

CHURCH AND HOME

UNIVERSITY CONGREGATIONAL
UNITED CHURCH OF CHRIST



4515 16th Avenue N.E., Seattle, WA 98105-4201
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Headwind Tales from California

Thank you all for the warm welcome home you gave me and the other bike riders on Easter Sunday. After three weeks on the road riding a bicycle from Seattle to Phoenix, it is delightful to be back home. There are many stories that will come from this ride. Let me start with just one.

Although I am not new to long-distance bicycling, it has been a while since I have ridden more than about 30 miles. Thus the challenge of 19 days of riding 50 to 65 miles a day did seem a little daunting as we rode away from the church on Sunday, March 26. Still, for the most part I did fine. The biggest exception to “did fine” however, was the day we rode from Paso Robles to Lompoc in California. Jeff Coleman rode the first half of the day, Bekah Tinker and I rode the second.

From the moment we got on our bikes I knew I was in trouble. We were riding south, and a strong wind was blowing steadily towards the north. I hate headwinds! This one slowed our progress to about eight miles an hour, and that was if we were working hard. By forty miles into the ride I was exhausted. We still had about 20 miles to go and I did not know how I was going to do it. My body was ready to rebel.

Then I got behind Bekah and rode in her “slipstream” for about eight miles. It was a bit embarrassing as she is smaller than me and has been riding far, far fewer years than me plus, even with her ahead of me to give me shelter from the wind, I still struggled to keep up with her! But I needed the break and so I accepted the help. And that short break was enough. It gave me the encouragement and the rest I needed to finish the day. By the time we pushed into Lompoc, we had taken seven hours to cover 61 very tough miles—some of the hardest riding I have ever done. Here are some lessons from those miles:

1. Sometimes you just have to keep moving, even when it seems everything is blowing against you.



New Cornerstones

Litany of Thanksgiving

We will recognize the completion of the New Cornerstones building renovation on Sunday, April 30. Some people are still faithfully paying their pledges, and the project is finished!

It will be a time in worship to give thanks to God for the blessing of time, money, energy, imagination and prayer that have been committed to the renovation of our building, and to the ministry the building provides for and supports. The litany will be led by church members Arlene Strong, chair of the New Cornerstones Committee, and Ron Hopper, our owner's representative. This will be an important moment in the life and history of our congregation's ministry. Please plan to be present to join in the dedication and thanksgiving!

Study of *Phoenix Affirmations* Begins

A new three week adult education class on the *Phoenix Affirmations* begins at 9 a.m on Sunday, April 30. These are the twelve statements about the Christian path of love that Meighan Pritchard is carrying as a part of her walk across the United States this summer. We will use the book, *The Phoenix Affirmations: A New Vision for the Future of Christianity*, by Eric Elnes as our text. Join us to explore these progressive statements describing what it means to be a Christian.

2. A friend can be a wonderful thing during the hard miles—especially one who can offer a little shelter from the storm.
3. A little rest can be a very good thing.
4. Always be gentle with yourself.
5. The wind does eventually change.

Wherever you are on your journey right now, may you know the companionship of community that has covenanted “to care for and pray for one another in times of sorrow and in times of joy”: headwinds or tailwinds!

Blessings, Catherine

Children and Youth

Preschool News

Our preschool Christian education program includes children from birth through kindergarten. If you have a child in this age range and are not currently receiving information on Christian education, activities and fellowship events, we welcome you to contact Mary Kay Westmoreland at mkwestmoreland@universityucc.org or 425-653-1641.

Elementary News

Study of Tenth Commandment

Our elementary students will begin their study of the Tenth Commandment on April 30. This unit will focus on learning to be content. This unit will take place during the weeks of April 30 and May 7.

Church School Year Ends with Catacombs

Our elementary Christian education program will continue the tradition of ending our church school year with Catacombs, a re-enactment of an early Christian worship service. Please note that we have changed the dates. We will be holding Catacombs on May 14 and May 21.

We still have opportunities for volunteers to help set up and participate in Catacombs with our elementary students. Please contact Mary Kay Westmoreland at mkwestmoreland@universityucc.org, or 425-653-1641.



Have Fun as a Seabeck Youth Leader

Seabeck, our all-church camp, takes place on July 9-14. We are in need of adult youth ministers to help lead and shape our morning youth program. If you are interested, please contact Lisa Coleman at 206-706-8407.

If you are a youth and are interested in providing some leadership at Seabeck, please contact Peter at (pilgenfritz@universityucc.org) or 206-524-2322.

Congregational Summer Camps

This summer our United Church of Christ Pacific Northwest Conference offers a variety of summer camps for middle school and senior high youth. Youth ministry adult leaders are also needed. For more information, check out www.pncucc.org

A copy of our pastors' weekly schedule is posted in the church office. **For pastoral emergencies**, please call a pastor at **206-541-7984**, 24 hours a day, seven days a week.

