



March 3 - Stewardship Sunday



March 10 - "The Sacred Depths of Nature"



March 17 - Youth Sunday: "The Flame Within"

**Welcome to BUC**  
Sunday worship service  
10:30 a.m.

We have childcare for infant through preschool-aged children, and Sunday morning classes for K-12<sup>th</sup> grade. We routinely begin with children and adults together in the service, and following the Message for All Ages, the children leave for class and meet up with parents following the service.

*The mission of Birmingham Unitarian Church is to create a free and welcoming religious community that encourages lives of integrity, learning, service, and joy.*



March 24 - Daffodil Sunday



March 31 - Hymn Service

## March Services

### 3 Stewardship Sunday

This service will kick off our annual stewardship campaign by exploring the concepts of stewardship, generosity, and reverence for our Beloved Community. Rev. Mandy Beal with Worship Associate Bill Fox and music by The Sound Messengers.

### 10 "The Sacred Depths of Nature"

Many UUs find meaningful spirituality in nature. What does it mean to say that nature is sacred? Rev. Mandy Beal with Worship Associate Peggy Woehrle and music by The Chalice Choir.

### 17 Youth Sunday: "The Flame Within"

BUC's 6<sup>th</sup>-12<sup>th</sup> grade youth look deeply into the flame that symbolizes the UU faith in order to explore its meaning for all of us. Music by The Sound Messengers, youth musicians, and the Teen Choir. Followed by a breakfast bar fundraiser for the 8<sup>th</sup> grade ROPE trip to Boston.

### 24 Daffodil Sunday

BUC's annual celebration of our longstanding and ongoing affirmation of the inherent worth and dignity of LGBTQ individuals and families. Rev. Mandy Beal with Worship Associate Camille Harris and music by The Chalice Choir.

### 31 Hymn Service

Worship Associates will select hymns that inspire reverence in them and give short personal reflections.



## Are You GAME?

Join us on Saturday, March 2 (if you're reading this newsletter on the day it's published—that's tomorrow!!) for an evening of fun and fellowship for all ages. A pasta dinner will be served from 6:00-7:00, with vegetarian and gluten-free options available. Games start at 7:00. Bring your favorite games so we have enough fun and games for all; we'll have some board games and cards available as well. Nursery care available. RSVP at on the church website at [bucmi.org](http://bucmi.org).

## Joys and Sorrows

Helen Spangler's sister, Virginia Pecha, passed away on January 20. She will be missed.

Stephanie and David Greer's middle son, Jeffrey, passed away on January 30. A memorial is planned for later in the spring.

Ann Throop had successful knee replacement surgery with rehabilitation, and is now recovering at home. She'd like to thank everyone for the cards and good wishes.

Sharon Kirchner's nephew, Alexander Baker, died of a heart attack on February 3. He was 40 years old.

From Andrea Zellner: "My heart is warm because of all of the amazing volunteers in this congregation. Thank you for coming together for Service Speed Dating!"

From Julia Pulver: "We were fortunate to have the incredibly progressive and effective leadership of Rep. John Dingell for 59 years in Congress. As we mourn his passing, may we all hold his wife, Rep. Debbie Dingell, in our hearts."

Elizabeth (Betty) Green Appleton died in Illinois on February 8. She was a member of BUC from 1965 until 2005. She is credited with holding the first Flower Communion service at BUC in 1970. She also directed the Children's Choir, taught Sunday school, and held several important leadership positions over the years. Condolences may be sent to Betty's husband, Sheldon (Shelley) Appleton, at 2044 Audubon Ave., Apt. BT T07, Naperville, IL 60563.

A youth who was involved at BUC passed away on February 21. Dani Som, who you may know by a different name, died in Portland, Oregon, at their own choice. They were 20 years old.

