



# KUUUC NEWS

October 2016

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## Worship in October

October 2—11:00 a.m.  
 "The Importance of Hymning" - Jan Jaffe  
*Green Sanctuary/Social Justice Councils 12:15 p.m.*

October 9—11:00 a.m.  
 "RE R Us" -Rev. Bill Graves  
*R.E. Council 8:00 a.m.*  
*Worship Council 12:15 p.m.*

October 16—11:00 a.m.  
 "Thoughts on Humility"  
*Membership/Fellowship Council 12:15 p.m.*

October 23—11:00 a.m.  
 "On Politics" Readers theater with Michael Smith  
*Communication Network meeting 12:15 p.m.*

October 30—11:00 a.m.  
 Potluck

### KUUUC BOARD

**Co-Presidents:**  
 Karen Johnson & Eva Whitsett  
**Past Co-President:**  
 Jason Irwin  
**Secretary:**  
 Vivian Dunbar  
**Financial Secretary:**  
 Jim Schwing  
**Treasurer:**  
 Carol Gilliom

**Staff:**  
 Minister: Rev. Bill Graves  
 Director of Religious Education:  
 Maggie Patterson

## Upcoming Special Events

**Our Environment**  
 Sat, Oct 8 & 22 —10:00 a.m.-12:00 p.m.  
 United Methodist Church

**Board Meeting**  
 Wed, Oct 5, 7:00-8:30 p.m.

**"Approaches to Faith:  
 Naturalism"—With Rev. Bill**  
 Thurs, Oct. 6, 7:00-8:30 p.m., KUUUC

**Interfaith Service for Peace**  
 Friday, Oct. 7, 7:00pm KUUUC  
 Bring a dessert for a potluck  
 afterward

**Memorial Service Honoring the  
 Life of Helen Wise**  
 Saturday, Oct. 8, 1:00pm,  
 CWU SURC 137A&B

**KUUUC Annual Fall Clean Up**  
 Saturday, Oct. 29  
 Mark your calendar

**KUUUC Potluck**  
 Sunday, Oct. 30  
 11:00am, bring a dish to share

**November**  
 The theme for November is *unity*

**Pathways to Membership**  
 Saturday, November 12,  
 9:00 a.m - 2:00 noon  
 led by Rev. Bill Graves  
 learn more about KUUUC, and Unitarian  
 Universalism in general

**The theme for  
 October is:  
 Humility**

# A Bulletin from Bill

A Bulletin from Bill

October 2016

## An All-Congregational Retreat?

As you may have heard me exclaim before, I have found a great deal of solace and joy in my connections to persons and ideas during almost 40 years as a UU. I am almost evangelical about it. Thinking back upon it the experiences that stand out the most were opportunities to recharge my spiritual batteries and interact with UU's of all ages in a little more depth than is possible simply in coming and going to Sunday services. Such experiences help gel the "beloved community" as well as commitment to the heart of our faith.

What I am leading up to is advocacy of an all congregation retreat during the coming year. Specifically, I am proposing a retreat next Spring on the subject of mindfulness for UU's at the Lazy F Camp and Retreat Center in the Manastash Valley. In September I outlined such a notion to our Board Trustees, the Council on Ministry, and Religious Education Council. All seemed enthusiastic.

So I proceeded to a preliminary exploration of the proposal. The idea of centering the retreat around mindfulness, i.e., the spiritual practices of meditation and presence, is rooted in my recent experience in Alaska that I described in this column last month.\* In short many have found the qualities of groundedness cultivated by such practice to be highly valuable in supporting lives filled with activism, purpose and love. I would also like to include in such a retreat a time to discuss and commit to a later social action project we could do together. I have been able to enlist Rev. Bruce Davis and his spouse, Mary, to lead the mindfulness part of the retreat. Many of you know Bruce from his leading the covenant workshop at KVVUUC a year ago. He and Mary both have received numerous certifications in mindfulness training with Mary specializing in leading youth and children in the practice. I feel their presence would be an absolute gift to KVVUUC. It helps to have a congregational retreat in a setting of natural beauty and the Lazy F more than fits the bill. How nice to be in community of all ages.



When and how much? I am proposing it occur from Friday afternoon April 28 through lunch on April 29. I have checked and both the Lazy F and Bruce/Mary Davis are available that weekend. Costs of an overnight and 3 meals at the Lazy F are extremely modest and several congregants have already offered support for some scholarships or to help defray costs.

So, I am sticking my neck out probably skirting best ministerial practices in proposing this and going as far forward as I have. To go further I will need to pass it on. I would also appreciate hearing your comments, encouraging or not. **SHALL WE GIVE IT A GO?**

In love,

Rev. Bill (wcgraves@whidbey.com)

\*For my description of the Alaskan retreat and the practice of mindfulness see:

[http://kvuu.org/wpcontent/uploads/2016/09/NewsletterSeptember20\\_16\\_-1.pdf](http://kvuu.org/wpcontent/uploads/2016/09/NewsletterSeptember20_16_-1.pdf)

