

Yes We Fight Hunger



TUUC 3rd. Sunday Food Drive

Did you know . . .

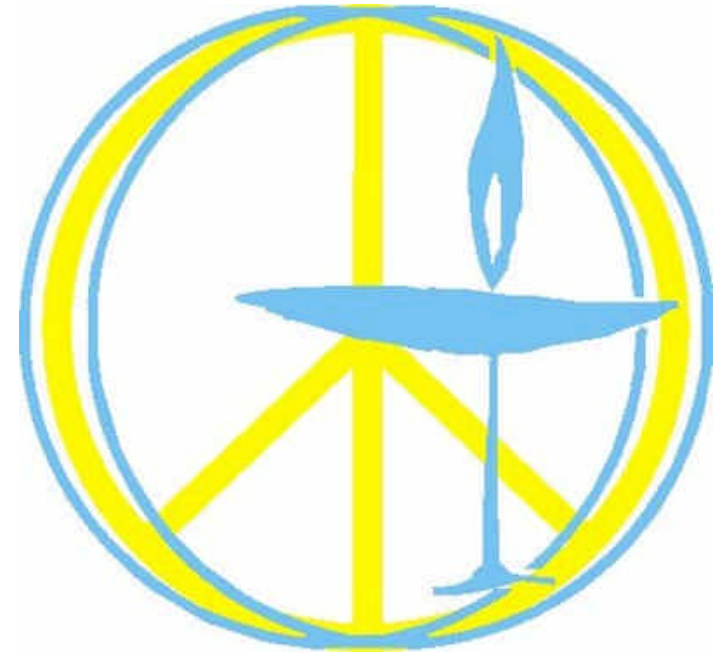
Individuals from all backgrounds face hunger in Pierce County. Food Lifeline recently released the key findings for Western Washington from the study, "Hunger in America 2006". America's Second Harvest, the largest not-for-profit domestic hunger relief network in the United States, commissioned the study. Of those surveyed in Western Washington:

- * 62% count a job, social security, SSI, or unemployment as a main source of income
- * 4.5% count welfare as their main income source
- * 51% of food bank customers choose between food and paying for heat
- * 40% choose between food and paying for medicine or medical care
- * 40% must choose between food and rent

Join TUUC members and Youth Group in helping fight hunger in Pierce County by bringing dry milk, soups, canned fruits or vegetables, tuna, oats, beans, rice, peanut butter, chili, stews, baby formula, and other non-perishable items on the Third Sunday of each month

Cash donations will also be accepted.

Peacemaking at Tahoma Unitarian Universalist Congregation



Winter/Spring 2010 Program Guide

Sunday Services from 10:30 – 11:30 a.m.
Our Interim Minister is Rev. Heather Lynn Hanson.

Table of Contents

Calendar (online info).....	Page 3
Registration.....	Page 3
Childcare.....	Page 3
Peacemaking Mission.....	Page 4-5
Inner Peacemaking	
Vipassana Meditation.....	Page 6
Yoga.....	Page 6
The Laura Foltz Memorial Library.....	Page 6
ASD (*) A Year to Live.....	Page 7
ASD Thich Nhat Hahn – True Love.....	Page 8
ASD “Building Your Own Theology”.....	Page 8
ASD The Work of Byron Katie.....	Page 9
ASD Empathy and Language of NVC.....	Page 9
Interpersonal Peacemaking	
Covenant Group Ministry.....	Pages 10-12
Giving and Receiving Criticism	Page 13
Congregational Peacemaking	
Equinox and Solstice.....	Page 14
Third Friday Potluck.....	Page 15
Circle Dinners.....	Page 15
TUUC Auction.....	Page 15
UU Women’s Retreat.....	Page 16
Intrepids (Adult Recreation Group).....	Page 17
Valentines Dance.....	Page 17
Children and Youth RE (**).	Page 18
Music.....	Page 19
Pathways to Membership.....	Page 20
Pacific Northwest District Assembly.....	Page 20
ASD “Harvest the Power” Leadership.....	Page 21
Societal Peacemaking	
TUUC Art Gallery.....	Page 22
ASD Who Was Mary Magdalene?.....	Page 23
ASD NWEI Choices for Sustainable Living... ..	Page 24-25
Social Justice.....	Page 26-27
International Peacemaking	
ASD “Pro-Israel, pro-Palestine, pro-Peace?..	Page 28
ASD “Peace Psychology”.....	Page 28
Conscientious Objectors Counseling.....	Page 29
Multi Components of Peacemaking	
First Friday Film Forum.....	Page 30
UUA Statement of Conscience-Peacemaking	Page 31

(*) ASD = Adult Spiritual Development

(**) RE = Religious Exploration

UUA Statement of Conscience - Peacemaking

This Self-Study work for the month of January incorporates all of the UU Principles and all of the Five Components of Just Peacemaking.

PEACEMAKING STATEMENT OF CONSCIENCE

There is an on line poll open for comments about the UUA Statement of Conscience (SOC) revision and 2010 General Assembly (GA) agenda. You may recall that TUUC Just Peacemaking was developed using the original two drafts of the UUA SOC though not as yet accepted by the GA. The version now again revised after the 2009 GA is available for your consideration.