## “Sexuality and Gender 101”

Sunday, March 24 | 12:00 noon – 2:00 p.m. | Sanctuary

Please join Rev. Mandy and Jesse Beal for a workshop exploring sexuality and gender on Sunday, March 24 from 12:00 noon to 2:00 p.m. in the sanctuary. Together, we’ll deepen our understanding of LGBTQ+ vocabulary and identities, explore the gender binary while considering what lies beyond it, and rethink our approach to understanding this complex and important topic. Participants will explore the ways in which they can act as an ally to LGBTQ+ communities in our congregation and beyond. Pizza will be available.

## Seeking a Deeper Commitment at BUC

Many newer visitors to our community wonder how they can deepen their relationship with BUC. Church membership represents a deeper connection with your faith community. To help you decide whether or not Birmingham Unitarian Church is right for you, we encourage you to attend a variety of services, join us for fellowship and service activities, and attend the “Getting to Know UU” series of classes. The next series begins March 31 and details are below.

Membership is both simple and challenging. It is easy to sign the Membership Book. It is challenging because of what this simple act represents: a decision to join this spiritual community, committing to an ongoing search for truth, working for justice, and living in loving relationship with one another. It also means making a commitment to the financial health and stability of the church. We welcome your decision to join us, and hope that your relationship with BUC will be spiritually, intellectually, and emotionally rewarding. If you would like to sign the Membership Book, please contact me for next steps. We would love to welcome you as a member!

—Marcia Mahood, BUC Membership Chair ([marciamahood@gmail.com](mailto:marciamahood@gmail.com))

## “Getting to Know UU”

Sunday, March 31 | 12:00 noon – 1:30 p.m. | Red Door



Do you have questions about what BUC stands for, believes in, and values? Want to know more about BUC and ways you can give to and receive from the church? Join us for “Getting to Know UU” on Sunday, March 31 from 12:00 to 1:30 p.m. in the Red Door Classroom. The first in a three-class series, the March 31 session will focus on getting to know each other and thinking about your religious experiences and your coming to Unitarian Universalism. A light lunch will be served. If you plan to attend, please RSVP to Rob Davidson at [kathyd8082@gmail.com](mailto:kathyd8082@gmail.com), and let him know if you need childcare.

## Sharing Dinners

Another great way to get to know our BUC community is through our Sharing Dinner program, when BUC members and friends host potluck dinners in their homes on the second Saturday of each month. Contact organizer David Sabbagh at [dsabbagh7@gmail.com](mailto:dsabbagh7@gmail.com) to get on the email list. The signup deadline is past for the March dinner on Saturday, March 9, but mark your calendar for the April dinner on Saturday, April 13 and watch the announcements for signup details.

# Helping Hands Are Here for You

By Donna Schmitt

By now, you may be aware of the Helping Hands team of volunteers who are ready to help you with any number of short-term needs, from meals to errands to driving you to the doctor. But many people are reluctant to ask for help. I'm here to say, "Don't be shy."

Twice in the last six months, I have been blessed during healthcare crises by Helping Hands volunteers. In the first instance, the friend who was to drive me to a routine outpatient procedure had to leave town with little notice. With less than a week to go, I called Helping Hands. A lovely volunteer picked me up, stayed at the hospital during my procedure, and got me home safely.

Three months later, I learned I needed surgery urgently at a time when several friends were unavailable. Again, I called for help and the Helping Hands volunteer came through for me.

Please do reach out to the Helping Hands team coordinator, Heidi Kapsokavathis, at [hikeannie@gmail.com](mailto:hikeannie@gmail.com) or 248-930-8009, or call the church office. They will arrange the rest.

## Grief Support Group

The Grief Support group meets monthly on the second and fourth Tuesdays of the month from 4:30 to 6:00 p.m. in the Large Conference Room. All who are processing and experiencing grief at the loss of a loved one are welcome to participate. Facilitated by Alison Rule (248-320-1021).

