



CommUUUnity Matters

The Newsletter of the Unitarian Universalist Community Church of Southwest Michigan

October 2021

OCTOBER SUNDAY SERVICES

Sundays at 10:00 AM [on Facebook](#) and [Zoom](#)
Meeting ID: 926 5154 8494 Passcode: 286763

October 3: *Mens Sana in Corpore Sano* with Rev. Gy

To kick off our exploration of Wellness, we explore the connection between our physical and psychological well-being.

October 10: *Physical Health: Move, Eat, Be Healthy* with Dr. Timothy Michael

Physical wellness is but one strand of overall wellness. Tim will help us explore the importance of physical activity, exercise, and proper nutrition as it relates to physical health and how these factors influence chronic disease.

October 17: *Holistic Mental Wellness* with Dr. Karen Horneffer-Ginter

Dr. Horneffer-Ginter will offer encouragements from the field of positive psychology regarding actions we can take to promote a sense of resilience and well-being, and how to best support ourselves during hard times.

October 24: *Am I My Brother's Keeper?* with Rev. Gy

Rev. Gy will help us consider the role of personal responsibility versus the role of society in matters of health.

October 31: *Rest* with Erica Guthaus

In a world that often celebrates busyness, it becomes an ultimate form of wellness liberation to be still and rest. Let's explore becoming comfortable with the discomfort that keeps us moving as we commit to living well, together!



Spiritual Theme for October: WELLNESS

Wellness may seem like an unusual choice for a spiritual theme, especially if we think of it simply as the absence of illness. But, if we describe wellness as—*realizing our true potential to live a healthier, happier, and more satisfying existence*—it starts to sound more like something we should weave in our Tapestry of Life. For our purposes, wellness is not a static state of being; it is an active pursuit of that which will help us thrive.

Wellness requires paying attention to the many different strands that make up the fabric of our well-being. This includes our physical health, of course, but also mental health, emotional grounding, social interactions, intellectual stimulation, spiritual growth, and a healthy environment. Only through pursuing all aspects of wellness can we hope to achieve a holistic sense of well-being.

Wellness is not only an individual pursuit. Removing the systemic barriers that prevent EVERYONE from realizing their potential must also be part of our definition. The pandemic has revealed how truly interconnected and interdependent we are. Paul Wellstone's words seem truer than ever: *We all do better when we all do better.*

As you weave your Tapestry of Life, what role will WELLNESS play in your design?

GUESTS IN THE PULPIT

We are excited to welcome these special guests to our virtual pulpit:

Timothy Michael, Ph.D. is in his 29th year as a university professor. He worked at Middle Tennessee State University before joining Western Michigan University in 2000. He is currently a Full Professor in the Department of Human Performance and Health Education. He is also a certified Clinical Exercise Physiologist and a Fellow in the American College of Sports Medicine. His research has been in the area of pediatric exercise and obesity, pediatric cardiovascular risk, perception of exertion, exercise biochemistry, exercise and sport nutrition. He is also the life partner of UCC member Erin Michael and can occasionally be found enjoying our events and services.



Karen Horneffer-Ginter, Ph.D. serves as the Associate Dean for Culture and Wellness at the WMU Homer Stryker School of Medicine. She previously served as the Director of WMU's Integrative Holistic Health and Wellness Program, along with co-founding the Center for Psychotherapy and Wellness in Kalamazoo. The aim of Karen's work is to reconnect people with the wisdom of their inner life by reclaiming what gets lost amidst the busyness of day-to-day life: qualities such as stillness, self-care, creativity, joy, humor, gratitude, and compassion. Her intention is to support people in finding a sense of balance and sacredness in their lives.



Erica Guthaus has been supporting families in their childbearing years since 2008 and has been part of the professional birth community since 2014. A highly skilled communicator, educator, and encourager, she specializes in transformative growth, empowerment, and wisdom keeping. Born and raised in Kalamazoo, Erica currently lives in Lansing with her husband, 4 kids, and 5 rescue pets.



At Thoughtful Thursday on October 21 at 7:00 PM, we will be joined by special guest, **Roddy Biggs**. Roddy is a Queer, BIPOC, Young Adult, Unitarian Universalist, with lived experiences in trauma and mental health challenges, who uses he and they pronouns. They are a graduate of Middle Tennessee State University, holding a Bachelor's degree in Religious Studies, and a first-year seminary student at Meadville Lombard where they are pursuing ordination in the Unitarian Universalist ministry. Roddy serves as a member-at-large on the Unitarian Universalist Mental Health Network and as a Mental Health and My Faith Conversation Coordinator with the Unitarian Universalist Association. Roddy shares, *"I'm healing, I'm growing; I'm learning to love myself, trying to find my place on this topsy-turvy journey that we call life."*



FROM THE MINISTER

From the Minister

[Rev. Gy Ludvig-McCartney](#)

The dog ate my homework...