The UUA Congregational Poll occurs online from November 15, 2009 to February 1, 2010. It will decide:

- Whether to admit a revised Draft Statement of Conscience (SOC) on Peacemaking to the Final GA Agenda for 2010. Draft SOC provided online) and
- Which Proposed Congregational Study/Action Issues (CSAI) for 2010-2014 will be admitted to the Final GA Agenda for 2010.

IN ADDITION: Comments and suggested amendments to the Draft SOC on Peacemaking may also be made online during the same time period. We again will provide paper copies of the current draft in the TUUC library. Go to www.uua.org/csw for links to the Poll and Comment Form on the Draft SOC on Peacemaking and to view the proposed CSAIs. For more information contact Jan Karroll at KarrollART@aol.com

First Friday Film Forum

Facilitators: Jennifer Marsellis at diresu@gmail.com

Dates: First Friday of the Month

Time / Location: 6:00 – 9:00 p.m. / TUUC Sanctuary (*)

We will watch a film with a Just Peacemaking or spiritual theme and have a guided discussion afterward. Popcorn and childcare will be provided.

Jan. 8 - ***Encounters at the End of the World*** There is a hidden society at the end of the world. One thousand men and women live together under unbelievably close quarters in Antarctica, risking their lives and sanity in search of cutting-edge science. Werner Herzog takes his camera to Antarctica where we meet the odd men and women who have dedicated their lives to furthering the cause of science in treacherous conditions.

Feb 5 - ***Doubt*** -Set in 1964, *Doubt* centers on a nun who confronts a priest after suspecting him of abusing a black student. He denies the charges, and much of the play's quick-fire dialogue tackles themes of religion, morality, and authority.

March 5 - ***Canoe Way: The Sacred Journey*** - A documentary film about the "annual Tribal Journeys of Pacific Northwest Coast Salish people. Indigenous tribes and First Nations from Oregon, Washington, Canada and Alaska follow their ancestral pathways through the waters of Puget Sound, Inside Passage and the Northwest Coast. Families and youth reconnect with the past and each other. Ancient songs, dances, regalia, ceremonies, and language were almost lost and are coming back." For more information visit <http://www.puyalluptribalnews.com/canoe/>

April 2 - ***The 11th Hour*** A look at the state of the global environment including visionary and practical solutions for restoring the planet's ecosystems.

May 7 – Watch for details in the April Dialog

Page 30

Calendar of TUUC events can be found online at our Website: www.tuuc-wa.org
(click on “Events and News” then click on “Calendar”)

Registration

Most programs are free and available on a drop in basis; however, we would like to know if you plan to participate to ensure we have adequate space and program materials. It's easy to register! Simply e-mail or phone our Program Coordinator Susie Maharry at smaharry@hotmail.com, or 253- 222-9933. Course fees and registration requirements will be listed under each class listing. Pay course fee directly to facilitator at the first class. If you have questions about a specific program in this guide, you can e-mail the program facilitator (about program content) at the addresses provided in each program listing. Please do not delay signing up for a class. Register soon before a class fills up. Classes may be cancelled if sufficient registration is not received two weeks in advance of the scheduled class start. We've made every effort to be accurate, but please subscribe to the “announcements” e-mail list, check our monthly newsletter, the *Dialog*, and read the weekly order of service for updates.

Child Care

We want everyone - including parents of young children - to be able to attend these programs, so we are committed to providing child care when needed. Please request child care in your registration e-mail or phone call. We must receive your request at least 10 days before the first scheduled meeting date of the class for which you are registering. If you have pre-registered for child care and find you don't need it, please let us know.

Guidelines for Adult Spiritual Development (ASD)
Program Planning
Consistent with UU Principles and Just Peacemaking
Components

MISSION: The purpose of TUUC's Adult Spiritual Development Program is to provide a program of spiritual growth and learning that meets the needs of adult members, families and friends. We are hopeful that by offering these courses/workshops/session(s) we enable people to explore ways to meet personal spiritual needs and to live our UU Principles while also making the world a more peaceful place.

When planning presentations or programs for the TUUC Congregation and greater Tacoma Community on behalf of the TUUC Congregation, we ask that the presentation be consistent with the mission of TUUC affirming one or more of our **SEVEN PRINCIPLES** listed below.

- 1) The inherent worth and dignity of every person
- 2) Justice, equity and compassion in human relations
- 3) Acceptance of one another and encouragement to spiritual growth in our congregations
- 4) A free and responsible search for truth and meaning
- 5) The right of conscience and the use of the democratic process within our congregations and in society at large;
- 6) The goal of world community with peace, liberty, and justice for all
- 7) Respect for the interdependent web of all existence of which we are a part.

The intent of the Program Council and Just Peacemaking coordinators in suggesting these guidelines is to encourage and support programming efforts that clarify, integrate and connect programs with our mission.

International Peacemaking

Women as Peacemakers; Women in Black

Saturday, January 30, 2010, 9:30 - 11:00AM

I believe that 'Women as Peacemakers' touches on essentially all of our UU Principles but most specifically Principle 6 *The goal of world community with peace, liberty, and justice for all.*

This session is an invitation to all TUUC Women (guests welcome) to gather informally for a light breakfast and fellowship. An interactive panel discussion will be presented at 10:00 AM by local women who have experienced some level of involvement with *Women in Black*. "*Women in Black* is a world-wide network of women committed to peace with justice and actively opposed to injustice, war, militarism and other forms of violence." Come join in the conversation.