## Knitting Ministry



The Knitting Ministry will meet on Monday, March 25 from 1:00 to 3:00 p.m. in the Small Conference Room. Hopefully we can think of lighter (Spring!) colors by then. There is still plenty of yarn and project bags in our bin if you don't

want to attend meetings but want to make something on your own. Patterns are in a blue plastic binder if you need inspiration. For more information, contact Andie Stewart at [alamonts851@gmail.com](mailto:alamonts851@gmail.com).

## Living by Heart



The Living by Heart group meets Monday afternoons from 1:30 to 3:30 p.m. in the Commons. We use writing, poetry, and simple art to explore what is in our hearts

and minds. Bring a journal and pen. No experience necessary. Come once or every week. For more information, contact LuAnne Holder at [luanneholder@wowway.com](mailto:luanneholder@wowway.com).

## Humanists of BUC

Sunday, March 31 | 12:00 noon – 1:30 p.m. | Lower Level Classroom

The Humanists of BUC will be meeting on Sunday, March 31 from 12:00 noon to 1:30 p.m. in the Lower Level Classroom. Featured speakers will be Lisa Demian and Bruce Webber on the topic "My Core Values." We are honored when leaders of our church agree to discuss this important topic. Bruce is the current President of the Board of Trustees, and Lisa is a past president. As usual, we will provide a light lunch at noon with the program beginning at 12:15.

# Sunday Morning Discussion Group

Sundays | 9:00 – 10:15 a.m. | Green Door

The Sunday Morning Discussion Group meets every Sunday from 9:00 to 10:15 a.m. in the small Green Door Classroom. To enhance your church experience, we invite everyone to share their perspectives on important topics. We discuss a topic that the majority attending agree upon, so no homework is necessary. Hear your fellow UUs' experiences and perspectives at these thoughtful discussions.

## Alliance

There is no Alliance meeting in March. We are disappointed that Dr. Glass, Superintendent of Bloomfield Hills Schools, could not reschedule his talk, but we will invite him to address us next fall. Mark your calendars now for Wednesday, April 17, when Karen Stankye will be speaking on her recent trip to Easter Island.

## March Plate Collection

A portion of our Sunday plate collections during the month of March will be donated to MSU Dialogues, a Michigan State University extracurricular program in which students learn to engage in difficult conversations on race, sexuality, and other emotionally charged topics. The goal of MSU Dialogues is to help foster an understanding of and respect for each other's perspectives on challenging issues. On Sunday, March 3, Michael Kosuth, a former participant in the RE program at BUC, will be at the Service and Social Justice table in Hodas Hall following worship to answer questions and provide more information about this project.

Any BUCer may nominate a local nonprofit organization to be a plate collection recipient. Submit an application online at [bucmi.org](http://bucmi.org) by clicking the Social Justice tab, then Plate Collection Application. You can also contact Barbara Robinson at 248-320-8366 or [brjdr8719@gmail.com](mailto:brjdr8719@gmail.com) to submit an application or discuss a potential recipient. Or contact any committee member: Sharon Kirchner (Assistant Chair), Janet Brown, Dan Kosuth, Ron Lewis, or Paola Seidel. Applications are reviewed 3-4 times per year.

## Film Buffs

Friday, March 22 | 7:00 p.m. | Commons

### *Past Life*

Two Israeli sisters, one a classical music composer and singer, and the other a budding journalist, try to find out what their father did during World War II in Poland, after a Polish woman runs up to one of them in a Berlin concert venue and calls her the daughter of a murderer. *Past Life* is based on Baruch Milch's memoir *Can Heaven Be Void?*. In Hebrew and English with English subtitles. (Israel, 2016, NR, 105 minutes) -Wikipedia

Snacks provided. For more information, contact Larry at 248-569-0965 or [LJWisniew@yahoo.com](mailto:LJWisniew@yahoo.com).



