

Sanford Unitarian Universalist Church
UU NOTES Volume XLIII
February 1, 2019, Issue 8

Sanford UU Church
5 Lebanon Street
Sanford, ME 04073
Telephone: 207-324-3191
E-mail: info@sanforduuchurch.org
www.sanforduuchurch.org
Like us on Facebook
Minister: Rev. Shay MacKay
Religious Education: Mesha and
Ryan Quinn
Choir Director: Rev. Charles Grindle
Pianist: Ruth Leipold
Newsletter Editor: Mona Ouellette
Church Historian: Helen Kane
Maintenance/Sexton: Bill Ouellette

UUA PRINCIPLES

We, the member congregations of the Unitarian Universalist Association, covenant to affirm and promote:

- * The inherent worth and dignity of every person.
- * Justice equity, and compassion in human relations.
- * Acceptance of one another and encouragement to spiritual growth in our congregations.
- * A free and responsible search for truth and meaning.
- * The right of conscience and the use of democratic process within our congregations and in society at large.
- * The goal of world community with peace, liberty and justice for all.
- * Respect for the interdependent web of all existence of which we are a part.

(Adopted by the 1984 and 1985 General Assemblies)



**Worship Services are held every Sunday at 11:00am - Coffee hour is held at 10:00am
Child Care is Provided - Everyone is Welcome!**

February 3rd Service - *Let Justice Roll* - The service will be led by Rev. Larry Greer.

February 10th Service - *Living Covenantally* - Unitarian Universalism is a "covenantal" faith. What does that mean? How does it change the way we create community together? The service will be led by Rev. Shay MacKay.

February 17th Service - *The Depth of Existence* - Revisiting the service that was cancelled because of snow, we'll explore MLK, Jr. and the sacred creativity of words. The service will be led by Rev. Shay MacKay.

February 24th Service - "The Four Noble Truths of Buddhism" will be led by Heather Edgerly. Heather has studied Eastern religions since 2002. She holds degrees in Religion from the University of Hawaii and Harvard. She has taught classes at the college level. Currently, she leads classes in meditation, and shares her knowledge and insights on Buddhism, meditation, and happiness with Maine Senior College participants, as well as others.

Shay's Sharing...



During this winter time, this time of quiet, dark, and reflection, I keep returning to a memory of my childhood – a memory of a time when I lay silent and still in the dark, knowing that the light would slowly dawn, and with it the world would burst into color once again.

My parents were both school teachers so as I was growing up not only did my sister and I have summer vacation, but the whole family was free. We loved road trips – and before there were all the rules about...um...safety, my dad would pack us into our little blue Chevette hatchback and off we would go on some adventure. From our starting place smack dab in the middle of North Dakota, over time we explored in all directions – Rapid City, SD; Winnipeg, Manitoba; Bozeman, MT; and, of course, the Twin Cities in MN. And while Mount Rushmore and the Badlands and all of the 10,000 lakes were beautiful and awe-inspiring, the scenic destinations were not my favorite parts of these trips.

We would pack the car the night before our journey began so that we could leave immediately upon waking the next morning. My sister and I would then desperately try to sleep, telling each other that the sooner we fell asleep the sooner morning would come, but anticipation always kept us revved up until way past bedtime. Just a few hours later, well before dawn, Dad would rouse us and bundle our half-sleeping bodies into the car – pajamas, pillows, blankets, and all. The backseat was full of luggage and coolers, leaving the hatch available for my sister and I to lie in. It was a warm, soft nest and we would doze there while my parents finished packing up.

And then we would drive.

My dad was the driver – it was one of his favorite things to do; my mom was the navigator who fell asleep the minute the car was in motion; and my sister and I – we were the watchers, the dreamers, the wonderers. We drove in silence, those first hours of pre-dawn darkness. If I lifted my head to peer over the backseat, I could see my dad's face in the rearview mirror, partially illuminated by the dashboard lights. If I held my breath and listened intently, I could hear my mother's deep, even breathing as she slept. I would raise my hands and press them against the window and feel the coolness of the morning, in direct contrast to the warmth of my sister's body curled up next to me.

And for an hour or two, I would lie on my back in the quiet, letting the motion of the car gently hypnotize me. I would gaze up through the hatchback window, counting stars as the city lights faded, making wishes on meteors streaking through the heavens; and I would lose myself in the slow and brilliant arrival of dawn.

I don't know about you, but I've been tired; worn out from all the violence and greed and racism and disrespect.

