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Reveries ♦♦♦

By Rev. Susan Maginn

I am lying on the forest floor, looking up the trunks of two 1000 year old Douglas Fir trees. A woman says, "Imagine this place 1000 years ago. At that time there must have been a fire here, or perhaps a flood. You see, Douglas Fir trees don't grow in the shade of any other tree, so the land had to be well cleared for these two trees to start growing."

My father and I talk about the plummets of the stock market and the fragility of some of the world's most foundational corporations. He says, "You are young enough that you can have hope in the cycle of things. But I might not have enough time to wait for the economy to be recreated and reborn."

The woman speaks of how all root systems of the forest are all intertwined below the ground, but the Douglas Fir roots are special: their roots are actually interconnected. If one Douglas Fir tree is sick, nutrients can be gathered by one tree and transferred to another. And so these two trees have survived, through storms and through illness, for the past 1000 years.

As I listen to my father's fears, I see that his deepest fear is to be alone and vulnerable; to be unable to cope. I realize that this is not just a time of economic crisis. This is a time of spiritual awakening as well, awakening to our interdependence, awakening to a world where money cannot buy peace. Through storms and through illness, we too can count on each other, care for each other.

May we have the resilience of spirit to see our way through the most uncertain of times with creativity, confidence and community.

--*Susan*

Wy'east & Campus Ministry

Here at Wy'east we have the privilege of partnering with the Reed College UU Group in campus ministry. This relationship began about eight years ago when a group of Reedies walked up to our church and asked for our help and support with their UU Campus group. How could we say no? Since that time our work with them has been nationally recognized as part of an innovative model of campus ministry in Portland where UU campus groups and their sponsoring congregations work together for the greater good. For a small congregation we do impressive work with campus ministry.

Why would we want to do that? There are a bunch of good reasons. 1) Young people who have recently left home to go to college need to know there is a network of folks who care. Just as we hope others are looking out for our young people away from home, we should do our part to look out for those from other communities. 2) The young adult years are a big time for spiritual exploration. It is a time to really discover their own beliefs and practices on their own terms. Unitarian Universalism should be made available as one of their options. College is a great time to find us. 3) People don't stop wanting or needing a religious community just because they are young adults. We should serve this age group as well as children and middle aged and older people. 4) We can be an advocate and a voice for justice and liberal values in the local adult and campus community. 5) Kids who grow up UU are trained in religious leadership in our RE programs. Giving them a chance to practice these skills on campus helps train the board members and ministers of tomorrow.

Blessings,

Sarah S.

UU Campus Minister with the Reed UU Group

Our New Member ceremony will be held during the worship service on 11/2.

If you are interested in becoming a member of Wy'east, please contact Rev. Susan Maginn at 503.867.7310. Also, consider registering for the New UU Workshop on Oct 18, 1-4.

Newsletter News

Submissions for the November newsletter are due by **7 p.m. on Friday, October. 17th.**

Please send articles, meeting/event dates, poetry, artwork, book recommendations, favorite spiritual practices, etc. to: wyeast-news-editor@googlegroups.com. That's a **new email address.** ♦

New UU Workshop

Are you new to Unitarian Universalism? Are you someone who is considering membership at Wy'east? Are you someone who has been around a while but would like an opportunity to reflect on your own spiritual journey as well as learn about UU history?

The New UU Workshop will be facilitated by Rev. Susan Maginn on October 18th, 1-4, in Hyde Hall.

To register please contact Katy M.

Listen to our worships at home

We've started making audio recordings of our worship services! If you're out of town, or home ill, or teaching our children and miss a sermon, now you can listen to it later on your computer. Thanks very much to those who are helping to make the recordings happen.

All the recordings of the worships will be posted on our website on the sermons page, <http://www.wyeastuu.org/sermons.php>. You'll hear the whole worship, announcements, joys and sorrows, readings and the sermon. Most of the music won't be included for copyright reasons.

The recordings are in the mp3 format, which means any computer will be able to play it. You do probably need relatively fast internet to download the recording. For the computer-savvy, I will eventually set up a podcast, so your computer can automatically download each week's recording.

-- *Anders L.*

From the DRE



Dear Friends,

I would like to share the Buddhist concept of mindfulness as it applies to our infants, children, and youth. Many of you will already be familiar with ways to calm your mind and connect with your breath. Mindfulness practice brings us to the present moment. As a result of daily practice, we gain patience and feelings of compassion during stressful moments with our children.