## Reverence

Rev. Mandy Beal  
*Senior Minister*



March is a busy month at BUC! Stewardship season begins on March 3 this year. This is the time of year that we consider what it means to be a part of this Beloved Community and how we make that possible through financial contributions. I realize this may seem like a dry or uncomfortable subject, but I hope this will be a time of deep sharing and sweetness between members of our congregation. Under the direction of Co-

Chairs Soren and Walli Andersen and Assistant Co-Chairs Jim and Cheryl Shettel, stewardship will be handled in a new way this year. Instead of picking up your stewardship packet after the service on March 3, we ask that you attend a Gathering, either hosted by a fellow BUCer in your neighborhood or here at the church. This exciting new approach will invite us all into deeper conversations about the important relationships we share through our love of BUC. More information about stewardship is found elsewhere in this newsletter.

Youth Sunday is also coming up on March 17. Our youth are working hard on a service about the UU flame. I'm personally really looking forward to their service and I know they're going to do a great job.

Daffodil Sunday is also coming up on March 24. This is BUC's annual celebration of our long-standing history of support for LGBTQ individuals and their families. After the service, Jesse Beal and I will present a workshop called "Sexuality and Gender 101" that I hope will be fun, informative, and helpful.

And finally, on March 31, we will have a hymn service. Our Co-Directors of Music Ministry and our Worship Associates are working together to select several hymns. Each hymn will be followed by a short personal reflection. This promises to be an innovative and touching service.

The spiritual theme that ties each of these special Sundays together is "reverence." Stewardship, the UU flame, Daffodil Sunday, and hymns all inspire reverence in this worship community. I look forward to exploring that with you in the weeks to come.

Yours in faith,

Rev. Mandy

## The Giving Tree

The Board of Trustees would like to offer a sincere thank you to everyone who participated in the Giving Tree fundraiser during February. We raised a total of \$8,033. Again, many thanks for supporting our welcoming religious community that encourages lives of integrity, learning, service and joy!

-BUC Board of Trustees



# MAMA's Coffeehouse: The Rough & Tumble

Saturday, March 16 | 8:00 p.m.

Admission: \$15 adults | \$13 students/seniors  
Tickets at the door only  
Ed Dupas opens

Mallory Graham and Scott Tyler are from anywhere and everywhere—they live in their camper van, traveling and performing all over the nation. They call their musical genre “boutique folk/dumpster Americana.” Sensitive songs, lovely harmonies, and a palpable rapport with each other and their audiences make their concerts an intimate, comfortable, and thoroughly enjoyable time. Ed Dupas will open the show.

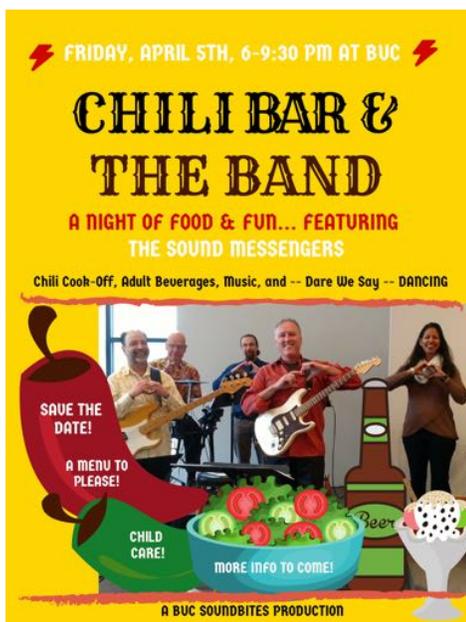


## Music at BUC



Anyone who is ready for springtime, say “Aye”! The BUC Chalice Choir and the Sound Messengers missed Wednesday rehearsals because nature decided that was a good day to wreak havoc on our metro Detroit area. It was frustrating, but each time, our fine musicians recommitted themselves to quality and community and prepared their music well to share it in our worship services.

Our SoundBites concert on February 8 was a jubilant celebration of classical music. Dedicated to Betty Blair for her constant support and love for music at BUC, the show was well attended and entertaining. Thanks to each of our bakers, organizers, helpers, and concertgoers. The final SoundBites of the year is April 5 and will feature a variety of family-friendly highlights—stay tuned for more information, but definitely save the date!