Rev. Dr. William Barber says "We need to be a moral defibrillator at a time when so many hearts have stopped working. Shock this nation and this state with the powers of love!"

My heart has been broken and fatigued, but I am brought to life again by the powers of community and faith, shocked back into action by our voices raised in word and song. I am reminded over and over again – with each morning that comes – that the light will return and, with it, an awakening of my senses and my soul.

My hope is that as we wait out this long and cold winter – whether it be the literal weather or the storm roiling in our country or a desolate cold we feel inside - that we can be the shock of love for each other.



Thoughts From the President

By the time you read this, the Deep Freeze will be over and all of you hopefully will have fared well!

Most of us are warm and well-fed, but there is so much need out there. I remind each of you to fill out the Social Justice Issues form, either online or on paper, and turn it in at the office or at a Sunday service by February 17th. Kael and Natasha, through Project CommUnity, have provided the Board with a wealth of information about community needs, but your opinions will light the path our church takes as we focus our resources. Much thanks to Project CommUnity for guiding us so far!

I am also so grateful to our Capital Projects Building Committee (Howard, Bob, and Bill) for their good work to implement removal and replacement of the downstairs tiles. Howard has acquired bids for removal in the \$9000 range, and we have about this amount in the Second Century Memorial Building Fund. Ideas for raising the remaining estimated cost of replacing the flooring, about \$5000, are welcomed from you all. It's my dream to raise enough money to pay for the new flooring, AND have some to leave in the Building Fund for future projects! Thank you, Howard and the Committee!

Last but not least, please consider running for a Board position next year, and speak to a Nominating Committee member (Lisa or David) about it. The book "Serving With Grace" which Shay recommended and facilitated a dual Board workshop on, reminds me that while Doing the Business of the church is challenging, the challenge is simultaneously an Opportunity for Growth. The author, Erik Walker Wikstrom, states the huge importance of "...coming to understand church leadership... not simply as a means to an end but an end in itself, not just a way to keep things going but as a way to do what you came to church to do in the first place - to deepen your spiritual life (and) make deeper connections with others." ~In hope and gratefulness, Diane

Corner Cupboard

The Corner Cupboard wishes to thank everyone who has given us plastic bags and plastic bottles over the years. We are no longer in need of either. The good news is that most of our clients now bring reusable bags, and we often get donations of plastic bags from them. Also, we are scaling back our production of homemade cleaners. Thanks again for your past support.

Stewardship

If it's frigid out there, we're warmed in here by our faithful furnace and our genial interrelationships. What better time to count our blessings, assess our needs, and plan to give to our annual pledge drive accordingly? From February 3 until March 3 you will have the opportunity to do just that. Our theme this year is A PLACE OF SANCTUARY, and I invite you to think gratefully of the many ways in which our church is our refuge in good times and bad. If you can manage a little extra this year, and/or add the \$79.00 that is the individual assessed share for the UUA, it will help enormously. And don't hold back because you think your contribution won't make a dent in our overall budget. Every dollar counts when added to all the others! Pledge packets will be available in the parlor starting on Sunday, February 3. Thank you for your continuing generosity which sustains our beloved community. You are awesome! Helen Kane - Chair, 2019-2020 Stewardship Campaign



SUUC Book Group

The book group will meet next on Friday March 1st at 6:00pm in Goodall Hall. Our next book is: *Almost Everything: Notes on Hope* by Anne Lamott. "I am stockpiling antibiotics for the Apocalypse, even as I await the blossoming of paperwhites on the windowsill in the kitchen," Anne Lamott admits at the beginning of *Almost Everything*. Despair and uncertainty surround us: in the news, in our families, and in ourselves. But even when life is at its bleakest - when we are, as she puts it, "doomed, stunned, exhausted, and over-caffeinated" - the seeds of rejuvenation are at hand. In this profound and funny audiobook, Lamott calls for each of us to rediscover the nuggets of hope and wisdom that are buried within us that can make life sweeter than we ever imagined. Divided into short chapters that explore life's essential truths, *Almost Everything* pinpoints these moments of insight as it shines an encouraging light forward.

Brown Bag Suppers with Rev. Shay - Mondays from 5:00pm to 6:30pm

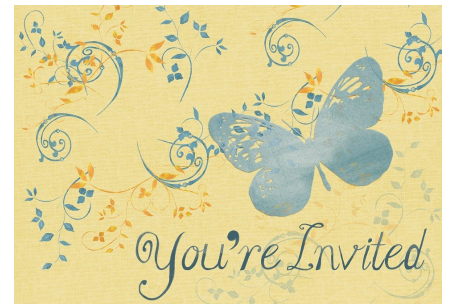
Rev. Shay will be eating her supper in the Parlor from 5:00pm to 6:30pm every Monday, through May. Everyone is invited to come hang out for a time of getting-to-know-you and informal conversation. Bring your own supper and spend some time building relationships that will nourish your soul.