Please RSVP by January 25th for planning purposes.
Contact: Joan Bregger, Jbregger@ix.netcom.net or
Jan Karroll, KarrollART@aol.com, 253-752-9119.

International Peacemaking

Social Justice

Conscientious Objectors Counseling

UUs have a strong history of being conscientious objectors. This contact helps young people in our community follow the steps necessary to become accepted as a conscientious objector. See the TUUC Website for current information.

International Peacemaking

Wednesday Adult Spiritual Development

"Can we be pro-Israel, pro-Palestine, and pro-peace at the same time?"

Facilitators: David and Willow Teeter

Dates: Wednesday, Feb. 24

Time / Location: 6:30 – 8:00 p.m. / TUUC Social Hall

David and Willow Teeter will share peacemaking insights from their 11 years living in Jerusalem and Bethlehem, working with both Israelis and Palestinians, Muslims, Christians, and Jews. They will address the question, "can we be pro-Israel, pro-Palestine, and pro-peace at the same time?" They will also share what they learned from years of interfaith dialog with Muslim university students and their families throughout the West Bank and Gaza Strip. David is a retired minister, teacher, mediator, and author of "A Stone's Throw From Bethlehem." Willow is a retired educator and currently the lead mediator in Pierce County's small claims court.

"How Can Peace Psychology Help to Build a Culture Of Peace?"

Facilitator: Charlie Dils at chaskay2@comcast.net

Dates: Wednesdays, June 23 and June 30

Time / Location: 6:30 – 8:00 p.m. / TUUC Social Hall

How can peace psychology help to build a culture of peace? Is the title of a teleseminar posted on UUWiki as part of UUA's Peacemaking program, which will serve as a basis for these two workshops. Recordings of the audio sessions and script version are available online, and can be supplied to participants who do not have web access. The primary author is Hal Bertelson, PhD, who is noted for his many contributions to the field of peace psychology.

It is also our intention that the ASD presentations/programs be consistent with the existing TUUC Just Peacemaking framework and be linked to one or more of the **FIVE COMPONENTS OF JUST PEACEMAKING** listed below with description.

Component I. INNER Peacemaking

We covenant to develop for ourselves and our congregations spiritual practices that cultivate inner peace. We covenant to sustain these practices as foundational to wholeness, forgiveness, and reconciliation.

Component II. INTERPERSONAL Peacemaking

We seek to create deeper peace in our relations with others, through learning to: listen more deeply; communicate our feelings and needs in effective, non-blaming non-shaming ways; handle conflicts skillfully and respectfully; see always the "inherent worth and dignity" in the other despite differences.

We covenant to: Learn and practice the skills of compassionate communication; Honor the behavioral covenants of our congregation; and Adopt lifestyle changes that reflect reverence for the interdependent web of all existence.

Component III. CONGREGATIONAL Peacemaking

We seek to create deeper peace within our congregation. We covenant to take up peacemaking as part of our mission through worship, religious education, and social action:

Component IV. SOCIETAL Peacemaking

We seek to build a deeper understanding of systemic violence. We covenant to act in the wider community in reducing the causes of institutional and structural violence.

Component V. INTERNATIONAL Peacemaking

"We seek to build a deeper understanding of the causes of, and ways to prevent, war and intercommunity violence." We covenant to advocate vigorously for policies that move the United States toward collaborative leadership in building a peaceful, just, and sustainable world.

Inner Peacemaking

Vipassana Meditation

A meditation group is meeting regularly in the sanctuary, every Monday evening from 7 to 8:45 p.m. We begin with a silent sitting meditation for a half hour, and then we listen to a talk by contemporary teachers from the Buddhist tradition, followed by a period of discussion and reflection. Some of our teachers are Rodney Smith, Thich Nhat Han, Pema Chodron, and Jack Kornfield. Please come join us, all are welcome. Questions: Rob Gramenz, rgramenz@harbornet.com.

Yoga

We meet for yoga every Thursday from 6:00 to 6:45 p.m. in the church sanctuary. You do not need to have experience with yoga, only a willingness to learn. We stretch and twist for relaxation and good health. We recommend that you wear loose, comfortable clothes, and bring a yoga mat. We also ask that you show up a couple minutes early so we can start on time. Please join us! Contact Loretta Skochenko-Dhaese 863-0595 at loretta@worldstar.com

The Laura Foltz Memorial Library

A collection of over a thousand books, DVDs, and CDs that supports the mission of TUUC. Topics included are UUism and famous UUs, world religions, meditation, ethical living, spirituality, and social and environmental issues. There are also special collections for church leaders, parents and teachers, teens, and children. Come in and browse before and after Sunday services -- feel free to bring your coffee with you!

Societal Peacemaking

Social Justice

Community Social Action Committee

Would you like to work on the “Green Team”, “Fifth Stone” work with the homeless, or the “Just Peacemaking Steering Committee?” Do you have any other ideas? Contact our Social Justice Committee Chairperson Jan Karroll at karrollart@aol.com to get active this year!

Breakfast and Lunch at Hospitality Kitchen

Please join TUUC volunteers to serve breakfast and lunch at Hospitality Kitchen on the third Thursday of each month from 8 am - 12:30 pm - Jan 21, Feb 18, Mar 18, Apr 15, May 20 and June 17. Call Joan Benderson at 253-566-4334 or by email at joan.benderson@nventure.com with questions or to sign yourself up.

