The Messenger

FIRST UNITARIAN

Albuquerque✧Carlsbad✧East Mountains✧Socorro

March 2016

In Harmony

Music yokes together mind, body, and spirit. Singing together in worship, we align our breath to musical phrases, sustained by rhythmic pulse and mathematical harmonies. Listening, waves of sound and poetry submerge us. Breath, heartbeat, and mirror neurons synchronize with those around us.

Our lives are awash in music: On the airwaves and internet; in concerts, shows, recitals, and earbuds; overhead while shopping; as sonic wallpaper at restaurants. Some prefer to listen, some to dance. You might crave playing music yourself. Do you desire calming strains, or the rush of emotion from soaring strings or a pounding backbeat? Contemplation or celebration? Inward nod or exuberant applause? Context matters, and variety, and above all, community.

In my first weeks as Director of Music, I have been blessed by this congregation's joyous music, with so many musical threads woven into the tapestry of worship. I am grateful for the recent wide-ranging conversation around music and applause during worship: Clapping disrupts the flow, clapping is participation, clapping belongs in the concert hall, clapping is embodied gratitude, clapping is habitual, clapping feels great, clapping is hard on ears, some but not all of the above. This is not a unique concern; many congregations explore "the clap flap."

The consensus from the UU Musicians Network is that attempting to enforce a clap/no-clap policy doesn't work. Rather, we encourage each other to practice empathy, and to tune in to the flow of energy in worship. If an anthem, sermon, or rousing hymn moves you to express gratitude, you might applaud, say "amen," rub hands together in "warm applause," or shake uplifted fingers in American Sign Language applause. A meditative solo, thoughtful lyric, or prayer might evoke silent reverence or a deep sigh. May we continue learning from one another and creating vibrant worship in community.

P.S. If you are one who craves singing music yourself, the Chalice Singers have exciting repertoire lined up for spring. All voice types welcome, no audition required; just a love of singing and commitment to Thursday night rehearsals.

Susan

Susan Peck

The Congregation of First Unitarian Church, Albuquerque

Invites You to Celebrate with Us as We Ordain

James Galasinski to the Unitarian Universalist Ministry

Sunday, April 10, 7:00pm

First Unitarian Sanctuary

Reception to Follow in the Social Hall

Sundays & Candles

March 6

Worship, 9:30 & 11:00

"As You Are"

The Rev. Angela Herrera

How do we know when we should push ourselves versus when should we try to accept ourselves? A sermon about self acceptance, personal growth, and community.

Music: Spare Parts

Explorations, 9:30

Being Mortal Follow Up. Organize to begin follow-up research and collecting resources for our congregation. Facilitator: Angela Merkert

March 13

Worship, 9:30 & 11:00

"God, Human, Chicken, Egg"

The Rev. Angela Herrera

Which came first? A sermon about the evolution of God, told through the lenses of science, history, and scripture.

Music: The Chalice Singers

Explorations, 9:30

The Privilege Walk. An interactive exercise and opportunity to understand the intricacies of privilege. Facilitators: The Diversity Task Force

March 20

"Conspiracy of Love: A Hymn-Sing Service"

Director of Music Susan Peck will lead singing to celebrate the spring, and talk about the not-so-secret ways that singing together generates love and community.

Music: David Schepps, cello

Explorations, 9:30

How to Create Less Stress in Relationships. Facilitator: Wendy Foxworth, author of *Co-Creating Good, Healthy Relationships: Living Life the WeWay*.

Easter Services: March 27

7:00 am: "Easter Sunrise"

James Galasinski, Ministerial Resident

This interactive, contemplative service begins in the courtyard, where we'll commemorate the cycles of rebirth and renewal in our lives. We'll conclude after carrying our light into the sanctuary.

9:30 & 11: "Easter Hallelujahs"

The Ministers and Susan Peck

We're going to celebrate Easter this year with a variety of "Hallelujahs," musical, spoken, and sung. Whether your spirits are high or low in this season, the practice of praise makes for healthy bodies and positive feelings, so come and join us! The children will begin in the service with us and then depart for an Easter activity.

