

# 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*]

July/August 2009

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*Wy'east is now 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!*

## Reveries ♦ ♦ ♦

By Rev. Susan Maginn

During the drum circle on June 14, we were invited to listen to the resonating rhythm of the whole group, as if there was one sound coming from the center of the room.

The challenge of this seemingly simple task was that we were to listen in this way even when we were playing a new rhythm we had just been taught moments before.

When I play the drum (or express myself in any kind of way) I tend to be pretty self-conscious at first. After all, I want to sound good. But during our drum circle, we were invited not to settle for self-consciousness, but to bring our awareness to the center of the room where there was one sound and dozens of people contributing to that one sound. Many people spoke about how energizing it was to feel the rhythm and vibration of the whole group literally moving through their individual body.

*(Continued on page 5)*

## Sunday Sermons

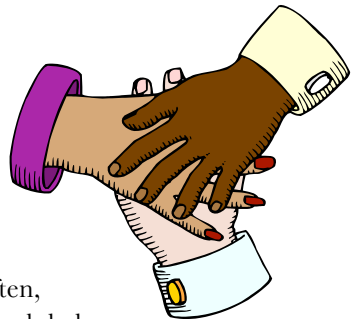
- July 5      **UU EVANGELISM - SPEAKING UP AND SPEAKING OUT,** David Tode Oshin
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- August 2    **THE CIRCLE OF CARE, THE WEB OF LIFE,** Rev. Patti Pomerantz
- August 9    **BEAUTY OF BROKENNESS,** Rev. Susan Maginn
- August 16   **THE EVOLUTION OF FAITH,** Anders Liljeholm
- August 23   **LIVING THE QUESTIONS,** Rev. Susan Maginn
- August 30   **ADDICTION,** Tom Ten Eyck

*(For sermon details, see "2 Months of Sundays", on Pages 6 & 7)*

# Wy'east Helping Hands

## Up and Running!

Have you helped friends with moving or with a ride? Wy'easters have done this exchange often, and the recipients of such help have sometimes given Wy'east a donation in recognition of their appreciation. Now we all have an opportunity to participate, by putting ourselves on a list showing the kinds of things we can do for each other, along with some suggested donations.



You can get your *Information/Waiver* forms and *Sign-up Sheets* for any *Helping Hands* services you would like to offer, or to receive, from fellow Wy'easters. See Betsy Martinez, coordinator, who will be available following Sunday services with the forms and information.

Those receiving *Helping Hands* services are encouraged to make a donation to Wy'east. This program is our combination of a fundraiser and solution to those odd job needs we can't accomplish by ourselves—and a way to enjoy using those abilities we have, maybe stored in the closets of our minds! A few possibilities are: errands, yard/garden work, household tasks, minor fix-it repairs, medical transportation, shopping, meal preparing, organizing (office, closet, garage), pet-sitting, house-plant care, tutoring.

For insurance purposes, signed waivers are required for all participants.

This project will be ongoing at Wy'east, and you can add new offerings or requests as they come to mind.

## More Tidbits for New Members and Others

Get your name in the **directory** and on the Wy'east **email list** (not heavy traffic but a great way to stay informed about all sorts of good stuff).

*Hanna.nelson@gmail.com.*

Register your **children** in the **religious education** program. Talk to Laura R. to get this process rolling.

## Contacting the Minister and Board of Trustees

**Susan Maginn has new work hours:**

**Tuesday and Thursday** from 2-6 pm

**Wednesday** 6-9 pm

Susan can be available at other times as well. Contact her to set an appointment: 503.867.7310 or [minister@wyeastuu.org](mailto:minister@wyeastuu.org).

If you have questions for the Wy'east Board of Trustees, you can send an email to [wyeast-board@googlegroups.com](mailto:wyeast-board@googlegroups.com) or talk to any Board member (Karl A., Mark A., Jill D., Barbara S. or Elizabeth S.) on Sundays at church. ♦

## RSVP: Wy'east Choir Seeks a Few New Members

Are you are interested in singing with the Wy'east Choir this fall? We are looking for a few teen and adult voices to round out our steadfast choir core. As I will be choosing music this summer for the coming year, it will be helpful to know your intentions now, so we can count you in!

This July I am excited to be attending the Annual Conference of the Unitarian Universalist Musicians Network right here in Portland! UU musicians from across the country will be gathering in our fair city to learn together, make music, and share ideas. We will be reading through lots of music, and I will have my ears open to find just the right pieces for our choir.

Beginning in the fall, the Wy'east Choir will rehearse on the second and third Sundays of each month, and sing in services once every month or two. I will be programming music in such a way that it does not interfere with teachers' commitments to RE classes.

I pledge to offer an opportunity to sing beautiful, satisfying music in a safe and intimate community of your peers. From singers I ask for your dedication to attend the two monthly rehearsals as regularly as possible, and to sing joyously!