Dinner at the Tacoma Shelter

The dates to make and serve a sandwich dinner at the Tacoma Shelter will be the first Sundays of each month - Jan 3, Feb 7, March 7, Apr 4, May 2 and June 6.

We meet in the TUUC kitchen at 9 am to make sandwiches, bag cookies and carrots, etc. Then a few people deliver the dinner to the shelter at 6 pm. Call Joan Benderson at 253-566-4334 or by email at joan.benderson@nventure.com with questions or to sign yourself up.

Societal Peacemaking

Social Justice

TUUC Letter Writing Program

With a vision towards universal well-being and the affirmation of life, our mission is to connect people through a letter writing list-serve; to influence legislative policy by sending letters to elected representatives on a regular basis; and to support and encourage each other to participate. If you would like to be included, please contact Mark Backus at backusm@harbornet.com

Washington UU Voices for Justice

Help select issues and have a voice in Washington State politics through our UU lobbyist, contact Doug Shafer at shafer@pobox.com.

Yes We Can – Third Sunday Food Drive

Bring your food donations in on the Third Sunday of each month and help our Youth group to support FISH Food Banks.

Making Sandwiches for the Homeless

Join folks who are making sandwiches for the homeless on the last Friday of each month at 5:30 p.m. in the Social Hall. Donations of bread, meat, cheese, peanut butter, jelly, condiments, fruit, cookies, and sandwich bags are welcomed. Immediately after, some helpers deliver and hand out food at the Friday Night Feed near downtown Tacoma.

Inner Peacemaking

A Year to Live

What would you do if you were told you had only one year to live? An Adult Religious Education group is forming that will meet through 2010 on the following Sundays of each month from 12:15 -2:15 pm to take up this question through exercises, meditations, and field trips.

January 31
February 28
March 28
April 25
May 23
June 27
July 25
August 22
September 26
October 24
November 21
December 19

Participants will need to read *A Year to Live: How to Live This Year As If It Were Your Last* by Stephen Levine prior to our January gathering; commit to attend at least 10 of 12 sessions; and work together with others to build the group's covenant. To register, please contact Karin Van Vlack at kvanvlack@centurytel.net or (253) 884-9888. *Please note that this is a "what if?" endeavor, not a support group for the terminally ill.*

Registration is limited to a maximum of 12 participants. If we don't get a minimum of six people registered for this class it will be cancelled. So get your registrations in soon!

Inner Peacemaking

Wednesday Adult Spiritual Development

Thich Nhat Hanh, True Love, A Practice for Awakening the Heart

Facilitator: Lori Fernholz Hartman

Dates: Wednesdays January, 6, 13, 20, 27

Time / Location: 6:30 – 8 p.m. / TUUC Sanctuary

Looking for a challenging New Year's Resolution? How about loving your loved ones better? This is a challenge to beat all challenges (!) yet presented in a simple, gentle way by the renowned Zen monk Thich Nhat Hanh. In this book on CD he offers timeless insight into the nature of real love. With simplicity and warmth, he explores the four key aspects of love as described in the Buddhist tradition:

loving-kindness, compassion, joy, and freedom. Thich Nhat Hanh presents transformative practices to cultivate these qualities in our day-to-day lives. He also describes how to lovingly accept ourselves when we are in the midst of challenges. This is not only about romantic love, and can be applied to family, friends, and self equally well. The class will have time to listen (about 25 minutes per session) to the book on CD, journal, share with a partner, and then share with the group in each meeting. Join us!

Building Your Own Theology – BYOT

Book Three - Ethics

Co-Facilitators: Tandi Koerger and members of the class

Dates: Wednesdays, May, 26, June 2, 9, 16

Time / Location: 6:30 – 8 p.m. / TUUC Sanctuary

This course invites participants to apply their beliefs, values and convictions to particular ethical situations. The book suggests a number of scenarios culled from history, literature, current events and the participants' own lives. Participants are encouraged to have their own copies of this program.

Choices for Sustainable Living Continued

Topics Covered:

- 1. A Call to Sustainability:** The goal of a sustainable society is popular, but difficult to define. How does the way our society functions affect the earth, and how can we be "a blessing to the planet?"
- 2. Ecological Principles:** Some argue that the earth is the best teacher of sustainable practices. How can nature's organizing principles be applied in design, production of goods, and everyday living?
- 3. Buying:** Daily messages tell us to buy, buy, buy. How can we escape from these cultural pressures, and instead only purchase what we truly need, from the most sustainable sources available?
- 4. Food:** According to one author, our food travels an average of 1300 miles before reaching our plates. How can we lessen our impact on the earth through conscious choices about the way we eat?
- 5. Communities:** Change does not come without people coming together and taking action. In what ways can your community work towards sustainability? How can you make your community a sustainable one?
- 6. Business and Economy:** Is a growing economy equivalent to a healthy economy? What are other ways of measuring success, and how can we encourage businesses to adopt sustainable practices and perspectives?
- 7. Visions of Sustainability:** Choices we make today are shaping the world of tomorrow. What are the possible outcomes, and how can we create the most sustainable society for ourselves and our children?

Societal Peacemaking

Wednesday Adult Spiritual Development

Northwest Earth Institute Choices for Sustainable Living

Facilitators: co-facilitated by group members.