Youth News

May 5-7



Yakima Youth Trip

Our middle school and senior high youth trip to the Pacific Northwest Conference Annual Meeting in Yakima takes place Friday, May 5 through Sunday, May 7. We will leave after school on Friday and return mid-afternoon on Sunday. We will meet other United Church of Christ youth from around our state, attend a workshop of your choice, do mission work on Saturday afternoon, have fun, and lead worship. To sign up, contact Peter at pilgenfritz@universityucc.org or 206-524-2322.

May 20

Recovery Café

Our middle school and senior high youth will provide food and entertainment at the Recovery Café in Belltown on May 20. The café provides support for people in recovery from drugs, alcohol, and mental illness. We need good three minute acts for the talent show! Set up is at 5 p.m. and dinner is at 6:30. To find out how you can help and to sign up, contact Anna Macgilvra at 206-361-8735 or anna4banana@msn.com.

July 30–Aug. 4

Middle School Mission

We have a group of middle school youth (current fifth to seventh graders) who would like to have an experience together helping others this summer. We need adult leaders to make this happen. If you are an adult and interested in being a leader for the trip—or if you are a youth interested in attending—please contact Peter Ilgenfritz at (pilgenfritz@universityucc.org) or 206-524-2322.

CHURCH AND HOME

Submissions are due before:

Noon, Monday, May 1 (May 14 –21 issue)

Noon, Monday, May 15 (May 28–June 4 issue)

Place in *Church and Home* box in the church office, fax to 206-524-0602 or e-mail to:

ChurchandHome@universityucc.org

Guidelines: *Signed* submissions must have a contact phone number and adhere to length guidelines (100 words for notices of events; 350 words for articles). Articles may

Our Church Family

Leadership Team Performance Reviews

Do you ever wonder how your leadership team is given feedback on how they are doing at their jobs? Do you ever want to contribute to that process? The personnel board is responsible for creating a yearly evaluation of our leadership team. A different personnel board member is assigned to each member of the team.

Once a year we gather feedback from selected congregants. We combine that information with feedback from the leadership team on each other, along with their own self-review. This creates a performance review for each one of the clergy team and for David Anderson.

We attempt to access a broad cross-section of our congregation as we feel it is an opportunity for those who have constructive comments to make them. It is a valuable tool for the leadership staff as well. Because we are such a large church, it is not always possible for them to know what we are all thinking or how we are responding to their ministry. This not only provides them with helpful information, but is an opportunity for them to set new goals or redirect old ones for the benefit of all. Our experience is that they are grateful for feedback.

Reviews generally take place in the spring, and this year's are in process. If you would like to contribute to future evaluations, please contact a member of the personnel board.

—The Personnel Board

New Liturgist Coordinator

Stephanie Donich has agreed to become Liturgist Coordinator. Thank you Stephanie! If you are interested in reading scripture during services as a lay liturgist, please contact: Stephanie Donich at sdonich@comcast.net or by calling 206-526-1149.

Theology Corner

Web Site Is Source for Serious Reflection

A thoughtful and reliable source for serious reflection, one that I depend on twice a week, is "Sightings". It is a website of the Martin Marty Center at the University of Chicago. It is devoted to spying out interesting items on religion in public affairs.

Every Monday, there is commentary by Martin Marty. In my opinion, there is no more thoughtful and provocative commentator. Every Wednesday, there is a contribution from a guest commentator. Check it out at <http://marty-center.uchicago.edu>. Watch this corner in *Church and Home* for more recommendations.

—Lloyd J. Averill

Clergy Coverage During Sabbatical

Don Mackenzie will be away from April 26 to Aug. 20. His sabbatical is May 1 to July 31. The additional time is vacation, and teaching at an interfaith workshop with Ted Falcon and Jamal Rahman.

Peter Ilgenfritz will be filling the role of head of staff while Don is away. If you have a question about anything concerning the church's ministry, please call Peter while Don is away. Catherine Foote will be coordinating pastoral care while Don is away. If you have a specific concern about pastoral care, please call Catherine.

We look forward to a summer of worship and service with you, as well as to an exciting fall and year ahead!



Walk Wherever You Are for CrossWalk America

If you would like to be a part of *CrossWalk America* but are not able to join the actual walk, you can participate in their "Walk Wherever You Are" program. Pedometers are available from the church, or you can use your own pedometer and measure your "mindful walking" miles. These are miles you walk in support of the *Phoenix Affirmations*, or in prayer for the walkers. There is a place on their website (CrosswalkAmerica.org) to log those miles. There are also more details about the program there. Perhaps we as a church could walk along with Meighan Pritchard, matching her miles, doubling her miles, or far more.

For more information about walking, contact Catherine Foote or drop by the *CrossWalk* table in the narthex after worship. You can also pick up a pledge sheet there to pledge a "per mile" amount in support of the walk and its message of the inclusive, welcoming love of God.

Get Church and Home Electronically

Church and Home is available as a downloadable PDF file on the universityucc.org web site. You can get your newsletter days earlier and save the church considerable postage, copying and paper expenses by receiving *Church and Home* electronically instead of by mail.