Thich Nhat Hahn, a Vietnamese Buddhist monk, writes gathas for daily recitation during ordinary activities. Gathas are mindfulness verses. I am going to share one of his verses so that you get the idea.

This is a gatha for Serving Food. It is on page 48 of his book *Present Moment Wonderful Moment*. “In this food, / I see clearly the presence / of the entire universe / supporting my existence.”

Young children are naturally present to the moment. A baby nurses in the eternal moment. Think of how a toddler eats; her concentration is on her food—the way it looks, feels, tastes. Very Zen. As our children mature, new stresses placed on them can lead their thoughts to jump around: “I forgot my homework!” “What did I do to make my friend mad at me?”

We can assist children and youth in reconnecting with the calm center of their being. Setting an example through our own mindfulness practice is essential. We can create our own family gathas to use at mealtime, during clean up times, at bedtime, etc. I cannot recommend the little book *Present Moment Wonderful Moment* too strongly. Thich Nhat Hahn has many wonderful examples of how to use gathas in our daily life. They’re a spiritual breath, a way to remind ourselves that we are connected to all that has lived, lives, and will live.

As fall activities lead us to schedule, plan, stress, and care for others, may we all find time to contemplate the miracle of being alive at this moment.

Yours in faith,

Christine W.

Director of Religious Education

Worship Odds & Ends

There is often room in side pews (up front) during the worship service. If you can **sit up front**, please do. 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 the month. In October that is John M. ♦

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 Christine Walsh at church to get this process rolling.

For a fun **introduction to Unitarian Universalism**, go to You Tube and watch a 10 minute video called “Voices of a Liberal Faith:”
<http://www.youtube.com/watch?v=wezp1W2HKIU>.

Rev. Maginn has a blog! Check it out at:
www.rev-susan.blogspot.com. ♦

**The Unitarian Universalist Fellowship of Corvallis
invites you to the Ordination service of**

Sarah Movius Schurr

Sunday, October 12th, 2008

4:30 pm

Reception following the service

Unitarian Universalist Fellowship of Corvallis
2945 NW Circle Blvd, Corvallis, Oregon, 97330

RSVP to 541-752-5218 or office@uucorvallis.org,
by October 1st. Home hospitality and childcare can be
requested at the time of your RSVP.

Directions are available at www.uucorvallis.org

Contacting the Minister and Board of Trustees

Rev. Susan Maginn is available to talk with you if you are new to Wy'east or Unitarian Universalism, if you have any questions or concerns, need some support, etc. She does not have full-time office space so it's best to call or email Rev. Maginn to make an appointment. She can be reached at: minister@weyecastuu.org or (503) 867-7310. Rev. Maginn *does* have phone hours, so these would be the best time to reach her. Currently, they are **Tuesday and Wednesday from 8:30-1:00**. If you have questions for the Wy'east Board of Trustees, you can send an email to weyecast-board@googlegroups.com or talk to any Board member (Karl A., Mark A., Jill D., Barbara S. or Elizabeth S.) on Sundays at church. ♦

Songs of Faith & Freedom

You are invited to an evening of inspirational music as local choirs gather for Songs of Faith & Freedom II, benefiting the Community of Welcoming Congregations.

October 18th, 7 pm at Congregation Neveh Shalom, 2900 SW Peaceful Lane, Portland

The Community of Welcoming Congregations is an Oregon and SW Washington interfaith ministry and advocacy organization working toward full inclusion and equality for transgender, lesbian, bisexual, gay and questioning persons. ♦

Wy'east Chalice Circles

Wy'east is lucky enough to have a Chalice Circle program. These Chalice Circles are small groups of members/friends of Wy'east that meet monthly to become a community within a community. These circles generally go through a facilitated discussion each session. These discussions bring an intimacy between the group members. They supplement the relationships that start at worship services and social hours/potlucks.

Examples of typical topics would be: Wildness, Silence/Emptiness, Generosity, Worry, Friendship, Love. These heady topics are a pathway to getting to know members of our community.

Chalice circles are warm, encouraging, and easy to participate in. It just takes a commitment to the specified length of the group. There is no preparation, you just show up with your heart and mind.

Each Chalice Circle also does a project that benefits others. This can be as simple as a group hosting of the social hour after church or as complicated as making 100 burritos to distribute to a homeless shelter.