Dates: Wednesdays, April 7, 14, 21, 28, May 5, 12, 19

Time / Location: 7:00 – 8:30 p.m. / TUUC Sanctuary

Choices for Sustainable Living is a seven-session course for the workplace, faith center, or home exploring the meaning of sustainable living and the ties between lifestyle choices and their impact on the earth.

Discussion Course Goals:

- To explore the meaning of sustainability.
- To consider the ties between lifestyle choices and their impact on the earth.
- To learn about steps that can be taken to move toward ecologically sustainable organizations, lifestyles, and communities.

"The Choices for Sustainable Living course reawakened me to how I connect to and influence the world and my community and it inspired me to make changes toward greater sustainability." - Little Rock, Arkansas course participant

"The Choices for Sustainable Living course is wonderful! I am learning so much and my eyes are opening every day to new ways I can help make things right for the planet. Thank you for creating such great learning materials!"

-Ginger Strand, Dallas, TX

Interpersonal Peacemaking

Wednesday Adult Spiritual Development

THE WORK of Byron Katie

Wednesdays, February 3 & 10

Join Eric Wuersten and Heather Kindem in exploring The Work of Byron Katie. The Work is a simple yet powerful process of inquiry that teaches you to identify and question the thoughts that cause suffering in peoples' minds throughout the world. It's a way to understand what's hurting you, and to address your problems with clarity and with nothing more than a pen and paper and an open mind.

Empathy and the Language of Nonviolence

Facilitator: Mark Backus backusm@harbornet.com

Date: Wednesday, Feb 17

Time/ Location: 6 – 8:30 p.m. / TUUC Sanctuary

The language of nonviolence lifts the veil that obscures the direct connection we have with each other and ourselves. Using the Adult Spiritual Development platform of a free and responsible search for truth and meaning (principle 4), we will affirm the dignity of each person (principle 1), and the interconnected web of which we are a part (principle 7). The language of nonviolence, which concentrates on connecting with the life in ourselves and others, increases the likelihood of peace at all levels of existence, and makes it more likely that everyone's hopes will be met in an abundant universe.

This is your chance to be deeply and meaningfully heard. After a brief review of those strategies to avoid when a connection to life is desired, we will give those who so desire a chance to be heard in a profound and life-changing way. In the process, we will all become more skillful in truly hearing another person and increasing the chances that we will also be heard.

Interpersonal Peacemaking

Covenant Group Ministry

Covenant Group Ministry (CGM) is an intentional small group program at TUUC. Our vision is a congregation of life-serving, transformational small groups. Our mission is to connect people in small groups for worship, support, study, and service, with guidance from the TUUC and the UUA principles. To learn more about Covenant Group Ministry, please contact Susie Maharry, our Program Coordinator, at smaharry@hotmail.com. She can also help you if you would like to join a covenant group, or if you are interested in starting a new one.

All Ages Women's Group *4th Monday, 6:45-8:00 p.m. / Homes*

Contact Libby Colasurdo at lcola123@aol.com.

Interested in making connections with like-spirited and like-valued women of a broad range of ages to stretch our usual social boundaries and to come together as an extended family. We rotate facilitators and homes each month and discuss a variety of meaningful topics.

Moondancers *2nd Sunday, 6-8 p.m. / TUUC*

Contact: Laura Gardner 460-9678 or lmgardner@comcast.net

Della Donnas *2nd Sunday, 5:30 – 7:30 p.m. / Rotating locations*

Contact: Margot Marsh 565-5035 or mqmarsh@msn.com.

Women of a Certain Age Women's Group *4th Monday, / Homes*

Contact: Susan Kunkel 566-3242 or skswim@qwest.net.

Women On The Other Side *4th Monday, 3-5 p.m.. / Homes*

Contact: Barb Lutzewitz at winnebaer@aol.com

A supportive group of liberal thinkers who live around the Key Peninsula.

The Women of the East Women's Group *4th Monday, / Homes*

Contact: Katie Selsor at selsorka@comcast.net

UU Mothering Covenant Group *2nd Monday, 6-8:00 pm / Homes*

Contact: Heather Urschel-Speir at operamonkeys@gmail.com 879-1117
Mothers discussing a wide range of topics and offering support.

Societal Peacemaking

Wednesday Adult Spiritual Development

Who was Mary Magdalene?

Facilitator: Mary Rhine

Dates: Wednesday, March 3rd

Time / Location: 6:30 – 8:00 p.m. / TUUC Sanctuary

This class will be based on one of the sessions from Cakes for the Queen of Heaven (session 3 from part 2, “The Apostle Mary”): It wasn’t until the year 591 CE that Pope Gregory I cast Mary Magdalene in the role of harlot and repentant sinner. In the last century the Vatican stated that there was no evidence to support this, however, her image has generally not been able to overcome its erroneous association with prostitution. We will examine various sources (art, ancient texts, and theoretical works) that point toward Magdalene’s true identity as a most trusted disciple of Jesus, who continued to spread his teachings after his crucifixion. We will discuss the impact of this degradation of Magdalene on Western culture and the Christian faith, and how the world might look if the importance of women in spiritual roles had been honored from the beginning.

If, after the session(s), there is enough interest in the material, I would like to start a Magdalene Study Group (even 3 or 4 people would be enough for a study group).