This year first time ever in my life I was late with my taxes. Well, our taxes, because Patti and I are filing jointly. At first, I didn't compile all the needed data, because I wasn't feeling well. Then, because I was recovering. Then, I ran out of excuses. I still procrastinated until one day I found myself pulling together all the paperwork and started going through the motions. It took a couple of intense days, but at last, I had everything I needed. Now, my taxes are complex. Ministers' tax filing is complicated and if that wasn't enough, I have a business on top of that.

The day I was going to drive all the paperwork to our accountant's, I took one last look at everything. In my case, that means spreading all the paperwork around me (I seem to have a horizontal filing system...), making sure that all "I"s are dotted, all "T"s are crossed.

Just then my step-son brought over one of his dogs (oh, it's always the dogs!) and told me that he hadn't fed her breakfast yet. I dutifully got up, fixed her a bowl, and headed back to my mound of paperwork. To my horror I found our newest puppy, chewing on a sheet of paper!!

I was only away for a couple of minutes and she completely destroyed the document. To my even greater horror, it was the one I recorded my workers' income on. If I ever procrastinate on my taxes, this is the main reason! It takes forever to figure out those numbers. I mean HOURS!!! And now it was gone. GONE!!! I had a full day scheduled, I was supposed to drop off all the paperwork at my accountant's and now once again I was hours away from being able to do so.



My initial instinct was to yell at the puppy (her name is Bindi and she is 100% adorable), but to my surprise, I noticed that I wasn't doing that. I noticed my hands reaching for the remnants of paper trying to piece together slimy, crumpled pieces. When the realization hit that it is beyond rescue, I just sat down and got to work. A few hours later I was on my way to the accountant with the freshly configured numbers.

Why am I telling you this? Well, on the one hand, it is definitely funny. It took me 51 years, but now I can truthfully claim that my dog actually ate my homework!! On the other hand, the way I handled it showed a marked difference from how I would have handled it some years ago. In the past I would have indeed yelled at poor Bindi, I would have pouted a day or two, and only then would I have sat down again to undo the damage.

Practice makes progress, they say. I think they are right, whoever "they" may be. I have worked much on myself over the past decades and it wasn't all in vain. I can track progress.

In the month of October, we are exploring "Wellness". Among other things, we will be talking about physical and mental health. Both are equally important. We will explore why is there stigma attached to issues concerning mental health?

(Continued on [page 4](#))



FROM THE MINISTER

Has this stigma decreased at all through the years? Who should seek help for emotional issues and when?

I spent a lot of time and energy working on myself. Why, you might ask? So I won't yell at the puppy when she chews up a very important document? No. Not so I won't yell at the puppy but so I understand that no amount of yelling will undo the damage, no amount of upset will spare me from having to redo the dreaded calculations. So I can save myself from the yelling and anger and get to work. For peace of mind.

Thoughts are there to be examined. Only if you are in a hurry for peace, though.

And so it is.



Grasping Change at the Root: Growing the Beloved CommUNITY

NEW DATE

**Thursday, November 11th
at 6pm**

FACEBOOK LIVE AND YOUTUBE LIVE

AWARDEES

Congregation of the Year - First United Methodist Church
Woman of Equity - Ms. Sholanna Lewis
Lifetime Achievement - Ms. Kathy White
Public Ally of the Year - "Homes for All" campaign
Clergy of the Year - Rabbi Schicker, Temple B'nai Israel
Leader of the Year - Ms. Wendy Fields, NAACP President
Elected Ally of the Year - Vice Mayor Patrese Griffin (Housing Equity Ordinance)
Servant Leader of the Year - Adrian Vazquez, El Concilio Executive Director

FREE REGISTRATION:
<https://isaackalamazoo.org/>

KEYNOTE SPEAKER:



**REV. DR. MICHAEL
ERIC DYSON**

Georgetown University professor,
author of NYT bestseller
Tears We Cannot Stop: A Sermon to White America

PERFORMANCE BY:

**BROOKE
EDWARDS**

PERFORMING ARTIST &
ACT-SO AWARDEE

CARING COMMUNITY



OCTOBER CARING COMMUNITY NEWS

Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around.