Our Music Committee ROCKS! The speed-dating event was fun and successful, thanks to the collaboration of so many creative hive-minds. The committee is currently Carey Wendell, Mary Jo Ebert, Walter Dean, Harper West, Keith Enstroth, and Larry Wisniewski (MAMA's Coffeehouse rep) and is chaired by Judy Amir.

We can't wait to share more music with you this month.

-Abha Dearing and Steven Dearing, Co-Directors of Music Ministry

## Service and Social Justice

One sunny Saturday morning in February, a group of informed, passionate, caring BUCers gathered to consider how BUC might best address social and environmental issues. We were setting priorities for the Service and Social Justice team and the Green Sanctuary Ministry, and exploring ways the two groups might come together to enhance our programs.

One of our major discussion points was the intersection of environmental concerns and social concerns, termed “environmental justice.” The UUA All-Church Read this year is *Justice on Earth*, a volume of essays by UU environmental activists. The main theme of the book is that social and environmental issues are inextricably intertwined, and if we address one without understanding how it connects with others, we sorely limit our impact at best; at worst, we can end up doing more harm than good.

While our team members have many interests, we chose five main priorities for our attention in the next 12 to 18 months. They are: 1) *Recertifying BUC as a Welcoming Congregation*, 2) *Ending Gun Violence*, 3) *Environmental Justice*, 4) *Climate Change*, and 5) *Confronting Racism*. We will be addressing these topics while continuing the many beloved programs of the social justice team, such as South Oakland Shelter, Walt Whitman School, and Welcome Inn, among many others. In the next several months, our two teams will join forces on those programs, with an approach that views these issues through both environmental and social-justice lenses. Our goal is to increase our ability to drive positive change.

We are very interested to know about YOUR social and environmental justice interests. At the Service Speed Dating event on February 17, our interest survey gave us lots of good information, but we want more! If you missed it, please go to [bucmi.org](http://bucmi.org) and click on the Social Justice tab to complete the survey online.

-Jane O’Neil and Eric Sargent, Service and Social Justice Co-Chairs

-Cindy Clement, Green Sanctuary Ministry Chair

## BUCers Elected to MUUSJN Board

BUCers Sharon Kirchner, Marti Szilagyi, and Mary Jo Ebert were elected to the board of MUUSJN, the Michigan Unitarian Universalist Social Justice Network. They join John Richards from Northwest UU (Southfield) and Rev. Leonetta Bugleisi from UU Farmington as representatives of Region V - Southeast Michigan.

MUUSJN exists to help congregations collaborate and share resources on social issues, reducing time that would otherwise be spent by every congregation gathering facts, educating, and monitoring public policy for those issues. Member congregations, including BUC, pay yearly dues to MUUSJN.

Sharon, Marti, and Mary Jo are committed to help facilitate a useful partnership for Region V congregations in this statewide coalition. If you’re not already receiving MUUSJN alerts, you may sign up to receive them at [www.uujustice.org](http://www.uujustice.org). Your feedback on MUUSJN work and alerts is always welcome, and now you have three people right here at BUC to talk to!