Societal Peacemaking

TUUC Art Gallery

Winter / Spring Gallery Exhibition List

Sunday, January 3rd - February 10 - Charles Foster - *FACES and MORE* - (portraits and RETROSPECTIVE)

The artists below emphasize the IMPORTANCE OF PLACE in their work

Sunday February 14th - March 31st - Christopher Mathie will show work related to the water near his studio (a part of the Puget Sound) from February 14th to March 31st.

Sunday, April 4 - May 12th - Peter Serko, photographer - will show work from his book on the Museum of Glass or similar work

Sunday, May 15 - June 30 - Janet Neuhauser, Seattle photographer - will show work from Red Hook Stories a book that she collaborated on with writer, Maureen McNeil. McNeil plans to come out from New York and read one of her stories at the opening.

Gallery openings are open to the public and include refreshments and an Artist talk. For more information about the TUUC Art Gallery contact Elizabeth Ragan at esappragan@yahoo.com

Nonviolent Communication Group *1st Saturday, 9:15-11am / Homes*
Contact: Mark Backus at backusm@harbornet.com or 759-5978.
This group is for people of all ages and backgrounds who are looking for connection and meaning. We will learn and practice NVC, and promote the use of NVC at TUUC and in the wider community.

Rationality Covenant Group *2nd and 4th Sunday, 12:30pm / Sanctuary*
Contact: Rich Horn at 565-0772 or richhorn@harbomet.com
In our Rationality Covenant Group we would like to explore the relationship between the rational, the mystical and the spiritual.

TUUC Computer Club *3rd Sunday, after the service / TUUC*
Contact: Seth Pennington at sethfp@hotmail.com or 383-084.
Discussions usually revolve around solving computer problems.

Young Adults Covenant Group *Time and Place TBD*
Contact: Phil Paulson at ppaulson59316@tacomacc.edu.
This group is designed for ages ranging from 18-35.

Men's Reading Group *2nd Tuesday, 6:30-8:30 pm / TUUC*
Contact: Tony Paulson at anthony.paulson@nventure.com or (253) 566-4334. Through discussions with a cross-section of the male membership, the focus of the group is intended to enhance our spiritual journey by reading and discussing great works of classical philosophy and literature.

Spirituality Covenant Group *1st and 3rd Sunday, 9 am / Crying Room*
Contact: Darel Jenkins at 312-2653 or graybird@nventure.com.
or Loretta Skochenko-Dhaese at 863-0595 or loretta@worldstar.com.

Social Action Support Group *4th Tuesday, 6:30 - 9:00 pm / Homes*
Contact: Bruce Rowan 253-230-9264 or brucero@hotmail.com.
Assigned Potluck Dinner is included as part of the meetings. Group is currently at capacity but eager to have guests who are interested in starting a similar group and would like to see how the Social Action Support Group functions.

Beyond Rainbows Group *Time and Place TBD*
Contacts: John Hoover and James Maltos 253-565-3038; Jrhuover13@comcast.net. This is a group for gay, lesbian, bisexual, transgender individuals and their friends. We will explore ideas and issues by sharing our experiences while we support each other on our spiritual paths.

Interpersonal Peacemaking

Covenant Group Ministry

Facilitator Covenant Group

Facilitator: Susie Maharry at smaharry@hotmail.com

Dates: First Sunday of every month

Time / Location: 9:00 – 10:15 a.m. / TUUC

This group is always open to new members, but please contact Susie before attending. We encourage members to attend as faithfully as possible, and to start a covenant group when ready to do so. We also welcome members who aren't ready to start a group, but want to support the work of the Facilitator Group. Our purpose is to promote and support covenant groups and facilitators at TUUC.

Chalice Circle Facilitators Meeting

Facilitator: Rev. Heather Lynn Hanson, hluumin@sprynet.com

Dates: Jan-June, Second Tuesday of each month

Time / Location: 4:30 – 6:30 p.m. / TUUC

This meeting is restricted to facilitators and co-facilitators of Chalice Circles. Please contact Rev. Hanson or Susie Maharry for more information on how you can get involved.

Chalice Circles

Chalice Circles meet once per month with 7-10 other TUUC members to practice deep listening skills. They started in October but it's not too late to join. We have intentionally left empty chairs in each group to welcome you when you are ready.

First: pick a group that fits in with your schedule:

1st Monday, 7-9 p.m. in North End

2nd Monday, 1-3 p.m. @TUUC

2nd Monday, 7-9 p.m. in University Place

2nd Friday, 6:30-8:30 p.m. @TUUC

3rd Tuesday, 6:30-8:30 p.m. @TUUC

3rd Thursday, 7-9 p.m. in homes

4th Sunday, 12:15-2:15 p.m. @TUUC

Then email our Program Coordinator, Susie Maharry at smaharry@hotmail.com and let her know which group you want to join. She will get you registered. It's just that easy!

Page 12

Congregational Peacemaking

Wednesday Adult Spiritual Development

Harvest the Power

Unit One: Identity

Co-Facilitators: TUUC Congregational Leadership

Dates: Wednesdays, March 10, 17, 24, 31

Time / Location: 6:30 – 8:00 p.m. / TUUC Sanctuary

Unitarian Universalist Association Lifespan Tapestry of Faith Harvest the Power includes twelve two-hour workshops to help participants grow in spirit as they develop leadership skills for these challenging times.