You may contact me by e-mail, phone, or in person. I will be happy to address any questions you may have.

In harmony,  
*Linda Jo R.*

Music Director

## Before & After Worship Programming in July & August

If you have a programming idea that you would like to facilitate in September, please contact Rev. Susan Maginn at [susan.maginn@gmail.com](mailto:susan.maginn@gmail.com).

JULY 5

- **Potluck Lunch** - bring a dish to share, help set up tables and clean dishes.

JULY 12

- **Social Hour** 11:30 am

JULY 19

- **Meditation** 9:30-10 am
- **Social Hour** 11:30 am
- **Hike in the Columbia Gorge**, with Hank and Betty H.

JULY 26

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

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AUGUST 2

- **Potluck Lunch** - bring a dish to share, help set up tables and clean dishes.
- Elizabeth S. will lead a **kayaking or canoeing trip** on the Tualatin River after service. Please let her know if you're interested!

AUGUST 9

- **Meditation** 9:30-10 am
- **Social Hour** 11:30 am

AUGUST 16

- **Social Hour** 11:30 am
- **Stroll along Portland's waterfront**, with Hank and Betty H.

AUGUST 23

- **Meditation** 9:30-10 am
- **Social Hour** 11:30 am
- **Restaurant Adventure** 11:40 am

AUGUST 30

- **Social Hour** 11:30 am



## From the Board Skipping Stones

On a recent trip to the Oregon coast, I found myself wishing for more time for lots of things. We made a last stop at Road's End Beach in Lincoln City. A large pile of stones lay nearby. I decided to gather some stones. My father taught me to skip stones when I was about Anna's age.

I found some especially good stones for skipping and walked down the beach to the surf. The tide was at its ebb, not quite going out, not quite coming in.

It was a nice flat beach and I waited for the surf to come to me, and calm down into a placid sheen of shallow water, and then I let out a swing, sending the stone to the water. To my pleasant surprise, my stone skimmed the water, bouncing quite a few times over the water before sinking.

I had several more good rounds of stone-skipping (good for me at least), getting 5, 6, 8 skips before the waves swallowed each stone.

That day, skipping stones was a relaxing, meditative practice. To get a stone to skip well, one needs to find balance in several ways: balance in your hand, holding the rock firmly but not too tightly; balance patiently waiting for the water yet ready to be aggressive and run to the water at the right time to get a good skip; throwing the stone firmly but delicately balanced at the right angle; having fun but concentrating on the task; finding just the right rock, heavy, but not too heavy.

Being on the Wy'east Board and serving as Moderator has required a similar balance: sometimes you need to step back, be patient and wait or watch; sometimes you need to assert yourself and your ideas; sometimes you need to appreciate the ebb and flow of the community.

Wy'east has had an exciting time finding a new space, moving, being together in the morning, and now a challenging budget – all opportunities for us to learn and find balance together. Of course, to be human is to make mistakes, to wish for things that might have been. Some stones fly into the water and promptly sink, no bouncing or skipping. We observe the stones that flew off too soon, or too late, we mourn the missed opportunity, so we try again. If you practice, learn to find the smooth rocks, wait for the smooth water, admire the water, admire the stone in your hand, give thanks for the sun shining on the water, you might be able to launch a stone that dances happily across the water and puts a smile on your face.

–Karl A.

## Worship Odds & Ends

In our new location, it will be helpful for long-time Wy'casters 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 discretely enter after the service begins. Thanks!

**If your child wants to light the chalice** during a worship service, please contact the lay leader for July and August, Tim M.

The Wy'cast 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 [wycast-worship@googlegroups.com](mailto:wycast-worship@googlegroups.com) or talk to Tim M., Alex R., Elizabeth S., Charlotte G. or Terry B.

## UU Adventures in Eating



**Potluck** – Join us for our **First Sunday Brunch** on July 5th and August 2nd after the service. Please bring a potluck 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, then gather a list of interested congregants, and 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.

## BookNook

**The Seventeen Traditions**, by Ralph Nader, tells of his growing up in an immigrant family, with both parents from Lebanon. The things that were important to his parents make up what he calls "family traditions," which evolved from the way his parents grew up in Lebanon, and how that life prepared them for their new life as immigrants in the U.S. These traditions sound like what we all want for our children and families, and bring out some things that may have fallen into the background and don't receive much attention. Some are: listening; family table, sibling equality, education and argument, discipline, simple enjoyments, independent thinking, charity, work, civics. If you recall all the work Ralph Nader has done for civic improvement, this little book will let you see where it all comes from. Enjoyable as well as thought provoking. Available at Multnomah County Library.