Music: The Chalice Singers, with brass and rhythm sections

Explorations, 9:30

The Spiritual Practice of Story-Sharing. Facilitator: Ron Friederich.

We Light a Candle

We light a candle for Alan Clawson, whose brother died; for Keith Christopher, whose father died; for Jetta Reynolds, whose close friend died; and for Emma Kochenderfer as she grieves the suicides of two classmates at Cottonwood Classical Prepatory School.

Our thoughts with Becky O'Boyle, who is recovering from shoulder surgery; with Dick Carruthers, who is recovering from knee surgery; with Joe Holdredge, who is facing health challenges, and with Nancy Magnusson, Will Ranken, and Carolyn Browne, who are recovering from injuries.

We celebrate with Anna Eder and Nick Schumer in the birth of their daughter, Lucile Luna Schuman; and with Carlsbad UUs Erica Rogal and Kurtis MacNeil-Allen, who were married on Valentines Day at the Carlsbad Branch.

Flowers Needed!

Our Sanctuary Flower calendar is now open for late March and April donations. Creativity is encouraged and arrangements do not have to be fancy! Do you have an anniversary or birthday to celebrate, or perhaps someone who has passed that you would like to honor? Upcoming dates are March 27 and April 3, 10, and 24. Please email saradell@comcast.net.

Caught in the Act

(Of Generosity)

Hats off to Ron Friederich for his community service! Over many years of quiet service, Ron has given much. He founded the Healthcare for the Homeless Eye Clinic and volunteered as their ophthalmologist for 26 years. Nowadays, he is a hospice volunteer, after school tutor, and BioPark botanic garden docent. In his words, "This volunteer work has helped give me a sense of purpose in retirement." Several of Ron's unique calligraphy plaques appear throughout the church. His first outdoor carving (above) is located to the right of the sanctuary doors.

First U values all of our volunteers and artists, and their service within and beyond our church grounds. We hope these inspiring stories help all our members connect to that energy and see how our efforts combine to create an environment where generosity grows. If you have a story to share, please let us know.

-The Radical Generosity Committee

MDD Spring Assembly

First U will host the Mountain Desert District (MDD) Spring Assembly, "Interdependence: Exploring Our Unitarian Universalist Way." Join UUs from Montana, Utah, Wyoming, Colorado, and New Mexico on Saturday, April 16 for relevant, thought-provoking workshops. Registration is open now!

Keynote speaker, the Rev. Gary Kowalski, will discuss concepts from his book, *Blessings of the Animals: Celebrating Our Kinship With All Creation*. The $50 registration fee also includes workshops on healthy congregational practices, a light breakfast, and a hearty lunch from Garcia's Kitchen. Registration and breakfast starts at 8 am and the Keynote address begins at 9 am. Workshops begin after the Keynote and continue until 5 pm, with the MDD Annual Meeting immediately following lunch.

For more information, visit http://www.mdduua.org/annual-meeting/.

Flair Trade Clothes Exchange

Are those heels a little too tight?
Did someone give you a pair of earrings that aren't quite your style?
Do you have items in your closet you haven't worn for over a year?
And, most importantly, **do you love to get new clothes for free**??

Angela Herrera is hosting a "women's clothing" (etc) exchange party on Friday, March 18 at 7 pm in the Memorial Hall. Bring finger food to share and a few items (or a whole bag!) of giveaways in good condition. Suggested donations of $5-20 will support the UU Church of Kenya and leftover items will be donated to charity.

Make new friends and take home your new favorite thing! Open to persons of all genders, ages, sizes, and shapes who love to wear women's clothing, shoes, and/or accessories. Contact Angela at reverendangela@gmail.com.

Ostara Celebration

On Saturday, March 19 at 6 pm, Coyote Willow CUUPS invites you to join in celebrating Ostara, the spring equinox and the return of life and warmth, as Mother Nature once again awakens.

