all to enjoy after church. Bread, salad and appetizers are always welcome too. On December 16th after the service and social hour, we’ll head out for a **Restaurant Adventure**, location to be announced. If you’d like to take part, please tell Tode O. that day. He’ll get a count and call ahead. ♦

In Our Own Words

Facing My Parenting Challenges

By Gina O.

My son was recently diagnosed with Asperger’s Disorder, a form of Autism. Ben is the cute red-headed boy who sits in the back and talks through all our services at Wy’east. Loudly.

Continued

I have known for a long time that something was wrong. I always had the sense that Ben was harder to care for than a “normal” child should be. At times, I thought there was something wrong with me as a mother, that I wasn’t up to the task of caring for him. For a while I thought he had behavior problems. Being a behaviorally oriented psychologist, I carefully applied behavioral management principles to his problem behaviors. I found some behaviors improved but others did not.

As a result of this careful study of my son’s behavior, I concluded that the unchanged behaviors were either his basic personality or an underlying disorder. This discovery led me to further research and to seek out a professional evaluation for him. The possibility of Asperger’s Disorder was raised. As I read a description of Asperger’s, Ben fit every characteristic: Excessive talkativeness. Difficulty sharing toys. Social problems. Monopolizing conversations. Unaware of others’ emotions. Lack of eye contact. Rigid adherence to routines. And inflexible thinking patterns. I actually felt relieved to finally have an explanation for all the problems we had been facing.

I’ve really struggled as a parent with accepting Ben for the child he is and letting go of my idea of who I thought he would be. I’m sure most parents experience this dilemma to some degree. My parents never accepted me for who I am, so never having experienced this unconditional validation myself, it’s really hard to provide it for my son. It’s harder still having a son with Autism, and slowly putting aside some of my hopes and dreams for him. Ben will always struggle in his relationships and that makes me very sad for him.

Through prayer and meditation, I am working on loving and accepting the boy that he is, and letting go of some of my expectations. Perhaps someday soon I will love the fact that Ben talks through our services. Loudly. ♦

Sharing Joys and Sorrows

It seems like people either love or hate Joys and Sorrows. I am not in either camp. I have seen Joys and Sorrows done well and I’ve seen it done badly too. Wy’east does Joys and Sorrows really well for the most part. What I like most about Joys and Sorrows at Wy’east is that the kind of intimacy that is shared during this time is reflective of the warmth among people in our congregation. It is not something we just put on for a couple minutes for this ritual.

Different congregations have different guidelines for how Joys and Sorrows are shared. Some congregations have an open microphone time, as we do. Others have a time for people to light candles in silence. Others have a time for people to write something on a card and place the card either on a display stand for everyone to see, or people can place the card in a box for the pastoral care team and the minister to see. Other congregations have a time when people sit in silence and then, one by one, call out a name of someone they’d like to remember and pray for.

The open microphone format understandably only works for small groups of people, because in a large group, Joys and Sorrows from an open microphone could take a full hour. Here are some guidelines to consider during an open microphone Joys and Sorrows time.

Share from an open microphone only 3-4 times a year. If you feel the need to share more often, I invite you to look at other outlets to tell your news and get the support and/or the elation that you need. For example, you could contact me directly and set up a time when we can talk about what is going on in your life. You could also write a short announcement for the newsletter. You could post something on the bulletin board or simply share your news with Wy’east friends during social hour or in your chalice circle.

Another guideline to consider is to keep your sharing brief. Practice what you would like to say

Continued

Joys and Sorrows Cont.

beforehand and keep your sharing to one or two sentences. (Be sure to state your name too, so any newcomers will feel included.)

If everyone is able to keep their sharing brief and only come forward a few times a year, then I really think Joys and Sorrows will be an asset to our worship service and our Wy'east community.

As I've been researching this component of worship, I've found some really inspiring rituals, so don't be surprised if we try Joys and Sorrows in some new ways in the coming months.

If you're particularly interested in this topic, I recommend a recent study on the impact of Joys and Sorrows on congregational life. It is posted at: <http://www.uuintergenerational.org/survey/index.htm>.

Peace, Susan ♦

Welcoming Update

Last month I wrote an article for the newsletter about being welcoming to newcomers. In November, there was a woman who came to visit Wy'east. She is from out of town and is planning on moving to Portland. She has been a UU for many years and has visited many UU congregations in Portland. During our social hour, she came up to me with bright eyes and said, "You should be really proud of this congregation! I have never felt so welcomed in a congregation before. Usually two or three people talk to me, but..." she gestured to the full social hall, "...I think I have talked to almost everyone here!" ♦

Lunch with Rev. Maginn

All are invited to bring a brown bag lunch to Waverly on Wednesday, December 5 and have lunch with Susan from noon to 1 p.m. ♦

Got Admin. Skills?