Within each unit, the workshops explore progressively deeper aspects of leadership. Workshops 1 through 4 comprise a unit on identity. Participants explore their own leadership and religious journeys, the meanings of power and authority, and turning points and change opportunities in their lives and congregations.

- March 10 – Workshop 1: Leadership Journey (with Bob Hays and Patty McPhee)
- March 17 – Workshop 2: Unitarian Universalist Journey (with Chris Martin)
- March 24 – Workshop 3: Power and Authority (with Susan Kunkel)
- March 31 – Workshop 4: Turning Points & Moments of Grace (with Christine Stalnaker)

This is an excellent opportunity for those currently serving the church to further develop their leadership skills, and for those considering stepping into the leadership role in the near future.

Congregational Peacemaking Membership

The next Pathways to Membership classes will be held on 2 Saturdays--March 6th and 13th in the church 8:30-noon. Our Interim Minister and our Membership chair will co-lead each class, and key members of the congregation will also be on hand to discuss various aspects of TUUC church life. Attendance at the classes is not necessarily a commitment to membership, but provides an opportunity to get to know more about UUism in general and TUUC in particular. Become well acquainted with a small group of potential church members!

Pacific Northwest District Assembly

February 19-21, 2010
Bellevue, Washington

Gather with hundreds of other UU's from throughout the country. Be educated and inspired to walk out into the world shining the message that our lives matter and our actions make a difference! This year there are 30 diverse and compelling workshops being offered by district ministers, UUA representatives and lay leaders in the areas of Congregational Leadership, Spiritual Growth, and Faith in Action. Workshops were chosen to have a multigenerational appeal. There are workshops to interest everyone. Our featured speakers are Bill Harley, www.billharley.com, and Rev. Peter Morales, the new president of the Unitarian Universalist Association www.uua.org **If you register before January 14th you will receive a substantial discount.** We have added an economical "no meal" option for children & youth, and we have reduced the late registration fee for children & youth, too. These changes are reflected in the on-line registration form at www.pnwd.org.

Giving and Receiving Criticism

Facilitator: Rev. Hanson at hlhuumin@sprynet.com

* Part I: Receiving Criticism: Friday Jan. 15, 6:30-8:30 pm

* Part II: Giving effective criticism & Practice: Sat Jan 16,
9 am- 1:30 pm

Location: TUUC Sanctuary and basement social hall

Please call the office by Wed Jan 13 for Part I, Part II or both to register and request childcare.

This class met last November and participants requested much more practice time. So we're offering it again. If you missed the first session, plan to attend Part I on Friday night. It will lay the groundwork for the rest of the workshop. Anyone may attend Friday. Fall attendees may also come for a review. Saturday session will be restricted to people who either attended last November or attend this Friday session. Major focus will be on practicing the skills and spiritual grounding to handle criticism without escalating it. Please register with the office for Saturday's session by Wednesday Jan 13, and to request child care. [If Friday night absolutely cannot work for you, tell me if you could meet Thursday afternoon 1:30-4pm. If we have 4 people we'll run Part I then as well.]

Some of the most eroding behaviors in families, workplaces and churches arise when someone is dissatisfied with another's behavior and says so confrontationally, to the offending person. However, not directly saying so, hinting, gossiping to others, using a messenger, or never speaking up can also erode relationships and trust. We all could benefit by thinking about and practicing ways of delivering our concerns in constructive ways, so that the recipient can hear without feeling attacked, and can respond appropriately. On the other hand, if we are the recipient of "less than charitable" criticism, how might we handle it so that we maintain our self respect and yet don't get unnecessarily defensive? Some answers, some options, and lots of practice. Believe it or not, this will be really fun --seriously!

Congregational Peacemaking

Other Worship Services

We celebrate spring and fall Equinox and summer and winter Solstice in celebration of our Earth Centered Spirituality by gathering outside around a fire pit. Members are invited to participate in planning these worship services. Worship elements used in the past include readings, poems, chants, songs, drums, guitars, Native American flutes, spiral dance, calling in the directions. We always conclude with a potluck and s'mores, with drumming and a guitar accompanied sing a long.

This is a volunteer supported activity. We need your help. Suggested dates are as follows, but without volunteer support these celebrations will not happen!

Spring Equinox

Saturday, March 20th, from 5:00 – 7:00 p.m.

Location: Orchard Street Property or TUUC Social Hall

Look to our Thursday email newsletter for more information.

Summer Solstice

Saturday, June 19th from 5:00 – 7:00 p.m.

Location: Orchard Street Property or TUUC Social Hall

Look to our Thursday email newsletter for more information.

Congregational Peacemaking

RE Social Activities

Pool -n- Pizza Party

Saturday, January 23 at the Eastside Pool in Tacoma

3:00-6:00 PM

Join all your UU friends and bring more friends to the open swim at the Eastside pool, then back to TUUC for pizza-making and ice cream sundaes!

Music

TUUC Music Program

Adult singers of all experience levels are invited to join the TUUC choir for the 2010 season beginning Thursday, January 7th at 7pm - 8:30pm. If you enjoy singing and are willing to try a variety of styles of 2-4 part choral music, come to rehearsal. We will be looking for creative and enjoyable ways to make music together and prepare special music for Sunday services.