We will be in the Wesson Room. Set up will begin at 5 pm, and our usual potluck will follow the ritual. As you are able, please bring a non-perishable food donation, which will be given to the food pantry. If you have any questions, please contact Raven at ravenreed@gmail.com.

Theology on Tap

Theology on Tap will meet Monday, March14 and 28 at 7:00 pm at O'Niell's in Nob Hill. (4310 Central Ave SE).

Come for a libation and stay for the conversation.

March Hike

On Saturday, March 12, we will hike up eight switchbacks to reach the top of the 500' volcanic escarpment, *La Bahada* ("the descent"), an impediment for oxcart travelers along the Camino Real from 1598 to the mid-1800s.

Contact Kathleen Rhoad at krhoad33@yahoo.com or 225-9747 to learn more or to RSVP (required). Or, visit https://abquuhikers.wordpress.com/.

Promote a Healthy Democracy!

Our forum team needs four new members! Help promote a healthy democracy (one of Unitarian Universalism's seven principles) by recruiting and hosting interesting speakers on issues that matter in the public square. Team members volunteer to help recruit and host up to one forum per month and attend quarterly planning meetings. Forums have the potential to bring in new people from the wider community, as well as increasing social bonds within First U. Contact Angela at reverendangela@gmail.com.

Volunteer Opportunities

The folks who work in the sound booth have the satisfaction of being a part of the team that produces our great worship services, learning a skill, and getting to know a great bunch of folks. The team needs a couple of more people for first service, one more for second on the sound board, and another projectionist. Training, mentoring, and "easing in" are all a part of the plan. Be a part of something important!

If you are interested in learning to run the sound board, please call the office or talk to the people in the booth. For more information about projection, contact Christine at crobinson@uuabq.org.

Board Notes

It has been a busy month for our Board of Directors.

In January we worked with the staff on the recommended 2016 budget, agreed to propose a few small bylaw changes, and identified our 2016 church officer nominations. Those items were presented and passed in the Annual Meeting on January 31. Next, we had our annual planning retreat in early February for the new (2016) Board. Our work included aligning on our expectations of each other and setting our 2016 goals, which continue to align with the 5-year Strategic Directions that were presented at our 2015 Annual Meeting. A summary of the recommendations from that effort and progress to date is available online: http://uuabq.com/strategic-plan/.

In our February board meeting, we further clarified our 2016 goals with specific owners and deliverables, and reviewed our various committees and teams to see where help might be needed in establishing a 2016 chairperson and full membership for each one.

The Board is very grateful to Martha Ketelle, who led a very successful two years for the Board and presented the recap of 2015 accomplishments at the Annual Meeting. We would also like to thank Steve Phillips, who completed his Board service in 2015 and is now refocusing his attention on other critical church initiatives.

The next board meeting is scheduled for March 15 at 7:00pm in the Memorial Hall. Church members are welcome to attend. We also encourage yout to join the board for coffee on Sunday, March 6, in the Library at 10:30 or noon.

Larry Alei
2016 President
First Unitarian Board of Directors

Religious Education

From Our Director of Religious Education

"Where there is not community, trust, respect, ethical behavior is difficult for the young to learn and the old to maintain."

–Robert K. Greenleaf, *Servant As Leader*

Greetings! So many plans for March—generosity is our theme in R.E., so be sure to come to the Sanctuary on March 6 for the launch of "Guest at Your Table," a Unitarian Universalist Service Committee (UUSC) program for children that helps us learn to share generously with other people who are in need, so that everyone around the world can live in peace.

We are also asking families to donate canned goods to R.E. all month long, and that will culminate in a Can Hunt and Parade to the food pantry on Easter morning. If you'd like to help with hiding the cans and other Easter morning activities like leading the parade-marchers and handing out treats, sign up online to be a Special Events volunteer: http://bit.ly/1PMpMlq.

We're participating in "Read To Me," and will be accepting new and gently used children's books until March 31. Our children will be able to participate in a Social Justice project and apply labels to the books to be donated. Last year our church community donated 603 books!