Please consider joining or starting a Chalice Circle...

- The **Men's Chalice Group** will meet each month at the home of Raul M. Newcomers very welcome! Contact Raul.
- The **Saturday Chalice Circle** is open to men and women, and will be the first Saturday of the month from 1-3 pm, at Debra T's home. Contact Debra.

UU Adventures in Eating



Join us for our **First Sunday Supper** on October 5th after the service. Please bring a potluck dish to share. October 12th is **Second Sunday Soup**. Bring a vegetable to church and drop it off in the basket by the entrance. Mark A. and Gina O. will use it to make a tasty vegetarian soup for all to enjoy after church. Bread and desserts are always welcome too.

Restaurant Adventure - After our service on one Sunday of each month, those who are interested gather for dinner 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 a 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 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.

Beginning this October, our monthly Restaurant Adventure will be moving to the 4th Sunday of each month, instead of the 3rd Sunday. Please join us! ♦

A MONTH OF SUNDAYS

October 5 FIGHT OR FLIGHT OR FORGIVE

When you are hurt, do you fight the person, abandon the person or do you forgive the person? And after you do, does the hurt ever go away? Our reflections today will be about individual relationships but also about our country's political climate as we near the presidential election. Service led by Rev. Susan Maginn.

Youth Group (High School Age): 4:00 p.m.

Service: 5:00 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.

First Sunday Supper: 6:00 p.m. Bring a potluck dish to share.

October 12 LEAVING THE LOST AND FOUND

We need 'thick roots' in order to grow spiritually. How can you create such stability for yourself even in uncertain times and how can you encourage others toward spiritual growth? Service led by Rev. Susan Maginn

Youth Group (High School Age): 4:00 p.m.

Service: 5:00 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.

Second Sunday Salad: Bring a vegetable to church for the salad. Bread or desserts are appreciated too.

October 19 IS THAT SO?

Is That So? is based largely on Eckhart Tolle's *A New Earth*. This talk discusses how much our egos control our lives, the cost to our happiness and what we can do to move into our true nature. Roland Jarka, Ph.D., is a speaker, speaking coach and certified hypnotherapist. He earned his Ph.D. in Motivational Psychology from SUNY at Buffalo, was a professor at Farleigh Dickinson University in New Jersey and authored *The Miracle Minute*, a book about releasing stress through reconnecting with Spirit. He is a member of the West Hills Unitarian Universalist Fellowship and leads a meditation group.

Youth Group (High School Age): 4:00 p.m.

Choir rehearsal: 4 p.m.

Service: 5:00 p.m.

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

Social Hour: Join us for refreshments after the service.

October 26 BETWEEN THE WORLDS

Although many of us associate the holiday of Halloween with witches, costumes, and candy, there is in fact a rich history, tradition, and spiritual depth to this time of the year that many Pagans know and celebrate as Samhain. Wy'east UU member Lena Wood will lead an exploration into the Pagan roots of this well-known yet often misunderstood holiday. There will be an altar set up to honor our ancestors and anyone who has passed on during the past year. Feel free to bring a photo or some other token to place on the altar.

Youth Group (High School Age): 4:00 p.m.

Choir rehearsal: 4 p.m.

Service: 5:00 p.m.

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

Social Hour: Join us for refreshments after the service.

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

OofS=order of service

October 2008 — Calendar of Events

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

Sunday	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
			1	2	3	4
5 4pm Youth Group (High School) 5pm Service & K-8th Grade RE 6pm Potluck	6	7	8 10am OofS Deadline 7:15pm Board meeting	9	10	11
12 4pm Youth Group (High School) 5pm Service & K-8th Grade RE 6pm Soup Supper	13	14	15 10am OofS Deadline	16	17 7pm Newsletter Deadline	18
19 4pm Youth Group (High School) 4pm Choir rehearsal/RE Mtg. 5pm Service & K-8th Grade RE 6pm Social Hour	20	21	22 10am OofS Deadline 7:15pm Board meeting	23	24 7-9pm Committee on Ministry	25
26 4pm Youth Group (High School) 4pm Choir rehearsal 5pm Service & K-8th Grade RE 6pm Social Hour 7pm Restaurant Adventure	27	28	29 10am OofS Deadline	30	31	

503-777-3704 office@wyeastuu.org www.wyeastuu.org



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Return Service Requested