# Ministerial Schedule

## Rev. Bill's Ministerial Schedule—October, 2016

- 1-4 Whidbey Island office\*
- 3 Interfaith service planning meeting 2pm
- 5-10 Ellensburg office hours
- 5 Board Meeting 6:00 KVVUC
- 6 Open time for coffee/conversation at Dakota Café - 8-10am
- 6 Interfaith service planning meeting -11am- KVVUC
- 6 Choir practice - 5:45-6:30
- 6 Lead adult seminar re "Approaches to Faith: Naturalism" (pizza/finger food at 6:30pm while it lasts; class 7-8:30 p.m.).
- 7 Open time to join Rev. Bill for lunch at Valley Café - 12pm
- 7 Wise memorial service planning meeting - 2pm
- 7 Setup (6pm) and Host Interfaith Service honoring World Peace Day at KVVUC (7pm) followed by dessert potluck (7:45pm)
- 8 Officiate at Helen Wise Memorial Service - 1pm
- 9 Lead worship service at KVVUC; attend council meetings (RE and Worship)
- 10 Whidbey Island Office
- 11-30 Africa\*\*\*

\* Bill **IS AVAILABLE** to return phone calls (360-661-7289) or emails (wcgraves@whidbey.com) when on Whidbey Island. He also is available for conferences or meeting by Skype or comparable service by prior arrangement. Bill's Mailing address is POB 1254; Langley, WA 98260.

\*\* When in Ellensburg Bill is available by prior arrangement for conferences, conversations, meetings, counseling, listening, home or hospital visits or just camaraderie.

\*\*\*Frances and I will be hosted by our niece and her partner who live and work leading a nonprofit called "African Entrepreneurial Collective" in Kigali, Rwanda. This is a golden opportunity for us that can't wait as they will soon return to the US. Rwanda is the home of a recent genocide but its people appear to have reconciled and are pacing the rest of Africa in economic development. Should be a sermon waiting me. I will be available by email.

## **A Preview: Thursday Evening Seminar - November 10, 2016**

"Meditation and Prayer for UU's" with Rev. Bill Graves, Thursday, Nov. 10, 7-8:30pm." It has been said that meditation is like noticing the interior furniture while prayer is like rearranging that furniture. It has also been said one meditates not so much to perfect oneself as to perfect our love. And, if the only prayer I ever say is "thank you", that will be sufficient. We will spend an evening considering the nature and practice of types of meditation and prayer that many UU's find of immense comfort. If sufficient people let me know in advance of their interest and dietary needs, pizza will be made available to share starting at 6:30pm.

# Religious Education

Celebrate and practice peace in honor of World Peace Day with an interfaith worship service. A variety of local religious organizations will welcome you, whoever you are, at the KVVUC church, corner of 4th and Anderson. October 7, 7pm

## Celebrate Peace Day

at the Kittitas Valley Unitarian  
Universalist Congregation  
-400 N Anderson, Ellensburg-

(potluck dessert to follow)



### FALL CLEAN-UP—on your calendar!!!

Saturday

October 29, 2016

9—noon

Bring —shovels, gloves, chain saws,  
brooms, rakes, weeding equipment.

We need inside work and outside work!

Snacks will be provided.



### OUR ENVIRONMENT

**NOTE:** Our Environment meets on October 8 and 22 —at the United Methodist Church. All are invited 10:00 a.m. —12:00 p.m.

The emphasis is on what we can do locally that will affect the future of our planet by being active in working with various organizations in our community to make changes that are essential—please join us!



### Children's RE

#### Classes for K-3<sup>rd</sup> grade

9:45-10:45am at the Community of Christ  
Church

#### Classes for 4<sup>th</sup>-7<sup>th</sup> grade

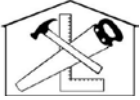
9:45-10:45am in the Zendo Room

### Adult RE

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**UU HELPERS - The people listed below have special skills you may need - remember shop locally!**  
If you have a skill/service you would like to advertise to our congregation, let Cynthia know, at 509-933-3198.



**DON GALLAGHER** - Quality Carpentry - Remodeling, painting, roofing, plumbing and electrical repairs. Don Gallagher.  
CONTACT: 509-306-0608.



**RICHARD GALLAGHER** - Experienced auto trouble-shooter. Services: repairs, carpooling, garden preparation, snow removal, unusables removed, needed items located.  
You have needs? Richard has solutions!!!  
CONTACT: 509-306-9329.



**BRUCE HAGEMEYER** - Bruce Custom Remodeling - Licensed General Contractor  
Building - Remodeling - Carpentry - Plans & Permits  
CONTACT: 509-964-2086.



**TAMZEN SHISSLER** - Because Tamzen is a busy student, please call early in the week to make sure she has time available to care for your children from ages 2-10. She is now a junior in high school and is a graduate of the Red Cross Babysitting class. She charges \$6 per hour for one child, more for additional children. She can also help with household chores or watch the kids while you do chores.  
CONTACT: 509-962-5650.



**DEBBIE WILLIAMS** - Brick Road Books. Used and new books. Turn your lightly-used books into a donation for KUUUC - just tell Daniel or Debbie or Trisket that the credit from your books should go to KUUUC. BRB can also order your new books, too! Call or stop in for a price and delivery date. Family-owned and operated. Come in to 305 N. Main Street.  
CONTACT: 509-925-1999.

Our web page: [kvuu.org](http://kvuu.org)

Our Facebook site: <https://www.facebook.com/pages/Kittitas-Valley-Unitarian-Universalist-Congregation-KUUUC/121639554572008>

Or YOU CAN GO TO OUR WEBSITE AND CLICK ON THE FACEBOOK ICON!