Leo F. Buscaglia

We begin this month's Caring News acknowledging the many ways we have ministered to each other over the last month. We have delivered meals, shared produce from the garden, gone grocery shopping, given rides, picked up prescriptions, made phone calls to check in, sent cards...just to name a few. These little acts of kindness and care are a central part of what it means to be a caring community. Thank you for showing up to support one another!

This month we have also held friends struggling with death and illness in our hearts.

David Senecal lost a niece to cancer. **Nancy Stob** lost a close friend. **Larry Higgins'** mother-in-law was hospitalized with heart problems. **David Bott**, his partner **Diana Poulsen**, and her daughter **Haley** contracted Covid. **Judy Oliver's** grandchild has been seriously ill. **Stace Danielson** struggled with ongoing health issues.

We looking forward to news of joyful celebrations in October as the following friends mark their birthdays: **Ellie Epskamp-Hunt, Kathryn Ragains, Judy Halseth, Grayson Tasko, Terri Tessari, Barbara McWhorter,** and **Carol Higgins**. Happy Birthday to all! And an extra special birthday greeting goes out to **Joan Young** who will be celebrating her 90th trip around the Sun on October 6. Congratulations, Joan!

October is the month in which we remember the following friends who are no longer with us. **Dorothea Tompkins**, one of our founding members died on October 13, 1996. We lost another founder, **Jean Houston**, in October of 1999. Our dear friend **Donald Mollhagen** died on his birthday, October 20, 2011. And sweet **Barbara Maddox**, who always seems to have a kind word of encouragement for everyone, passed away in October of 2014.

Several friends have taken advantage of the beautiful weather to travel beyond Michigan's borders recently. **Marsha Laya** and **Lee Smittendorf** visited Maine. **Stephanie Grathwol** went to Alaska. **Nancy and Joe Calme, Judy Oliver, Bruce and Darby Fetzer** took trips to Chicago (but not together). **Judy Pigg- Behrendt** flew to California. We hope all these journeys were joyful and everyone has returned home safe.

Several friends are planning trips in the coming weeks. Our 'snowbirds' will soon return to Florida and other destinations in the South in hopes of avoiding cold weather. **Rev. Gy** and **Patti** are planning to take their annual pilgrimage to Mackinaw Island, a favorite spot of Patti's late mother and step-father. May all who wander return home to us safe and well!

We were saddened to hear that **Lauren Ritter** will be moving away from the area soon. We will miss her gentle, kind presence and her many valuable contributions to our community but wish her well on the next steps of her journey. Our friend **Peggy Clausing** has also moved away recently after accepting a job in Wisconsin. (Continued on [page 6](#))

CARING COMMUNITY

Peggy will maintain a home in Schoolcraft where she hopes to retire. We hope that both she and Lauren will rejoin us if they come back to the area.

We are delighted that Erin Michael's father **Ken Kurtz** has relocated to Kalamazoo from New Mexico. Ken and his late wife Mary Lou were very active members of Unitarian Universalist congregations in Wisconsin and New Mexico and we are looking forward to having him join our events and services. Welcome, Ken!

In the good times and in the bad, through our joys and in our sorrow, we need each other. If you or someone you know, requires support of any kind, please contact one of our Caring Community point persons: Nancy Crowell 599-1235, Judy Oliver 353-9397, or Nancy Stob 349-8890.

Sharing is Caring!



UUCU Equinox Bonfire 2021

LEADERSHIP



Here are a few things the board did at their September meeting:

- They got up-to-date about Miriam's duties at UCC and discussed areas where volunteers could assist her.
- They continued working on policies and procedures that will need to be in place in order to safely re-open the church for services.
- They discussed the need for a Growth Committee and brainstormed ideas for getting started.
- They reviewed the timeline for an Appreciative Inquiry to update our Strategic Plan.
- They made a plan to secure funding for the Thoughtful Thursday Speakers Series.
- The next regular Board meeting will take place via Zoom on **Wednesday, October 6** at 6:30 PM. Board meetings are open to anyone who would like to attend. A link to the Zoom meeting can be found on the [UU Community Church online calendar](#).

CHURCH CLEAN UP DAY



PROGRAM COUNCIL

Program Council—Where **TOGETHER**—We Get Stuff Done!

Everyone - members, friends, visitors—is invited to help create programming at UU Community Church on second Sundays at around 11:00 AM. Bring your voice to our next meeting on October 10. We will meet via Zoom following the service.