To sign up, just e-mail your request to office@universityucc.org. In the subject line, please specify "Electronic Church and Home Subscription", and include your full name and phone number in the message. Once you have submitted your request, you will receive an e-mail as soon as each issue has been completed with a link to the PDF file that you can download from the web site. This will replace your mailed subscription.

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Visit our web site: www.universityucc.org

Sunday Worship Service

10 a.m.

V April 30

Preacher: Peter Ilgenfritz
Scriptures: Exodus 20:17

V May 7

Preacher: Catherine Foote
Scriptures: Exodus 20:17
Philippians 4:4-13

Wednesday Service

Taize-style worship, 6 p.m.
University Congregational
Chapel



Church and Home is published biweekly by University Congregational UCC. Editor: Barbara Long

Sunday, April 30

Second Sunday of Easter

Sermon: "The Restless Heart"

We have come to the final commandment and its call for contentment. When are you most content? What keeps you from it? When is our discontent a gift? When can you just sit back and enjoy life for the amazing gift it is? This Sunday we will also celebrate the completion of our New Cornerstones project and the ministry leadership of Ron Hopper and Arlene Strong. We hope you will join us for this service of contemplation and celebration.

The Chancel flowers are given in loving memory of Bob Waggoner from Rae and the family.

Sunday, May 7

Third Sunday of Easter

Sermon: "Contentment"

As we conclude our study of the Ten Commandments, we come upon this final one: Do not covet. Hidden in the heart of this commandment is a marvelous invitation to a contented life. In a culture that has a vested interest in keeping us discontent, we can find an inner center from which we can say with the apostle Paul, "I have learned in whatever circumstance I find myself, therein to be content." This is also Mother's Day, and prayers for mothers will be included in our worship service.

The Chancel flowers are given in loving remembrance of Martha Joy Rose, born May 7, 1959, and are given by her sisters and brother and by David and Margaret Rose



In This Issue

- Head- wind Tales
from California
- Walk Wherever You Are for *CrossWalk America*

As I See It

Jesus, the Light of the World

By Margaret Rose

V

Light is a powerful theme in our Christian faith. It begins with Matthew telling us of Jesus saying, “You are the light of the world. A city built on a hill cannot be hid. No one after lighting a lamp puts it under a bushel basket, but on the lamp stand, and it gives light to all in the house. In the same way, let your light shine before others so they may see your good works.” And John tells us “Jesus spoke to them saying, “I am the light of the world, whoever follows me will never walk in darkness but will have the light of life.” Bringing light to the world was one of the fundamental teachings of Jesus.

Light has been a theme of many of our hymns that are a part of our faith. Old favorites come to mind: “Light of the World We Hail Thee “ and “Let the Lower Lights be Burning”. In our *New Century Hymnal* is “Jesus, the Light of the World” which says “We will follow the light, beautiful light...shine all around us by day and by night...Jesus, the light of the world”.

All of these words, new and old, continue to remind us that Jesus not only brought light, but that those

POINTS OF VIEW

UNIVERSITY CONGREGATIONAL 
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who followed him were told, “ You are the Light of the World”. Even our children are imbued with the spirit of the light of Jesus as we sing together, “This little light of mine, I’m going to let it shine. Hide it under a bushel, no! I’m going to let it shine. I’m going to light someone else’s light, I’m going to let it shine.”

I truly believe our church is meant to be the Light—the Light of faith, of peace, the Light of Love—for all people. This is not only Light to our church family but, if we faithfully follow Jesus, we radiate Light out to our community. All are welcome. We are not hiding ourselves under a bushel, content with what we are. We let our light shine before others so they may see Jesus, and choose to follow the light—Jesus, the light of the world.

From the Staff

The New of God Blooming in our Lives

By Peter Ilgenfritz

V Everyone gathers in the plaza—grandparents, little children, youth, men and women, the whole town. The whole town it seems is dressed up—Roman soldiers, little boys in robes of purple, women in bright scarves, men in tall pointed hoods. The children and adult marimba players start to play the tune “Pescador de Hombres” (which we sing here as “You Have Come Down to the Lakeshore”) and the procession begins.

It is Lent in Antigua, Guatemala and everyone has come out to celebrate. My trip last month to visit Dave in Guatemala reminded me of many things. It confirmed for me what I had believed—that Dave is doing right what he needs to be doing and right where he needs to be. He felt “called out by God” as he shared with us, and that call is confirmed by the joy I see on his face, the hard work he puts into his studies, and the good friendships he has already made. It confirmed for me that when we are called into the new it may not always easy (with sleepless nights as well as days of joy) but when you trust you are living the truth you are called by God to live—well, then, whatever happens can also be all right.

My trip last month also confirmed for me the rightness of the call we have heard and responded to as a church in opening up our ministries to the “whole people of God”. To assemble in worship with all ages together. To gather monthly for times of learning together and building connections between our generations. To begin to offer more ways for our youth and children to play leadership roles in the worship life and music ministry of the church. To build and strengthen our connections with each other through a growing number of adults leading our children and youth ministries.