There will be no Teacher Team Luncheon in March, due to scheduling conflicts. Our last Teacher Team Luncheon for this program year will be in April. Let me know what you think about these luncheons and the opportunity to spend time with fellow teachers, the ministers, and me.

Mia Noren

From Our Youth Coordinator

Mid-High

We are now studying Christianity. As a supplement to our previous studies of Buddhism, on April 3 we will not have class but will visit the Kadampa Meditation Center at 10 am (8701 Comanche Rd NE). On Saturday, April 9, from 11 am-2 pm there will be an opportunity volunteer together at the Road Runner Food Bank.

The 8th graders in Coming of Age are hard at work exploring their beliefs and values.

La Amikoj

We exploring good and evil and also examining the different types of privilege we have. I will be leading the Mountain Desert District Chaplain Training for youth and adults in Fort Collins, CO, March 11-13.

10-12th Grade OWL Retreat

Join youth from Santa Fe, Durango, and Los Alamos at the UU Church of Los Alamos April 8-9. $30 per youth; email me at jamesg@uuabq.org to learn more.

Save the Date!

We will host the Mountain Desert District Bridging Con April 22-24. More information to come.

James Galasinski

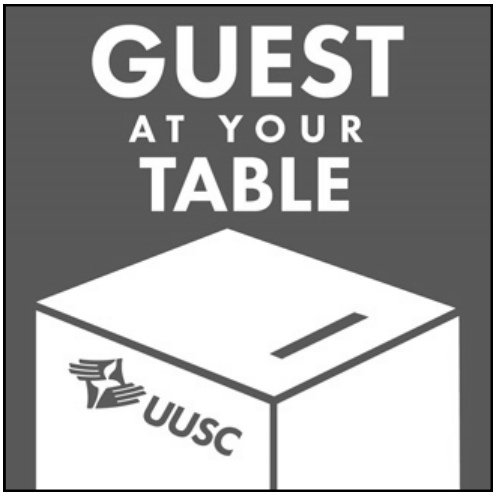
March RE Calendar

March 6: Children start in the Sanctuary (launch of "Guest at Your Table"); Coming of Age; regular classes; last OWL class

March 13: Regular classes; Coming of Age classes

March 20: Regular classes; Coming of Age classes; RE Council meeting

March 27 (Easter): Children start in the Sanctuary; Easter Can Hunt; No Coming of Age classes; Teacher holiday



March is "A Guest At Your Table" Month

For more than 40 years, UU churches have participated in Guest At Your Table, an annual education and fundraising program that supports the Unitarian Universalist Service Committee's (UUSC) human rights work. This year's theme highlights the empowerment of refugees and displaced people.

During the month of March, you will hear messages or be invited to participate in a discussion about practices that protect and empower the most vulnerable populations in the world. Our children will have an opportunity to participate in the program in their classrooms and through the practice of collecting contributions in the Stories of Hope Box on your dinner table.

The UUSC works through partner organizations around the world to address human rights issues. In more than a dozen countries, the UUSC fosters social justice and works toward a world free from oppression. Some of the grassroots partner organizations are working now to ensure safe passage of refugees from Syria and other countries in crisis and helping protect their rights in host countries.

The contributions collected through Guest at Your table go to UUSC to support this human rights work around the world. Watch for more information on how you and your family can participate.

Earth Web Green Corner

Have Your Gardening Soil Tested

Even if you compost, you may wonder about your garden's soil-building potential. Bring a soil sample in a jar to the Transitions potluck on Wednesday, March 2 (bring a light snack to share, too!). We'll meet at 6:30 pm in the Social Hall.

Earth Day Celebration

Mark your calendars for First Unitarian's and Earth Web's **Celebration of Earth Day** on April 17 (a week early, to accommodate the wealth of local Earth Day activities the following week). RE is joining us for kid-friendly activities with their teachers during both services. Adults can learn and confer with a master composter and water specialist, as well as **buy plants**! More details in next month's *Messenger*.

Food for Thought

How are you eating differently in February and March than you will be in June, July, and August?