At our September meeting, there was much to **CELEBRATE!** The Sustainability Group gathered at the Calme's to celebrate their successful year. The Youth Group went shopping for "Next Step" to support Kalamazoo Promise students with school and dorm-related purchases. New sinks are being installed in the upstairs bathrooms. A team has been put together to update our Strategic Plan. Shane Barrera joined a Thoughtful Thursday to talk to us about the art of drag. Rev. Beu led a class exploring Militarism in America. Ten volunteers participated in the Church Clean-up Day and got a lot of cleaning done inside and out. Lots of wonderful small gatherings took place thanks to items offered at last year's Service Auction. Hooray!

Program Council also got a lot of work done. We decided to sponsor fundraising efforts for both ISAAC and NAACP and chose recipients of our quarterly Generosity Sunday:

October: Planned Parenthood coordinated by Nancy Crowell.

January: Kalamazoo Literacy Council coordinated by Kathy Hayes

April: Kalamazoo Crisis Climate Coalition coordinated by Nancy Calme

June: Face Off Theatre coordinated by Kimberly Ridley

Looking to get involved? **OPPORTUNITIES ABOUND**

- Meet-up for Youth - Select Sundays at 1pm (via Zoom)
- Qigong - Tuesdays at 9am (via Zoom)
- Thoughtful Thursdays (via Zoom) at 7pm
 - 1st Thursday—Discuss spiritual themes with Rev. Gy
 - 2nd Thursday—Moral Decision Making – Lecture and small group discussion
 - 3rd Thursday – Thoughtful Thursday Speakers Series - Invited guests!
 - 4th Thursday— Civil Conversations Group—Practice discussing controversial topics
- 10/2—Women's March for Reproductive Rights—12:00 PM at Bronson Park
- 10/16 - UUC Virtual Halloween Service Auction –6:30 PM via Zoom
- 10/24— NAACP Virtual Freedom Fund Event—6:00 PM via Facebook
- 10/24— Youth Group Postcard Party—2:00 PM at UUC—watch Weekly Email for details

ON the AGENDA for October's Meeting

- Identifying volunteer needs for our various committees and teams
- Our annual Guest at Your Table collection for the UU Service Committee
- Michigan UU Social Justice Network Get Out the Vote Action

See you on Sunday, October 10 at around 11:00 AM on Zoom! Send agenda items and celebrations to Program Council chair, Darby Fetzer. And as always Thank YOU for all you do! Stay well!



STEWARDSHIP



All are welcome to the UCC Halloween Service Auction. Rev. Gy is this year's auctioneer! The auction will be held on Zoom at **6:30 PM** on **Saturday, October 16**.

Please feel free to wear a costume to celebrate Halloween and for our costume contest and enjoy your favorite Halloween treats and beverages.

We will have lots of unique and creative items for you to bid on to raise funds for UCC and connect with each other including:

- ◆ Summer Solstice Backyard Dinner Party
- ◆ A Sustainability Box
- ◆ Tickets to Christmas Magic Show
- ◆ And Much, Much More!

The auction item list will be sent to you before the auction.

If you are not able to join us via Zoom, please ask someone to serve as your proxy and bid for your items for you.

After the auction you will be emailed the total amount for the items you purchased. You can pay by mailing a check to the church or using a credit card through the donate button on UCC website or the Vanco app.

Please reach out to the stewardship committee members if you have any questions.
Stewardship Committee: Regena Nelson, Joe Calme, Ron Crowell and Marsha Laya

GIVING



Don't Forget to Update Your Online Giving App

Our online giving platform, Vanco (also known as GivePlus), is changing its app. The GivePlus Mobile app (used on a smartphone or tablet) will no longer function after September 30, 2021. ***You will not be able to make new donations to UUCC through the GivePlus Mobile App after 9/30/21.*** It is being replaced with their new, free Vanco Mobile app.

1. If you have a recurring donation set up through GivePlus, those donations will continue as scheduled.
2. Please download the new **Vanco Mobile** app from the **Google Play** store or the **Apple App** store. It is available, set up for UUCC, and functioning. Our church name on Vanco is its full name: **Unitarian Universalist Community Church of Southwest MI.**
3. Here is a short video walkthrough of how to use the app <https://vimeo.com/605658635>
4. Your GivePlus Mobile log-in credentials (user ID and password) stay the same in Vanco Mobile.
4. If you use a browser on the internet (eg Google Chrome, Edge, Firefox) and access Vanco through our website, uucommunitychurch.org, your credentials and recurring donations will remain the same. The look of the page has changed.

Changing technology can be frustrating, but this change appears to be very easy. If you have any questions or problems, please contact [Kimberly Ridley](#).