In all those ways we are not only stepping into something new, but also returning to something very old. Something I saw and experienced again in Antigua. When it comes to Christian faith, we all are needed in order to enter into and live out the amazing story that has been gifted to us. We need to learn with each other, challenge each other, grow with each other. Most importantly we need to have time just to listen to each other and hear the stories of each others lives. As a faith rooted in love, we grow in learning to love one another.

Continued on POV page 2

The Wider Community

Discuss Myths with Jesus Study Group

Members of the Jesus Study Group invite anyone who is interested to a series of three sessions discussing Karen Armstrong's recent book, *A Short History of Myth*. It is not necessary to read the book, although copies are available in the church office. Since each session deals with a separate question, feel free to attend one or all of the discussions.

Sunday, May 21 What Is a Myth?

Potluck at 5:32 p.m. Discussion at 7:03 p.m. in the church lounge.

Sunday, June 11 What Is the Axial Age?

Discussion at 7:03 p.m. in the church lounge.

Sunday, Aug. 13 What Is the Great Western Transformation?

Potluck at 5:32 p.m. Discussion at 7:03 p.m. in the church lounge.

Religion and Science: Polar Opposites or Partners in Progress?

Rev. Dr. Thomas McCormick and Dr. Wylie Burke will examine the role of science and religion in society at 7 p.m. on Monday, May 8 at the University of Washington School of Law, William Gates Hall, Room 133. Dr. McCormick will lecture on "Contributions of Religion & Theology to Bioethics". Dr. Burke will discuss "Genetic Risk: Dilemmas and Challenges for Families".

Dr. McCormick has served the UW community for over 30 years as a campus minister, and is a founding faculty member of the UW Department of Medical History and Ethics. Dr. Burke is chair of the UW Department of Medical History & Ethics. They speak as part of the annual Thomas McCormick Lectureship in Science and Religion. Everyone is invited.

Humanitarian Situation in Iraq

An educational forum, "Toward a Responsible Transition in Iraq: Assessing the Humanitarian Situation", will be held at 7 p.m. on Tuesday, April 25 at St. Catherine of Siena parish social hall. Speakers will be Dan O'Neill, past president and co-founder of Mercy Corps, and Jamal Rahman, Co-Minister of Interfaith Community Church, Seattle. The speakers will be followed by a discussion of the 2006 U.S. Conference of Catholic Bishops statement, "Toward a Responsible Transition in Iraq".

For more information, send an e-mail to socialjustice@stcatherineparish.net. The church is located at 8500 Eighth Avenue NE, Seattle.

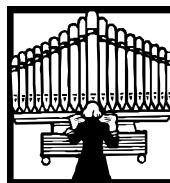
From the Staff *(continued)*

In returning to the old we are stepping into the new. We hope this next year to continue to grow and deepen our intergenerational ministry together. If you feel called to help us step deeper into this ministry in worship, development of a mentor program, Sunday morning classes, fellowship activities or other ways I encourage you to share your interest with me and the other members of your Christian Education staff: Catherine Foote, Mary Kay Westmoreland and Kris Garratt.

In this season of Easter, may we all step out into the new of God that is blooming even now in our lives, daring once again to risk and to love.

Prayers for Healing and More

The Jesus Study Group invites anyone interested to an evening of sharing, open discussion and reflection on prayers for healing, Karen Armstrong, the Lord's Prayer, dualism, Easter, compassion...or whatever! Join the group at 7:02 p.m. on Sunday, April 30 in Ostrander Hall Room 2. Chocolate will be available!



Concert by Greg Bowers, UCUC Church Organist

A free concert featuring music composed by Greg Bowers, University United Church of Christ organist, will be held in the church sanctuary at 4 p.m. on Sunday, April 30. His cantata will be presented as part of morning worship on Sunday, April 30.

The afternoon concert includes three works: "Cantata for a Sacred Union (A Gay Wedding Cantata)", "String Quartet No. 2: Byproducts of Mass Media", and "Symmetries for Brass Sextet". Joining Greg will be the Fear No Music Ensemble of Portland, Oregon, the University of Washington Brass Sextet, Joan Haaland Paddock, trumpeter, of Linfield College, McMinnville, Oregon, and the University Congregational Chancel Choir directed by Bob Scandrett.

The cantata for choir trumpet and organ incorporates texts by gay and lesbian poets inspired by love and spirituality from all historical periods. "Though the piece is a meditation on love, I discovered it to be full of anger as well. I was finally able to let go of that anger and replace it with my own love.

I am impressed and honored at the incredible effort and energy the UCUC choir has devoted to learning this challenging new work. They are an extraordinarily talented group, and have filled the piece with spirit and artistry," said Greg.

Greg teaches composition at Pacific Lutheran University, and is completing his doctorate in composition at the University of Washington.



The Weekly Tablet

...bring the Word home!



