

From the Minister

When it is *all* over...



The day after. The week. The month. Handling our elation or disappointment after November 8 will be challenging. How we manage our exhaustion, enthusiasm, anxieties, fears and certainty is a spiritual discipline. It requires attention as individuals, as well as a church and a nation of citizens.

Unitarian Universalists have tools for moving forward when all feels broken. We also have skills for times when all feels just right. They are really the same tools. We view the world as interconnected. Everything we do falls from that position.

How does this work after an endless election cycle that increasingly divided families, co-workers, politicians, and playgrounds?

We begin with ourselves. We are gentle with ourselves. We pay attention to all the feelings that arise. We notice and name. We rest, if rest is needed. We get active, when motion and change are required.

Next we give the same generous attention and space to others around us. Just another version of you. While Uncle Frank may have stood for everything you oppose, you can begin to see parts of his life echo your own. You begin to see other ways Aunt Lucy is actually living a life with courage. You rediscover the humanity in some you have called your "enemy."

It is seductive to reject all who have been insensitive, dishonest, bullying, or dismissive. Yet, we are tasked to see the humanity in all, especially when they are wrong-headed, stupid, and hurtful. Why? Because we too have been these corrupt things and likely will again in our lifetime or in the next hour. As the Buddhist tradition reminds us, "Your enemy is your precious teacher."

Make a fresh, rich-with-possibilities start. Peel off any old bumper stickers. Pull out dated yard signs. Clean out your Facebook and Twitter feed. Consider replacing them all with, "Just another version of you." The phrase borrowed from producer and activist Norman Lear captures an aspect of Universalism. We human creatures are in this life together. We are more alike than different.

What is different now? Anything? What did the election show us about ourselves that need attention and revising first? What do we see in our communities? How do we create ways to stay involved and connected with each other for the long haul

Joyfully,



Rev. Cathey Edwards
Cathey@hopeuu.org



Volume 22

No. 11

November
2016

In this issue:

*Upcoming
Sermons p. 2*

*Children and
Youth Programs
p. 3*

Music p. 4

*Adult Religious
Education p. 4*

Gardens p. 5

*Outreach
p. 6 & 7*

Board p. 8

*Events
p. 10*

Sunday Mornings

November 2016

Sunday Religious Education
for Children and Youth
10 am - RE Wing

Sunday Adult Religious
Education
10 am - Sanctuary

Sunday Worship
11am - Sanctuary

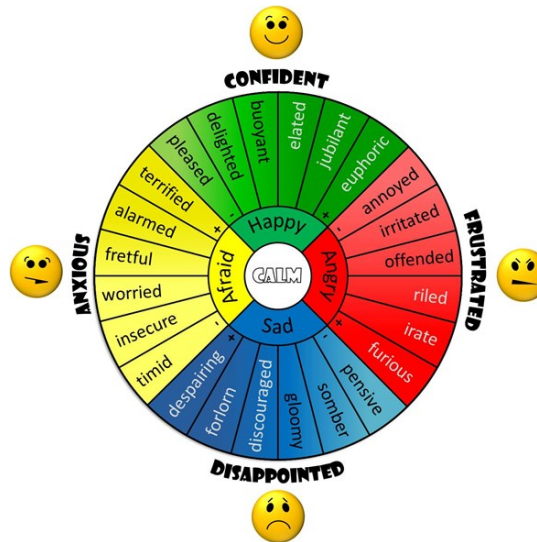
Sunday, November 6
All Creatures Great & Small
The Rev. Cathey Edwards

Sunday, November 13
When the Spice of Life
is Missing
The Rev. Cathey Edwards

Sunday, November 20
We Gather Together
The Rev. Cathey Edwards

Sunday, November 27
Worth the Wait
The Rev. Cathey Edwards

October Theme—Emotional Intelligence



Our feelings demand two kinds of attention. First, they are helpful facts. Each passing feeling gives us data into our personal response to any given moment. Emotional intelligence means being able to notice and name your feelings.

Since not every person will have the same feeling in the same situation, an emotion is also transient and varies in intensity. No

single feeling comes and stays forever. The second part of emotional intelligence is noticing this temporariness and ebb and flow. Emotional maturity is learning when to take action spurred by an emotion and when to wait for it to pass.

We talk about this as a church community because how we handle our feelings affects how we interact with each other. Emotional intelligence is learned. It is shaped by family patterns. Join us as we explore emotional intelligence as individuals and as a community.

About Our Monthly Themes

Hope Church is a questioning community. It is a safe place to bring doubt and new ideas.

Our monthly themes express Hope Church's openness to theological exploration. They are not an endorsement of any particular creed or belief. Instead, they provide a monthly opportunity to examine in common a religious doctrine or idea.