Becoming a Member of the SUUC

Tonia Chase is requesting that anyone interested in becoming a voting member of the congregation should contact her at tchase@windhamsafety.com (or the office). Thank you.

You're Invited

Elizabeth Fraser turns 95 the end of February. She is inviting the congregation and family to celebrate with her in the parlor after the service around noon on February 24th. Refreshments will be provided. Finger food contributions would be most welcome. Anyone who enjoys scrabble or cribbage may stay on and play. Elizabeth would love a few games of scrabble to mark the occasion. Please, no gifts. If the service is cancelled due to bad weather, the gathering will be held at the same time on March 3rd.



Guest at Your Table

Thank you to everyone who participated in the Guest at Your Table fundraiser for the UU Service Committee this year. We had more than 20 member/families/friends participate, giving a total of \$583. Also, 8 folks joined the UUSC. Thank you too to those who joined earlier, online, or who are continual members. This was indeed a banner year for SUUC's participation and I am most appreciative. Judi

Right Relations Group Luncheon

On Sunday, February 10th, there will be a Right Relations Group Luncheon held at the church following worship service. Soup and bread will be provided by the Homesteaders. There is a sign-up sheet in the parlor asking people to bring a dessert or beverage. Everyone is welcome!

CommUnity Yoga



Yoga: meaning to yoke or join together, is a spiritual and ascetic discipline including; breathe control, simple meditation, and the adoption of specific bodily postures. It is widely practiced for its health & relaxation benefits, helping those living and/or struggling with grief, anxiety, trauma, addictions, and more - along with strengthening the body, mind and spirit.

Come join Tabettha in a 60-minute community healing circle & mindful movement flow, which will incorporate the basic principles and practices of traditional yoga. This is a 6-week class offering, sponsored by Project CommUnity and the Sanford UU Church.

This is a **DONATION BASED PROGRAM** – meaning it’s up to YOU what you pay. If you don’t have any money to donate and would like to participate in class offerings, please bring a non-food item to donate to the Church’s Corner Cupboard. All funds collected will go to the chosen charity that benefits the community - the local Food Pantry.

EVERYONE IS WELCOMED!!!! This is about healing - ourselves & the community we live in. NOBODY is turned away from CommUnity Yoga. It is a judgment-free zone, creating a safe space for all.

Sundays

1st Class is Sunday February 17th

Class starts at 8:15am

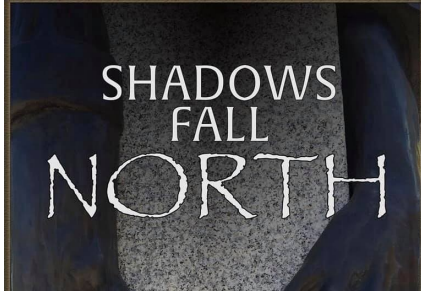
(doors open at 8am so you can come get settled in)

Sanford Unitarian Universalist Church

5 Lebanon Street

Sanford, ME 04073

**Parking on street or Midtown Mall*



Shadows Fall North Film Screening

This free event is presented by Project CommUnity and the Sanford UU Church. The screening will be held on Thursday, February 21st from 6:00pm to 9:00pm at the Nason Community Center and Little Theatre in Springvale. Valerie Cunningham, author and founder of the Portsmouth Black Heritage Trail, will lead a discussion following the film. Donations collected at the door will benefit Black Lives Matter, the UU Church and the For Us, By Us Fund - building

capacity for people of color in Maine.

Cost of Stamps

The U.S. Postal Service (USPS) implemented new postage rates for most mailing and shipping products on Sunday, January 27, 2019. The cost of stamps increased from 50¢ to 55¢. This is the largest increase in years. If you receive the newsletter via snail mail, please consider receiving your newsletter via email only. Kindly contact the office, thank you.