Commandment Ten Continued: Be Content

Ten Commandments Reflection



Commandment Ten: Be Content

"You shall not covet your neighbor's house; you shall not covet your neighbor's wife, or male or female slave, or ox, or donkey, or anything that belongs to your neighbor."

Exodus 20: 17

May 7-May13

Bible reading: Exodus 20: 17

Reflection

Coveting means to want something that is not yours.

Another way to say this is to be satisfied with who you are and with what you have. Everyone has probably had a time in life when other people's lives seem better. But one thing to remember is that it is never helpful to judge your own insides by other people's outsides. We never know what is true for them. The way to start keeping the tenth commandment is also the way to a happy life: be grateful for the gifts you have in your life.

Affirmations

Today I will notice God's gifts to me.

I have all I need from God's hands.

Blessings

_____, I am grateful for you.

_____, may your day be filled with special surprises.

May 14-May 20

Be Content Bible reading: Genesis 37: 1-4, 12-28

Reflection

The story of Joseph is a story of envy. Joseph's brothers thought the way Joseph's father treated him was unfair.

Their envy led them to do something very bad. They thought by getting rid of their brother they would get rid of their jealousy. But that didn't work at all.

There are times for all of us when our own jealousy or envy leads us to do things we regret. The commandment "Do not covet" asks us to think not only about our actions, but about the thinking behind our actions. If we learn to be content with ourselves, we will truly be able to celebrate with other people, too. You can begin by practicing gratefulness. Start a gratitude list and see if you can list at least ten things for which you are grateful each day.

Affirmations

I am enough and I have enough for a joyous life.

God has filled my life with blessings today.

Blessings

_____, know God's love in your life today.

_____, may you rest in the awareness of God's care for you.

May 21-May 27

Ten Commandments Reflection

Bible reading: Exodus 20: 1-17

Reflection

As we conclude our study of the Ten Commandments, this might be a good time to review each one and see what you remember about them. Can you find other ways of saying each one that help you remember them? Can you name something you have learned from your study? Jesus said that all the commandments could be summed up by this one: "Love God with all your heart, soul, mind and strength, and love your neighbor as yourself." If you had to sum up the commandments, what would you say? If you could write one more commandment, what would it be?

Affirmations

God's grace helps me live by my highest values.

God's love for me helps me to love others.

Blessings

_____, you are completely loved by God.

Today, may you walk in the path of love.



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Church Calendar - May 2006

Monday, May 1

9am	Worship Planning Meeting	312
11:00	Summer Worship Planning Meeting	312
5:30	Rabuor Village Project, Sub-Committee	327
7:00	Preschool Board	Lounge
7:00	Mission Board	329
7:00	Rabuor Village Project	327

Tuesday, May 2

10am	Bible Study	Lounge
10:30	University Churches Emergency Fund	101/103
12pm	Christian Ed Planning	312
6:30pm	Communication/PR Board	Emerson Home
6:30	Children's School Open House	331/341

Wednesday, May 3

1:00pm	Archive Committee	312
1:30	Alzheimer's Support Group	Lounge
4:30	Executive Committee	Conference Room
6:00	Taize Service	Chapel
6:30	Children's School Open House	333/345
6:45	Taize Soup/Bread Meal	Narthex
7:00	Teen Feed	O-Hall Dining
7:30	Worship & Music Board	329
7:30	Theology Book Group	Lounge

Thursday, May 4

10am	UDYC Meeting	Lounge
10:30	University Churches Emergency Fund	101/103
7:00pm	Teen Feed	O-Hall Dining
7:00	Choir Practice	Choir Room/Sanctuary

Friday, May 5

9:00am	PNW Conference Annual Mtng	Yakima
10:30	University Churches Emergency Fund	101/103
6:30pm	Youth Confirmation Gathering	Lounge

Saturday, May 6

9:00am	CL&CC CPR Training	Lounge
9:00	PNW Conference Annual Mtng	Yakima

Sunday, May 7

9:00am	Discovery Bible Class	339
9:00	Intergenerational Choir	Pilgrim Room
9:00	Infant and Toddlers	239
9:00	Preschool, 2-Kindergarten	343, 345
9:00	Elementary	327, 329, 333, Chapel
9:00	Youth Christian Ed	302, 312, 314
9:00	Adult Ed, Phoenix Affirmations	O-Hall 2
10:00	WORSHIP/COMMUNION	Sanctuary

10:00	Preschool CE	239, 240b, 241, 243, 341, 343, 345
11:30	Peace with Justice Congregation Forum	Lounge
11:30	Inquirer's Class	329
11:30	Elementary Ed Board	327
12:00	PNW Conf. Annual Meeting Ends	Yakima

Monday, May 8

9:00am	Worship Planning	312
7:00pm	UCHA	Heck Home
7:00	UCEF All-Donor Church Meeting	Lounge

Tuesday, May 9

10:00am	Bible Study	Lounge
10:00	Parish Visitors	327
10:30	University Churches Emergency Fund	101/103
12:00pm	Palestine Concerns TF	329