If you are not receiving *Touchstones*, the electronic newsletter on the monthly theme, please let our administrator, Maggie Scott, know at hopeuu@hopeuu.org.

Upcoming Sundays

We have postponed our **Animal Blessing service slated for Nov 6. We likely will hold it in the spring.**

Both **Christmas** and **New Year's** fall on Sunday. We will have simple, abbreviated, family-friendly music-filled 11:00 am worship both Sundays. There will be **no** 10:00 am Sunday Forum or Children's Religious Education. There will be a New Year's potluck near 11:30am following worship on Jan 1, 2017.



Children and Youth Programs

Susan Spooner, Director, susan@hopeuu.org

CYP Committee Members: Laura Reiman(Chair), Paula Haight, Kerri Vandiver, Ann Lee, Susan Farma Hai

Childcare is available during all church events, committee meetings and Board meetings. If you need childcare during a church activity, please email childcare@hopeuu.org at least 2 business days before the event.

Religious Education for Children and Youth

Sundays 10:00 am—12:00 pm

Religious education is focused on the theme of the month as well as curriculum designed to help Hope’s young ones discover answers to life’s big questions. The curriculum includes chapel, religious education about Unitarian Universalism and other faiths, art, nature and outdoor experiences. Parents are always welcome to join their children in our religious exploration.

November Programs & Events

November begins with **Elizabeth Obal** teaching willing children a hymn that they will lead the congregation in during the Sing Noel service on December 11. Please encourage your child to participate.

Ren Pasco, Hope’s seminarian, will lead the youth in learning about and experiencing **Chalica**. Chalica is a week-long celebration of our Unitarian Universalist Principles that first emerged in 2005 out of a wish to have a holiday organized around Unitarian Universalist values.

Children and youth will also be learning, along with you, about this month’s theme, **Emotional Intelligence**. We will explore feelings, what they are, how they can help us and how they can harm us and others.

Also, beginning this month, Hope’s parents’ group “**It Takes a Village**” will meet the third Sunday of the month at 9:00 am. Childcare is provided without reservation. **Susan Farma Hai** will facilitate the group and the topic will be parenting strategies. Please join us.

Thanks to a generous Hope friend, **Dana Morris**, our children and youth will have **yoga** one Sunday a month beginning in November. Dana is donating her time, so if you see her, please let her know how much you appreciate her work

See you in church!

Susan Spooner
Director of Children and Youth programs



Interested in more about parenting support and loving a child?
Send a friend request to Hope Unitarian Church: It Takes a Village.

Music Notes



Our monthly theme is “Feelings,” and as we proceed further into the fall season and the time of Thanksgiving our music can evoke feelings of thanksgiving for our community and loved ones, for the beauty around us, and for life itself. The choir will set the tone for the month with the stirring anthem, “How Can I Keep From Singing,” arranged by Bradley Ellingboe. We will also invoke feelings of home, place, and family through the lovely song, “Homeward Bound,” by Marta Keen. Nothing encapsulates one’s sense of gratitude and thankfulness more than John Bucchino’s beautiful song, “Grateful,” which will be sung by **Larry Sharp**.

Meanwhile, the Hope Singers continue to prepare for our “Sing, Noel” service on December 11. Those who would like to sing with us for the “Sing, Noel!” service can rehearse with us starting at 7:00 p.m. on Wednesday evenings (except for the Wednesday before Thanksgiving) in the sanctuary. Let us know if you are in need of childcare so that this may be arranged for you

Joseph Rivers, Director of Music
joseph.rivers@hopeuu.org

Adult Forum

Sundays, 10:00 am, Sanctuary

November 6

Generosity Sunday –Our speaker will be **Maryann Donahue**, Executive Director of **Global Gardens**, our generosity recipient for November.

November 13

Members and Friends of Hope who volunteer in different organizations will speak about what they do, why they do it and share their stories.

November 20

TBA

November 27

TBA

Chris Anrig, Adult RE Chair
cmanrig@hotmail.com

Roots Class



Thursdays, November 3, 10, 17, 5:30-7:00 pm

Class size limited to 10. **Register now!**

An informal, adult religious education class that introduces the ideas, people and history of Unitarian Universalism and Hope Unitarian Church. It’s a step further into this community dedicated to religious freedom and seeking. Classes take place in the Minister’s Study.

Sign up now, in the folder on the Administrator’s desk, email hopeuu@hopeuu.org or call the church office (918) 481-0999.

Childcare available with reservations two days before the event to childcare@hopeuu.org

Garden and Grounds

It has officially been Fall for some weeks now, but so far the weather Gods haven't seemed to notice. It is way too warm and way too dry for the optimum comfort of many humans. It is dusty underfoot and some leaves are falling early. Only a few late flowers offer nectar to a lingering butterfly. The sumac is red in the woods.