We sincerely appreciate your donations to UUCC.

Generosity Sunday—Planned Parenthood

During the month of October, we will hold a Generosity Sunday collection in support of Planned Parenthood and their mission to help people live full, healthy lives — no matter their income, insurance, gender identity, sexual orientation, race, or immigration status; and to provide, with respect and compassion, the high-quality inclusive and comprehensive sexual and reproductive health care services all people need and deserve. We hoped to be joined by Planned Parenthood of Michigan's Community Outreach Educator, Becky Harrison-Brzezinski, at our October 7 Sunday Service to learn more.

If you would like to make a donation to Planned Parenthood in support of the important work they do, you may mail a check to our building, you may give electronically through our church website, or you can give using the Vanco Mobile app on a smartphone or tablet. Please be sure to put 'Generosity Sunday' in the memo line of your check or choose 'Generosity Sunday' in the menu when giving electronically.



LEARNING AND GROWTH



Thoughtful Thursdays

Each Thursday evening we offer opportunities to gather with UU Community Church members and friends for programs and discussions about some of the big questions in life. We hope you will take advantage of the opportunities for learning and growth these programs offer.

First Thursday—THEMATIC THURSDAY

Our gathering on **October 7 at 7:00 PM** will be an exploration of our spiritual theme for the month. As we weave the Tapestry of Life, the warp threads that make the foundation must be strong and sturdy. This month's spiritual warp is WELLNESS. Join Miriam for a discussion about what wellness means to our spiritual lives.

Second Thursday—MORAL DECISION MAKING

The second Thursday of the month will feature a short lecture and a group discussion of thorny ethical questions. The topic for exploration on **October 14 at 7:00 PM** is **Jealously and Resentment** (See below for more info.)

Third Thursday— A CONVERSATION WITH...

Once a month we invite a special guest to join us to engage in conversation and answer our questions on a variety of topics. We are delighted to welcome UU Mental Health Network board member Roddy Biggs on Thursday, October 21 at 7:00 PM. You can learn more about Roddy on [page 2](#).

Fourth Thursday - CIVIL CONVERSATIONS GROUP

On **October 28 at 7:00 PM** our Civil Conversation Group will meet with curious minds and loving hearts to learn how to engage in Civil Conversations with those who might have different viewpoints than our own. You can learn more about this group on [page 12](#).

The Ethics of Jealousy and Resentment

At our next meeting of our **Moral Decision Making Lecture and Discussion Group** on **Thursday, October 14 at 7:00 PM**, we will continue our study of interpersonal relationships with an exploration of heartbreak, jealousy, and resentment.

After tracing the relationship between emotion and reason, and the voluntary and involuntary components of emotions, we'll hear Nietzsche and Hume's arguments on the subject.

All are welcome to attend this adult enrichment opportunity. There is no need to register. Each session is a stand-alone program. You can even bring a friend!

Click [HERE](#) for the Zoom link. Meeting ID: 476 401 695 Passcode: 449120



SMALL GROUP MINISTRY



Civil Conversations Group

The Civil Conversations Group at UUCC is dedicated to helping participants learn the skills that will help them engage in meaningful conversations with family, friends, and others to authentically build a more Beloved Community.

Their next meeting will be on Thursday, October 28 at 7:00 PM via Zoom.

Group coordinator, Darby Fetzer, is currently collecting ideas for topics for future meetings. If you have a suggestion please contact her at 269-569-5557 or darbylynnfetzer@gmail.com.

Newcomers are always welcome to join this virtual gathering. You can even invite a friend!

Finding Joy Through a Smaller Environmental Foot Print

In September the Sustainability Group met to reflect on their personal sustainability journeys, to share their successes and failures, and to explore ideas for promoting sustainable living at UUCC and in the wider community.



They decided to work together on the following projects:

- ◆ Offer a Vegetarian Feast as an auction item for the Service Auction in October
- ◆ Design a 30-Day Sustainability Challenge for the congregation in April
- ◆ Find ways to dramatically increase the green space at UUCC

They also shared the following resources:

- ◆ Poet and writer [Ronald Bank](#), through videos and blog posts, offers a straightforward approach to making minimalism and conscious living accessible and inclusive.
- ◆ Sign up to receive updates from [The Climate Reality Project](#) to learn the latest developments in climate policy and actions you can take to help solve the climate crisis.
- ◆ For info about local issues and actions sign up for [Portage Environmental Board](#) updates.