Wednesday, May 10

6:00	Taize Service & Meal	Chapel/Narthex
6:00	Staffing Task Force	312
7:00	Stewardship/Finance Board	Conference Room
7:00	Facilities & Equipment Board	Lounge
7:00	Personnel Committee	Library
7:00	Teen Feed	O-Hall Dining

Thursday, May 11

10:00am	UDYC Meeting	Lounge
10:30	University Churches Emergency Fund	101/103
7:00	Teen Feed	O-Hall Dining
7:00	Choir Practice	Choir Room/Sanctuary

Friday, May 12

10:30	University Churches Emergency Fund	101/103
6:30pm	Youth Confirmation Gathering	Lounge

Saturday, May 13

8:00am	Men's Breakfast	Lounge
10-12	Conference Men's Retreat	Library

Sunday, May 14

9:00am	Discovery Bible Class	339
9:00	Infant and Toddlers	239
9:00	Preschool, 2-Kindergarten	343/345
9:00	Catacombs Preparation	Chapel, 327, 329, 333
9:00	Youth	302, 312, 314
9:00	Adult Ed, Phoenix Affirmations	O-Hall 2
10:00	WORSHIP	Sanctuary
10:00	Preschool CE	239, 240b, 241, 243, 341, 343, 345
10:20	Sermon Break-Out (Elementary)	Lounge
11:30	Sacred Earth Group	329

Monday, May 15

9:00am Worship Planning 312
 7:00 Church Council O_Hall 2

Tuesday, May 16

10am Bible Study Lounge
 10:30 University Churches Emergency Fund 101/103

Wednesday, May 17

1:00 Archive Committee 312
 1:30pm Alzheimer's Support Group Lounge
 5:45pm AIDS Care Team Meeting Library
6:00 Taize Service & Meal Chapel/Narthex
 7:00 Teen Feed O-Hall Dining
 7:00 New Member Board Lounge
 7:30 Parish Care Board 327

Thursday, May 18

10:00am UDYC Meeting Lounge
 10:30 University Churches Emergency Fund 101/103
 1:30pm Social Action Board 314
 7:00pm Teen Feed O-Hall Dining
 7:00pm Choir Practice Choir Room/Sanctuary

Friday, May 19

9:00 Elementary CE (all day) Bell Choir Room
 10:30 University Churches Emergency Fund 101/103
 6:30pm Youth Confirmation Gathering Lounge

Saturday, May 20

5:00pm Youth Mission Trip Belltown

Sunday, May 21

9:00am Discovery Bible Class 339
 9:00 Elementary CE Bell Choir Room, CE Rooms
 9:00 Catacombs for Adults O-Hall 2
10:00 WORSHIP Sanctuary
 10:00 Preschool CE 239, 240b, 241, 243, 341, 343, 345
 11:30 114th Annual Congregational Meeting Sanctuary
 1:00 50-Year Member Luncheon Lounge
 7:02 Jesus Study Group Lounge

Monday, May 22

9:00am Worship Planning 312
 5:30pm RVP Sub-Cmte Mtng 327
 7-9:00 RVP Advisory Bd 327

Tuesday, May 23

10:00am Bible Study Lounge
 10:30 University Churches Emergency Fund 101/103
 7-9pm Compassionate Listening Recptn. O-Hall (All)

Wednesday, May 24

6:00pm Taize Service & Meal Chapel/Narthex
 6:00 Child Care Board 329
 6:00 Staffing Task Force 312
 7:00 Teen Feed O-Hall Dining
 7:00 RVP Executive Board 327

Thursday, May 25

10:00am UDYC Meeting Lounge
 10:30 University Churches Emer Fund 101/103
 7:00pm Chancel Choir Practice Choir Rm/Sanctuary
 7:00 Teen Feed O-Hall Dining

Friday, May 26

6:30pm Youth Confkrmtion Gathering Lounge

Sunday, May 28

9:00am Discovery Bible Class 339
 9:00 The Parent Group O-Hall Stage
 9:00 Infant and Toddlers 239
 9:00 Preschool, 2-Kindergarten 343, 345
 9:00 Elementary 327, 329, 333, Chapel
 9:00 Youth 302, 312, 314
 9:00 Adult Ed 105, 106, O-Hall 2
10:00 WORSHIP Sanctuary
 10:20 Sermon Break-Out, Elementary Chapel
 10:00 Preschool CE 239, 240b, 241, 243, 341, 343, 345

Monday, May 29

BUILDING CLOSED—Memorial Day

Tuesday, May 30

10am Bible Study Lounge
 10:30 University Churches Emergency Fund 101/103

Wednesday, May 31

1:30pm Alzheimer's Support Group Lounge
6:00 Taize Service & Meal Chapel/Narthex
 7:00 Teen Feed O-Hall Dining

GRATITUDE



PLANET

The Newsletter of Radical Gratitude

Volume 2, Issue 10

University Congregational United Church of Christ

22 April 2006

A Native American grandfather was talking to his grandson about how he felt about the tragedy on September 11th.