The pond that has held at least some water for the last three years is now nearly dry (as it has been through many previous cycles). It always amazes me that the frogs and turtles and a myriad of other water creatures know what to do and when, and bury themselves for safekeeping. Other flying and crawling creatures lay the last set of eggs and die. Those eggs “know” not to hatch until warmth and rains return. It is easy to see how early peoples believed in “spontaneous generation”. So much goes on out of sight and out of mind. With our microscopes and laboratories, we have studied so many things. They are no less amazing for all our scientific understanding and perhaps even more so. .

New project on the hill. A scout working on his Eagle project will be repurposing the old air conditioner pad area west of the patio to be an outdoor chapel for the children. There will be a new retaining wall, privacy fences (to screen the equipment), benches and (someday) a garden area. Old fences will come down, the bushes will be pruned back and Susan wants a painted labyrinth. I see (someday) with some rock repositioning and a path by the rain garden, that it could connect invitingly to the existing main back patio and be another outdoor area for everyone to use at church events.

Janet Williamson
Garden and Grounds

Hope's Care Team

The holidays can be an especially difficult time. The Care Team, with this in mind, has prepared an extensive list of Unitarian – friendly therapists. These therapist have a varied range of specialties, from treatment of children to specific adult issues. If you would like to look over this list, please do not hesitate to contact someone on the Care Team, Tara Saylor (telltara@gmail.com, 918-933-8198), or Rev. Cathey Edwards. Your query will be confidential.

The Care Team has been busy making homemade cards for our congregation. If you know of anyone in our congregation who might appreciate a friendly gesture such as a card, please do let the Care Team know. Your concerns will be confidential.

As always, if you (or someone in the congregation you know) is experiencing an especially difficult time, the Care Team is here to provide hospital visits, meals, cards and company. We would like to support you in these ways during the holidays and beyond.

With Care, **Tara Saylor** and **Deborah Whittaker**

Hope Outreach

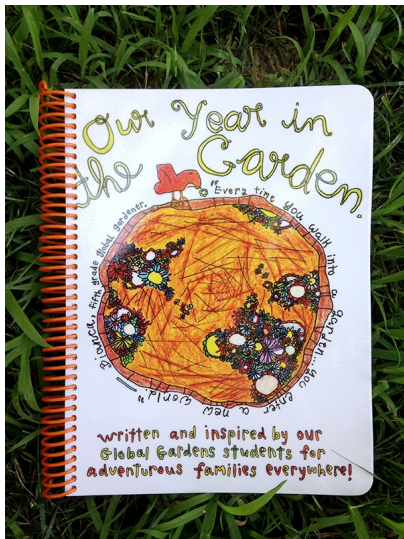
Generosity Offering

Each Sunday, we give away ALL of the undesignated funds from our Offering. The Outreach Committee chooses organizations that support the mission of Hope Unitarian Church.

**In October we raised:
\$?????????for South Tulsa Community House**
Here are the totals raised in previous months:
Thank you for your generosity.

Month	Organization	\$ Amount
September	Harmony Project	\$1,550.77
August	Assistance League of Tulsa	\$992.000
	Louisiana Flood Relief	\$532.00
July	Lindsay House	\$1020.75

Generosity Recipient—November Global Gardens



Global Gardens provides education and life skills enrichment through science, art and gardening.

Their mission is to empower students in low-income communities to be agents of change in their own lives and communities through hands on science and peace education. They believe helping students create a garden is a way to not only assist them in learning about science, health and the environment but also challenge them to become caring, forward-thinking and confident individuals.

Global Gardens has programs at Eugene Field, Rosa Parks and McAuliffe Elementary Schools and Union Middle School.

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Feed the Homeless Program



Volunteers from Hope prepare and serve a meal for clients at the **Tulsa Day Center for the Homeless** the third Saturday of every month.

Thanks to the following people who helped in **October**

- Shopper: **Keith Hamilton**
- Friday cooking: **Mary Newman**
- Meal prep and cooking: With team leader, **Linda Tracy: Eddie Humphreys, Helen Bordelon, Susan Farma Hai, Rich Jackson, Emma Tracy, Taner McKee, Tim Clark**
- Serving at the Day Center with team leaders **Jean Coffey & Joan Scheulen: Matt & Mary Baird, Susan Farma Hai, Lana Larkin, Debby Baker. We served 130 plates.**

Next Feed the Homeless date is:

Saturday, November 18

2:30 pm at Hope to help cook and prepare food.

5:00 pm at the Tulsa Day Center for the Homeless to help serve the meal.