Choir Rehearsal tentatively meets every Thursday from 7:00 p.m. to 8:30 p.m. and 2nd and 4th Performance Sunday rehearsals from 9:00 a.m. – 10:00 a.m. Childcare can be provided by request. For more information contact the TUUC office 474-4646, or Rev Heather Lynn Hanson 253-3018005.

Congregational Peacemaking

Religious Exploration (RE)

Children and Youth Programming

At TUUC, we offer an open atmosphere to begin, continue, and deepen your religious journey. Our hope is that we can connect with you and your family through our Sunday services, and other activities for children, youth, and families. Our purpose is to nurture children's spiritual growth, and to teach and model the values which hold us together as Unitarian Universalists. For more information on children and youth programming please see our Director of Religious Exploration, Lori Fernholz-Hartman, dre@tuuc-wa.org. Please find brochures about Unitarian Universalism, Religious Education, and our TUUC Children and Youth programs in the foyer on our pamphlet rack.

Children and Youth Fall Classes

- * Preschool: We Are Many, We Are One taught by Dawn Wadleigh and Robin Hamman
- * K-2nd Grade: Wonder Welcome from Tapestry of Faith taught by Anne Tumbusch
- * 2nd-3rd Grade: Spirit of Adventure taught by Krissy Kim
- * 4th-6th Grade: Toolbox of Faith from Tapestry of Faith
- * Coming of Age: led by Debbie Cafazzo and Jennifer Johnston
- * Youth Group for 9th-12th Graders led by Youth Advisor Anne-Marie Davidson

Intergenerational Worship April 4 Flower Communion

Congregational Peacemaking

Fellowship

Third Friday Potluck

This gathering is a casual potluck lunch with an accompanying program. Look for announcements in the *Dialog* and the Orders of Service. Members help set up, make coffee, and clean up. All ages are welcome. To receive a reminder call and to offer program suggestions, contact Helen Sohlberg at 253-759-9393. We usually meet downstairs in the Social Hall on the third Friday of each month from September through May.

Circle Dinners

Community Building, One Meal at a Time.

--The next opportunity to have a Circle Dinner will be **January 23rd**. For those that are not familiar with Circle Dinners, we have small group potlucks in different people's homes. **You do not have to be a member.** It is a wonderful way to get to know people in the church on a more social basis. If you would like to be a host and have a small group come to your home just call 531-7742 and let us know how many people you can accommodate. The host only provides the atmosphere, one main dish and refreshments. If you prefer to be a guest, call to sign up 531-7742. If you have allergies or dietary requirements, we take that into consideration if you let us know about them. Last day to sign up is Saturday January 16th, 2010.

TUUC Auction

This year's auction will take place on May 22, 2010. Save the date and plan on attending. A planning meeting will take place on January 24th after the church service.

UU WOMEN'S RETREAT

March 5-7, 2010

Reflect, Renew, Release

South Sound UU women and their friends are invited to join us at the annual retreat at Camp Seymour. Saturday activities will focus on the Three R's of Retreat and will include a variety of "Funshops" hosted by UU women, as well as other opportunities for fun, connection, and quiet.

We will be at Camp Seymour, located on beautiful Glen Cove in Southern Puget Sound, just 30 miles NW of Tacoma!

- 2 nights in heated cabins w/ bathrooms & showers
- 5 delicious meals prepared/served by camp staff
- Outdoor activities: hiking, archery, boating, climbing wall, naturalist walk
- Saturday funshops (refer to registration form), yoga, crafts, games, singing, and plenty of opportunities for connecting with old friends and making new ones (or, if you choose, solitude and meditation).
- Chair and table massages are back by popular demand for an additional fee (1st-come, 1st-served; sign-in at the retreat).

Register by January 25th for the lowest price!

Registration forms are available at TUUC and online. [http://tuuc-wa.org/Documents/2010 Womens Retreat Regis-flyer.pdf](http://tuuc-wa.org/Documents/2010_Womens_Retreat_Regis-flyer.pdf)

Questions? Call

Allison Cerny (253) 752-6756,

Cindy Arnold (253) 756-2169,

Jennifer Marsellis (253) 579-4011 or email

diresu@gmail.com

TUUC Intrepids

TUUC Intrepids (adult recreational group) is an active, vital group of TUUC members going on frequent hikes, snowshoes, and the occasional game night. We share reverence for the wonders of nature and the outdoor cathedral.

To be included in the Intrepids email list for outings, contact Fran Pieterman (email preferred) tatooshie@yahoo.com or 253-359-4314, or Felice Davis felicedav@mindspring.com or 253-756-4977.

We often do impromptu outings in addition to scheduled events. See Dialog(s), order of service, and weekly announcements for postings.

For January 2010, we have 1/9/10 Game Night at the church at 5:30 p.m.; and 1/30/10 Snowshoe outing. Join us!

Valentines Dance

South Park Community Center, 4851 S. Tacoma Way
Saturday Feb. 13th, 6-9:00 p.m.,

The (Heart) Beat Goes On!

In the fine tradition of our Valentine Dance of past years, the VALENTINE DANCE IS BACK ON!!! Reserve your calendars for Saturday Feb. 13th, 6-9:00 p.m., and come on out and boogie! Let's celebrate love, fun, and each other! This is an all-church, all member (including the kids!) event.

Donations to defray dance costs are being accepted by Audrey Alande.