We're looking for someone to give Wy'east about 2 hours a week to keep us organized. Office duties would include clearing messages off the phone, answering email, filing, sorting mail, and various other small tasks. Rich H. has been coming in on Wednesdays from 1 to 3 p.m., but other days and times are possible. Please let Barbara Smith-Thomas know if you can take on this job for awhile. ♦

December Office Hours

Once we have a new volunteer to take care of Wy'east's administrative duties, we'll announce office hours for December. In the meantime, if you have questions or church business, please talk to any board member (Barbara Smith-Thomas, Karl Arruda, Joanne Foulkrod, Mark Alter and Jill DeRosa) or send the board an email: nyeast-board@holycom.portland.or.us. You may also call Rev. Maginn: (503) 867-7310. ♦

Newsletter News

Articles and calendar items for the January 2008 newsletter are due by **7 p.m. on Thursday, December 15th**. Please send submissions to: nyeast-news-editor@holycom.portland.or.us. Note the earlier deadline due to the Christmas holiday!

We encourage one and all (kids too!) to share your original artwork or poetry, or book and movie recommendations – anything meaningful to you or that has helped on your spiritual path.

We're still also looking for a volunteer to help with the quick and simple, yet important, tasks involved in distributing the newsletter. Let us know if you can lend a hand.

— Laura R. & Abbie W.

A MONTH OF SUNDAYS

December 2 JESUS: MAN, MYTH, LEGEND

Let us consider who Jesus was, not as the center of what became the Christian religion, but Jesus as a figure of history. Why does his life matter to us now? Rev. Susan Maginn will be in the pulpit.

Meditation in Pastor's Study 4:00 p.m. **Choir Rehearsal:** 4:00 p.m.

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

Youth Group (High School Age): 6:30 p.m.

First Sunday Supper: Bring a potluck dish to share following the service.

December 9 OUR CREATION, OUR VISION

Very often, the way that something begins can determine the course of how it evolves. Who have we been and who are we becoming? The service will be led by Rev. Susan Maginn.

Meditation in Pastor's Study 4:00 p.m. **Choir Rehearsal:** 4:00 p.m.

Religious Education (Pre-K-4th Grade): Children attend the beginning of the service, then go downstairs for class. Nursery care is also available for infants and toddlers.

Second Sunday Soup & Holiday Party: Bring a vegetable, bread, salad, or dessert to share.

December 16 CELEBRATION OF LIGHT

This intergenerational worship features the children of our congregation telling the stories of winter holidays from around the world. Join us as we tell stories, sing songs, and light candles for Diwali, Solstice, Dong Zhi, Chanukah, Christmas, Loy Krathong, and Kwanzaa.

Choir Rehearsal: 4:00 p.m.

Religious Education: Children stay for the entire service, with nursery care for pre-schoolers, as needed.

Social Hour: Join us for refreshments after the service.

Youth Group (High School Age): 6:30 p.m.

Special Presentation and Discussion: 6:45 p.m. "Waiting for Geesus" (See article on page 6.)

Restaurant Adventure: 7:00 p.m. Location to be announced during social hour.

December 23 WINTER SOLSTICE

Today we will honor the holiness of this time of year with silence and stillness, music and poetry. Step away from the headlong tumble of this season for a time of renewal and reverence. The darkness is here. The light is coming! Rev. Susan Maginn will be in the pulpit.

Meditation in Pastor's Study 4:00 p.m.

Religious Education (Pre-K-4th Grade): Children attend the beginning of the service, then go downstairs for class. Nursery care is also available for infants and toddlers.

Social Hour: Join us for refreshments after the service.

December 24 THE ROSES OF CHRISTMAS

This is a traditional candlelight service for all ages, celebrating Christmas... with roses! As our beloved hymn sings, "I'll bring you hope, when hope is hard to find, and I'll bring a song of love, and a rose in the wintertime." Rev. Susan Maginn leads this holiday service.

December 30 INSPIRATION FOR THE NEW YEAR

Please bring a favorite poem or prayer to share during this participatory service, led by a Wy'east member.

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

Social Hour: Join us for refreshments after the service.

OofS=order of service

December 2007 — Calendar of Events

* Unless noted by an asterisk, all events are at the church.

Sunday	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
						1-3pm Knitters 1 1 Chalice Circle *
4pm Choir Rehearsal 2 4pm Meditation 5pm Service 5pm 5 th -8 th Grade Relig. Ed. 6pm Potluck 6:30pm Youth Group	3	4	5 10am OofS Deadline 12-1pm Lunch with Susan 7:15-9:15pm Men's Chalice Circle *	6	7	8 10-Noon Chalice Circle for Parents
4pm Choir Rehearsal 9 4pm Meditation 5pm Service 6pm Soup Supper/Holiday Party	10	11	12 10am OofS Deadline 7:15 pm Board Meeting	13 7pm Newsletter Deadline	14 7-9pm Committee on Ministry	15 12-4pm Rehearsal for Celebration of Light
4pm Choir Rehearsal 16 5pm Service: Celebr. of Light 6pm Social Hour 6:30pm Youth Group 6:45 "Waiting for Geesus" 7pm Restaurant Adventure	17	18 7pm Worship Comm.	19 10am OofS Deadline 7-9pm Membership Com.	20	21	22
4pm Meditation 23 5pm Service 5pm 5 th -8 th Grade Relig. Ed. 6pm Social Hour	24 5pm Christmas Eve Service	25	26 10am OofS Deadline	27	28	29
5pm Service 30 5pm 5 th -8 th Grade Relig. Ed. 6pm Social Hour	31					

503-777-3704

wyoffice@qwest.net

<http://weast.pnwd.uua.org>



Wy'east Unitarian Universalist Congregation
3300 SE Woodward Street
Portland, OR 97202

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