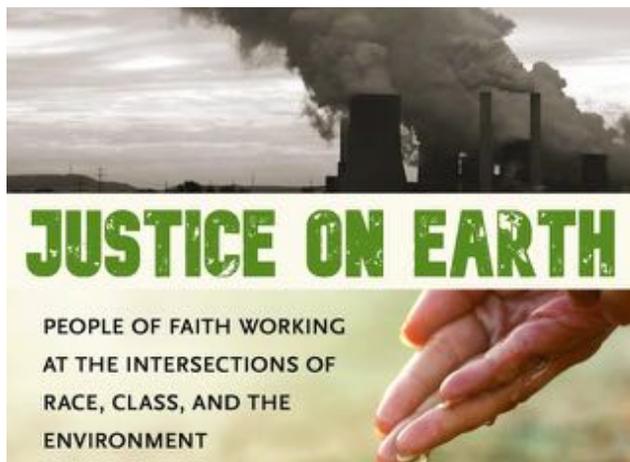
## Issues and Ale

### First Friday of the month | Urbanrest Brewing Co., Ferndale

The monthly Issues and Ale meetings are continuing at a new location. Join the group for their lively conversations about important social justice issues in an informal atmosphere. They meet on the first Friday of every month at 6:00 p.m. at Urbanrest Brewing Co. in Ferndale (2615 Wolcott, off Woodward Heights just west of Hilton). The Friday, March 1 meeting will be facilitated by Jay Labban. Stop by and join in the conversation!

## Justice on Earth Book Discussion

Saturday, March 2 | 10:00 a.m. – 12:00 noon | Blue & Red Doors



At a time when racial justice, environmental justice, and economic justice are seen as issues competing for time, attention, and resources, we invite BUCers to read *Justice on Earth*, edited by Rev. Manish Mishra-Marzetti and Rev. Jennifer Nordstrom. The book explores the ways in which the three are intertwined.

Our second book discussion will be on Saturday, March 2 from 10:00 a.m. to 12:00 noon in the Blue and Red Door Classrooms. You need not have joined the first discussion to attend the second one. Join us! For more information, email Cindy Clement at [lwcllem18@gmail.com](mailto:lwcllem18@gmail.com).

*Justice on Earth* is available for purchase for \$20 at the Green

Sanctuary Ministry table OR the Social Justice table after worship, or on Amazon (\$9.99 for a Kindle version).

## Reading Is Essential for Walt Whitman Students

Reading is a skill that many of us take for granted. This is not the case for all Michigan students. To help them become proficient readers by the end of Grade 3, Michigan lawmakers passed a law in 2016 that requires extra support for K-3 students who are not reading at grade level and also requires that a student be retained in 3<sup>rd</sup> grade if they are one or more grade levels behind in reading.

The retention requirement goes into effect at the end of the 2019-20 academic year. Volunteers perform a key role in our schools with helping students improve reading skills. If you can dedicate time to tutoring at Walt Whitman School in Pontiac, contact Mary Jo Ebert at [maryjoebert@gmail.com](mailto:maryjoebert@gmail.com).

## Welcome Inn

On cold days from December to the middle of March, BUC volunteers at the Welcome Inn prepare and serve meals, cook casseroles, provide fresh fruit and produce, make brownies, send financial donations, glean bread from local bakeries, and purchase everything as needed, from long winter underwear to ink cartridges for the computers, and all in a spirit of friendliness and compassion.

In return, we have received hugs, blessings, prayers, and thanks from our guests, as well as the gratitude of the staff, who always remark about how many Unitarians step up to bring solace to the homeless.

As in previous years, Matthew Seidel and his intrepid Boy Scout troop brought hard work and compassionate thoughtfulness to preparing 100 casseroles to cover 1000 meals for the whole of January.



If you would like to help out with our Welcome Inn efforts, contact Annis Pratt at [annis@annispratt.com](mailto:annis@annispratt.com) or see her in Hodas Hall after worship service.

## March Is Stewardship Month!

We will kick things off on Stewardship Sunday, March 3. A special presentation on our campaign's financial details will follow the worship service on March 10.

New for the 2019-2020 pledge campaign: the Stewardship Committee has designed Gatherings as opportunities to come together and reflect on the wealth and variety of resources and experiences that BUC provides. If you haven't already been invited to a Gathering, you soon will be. We hope you'll enjoy talking in these small groups about what you value at BUC.

Our theme this year, "From *this* we live" is derived from our hymn, "From you I receive." In our Gatherings, we'll explore individuals' interpretations of "*this*." Our emphasis will be on values and what all of us can do to be good stewards. You will receive Stewardship information and your pledge packet at the end of the Gathering.

If you cannot attend the Gathering you're invited to, please let your host know so we can find one that fits your schedule.