Volunteer Opportunity

Do you like helping others? Would you like to volunteer one morning or afternoon a week during the tax season as an Opportunity Guide? Opportunity Guides help tax filers get information on savings, reducing debt, building assets and other community resources. Each tax filer that comes to York County CASH to have their taxes prepared for free, meets with an Opportunity Guide for a few minutes to have a conversation and obtain resources. Tax appointments take place at 6 Spruce Street. You could volunteer one afternoon a week or 3 whole days – it's up to you! The program runs through April 15th. All Opportunity Guides attend a fun, easy training and are given a fully-stocked resource notebook full of financial and community resources – no experience or financial background required! Tax Season starts soon! If you are interested in becoming an Opportunity Guide, please contact Mesha Quinn at mesha.quinn@yccac.org or 207-712-7927.

Do You Need Tech Help?

Are there things you don't know how to do on your smart phone, tablet or iPad, laptop, smart watch? Maybe there is an SUUC person who can show you how. We'll try to make it happen. Contact us at davidagan12@yahoo.com or 646-1263 to describe your needs for tech help. Your youyou tech team

Storm Cancellation Information

Sanford Unitarian Universalist Church service and event cancellations are announced on the following television stations: WCSH 6, WMTW 8 and WGME 13. You may also receive the latest information regarding cancellations by calling the church office (324-3191) for the latest recording, check the top of our website or our Facebook page. In addition, a congregational email will be sent.

Inventory of Social Justice Issues and Resources at SUUC

The Board of Management is interested in developing priorities that will enable us to more actively focus on diversity in our community, with special relevance to our Second Principle: Justice, Equity and Compassion in Human Relations. Some of the topics that have been mentioned so far are initiatives that might assist immigrants, grandparents or others responsible for the care of children, truth and reconciliation with the tribes of Maine, racial justice, and homelessness in Sanford.

UUA recommends that congregations always begin by examining resources and networking opportunities within the congregation and the community. In order to do so, we need your help. In each section of the form, we ask you to indicate whether you work directly on an issue, know resources we should be aware of, or have an interest in SUUC pursuing this issue.

Issue	I work with people directly affected by this issue (Indicate with whom you work)	I can recommend resources in the community (Please identify them)	I am interested in supporting SUUC in pursuing this issue
Immigrants in Maine			
Grandparents raising children			
Truth and reconciliation for Maine tribal communities			
Racial justice in Maine			
Homelessness in Sanford			
Other (Please specify):			

Additional information – feel free to add comments below.

Please return by February 17th. You may leave your survey in the offertory plate or on the desk in the office.

Your name: _____

Thank you. SUUC Board of Management

Comments:



February



Sun	Mon	Tue	Wed	Thu	Fri	Sat
*This workshop is for a registered group only, people who signed up with Rev. Shay before the December 31st deadline					<i>I</i> Newsletter Day AA in Vestry 6:00pm to 7:00pm Al-anon 6:30pm-7:30pm in GH	2 Our Theater rehearses in Sanctuary 3:00pm-6:00pm
3 Worship Service 11:00am with guest minister Rev. Larry Greer Stewardship Pledge Drive begins today AA in Vestry 5:00pm to 6:15pm	4 *Geography of Grace Rev. Shay SUUC 10-12 Brown Bag Supper with Rev. Shay in the parlor 5:00pm-6:30pm Our Theater rehearses in Sanc. 6:00pm-9:00pm	5 MTN meeting in Parlor and GH 6:00pm	6 Our Theater rehearses in Sanc. 6:00pm-9:00pm Project Com. 6:30pm-8:30pm in GH Narcotics Anon. in Vestry 7:30pm to 9:00pm	7 VNM Vestry 5:00pm	8 AA in Vestry 6:00pm to 7:00pm Al-anon 6:30pm-7:30pm in GH	9 Our Theater rehearses in Sanctuary 3:00pm-6:00pm
10 Worship Service 11:00am with Rev. Shay Covenant of Right Relations Team luncheon in parlor and Goodall Hall following the service AA in Vestry 5:00pm to 6:15pm	11 *Geography of Grace with Rev. Shay at SUUC 10-12 Brown Bag Supper with Rev. Shay in the parlor 5:00pm-6:30pm Board Meeting 5:30pm potluck, meeting 6:00pm-8:00pm Our Theater rehearses in Sanc. 6:00pm-9:00pm	12 Our Theater rehearses in Sanc. 6:00pm-9:00pm	13 Women's Alliance meeting at noon Narcotics Anon. in Vestry 7:30pm to 9:00pm	14 Valentine's Day ♥ VNM Vestry 5:00pm	15 CC sets up AA in Vestry 6:00pm to 7:00pm Al-anon 6:30pm-7:30pm in GH	16 CC Open 10:00am to 1:30pm
17 Yoga 8:15-9:15am in GH Worship Service 11:00am Rev. Shay Deadline to return Survey of Social Justice to the church AA in Vestry 5:00pm to 6:15pm Needs Assessment Comm. for AA 6:00pm in Vestry	18 *Geography of Grace with Rev. Shay at SUUC 10-12 Presidents' Day The office is closed Brown Bag Supper with Rev. Shay in the parlor 5:00pm-6:30pm Our Theater rehearses in Sanc. 6:00pm-9:00pm	19 MTN meeting in Parlor 6:00pm	20 Our Theater rehearses in Sanc. 6:00pm-9:00pm Project Com. 6:30pm-8:30pm in GH Narcotics Anon. in Vestry 7:30pm to 9:00pm	21 VNM Vestry 5:00pm Shadows Fall North screening at Nasson Community Center 6:00pm-9:00pm	22 AA in Vestry 6:00pm to 7:00pm Al-anon 6:30pm-7:30pm in the parlor	23 Our Theater rehearses in Sanctuary 3:00pm-6:00pm
24 Yoga 8:15-9:15am in GH Worship Service 11:00am with Heather Edgerly Birthday celebration for Elizabeth Fraser noonish in Parlor AA in Vestry 5:00pm to 6:15pm	25 Our Theater rehearses in Sanc. 6:00pm-9:00pm	26	27 Our Theater rehearses in Sanc. 6:00pm-9:00pm Narcotics Anon. in Vestry 7:30pm to 9:00pm	28 VNM Vestry 5:00pm		