Ongoing Groups—Newcomers Always Welcome!

Animal Advocates	12:10 pm, fourth Sundays	Wesson Room	Sacha Bush, chabush99@yahoo.com
Beginning Yoga Bring a mat and a donation of cash or canned food for the food pantry.	12 pm, Saturdays	Memorial Hall	Ann Walton, 265-4675 or annwalton1@comcast.net
Bread, Wine, and Book Club *Alburquerque: A Novel*, by Rudolfo Anaya	Second Fridays of the month. Next meeting: 7 pm, March 11	11305 Biscayne Dr NE	Martha Beyerlein, martha.beyerlein@comcast.net
Brown Bag Lunch Topic: Gnosticism	12 pm, Wednesdays	Family Room	John Roth, JohnRoth1@gmail.com
Caring Economy Advocacy Group	10 am, first Saturdays	Arnold Room	Bob Riley, bbriley@gmail.com or 323-0364
Chalice Singers Choir (adults)	7 pm, Thursdays	Sanctuary	Susan Peck, speck@uuabq.org
Course in Miracles	3-4:30 pm, Sundays	Wesson Room	Bob Riley, bbriley@gmail.com
Covenant of UU Pagans	7 pm, second Fridays	Arnold Room	Raven Peters, ravenreed@yahoo.com
Earth Web Healing the Earth. Bring your own plate, cutlery, and a dish to share.	12:15 pm, second Sundays	Wesson Room	Barbara Leonard, barbl@swcp.com
Fiber Arts Group Bring a lunch and project.	12:00 pm, first and third Mondays	RE Room #3	Carole Bonda, mimbon@aol.com
Insights Drop-In Covenant Group	6:30 pm, first and third Mondays	Family Room	Torre Near, tdnear@gmail.com
Integral Meditation and Discussion Group	7 pm, first and third Fridays	Arnold Room	Jac Estes, 255-4191 or jacestes@gmail.com
Meditation Group	5:30 pm, Thursdays	Arnold Room	John Roth, JohnRoth1@gmail.com
Mindfulness Meditation Group	11:00 am, Sundays	Wesson Room	Pam Bliss, pamblissnm@msn.com.
Monday Afternoon Book Club *And the Mountains Echoed*, by Khaled Hosseini	2 pm, March 21	208 Montclaire Drive NE	Sally Jacobsen, 971-570-2922
Nature & Spirituality Discussion Group	7 pm, first and third Tuesdays	Children's Chapel	Kathryn Haase, 255-4191 or haasekathryn@gmail.com
Nonfiction Book Discussion Group *A Walk in the Woods*, by Bill Bryson	2 pm Wednesdays	Arnold Room	Bob Wood, roberttwood@gmail.com
Public Banking Group	10 am, third Saturdays	Wesson Room	Sally Jacobsen, (971) 570-2922
Secular Buddhism Study Group	7 pm, second Mondays	Wesson Room	Roy Ellis Moody, 344-8930 or speaker@roymoody.com
Spirit Singers Choir (grades K-5)	Second and fourth Sundays, 12:30 pm	RE Room 3	Susan Peck, speck@uuabq.org
Wednesday Potluck	6 pm, first Wednesdays	Memorial Hall	Mary Wilks, 803-8554
Wisdom Circle A community of consciously aging UUs.	9:30 am, third Saturdays	Memorial Hall	Gary Carlson, cannmgary@aol.com or 897-1850

First Unitarian Church
3701 Carlisle Boulevard NE
Albuquerque, NM 87110

www.uuabq.org phone (505) 884-1801

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– DATED MATERIAL –

Sunday Worship Services

Albuquerque
9:30 and 11:00 AM
In the Sanctuary

Carlsbad
4:00 PM
First Presbyterian Church
309 W. Shaw

East Mountains
11:00 AM
UU Congregation, E. Mtns.
1 Deanna Ln.
(off Dinkle Road)

Socorro
4:00 PM
Epiphany Episcopal
Church, 908 Leroy Place

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