We hope to have all completed pledge forms returned to the church office by April 7 so the Board can do the important work of determining the budget for the 2019-2020 church year. We have a pledge campaign goal of \$557,500 to cover our operational and program expenses, which breaks down to \$1,450 per individual and \$2,900 per 2-person pledge unit.

Approach or contact Stewardship Committee members with any questions:

Soren Andersen, Co-Chair: [r.soren.andersen@gmail.com](mailto:r.soren.andersen@gmail.com), 248-227-9166

Walli Andersen, Co-Chair: [walli404@wowway.com](mailto:walli404@wowway.com), 248-882-9155

Jim Shettel, Assistant Co-Chair: [jimshettel@gmail.com](mailto:jimshettel@gmail.com), 248-917-3387

Cheryl Shettel, Assistant Co-Chair: [cheryl.shettel@icloud.com](mailto:cheryl.shettel@icloud.com), 248-703-9294

## Mindfulness Meditation Workshops

Sunday, March 24 | 9:30 a.m. | Red Door

Curious about meditation? Heard the buzzword "mindfulness"? Consider joining Lisa Patterson for a 45-minute mindfulness meditation workshop this spring.

Based on the Mindfulness-Based Stress Reduction (MBSR) program, guided meditations and awareness exercises will be offered as tools to support a greater sense of personal satisfaction and peace.

Three workshops will be held at 9:30 a.m., before Sunday worship services, on March 24, April 14, and May 19, in the Red Door Classroom. Register for any or all by calling Lisa at 248-516-9862.



# Service Speed Dating - Thank You!

The Leadership Development Committee would like to spread the love and give a big THANK YOU to all those who participated in the Service Speed Dating event! Thank you to all of the committees and groups that set up stations and ran their booths. And thank you to everyone who visited those stations! We hope that it was a fun and informative event for all. We'd like to give a special shoutout to the first 5 completed "bingo cards": the prizewinners were Debbie Fordree, Sharon Kirchner, the Price family, the Smith family, and Helen Oliver-Brooks! Congratulations, winners!



## Religious Education

Reverence. Unitarian Universalists sometimes squirm a bit at the idea of showing what the dictionary calls “awed respect” for much of anything. Youth do, too. Veneration, honor, worshipful adoration—all of that stuff seems a little over-the-top for UUs.

Yet, when the youth began to discuss their ideas for this year’s Youth Sunday service, it was the symbol of our faith that attracted the greatest interest. The UU flaming chalice has a strong and honored history of representing freedom and the other values that we profess both inside and outside the walls of our churches. We may not exactly “adore” any object, but it is the ideas that form our faith that earn our respect and cause us to commit to and love our faith communities.

Please join BUC’s 6<sup>th</sup> through 12<sup>th</sup> grade youth on Sunday, March 17, to hear how they have found the meaning behind the flame of Unitarian Universalism. Afterward, the ROPE parents will offer a special buffet of fruit and yogurt parfaits plus breakfast-type finger foods in Hodas Hall. (In lieu of tickets, they are requesting donations to support next month’s UU Heritage trip to Boston.) Please join us.

If you are not receiving regular email updates about Religious Education, please send us your contact information.

-Eleanor McGuire, Children’s DRE ([eleanor.mcguire@bucmi.org](mailto:eleanor.mcguire@bucmi.org))

-Kimery Campbell, Youth DRE ([kimery.campbell@bucmi.org](mailto:kimery.campbell@bucmi.org))

## UUA General Assembly

June 19 – 23 | Spokane, Washington



General Assembly is the annual meeting of the Unitarian Universalist Association. Attendees worship, witness, learn, connect, and make policy for the Association through the democratic process. Anyone may attend; congregations must certify annually to send voting delegates. The 2019 General Assembly will be June 19 – 23 in Spokane, Washington. Most General Assembly events will be held in the Spokane Convention Center.