For their next meeting the group decided it was time to re-calculate their environmental footprints and make some new sustainability goals to work on in the coming months. Click on the links below if you are interested in seeing how many Earths it takes to sustain your lifestyle and/or you want to set some personal goals to help reduce your environmental footprint.

[Carbon Footprint Calculator](#)

[Goals Worksheet](#)

Don't be discouraged if you can't make big changes. Every little action has value. Going meatless one day a week, recycling a little more, buying a little less, carpooling when you can are all examples of little goals you can set that will bring you joy and make you part of the global, grassroots movement to combat climate change.

And, if you would like to be part of a supportive community as you begin (or continue) your sustainability journey, remember newcomers are always welcome to join this small group.

Click [HERE](#) for the link for the Zoom Meeting.
Meeting ID: 960 9812 1445 Passcode: 990641

If you have any questions about the Sustainability Group, contact [Miriam](#).

CONNECTION

Women's Book Group

Friday, October 8

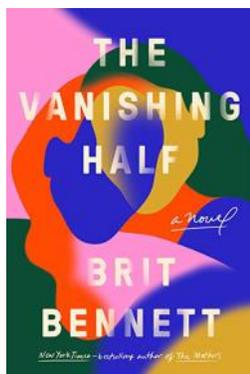
1:00 PM via Zoom

All are welcome to join in the discussion at the next meeting of the Women's Book Group.

October's Selection:

The Vanishing Half

By Brit Bennett



From Goodreads:

The Vignes twin sisters will always be identical. But after growing up together in a small, southern black community and running away at age sixteen, it's not just the shape of their daily lives that is different as adults, it's everything: their families, their communities, their racial identities.

*Weaving together multiple strands and generations of this family, from the Deep South to California, from the 1950s to the 1990s, Brit Bennett produces a story that is at once a riveting, emotional family story and a brilliant exploration of the American history of passing. Looking well beyond issues of race, **The Vanishing Half** considers the lasting influence of the past as it shapes a person's decisions, desires, and expectations, and explores some of the multiple reasons and realms in which people sometimes feel pulled to live as something other than their origins.*

The Book Group will meet at 1:00 PM on October 8 via Zoom for a short business meeting followed by a discussion led by Denise Hartsough.

Click [HERE](#) to log in.

Meeting ID: 996 0783 5644 Passcode: 360981

Visit the [Book Group Page](#) on our website for information about future book selections.

If you have any questions about Book Group, please contact chairperson [Stephanie Grathwol](#).

Qigong at UCC

Is it time for you to turn over a new leaf and begin a practice that will promote wellness in your body, mind, and spirit? Maybe you should try Qigong!

Newcomers are always welcome to join our weekly sessions, **every Tuesday** morning at **9:00 AM!**

Qigong is low-impact exercise that helps relax your body. It provides an opportunity for intentional deep breathing that helps clear your mind.

Click [HERE](#) for the Zoom link.

Meeting ID: 697 338 090

Passcode: 138550

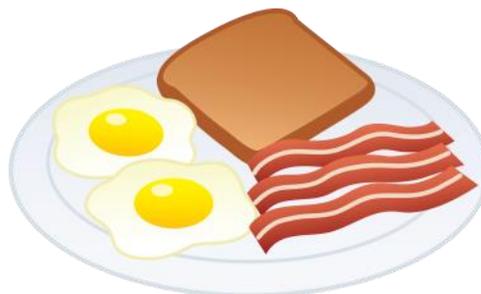


If you have any questions about the Qigong group, please contact [Freya Lake](#).

Men's Group Breakfast

The Men's Group will meet for breakfast on **Saturday, October 16 at 8:30 AM** at Burger Town Grille, 9136 Shaver Rd in Portage.

EVERYONE (regardless of gender identity or expression) is welcome to come to breakfast. Don't miss this opportunity for good food, good company, and good conversation!



If you plan to come, please RSVP to breakfast coordinator, Ken VanEseltine, (269) 342-4793 or vaneseltinekl@sbcglobal.net by noon on Friday, October 15.

RELIGIOUS EXPLORATION

R.E.flections From [Miriam Epskamp](#), Director of Religious Education

Our Religious Exploration plans for the next few months are starting to take shape. The youth group and I have decided to weave together an interesting mix of Zoom classes, in-person and online fun activities, and social justice service projects that we hope will provide a little something for everyone.