*Betsy M.*

## The Summer Day

by Mary Oliver

Who made the world?  
Who made the swan, and the black bear?  
Who made the grasshopper?  
This grasshopper, I mean-  
the one who has flung herself out of the grass,  
the one who is eating sugar out of my hand,  
who is moving her jaws back and forth instead of up and down-  
who is gazing around with her enormous and complicated eyes.  
Now she lifts her pale forearms and thoroughly washes her face.  
Now she snaps her wings open, and floats away.  
I don't know exactly what a prayer is.  
I do know how to pay attention, how to fall down  
into the grass, how to kneel down in the grass,  
how to be idle and blessed, how to stroll through the fields,  
which is what I have been doing all day.  
Tell me, what else should I have done?  
Doesn't everything die at last, and too soon?  
Tell me, what is it you plan to do  
with your one wild and precious life?

## Reveries *(continued from page 1)*

A Zen teacher of mine once talked about 'the big mind'. He taught that there are our individual thoughts and perceptions, and then there is also the one consciousness, the big mind that unites each and all. Perhaps the big mind is made up of all our individual thoughts. Or perhaps our individual thoughts are all made up by the big mind. This teacher asked, "What is a thought of the big mind?"

Whether it is the drum circle or the big mind, both practices give us the experience of transcendence. We transcend our individual corner and get a glimpse of the world from above. Or is it from within?

During our Chalice Circle Sundays, there will be time for sharing individual reflections on a particular theme. Our first Chalice Circle Sunday will be in July and will be called "The Beauty of Brokenness." In August we will have one called "Letting Go." What is unique about the Chalice Circle Sundays is that instead of a sermon we will have a time for you to share insights about this theme from your own life experiences, sharing how you are touched, moved and inspired by this particular theme, how the spirit is moving through your life.

It is important to understand that while the sharing will be about our individual lives, we are not speaking to fulfill our individual need to be heard. Rather, we are speaking to further a larger congregational conversation.

Don't get me wrong, all of us need to be heard. All of us go through big experiences and changes and we need to talk about what is happening to help us make sense of it all. And I hope that all of you know that you can turn to people at Wy'east when you are going through life's challenges. However, the Chalice Circle Sundays are not a time for processing our personal lives, not a time for discussion and certainly not a time for debate.

As we share in the Chalice Circle Sundays, we are speaking a conversation that is bigger than any one individual voice. Our shared stories, experiences, feelings are a gift to that larger conversation. If you are someone who speaks to a group easily and often, I invite you to experiment with silence. Perhaps let go of your first couple impulses to speak, making room for the more reserved among us and perhaps having a deeper understanding of your need to speak.

We will wait and listen for what needs to be said. And we don't need to say anything! Perhaps we will sit in silence and on that day silence is all that needs to be in the wake of such beautiful poetry and unanswerable questions. Silence is good. Listening to silence is good, especially when we are all listening to the center of the room, waiting for truth, love, justice to arrive.

Whether or not they decide to show, waiting for such a guest is a bit of holiness, to be sure. —Susan

## Rev. Maginn has a blog!

Check it out at: [www.rev-susan.blogspot.com](http://www.rev-susan.blogspot.com).



### **Our water ceremony will**

**be in September.** Please collect some water from your summer adventures - could be from the ocean, waterfall or sprinkler. During the ceremony we will have a time of joining all of the water together, sharing where we have been. These combined waters will be our holy water for the year.

## Wy'east Parking

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!

## Young adults at Wy'east

Young adults at Wy'east sometimes get together for spiritual discussions, volunteering and playing. To join in or suggest outings, contact Elizabeth S.

## Newsletter News

Submissions for the September newsletter are due by **7 p.m. on Friday, August 21st**. Please 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).

—Sharai E.

## 2 MONTHS OF SUNDAYS

### July

#### July 5 UU EVANGELISM - SPEAKING UP AND SPEAKING OUT

We have a passion for the loving community we are creating - and a reticence to push our beliefs on others. How do we find the balance between these opposing forces? How do we go about sharing our UU faith? **David Tode Oshin** is a charter member of Wy'cast, and is the incoming moderator of the Wy'cast board.

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

**Wy'Camp:** Pre-K and up (all kids above age 2 are welcome): Children attend the beginning of the service, and then go to WeeWorks for a fun activity. Nursery care is also available for infants and toddlers.

**First Sunday Brunch:** 11:30 a.m. Bring a potluck dish to share.

#### July 12 WHAT WY'EAST MEANS TO ME

Being a part of Wy'cast means different things to each of us — and many things to all of us. How has this community made a difference in your life? What does Wy'cast mean to you? **Tim Mohler** began coming to Wy'cast a little over a year ago and became a member last fall. He helps to plan services as a member of the Worship Committee, and frequently serves as Lay Leader.

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

**Wy'Camp:** Pre-K and up (all kids above age 2 are welcome): Children attend the beginning of the service, and then go to WeeWorks for a fun activity. Nursery care is also available for infants and toddlers.