This year’s theme, “The Power of We,” is about collective power, as well as the possibility, the purpose, the struggle, and the joy of what it means to be together in faithful community. In the past two years, Unitarian Universalism has recommitted to the work of liberation inside and outside our faith community. The antidote to a time of dangerous dehumanization is a love that connects us to our deeper humanity.

What do we want Unitarian Universalism to be? It is a time when we are asking big questions in our faith, and GA 2019 will be focused on digging into those questions together. It is a critical chance for congregational leaders and passionate UUs to set new goals and aspirations for our religious community. Help begin to reshape our Association and our congregations in new and powerful ways. Come to Spokane to experience what our shared faith can become when we embrace the Power of We.

The GA Registration and GA Housing Reservation System open March 1 at 9 a.m. PST at [www.uua.org/ga](http://www.uua.org/ga).

For more information, or if you are interested in attending this event, contact Diane Slon at [dslon@comcast.net](mailto:dslon@comcast.net).

## Sunday Morning Flowers

Take a moment to recognize or honor someone dear or to commemorate a special occasion by providing fresh flowers for the sanctuary. Flowers add significantly to the ambience on Sunday mornings.

To request Sunday morning flowers, go to the BUC home page ([bucmi.org](http://bucmi.org)) and click on the Sunday Morning Flowers button on the left-hand side to access the SignUpGenius.

Questions can be directed to Joanne Copeland at [joanne.copepland@bucmi.org](mailto:joanne.copepland@bucmi.org). Thank you for sharing your remembrances of special occasions and important people in your life and enhancing our communal worship experience.



## Memorial Glen Submissions Due April 5



BUC has a Memorial Glen with cenotaphs (monuments) where the names of our members and their family members who have died may be engraved. Once a year, we engrave the names of the deceased that have been requested that year. There is a cost involved, and forms that need to be filled out. If you are interested, submissions need to be in by April 5 for inclusion in this year's memorial Sunday service in the Memorial Glen.

Questions may be directed to Kym Worth at [kym.worth@bucmi.org](mailto:kym.worth@bucmi.org). If you haven't seen the Memorial

Glen, check it out some Sunday. The Glen is located northeast of the playground area, through the brown metal gate.

## Instant Church Directory Smartphone App

Want to access the BUC directory on your smartphone? The Instant Church Directory app always has the most up-to-date directory information, and accessing it is easy. To get the Instant Church Directory on your phone, follow these steps:

If you have an iPhone:

 ← Find the Apple App Store on your phone and do a search for "Instant Church Directory"

If you don't have an iPhone:

 ← Find the Google Play Store on your phone and do a search for "Instant Church Directory"

For all phone types:

 ← Follow the instructions your phone gives you to download the Instant Church Directory app

Then follow the app's instructions to register for an account.

**IMPORTANT: When you register for an account, use the email address that appears in the BUC directory.** That's how the app will know to connect to the BUC directory and recognize you as a member.

Choose your own password. The directory app does not have a single universal password, unlike the website directory.

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## Pastoral Care

The Pastoral Care Associates provide support for BUC congregants experiencing significant life challenges, through the support of pastoral care associates and helping hands volunteers working in partnership with the minister. We assist the congregant in moving toward being able to help themselves, by being a caring presence during a difficult time and providing support in such areas as visits, meals, transportation, and assistance in locating appropriate community resources for ongoing needs.

We also have a “helping hands” program that provides short-term, practical support like transportation, errands, and more. This level of support is a good match for people recovering from illness or surgery.

Pastoral Care Associates are specially trained lay members of BUC. They work in collaboration with the minister to extend their services throughout the congregation. Pastoral care involves:

- Being present with the person
- Listening to the person describe their situation
- Asking appropriate questions to help the person tell their story
- Offering empathy and emotional support
- Referring to the minister, if appropriate, for pastoral counseling

The minister offers pastoral counseling. Pastoral counseling is typically short term, and may lead to a referral to other support resources. If you or someone you know could benefit from pastoral care, please contact the minister or a pastoral care associate.

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