After the success of our exploration of anti-racism with the help of *This Book is Anti-Racist* by Tiffany Jewel the kids expressed an interest in taking on a similar subject in a way that would provide them with some historical perspective, skills to help enact change, and a UU spiritual perspective. When one of the kids said they were interested in learning more about the Women's Movement things began to fall into place. *Girls Resist: A Guide to Activism, Leadership, and Starting a Revolution* by Kaelyn Rich, will serve as a guide as we examine the ongoing fight to end sexism, sexist exploitation, and oppression. These lessons will be geared toward middle and high school aged kids and will take place via Zoom.

Recognizing that Zoom gatherings are not working for many young people, we also decided to offer a few in-person gatherings focused on fun and community building. The first of these took place at UUCC at the end of September. We gathered to mark the autumnal equinox with a bonfire. (Pictures of the event are on page 6). In October, we will attend a WMU football game so we can cheer on our R.E. alum David Brozovich who is a member of the Bronco Marching Band. Other similar events will be planned in the future. We extend an invitation to these events to UUCC families with younger kids (or grandkids) and all of our young adults.

Recognizing that taking action is an important part of what it means to be a Unitarian Universalist (transforming the world is right there in our mission statement!) we also decided to devote a little energy to social justice issues. Several times a year, we will plan activities that we hope will make a difference in the world. These will be All-Church events where people of all ages come together to do the common good. Our first event is a Postcard Party tentatively planned for October 24 at 2:00 PM. With board approval, this will take place at church. Materials will be provided so you can send postcards to elected officials on important issues including reproductive rights. If we can find an organization to partner with, we will also hope to send non-partisan Get Out the Vote postcards ahead of the November 2 election.

Finally, we have left room in the schedule for some silly Zoom fun. On Halloween, we plan to dress up, play games, and eat snacks. If it goes well we will have similar gatherings at Christmas and Valentines. These zoom meetings will be geared to kids of all ages.

This gives you an overview of our upcoming programs for young people. If you happen to meet someone interested in R.E. at UUCC, you can let them know what we have going on. Of course, the pandemic may have different ideas about how things should go. We will continue to stay flexible and willing to change everything at a moment's notice in order for everyone to stay safe and well. May it be so.

OCTOBER R.E. SCHEDULE

	ACTIVITY	LOCATION
October 3	Feminism is for Everybody	Zoom
October 10	The Struggle for Equality	Zoom
October 16	WMU Football Game	In-person, Waldo Stadium
October 24	Postcard Party	In-person, location TBD
October 31	Halloween Zoom	Zoom

OPPORTUNITIES

The [United Way of the Battle Creek and Kalamazoo Region](#) and [Disability Network Southwest Michigan](#) are teaming up to present a **21-Day Disability Justice Challenge** in support of their shared vision for a community where every person is equitably supported, and all people benefit with full access and inclusion.

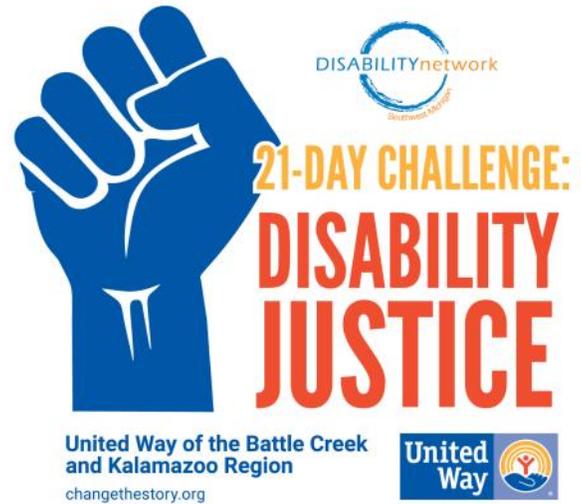
We all know something about disability. Whether you are a person with a disability, know someone with a disability, or have simply seen people with disabilities, we probably all have an idea of what we think it means to have a disability. During the month of October, you have an opportunity to learn more about disability from a position of equity and pride.

The 21-Day Disability Justice Challenge, which is modeled after the [21-Day Racial Equity Challenge](#) United Way presented last year, is designed to raise your awareness, increase your understanding, and shift your perspective about disability in our culture.

This Challenge will cover topics including the history of the disability justice movement, intersectionality, language, ableism, representation, accessibility, systemic inequalities for people with disabilities, allyship, disability pride, and resources for continued learning.

Each day you will receive an email that will include opportunities to learn more about these topics by watching videos, listening to audio clips, reading articles, and answering discussion questions.

The 21-Day Disability Challenge is a great opportunity for us to think about Wellness from a different perspective. Are you up to the challenge? Click [HERE](#) to register.