He said, "I feel as if I have two wolves fighting in my heart. One wolf is vengeful, angry, violent. The other wolf is loving, forgiving, compassionate."

The grandson asked him,
"Which wolf will win the fight in your heart?"

The grandfather answered,
"The one I feed."

Anonymous story circulated via email after September 11, 2001
cited by David R. Loy, "The Nonduality of Good and Evil:
Buddhist Reflections on the New Holy War"

© Transnational Foundation for Peace & Future Research & David R. Loy

The Gift of the Sabbatical

Pastor Don Mackenzie is taking a sabbatical from May 1 to July 31, 2006. Don will be taking some time for rest and reflection and will also be working on a book with his friends and traveling companions, Rabbi Ted Falcon and Jamal Rahman, Muslim Sufi Minister.

University Congregational United Church of Christ has a long standing policy affirming the value of sabbatical for both the pastors and the congregation. According to our Personnel Policies each pastor is entitled to a three month sabbatical at the end of every five years. Don actually postponed his sabbatical a year in order to be present and supportive during our church renovation.

Occasionally folk ask about sabbaticals: why do we have them, who is entitled and are they really needed. The Personnel Board is hoping the following information will help clarify some of the questions. The United Church of Christ and the Pacific Northwest Conference of the UCC strongly support ministerial sabbaticals. Sabbatical leave for rest and renewal is the primary way that congregations can support a pastor's health and growth in the midst of the pressures and complexities of ministry. Roy Oswald, senior consultant at the Alban Institute, offers several motivations for a congregation to include a pastoral sabbatical as regular part of its relationship with its pastors:

a sabbatical helps prevent the burnout that often occurs in the "helping professions," due to constant, intimate involvement with the emotional and spiritual events and crises in people's lives;

a sabbatical gives a pastor time to sharpen skills and to return to the congregation with a new vitality for leadership; and,

a sabbatical contributes to the spiritual growth of the pastor by providing an extended time for reading, prayer, solitude and reflection.

Sabbaticals are so widely valued that the Lilly Endowment provides grants to congregations to encourage and assist congregations with expenses related to sabbaticals.

In a recent From the Staff article, Don described the way that Johnny Cash had the courage to find his own style of making music. Don said that, "Finding the courage and the tools to be our best selves is one of the encouragements of the gospel. God calls each of us to use our gifts...in the way...that makes the best use of our talents." The sabbatical is one way that we, as a congregation, can support our pastors and give them the opportunities for growth and spiritual development that they help to give us.

Your Personnel Board,
Nancy Hannah, Chair

Thought for the day :

I try not to put in my hearing aids until after breakfast;

That way I don't have to start thinking too early.

Radical Gratitude Committee Chair: Tamara Roberts
Editor: Ann Lev, with gratitude for the end of tax season!

Staff Liaison: Rev. Catherine Foote

EASTER FLOWERS

2006



- † Margaret and Kermit Alskog
- † Erik Benson – *In Memory of my grandmother, Thordys Benson*
- † Jim and Mildred Bigford-Tuttle - *In Memory of Loved Ones*
- † Steve and Linda Billingsley – *In Memory of Suzanne Billingsley and Geneva Hanes*
- † Dorothy and Frank Brancato – *In Memory of Departed Tindolph and Brancato family members*
- † Anne and Amanda Bryson-Beane – *In Memory of Gail Bryson Cupps*
- † Sherry Clark – *In Memory of Edie Hooper*
- † Amy Coe and Carol Rohl – *In Memory of Evelyn (Gam) Coe and In Honor of Ley Coe*
- † Carol and Ed Coleman - *In Memory of Phyllis Swanson, “Grammy”*
- † Tim Croll and Stephanie Donich – *In Memory of Loved Ones*
- † Marty Curry – *In Memory of my mother, Florence Gann*
- † Kristen and Jeffrey Dean - *In Memory of Kevin Keoki Dean, In Memory of Stuart and Lorna Dean and In Memory of George and Kazue Kawakami*
- † Jesse and Joe Feathers – *In Memory of Joseph and Elizabeth Feathers*
- † Virginia Felton and Jeff Hancock – *In Memory of Jerome and Daisy Felton and Frank Hancock and In Honor of Elizabeth Hancock*
- † Lee Ferreira - *In Memory of my mother, Lena G. Latter and In Memory of David Nord*
- † Shirley Fox - *In Memory of David Fox*
- † Tom and Rosalind Furin - *In Memory of Rosalind’s parents: Roberta and Rod Johnson, and Ralph Kinison*
- † Roger, Kris, Paige and Graham Garratt - *In Memory of John, Ethel and Scott Feichtinger and Rick and Sherri Blase*
- † Marjorie Graham and Dianne Graham – *In Memory of George A. Graham*
- † Robin and Nick Hall - *In Honor of Grandma Sue and Grandpa Dick Hall, and Paw Paw and Goong Goong (Victor and Lisa) Wong*
- † Dick and Sue Hall - *In Memory of Dick’s parents, J. Alfred and Helen Hall and Norton L. Peck and In Honor of Barbara Peck*
- † Susan Heath and Kate Sortun – *In Memory of Gary Sortun, In Memory of Jane Heath, In Memory of Tom Heath, and In Honor of Stephanie Donich*
- † Annette Holcomb – *In Honor of Martha Holcomb*
- † Joan Jacobson Horner – *In Memory of Armond and Tina Jacobson*
- † Maxine Johnston - *In Memory of Loved Ones*
- † Carol and Kirk Kassner – *In Memory of Ed and Dordena Rogel and In Memory of Walt and Irene Kassner*
- † Lynne Kershner and Kevin Rochlin – *In Memory of Joe Kershner and In Honor of Cay Kershner, Phillip Rochlin and Ruth Rochlin*
- † Ward and Betty Klingebiel – *In Memory of John and Delta Klingebiel*
- † Deborah Knutson and Mike, Erin and Garret Williams – *In Memory of Anton Knutson Williams*
- † Sherry Laing – *In Memory of Cleda and Harlold Laing*
- † Karen Levell and Mike Reynolds – *In Memory of our parents, Gay and Val and Monte and Dorothy and In Honor of our kids, Josh, Lindsey, Andrew, Marc and Jessica*
- † Ruth Locke – *In Memory of Wayne and Irene Locke and In Honor of Emily Locke and Neil Hoff’s engagement*
- † Brenda and Don Mallett - *In Memory of our parents, Blanche and Robert McClure and Kay and Don Mallett, and In Honor of our son, Marc, and son and daughter-in-law Ross and Meika*