A Letter from a Visitor

I like coming to this church. The people here are welcoming, kind, and they very obviously mean well. In the short time I've been here I have witnessed friendship, love, community and laughter all without feeling judged. People have gone out of their way to introduce themselves and try to actively include me. I appreciate that and I find it to be a beautiful relief after the trials 2018 brought me. I am seriously considering becoming a member of this church.

I experience senses a little bit differently than most people do. In a room full of people having conversations, most people's brains can tune out the background noise and focus on the voice of the person they're speaking to. My brain doesn't do this. Being in a crowded place can be very overwhelming because of the noise alone. That's not even taking into account that, much like a cat, every time something moves or light flickers it grabs my attention. When someone walks behind me I can feel the warmth of their body and the moving air tickles the back of my neck. If someone stands too close my body already feels like they're touching me. When you put this all together, no matter how kind and welcoming the place is, it can become absolutely terrifying in a fraction of a second. There's certain things I do to help me stay calm when I'm feeling overwhelmed. Sometimes I will rock back and forth, and you'll notice that I always carry fidget toys. When things get too overwhelming I even make noises or hum I think it's because it helps even out the noise level in my head. I know a lot of people want comfort or attention when they're having a hard time. For me that's really just adding one more stressor. The best way to help me handle things like coffee hour is to let me know you'd like for me to join you, but allow me to come to you. Socializing with me is sort of like socializing with a cat. You have to let me hide in a box in the corner for a while and the best results will always happen in a small group with a quiet setting.

The reason I'm actually telling you these things is because there have been times here, already, where I have not felt safe. There has not been a single instance where a person's intentions have been malicious. In fact, the opposite is true. I have finally come to the realization that I have the right to refuse to be touched. When I'm already close to sensory overload being touched can act as the "straw that breaks the camel's back". I have refused many handshakes and nobody has had a problem with it. I appreciate that. I have also had people touch my shoulder to get my attention. Doing this might not seem like a big deal for most people, but it scares me every single time. It makes me feel unsafe and it makes me panic. I don't want anyone to feel bad. I'm not looking for apologies. I'm just asking if we as a group can make sure we are aware that not everyone can handle being touched in any way good or bad, without permission. For me, it varies from situation to situation. I could be doing well and it could be no big deal. Unfortunately, another day being touched by surprise can put me in the hospital with severe panic attacks. Don't let the secret out, but I actually really enjoy hugs once I'm comfortable enough for them, but that doesn't mean that I'm going to be comfortable with them every time.

I know I'm not the only person who feels this way so, please, check in with each other and make sure it's okay. Ask each other if it will be okay always or if they need you to ask each time you want to touch them. I will need you to ask every time.