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

#### July 19 SMALL GRACES

This will be our first Chalice Circle Sunday where we will have time to reflect on why it matters that we each grow in appreciation for the simplest beauty in our lives. Service led by **Rev. Susan Maginn**. For more information on Chalice Circle Sundays, see Rev. Susan Maginn's article on page 1.

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

**Wy'Camp:** Pre-K and up (all kids above age 2 are welcome): Children attend the beginning of the service, and then go to WeeWorks for a fun activity. Nursery care is also available for infants and toddlers.

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

#### July 26 TAIZE SONG AND PRAYER

More than a hundred brothers from Catholic and Protestant backgrounds from 30 countries live in a community in Taize, France, dedicating themselves to love and service. Thousands of visitors flock to Taize each year to join the brothers in song, chanting and prayer three times a day in this reverent, meditative worship style that has become popular throughout the world. Today, we partake in this beautiful Taize style of worship. Led by **Maureen Geraghty**.

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

**Wy'Camp:** Pre-K and up (all kids above age 2 are welcome): Children attend the beginning of the service, and then go to WeeWorks for a fun activity. 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.

# August

## August 2 THE CIRCLE OF CARE, THE WEB OF LIFE

What does it mean to be in each other's care? And what does it mean to have the earth in our care? How can attention to *'the interdependent web of existence of which we are a part'* help us to integrate head and heart? Some theological musings will provide answers — or perhaps just make more questions. **The Reverend Patti Pomerantz** brings her Jewish upbringing, her Quaker training, and her passion for peacemaking through interfaith work to Unitarian Universalist ministry. She enjoys visiting local congregations as she explores with them the challenges of being Unitarian Universalist in today's world. She is a spiritual director at the Interfaith Spiritual Center in North Portland and chairs the PNWD Addictions Ministry Team.

**Service:** 10:30 a.m. **Wy'Camp:** Pre-K and up (all kids above age 2 are welcome): Children attend the beginning of the service, and then go to WeeWorks for a fun activity. Nursery care is also available for infants and toddlers.

**First Sunday Brunch:** 11:30 a.m. Bring a potluck dish to share.

## August 9 BEAUTY OF BROKENNESS

We usually think of brokenness as something to be avoided or fixed quickly. Some spiritual teachings would have us know that spiritual brokenness is actually the gate to insight and inner peace. This is a Chalice Circle Sunday led by **Rev. Susan Maginn**.

**Susan Maginn.**

**Service:** 10:30 a.m. **Wy'Camp:** Pre-K and up (all kids above age 2 are welcome): Children attend the beginning of the service, and then go to WeeWorks for a fun activity. Nursery care is also available for infants and toddlers.

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

## August 16 THE EVOLUTION OF FAITH

We'll be exploring the issues that come up when people of faith and people of science interact, and how we can think more clearly about both ideas. Service will be led by Wy'east member, **Anders Liljeholm**. Anders has been a member of Wy'east since 2004. He has a degree in Physics and Philosophy, and has taught science at OMSI for 11-17 years.

**Service:** 10:30 a.m. **Wy'Camp:** Pre-K and up (all kids above age 2 are welcome): Children attend the beginning of the service, and then go to WeeWorks for a fun activity. Nursery care is also available for infants and toddlers.

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

## August 23 LIVING THE QUESTIONS

Most of us measure progress as moving from one resolution to the next. We find an answer and have a sense of moving forward. But what about all those questions that will never have an answer? What about the injustice that lingers with no righteousness in sight? Today we will consider what it means to live with radical acceptance. Service led by **Rev. Susan Maginn**.

**Rev. Susan Maginn.**

**Service:** 10:30 a.m. **Wy'Camp:** Pre-K and up (all kids above age 2 are welcome): Children attend the beginning of the service, and then go to WeeWorks for a fun activity. 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.

## August 30 ADDICTION

*Addiction.* Scary word. So, what is an addiction? A moral weakness? A habit gone bad? A medical disorder? These problematic behaviors have been with us for millennia, but only in the last hundred years have we sought to adequately define them, scientifically study them, and learn ways to treat them effectively. This talk will take us inside the addicted brain to better understand where those problematic impulses and behaviors come from. **Tom Ten Eyck** has worked in addictions for over 30 years as a counselor, program director, professor, and consultant. Currently he teaches about the addicted brain at the Lewis & Clark College Graduate School of Counseling and Psychology and is an Oregon State approved consultant for problem gambling treatment. He is a charter member of the UU Pacific Northwest District Addictions Ministry Team.

**Service:** 10:30 a.m. **Wy'Camp:** Pre-K and up (all kids above age 2 are welcome): Children attend the beginning of the service, and then go to WeeWorks for a fun activity. Nursery care is also available for infants and toddlers.

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



Wy'east Unitarian Universalist Congregation  
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**Return Service Requested**