**Metropolitan Kalamazoo Branch
2021 NAACP FREEDOM FUND**

ALWAYS FIGHT FORWARD

Sunday, October 24, 2021 @ 6pm

Live Streamed  KzooNAACP  MetroKzooNAACP

WOMEN'S MARCH 2021



The 2021 Women's March will take place in and around Bronson Park, 200 South Rose, Kalamazoo, Michigan, on Saturday, October 2 from 12:00 PM to 2:30 PM.

The purpose of this march is for women, men, LGBTQIA+, ALL to stand up to say no to the laws Texas and other states are trying to enact to remove reproductive health rights from women, trans men, and non-binary individuals. Organizers feel that it is important for Kalamazoo/Portage

to take a stand as a community in support of reproductive freedom.

This event is one of over 540 National Women's Marches in every state across the country taking place on October 2nd in support of choice and in response to what happened in Texas. These marches take place just two days before the Supreme Court is due to convene for their new term. The court will be deciding a case this session that could overturn Roe vs. Wade.

Stephanie Moore Williams will be the MC for a wide range of speakers pre-march and post-march, including:

Wanda Mosley—Black Voters Matter, National Field Director
 Julie Rogers - Rep 60th District
 Dr. Kate Cook
 Christine Morse State -Rep 61st District
 Samara Woolfolk, Julia Serlin—Youth Speakers
 Denise Lee Miller
 Kim Jorgenson Gane, Sharda Chambers—Planned Parenthood

Music will be provided by Lisa Mackie, Celeste Allison, DJ Chuck, and others.

Organizers will make sure that COVID procedures are followed with masks and hand sanitizers available for all. There will also be a first-aid table in place.

The march route is eight blocks through downtown Kalamazoo. Please bring your bullhorns and drums. Organizers will have chant sheets ready as well as trained peacekeepers to help keep everything non-violent.

Organizers are hoping for a strong showing to show our community supports the reproductive rights of all. If it is yours to do, please plan to participate.

You can learn more about the Women's March at <https://womensmarch.com/> or at <https://www.facebook.com/events/565052081288983/?ref=newsfeed>





CALENDAR



OCTOBER 2021

DAY	DATE	EVENT	TIME
Sunday	October 3	Mens Sana in Corpore Sano with Rev. Gy After-Service Coffee Hour Meet-Up for Youth	10:00 AM 10:45 AM 1:00 PM
Tuesday	October 5	Qigong	9:00 AM
Wednesday	October 6	Board of Trustees Meeting	6:30 PM
Thursday	October 7	Stewardship Committee Meeting Thematic Thoughtful Thursday	1:00 PM 7:00 PM
Friday	October 8	Women's Book Group	1:00 PM
Sunday	October 10	Physical Health: Move, Eat, Be Healthy with Tim Michael After-Service Coffee Hour Program Council Meet-Up for Youth	10:00 AM 10:45 AM 11:00 AM 1:00 PM
Tuesday	October 12	Qigong	9:00 AM
Wednesday	October 13	Sunday Services Committee Meeting	1:00 PM
Thursday	October 14	Moral Decision Making	7:00 PM
Saturday	October 16	Men's Group Breakfast Youth Group @ WMU Football Game Halloween Service Auction	8:30 AM 3:30 PM 6:30 PM
Sunday	October 17	Holistic Mental Wellness with Karen Horneffer-Ginter After-Service Coffee Hour NO Meet-Up for Youth	10:00 AM 10:45 AM
Monday	October 18	Sustainability Group	7:00 PM
Tuesday	October 19	Qigong	9:00 AM
Thursday	October 21	A Conversation with Roddy Biggs	7:00 PM
Sunday	October 24	Am I My Brothers Keeper? With Rev. Gy After-Service Coffee Hour Youth Group Social Justice Sunday—Postcard Party	10:00 AM 10:45 AM 2:00 PM
Tuesday	October 26	Qigong	9:00 AM
Wednesday	October 27	NEWSLETTER DEADLINE	12:00 PM
Thursday	October 28	Civil Conversations Group	7:00 PM
Sunday	October 31	Rest with Erica Guthaus After-Service Coffee Hour Halloween Zoom for Youth	10:00 AM 10:45 AM 1:00 PM



**UU Community Church
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2021-2022 Board of Trustees

Eric Nelson

Darby Fetzer

Judy Pigg-Behrendt

Freya Lake

Andy Miller

**The next Newsletter Deadline is
Wednesday, October 27 at NOON**

Please send submissions to:
uuccnewsletter@gmail.com

CommUUnity Matters

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