- † Elaine Mathies – *In Memory of Carter Mathies*
- † Loyce Mbewa - *In Honor of my parents, Wesley and Rosemell Ongudi*
- † Candi McCoy and Peter Tarczy-Hornoch – *In Memory of Marty, Michael and Cal and Dr. Bill McMain*
- † Margy, John, Peter, Robert and Jim McGrath and Mary McGrath Ginn – *In Memory of Charlotte Balzer McGrath*
- † Alastair and Barbara McNicoll – *In Memory of our parents and In Memory of Barbara's brother*
- † Lanie Meriwether – *In Memory of my grandmother, Doris Baldwin and In Memory of my Great-Great Aunt Hazel*
- † Kathleen Morgan and Ann Lev – *In Honor of Barbara Beuschlein and all long, deep friendships*
- † Virginia Moseley and Family - *In Memory of Loved Ones*
- † Dennis and Leslie Noson – *In Memory of Frank Noson*
- † Robert and Mary Ruth Paine – *In Memory of Robert Walter Paine*
- † Lois Ann and Russell Pearson – *In Memory of Mary and Albin Pearson and Klyda and Chester Divelbiss*
- † Janis and Wes Peterson - *In Memory of Joyce Ball and Edie Hooper*
- † Meighan Pritchard – *In thanksgiving for the support of the church as I begin the walk today with CrossWalk America*
- † Sally Pritchard - *In Honor of Meighan Pritchard, Molly and Bronwen Pritchard and Simon Leake*
- † Margaret and David Rose - *In Memory of Clinton and Florence Ostrander*
- † Sarabeth and Katielyn Ross – *In Memory of our dad, Robert Ross and In Honor of our mother and grandparents, whose love is unending*
- † Sarabeth Ross - *In Honor of Dave and Margaret Rose, John and Winnie Coleman and Joan Davis and In Honor of my sister, Katielyn Ross, who is visiting from Connecticut for Easter*
- † Jack and Evelyn Rucker – *In Honor of our family*
- † Nadine and Vince Santo Pietro – *In Memory of Ruth Hickenbottom and In Memory of Doris Santo Pietro*
- † Sue and Marge Siegenthaler – *In Memory of Eva and Carl Siegenthaler*
- † Kay Sneed and Hannah and Rebekah Tinker – *In Memory of Dick Tinker*
- † Tom Smith – *In Honor of our church and my family that I love so much: Charlie, Dillon and Devin Smith, from Tom Smith*
- † Betty Spieth – *In Memory of Don and Muriel Harpham*
- † Sara Stoppels – *In Memory of Les and Nelle Tazelaar and In Memory of A. Dale Stoppels*
- † Roberta Swenson – *In Memory of Kenneth R. Swenson and Richard A. Swenson*
- † Thurbon Tukey – *In Memory of Ruth and Emmert Bates, In Memory of Helen Parker and In Memory of Sinclair Tukey*
- † Greg and Kathy Turner – *In Memory of Harold and Dorothy Lantis and In Honor of Dale and Leone Turner*
- † Joan C. Waldo – *In Memory of Robert G. Waldo and In Memory of parents Ernest and Marjorie Campbell*
- † Patty Whisler – *In Memory of Astrid Levine*
- † Kathryn Williams – *In Memory of Sarita Mullins-Williams and In Honor of Marie and Walter Williams*
- † Kathy and Harlan Young - *In memory of Kristen Michelle Bauck*