Thank you,
Scott Knight

Board 2018-2019

President: Diane Whiteside-Peck - June 30, 2019

Vice President: Karen Nelson - June 30, 2019

Clerk: Janie Waterhouse - June 30, 2020

Financial Secretary: Ginny Howe - June 30, 2020

Treasurer: Marcel Gagnon - June 30, 2019

Liaisons: Patty Kidder - June 30, 2019

Judi Reis - June 30, 2020

DREs: Ryan and Mesha Quinn

Church Leadership 2018-2019

Building and Grounds: Bob McCormick

Caring Circle Chair: Gail Burnett

Choir: Charles Grindle

Church Historian: Helen Kane

Corner Cupboard: Peg Sawyer, Judi Reis, Dee Ames, Helen Kane

Covenant of Right Relations Team: Aileen Fortune, Melody Wood, Lee Burnett, Karen Nelson, Rev. Shay

FIAT (Faith in Action Team): Patty Kidder

Finance Committee: Peg Sawyer, Pat Herrick, Ginny Howe, Deb Folsom

Fundraising Coordinator: Jan Sacco

Homesteaders: Jan Sacco, Melody Wood

Investment Management Committee: John Steffens, Peg Sawyer, Art Dumas, Howard Dupee

Members and Friends: Tonia Chase

Ministerial Relations Team: Tom Huber, Dee Ames, Bev Brent

Music Committee Chair: Melody Wood

Nominating Committee: Lisa Huestis 2019, Vickie Bugado 2020, David Agan 2021

Stewardship/Members: Helen Kane

Women's Alliance: Nancy Farnham

Worship: Rev. Shay MacKay

Worship Associates: Rev. Shay, Patty Kidder, Mesha Quinn, Tom Huber, Beverly Brent, Judi Reis, Jan Sacco, Janie Waterhouse

Caring Circle - Gail Lemley Burnett is in charge of our Caring Circle for providing help in case of illness or in the event of hospitalization. Please call Gail at 324-1596 if you need assistance.

Minister - Rev. Shay MacKay. In the event of a pastoral emergency, please contact Rev. Shay at 207-518-8059 or at revshaymackay@gmail.com Shay's office hours are on Mondays from 11:00am-5:00pm and Tuesdays 2:30pm-5:30pm

Administrative Office Hours - Monday, Wednesday, Thursday, Friday - 7:00am to noon info@sanforduuchurch.org

Co-Directors of Religious Education - Mesha and Ryan Quinn - dre@sanforduuchurch.org

UUCSB Leadership

President: Al Casad

Vice President: Niki Norman **Secretary:** Ron Hiser

Treasurer: Wendy Coleman **Collector:** Betsey Pace

At Large: Mojens Ravn, Pat Snyder, James Stranderfer, Anne Dobson

Please contact UUCSB at uuchurch@gwi.net for contact information

SUUC Church and Community Groups

1. AA Meetings: AA meetings are held every Sunday from 5:00pm-6:15pm and Fridays 6:00pm-7:00pm in the Vestry
2. Al-anon Meetings: Fridays in GH 6:30pm-7:30pm and meeting in the Parlor on days the Book Group meets in GH
3. Board Meeting: Monday, February 11th - potluck at 5:30pm and meeting runs 6:00pm-8:00pm
4. Book Group: Next meeting is March 1st at 6:00pm in Goodall Hall
5. Brown Bag Suppers with Rev. Shay - Mondays from 5:00pm-6:30pm in the Parlor through the end of May
6. Choir: Rehearsals March 11th, 18th and 25th
7. Church Work Party: No church work party this month
8. Corner Cupboard: Next date the CC is open is on February 16th 10:00am-1:30pm.
9. Geography of Grace Workshop: With Rev. Shay at the SUUC 10:00-12:00 - See calendar in newsletter
10. Maine Transgender Network (MTN): Meets on the first Tuesday of the month at 6:00pm in the Parlor and GH and the third Tuesday of the month at 6:00pm in Parlor
11. Music Lessons: Lessons are given on Mondays 4:30pm-7:00pm and on Wednesdays 9:00am - 11:00am in the Sanctuary
12. Narcotics Anonymous: Meets every Wednesday in the Vestry from 7:00pm to 9:30pm
13. Our Theater rehearsals, see calendar
14. Project CommUnity: Meetings are held on the first and third Wednesday of each month in Goodall Hall from 6:30pm-8:30pm.
15. Violence No More: Every Thursday at 5:00pm in the Vestry
16. Women's Alliance: Meets the second Wednesday of every month at noon
17. Worship Associates: Next meeting TBD
18. Yoga, open to all, in Goodall Hall from 8:15am to 9:15am every Sunday beginning February 17th for six weeks