Cereal Sunday

Sunday, November 13

Please bring cereal for the homeless. This cereal, along with several gallons of milk, is taken to the **Tulsa Day Center for the Homeless** every month when we prepare their meal. The collection basket is in Fellowship Hall. They are also in need of fresh fruit and snack items (soft granola bars and crackers)

Hope Outreach News

Partner in Education—MacArthur Elementary School

Reading Partners (readingpartners.org) is continuing to actively recruit volunteers for MacArthur Elementary School. You can volunteer one hour or more a week. Flexible weekday volunteer times are available Monday through Thursday. Volunteers are trained and follow a highly effective, structured, and easy to use curriculum. If you are interested in the reading partners program or other volunteer opportunities at MacArthur please call or email Mary Newman at 918-810-0953 or try4peace@gmail.com.

Thank you to everyone, who generously donated to the **Healthy snack drive** for MacArthur.

Hope donated prizes, candy and volunteers for **MacArthur's Fall Festival**. Thank you to **Joan Scheulen, Jean Coffey, and Joe and Mary Newman** for volunteering.



Hope's Star Tree Supporting Lindsey House

Sunday, November 20, members of the Outreach Committee will decorate a small tree in the Fellowship Hall with stars. This is Hope's Star Tree. Each star represents a gift for members of the 12 families we have adopted from Lindsey House. Lindsey House provides long term shelter and supportive services to 12 women caring for children, as they transition from homelessness.

This is how you can help:

- * Choose a star from the tree,
- * Purchase a gift (All star items should be new) **by December 11**
- * Wrap it, attach the star to the gift securely, bring it back to Hope and place in the box provided.

If you prefer to make a cash donation an Outreach member can shop for any stars left after the deadline date. Any extra money will be used to buy donations such as sheets and towels for Lindsey House. There will be envelopes on the tree for cash donations. Please write checks to Hope with "Star Tree" noted in the memo line.

The deadline for bringing the gifts is Sunday, December 11

Building to ACTION event!

Sunday, Nov. 6, 2016 at 3:00 pm

St. Francis Xavier Catholic Church, 2515 East 1st Street, Tulsa

Want to witness an amazing show of community coming together? Want to understand more about what ACTION is? Want to see your counterparts from other churches and organizations across our fine city? Sign up and commit to joining us.

Carpooling will be available from Hope church, so let us know if you want to carpool. Parking will be available at the church, on the street, and at nearby Kendall-Whittier Square parking. Hope will display our banner, and we'll sit together as a member institution of ACTION. In community organizing terms, this IS an "action!"

You can sign up on the sheet in Fellowship Hall on Sunday or call or email the church office.

President's Report

I have been fortunate this past month to have gone on several trips. It has kept me from attending church, but my thoughts have been with you. I have no more planned, so you will be seeing me more now.

We had an Eagle Scout attend the October board meeting to present and request approval for his Eagle Scout project. He will be turning the pad where the HVAC unit previously sat into an outdoor chapel. **Susan Spooner** has wanted this for a while, so we are fortunate that he wants to do this. He will be returning next month to present the final plans.

At the board meeting, I felt we got several policies passed which are needed. There was a website privacy policy and a website terms and conditions. These are needed on our website for legal reasons. **Rev. Cathey** and **Susan Spooner** have done a wonderful job on the new website. Of course, it is a continuing work. Another policy which we passed was a RE policy which essentially says our church provides and supports a strong Religious Education Program.

I am hoping everyone will sign up for attending the auction. It is always fun and there are so many opportunities to bid on wonderful items/events.

I am pleased to see the Green Sanctuary Committee and the Membership Committee get started for this year. **Richard Jackson** and **Janet Williamson** have done such a wonderful job of getting our Green Sanctuary status for the church and they will continue to be helpful in assisting **Ann Lee** and her committee in moving forward.

We will be looking into ways to get congregation involvement in establishing the mission and vision for our church. We feel there may be some outside help that could help us with the process. More to come on this.

By the way, Board members will be having yellow ribbons on their name tags to help the congregation identify them. Hopefully, it will help you know who to approach if you want the board to look into something.

I continue to be amazed at the talent in our congregation. I am so proud to be a leader of a group that gets things done. I love my church family. Take care.

Anita Ward

President, Board of Trustees

Hope's Board of Trustees

L-R standing—Janet Nobles, Anita Ward, Annie Simpson, Cate Potter, Anita Wood, Larry Sharp
Seated—Claudia Vandiver, Elke Johnson, Anne Steiner, Ken Jones, Marcia Schaefer



November 2016 Green Sanctuary Up-Date Report

Two items of special interest this month:

1. A report to UUA Green Sanctuary Manager Rev. Karen Brammer on major events since accreditation is posted on the Green Sanctuary page of the Hope Church website.

The report was not expected, and the very positive response from Rev. Brammer is posted with the report.

2. A new Green Sanctuary Committee to plan future projects not requiring response to a set of challenging UUA-specified Green Sanctuary accreditation topics has been formed.

Core structure of the new committee is a group of persons who will meet regularly and develop action items that will provide for Green Sanctuary long-term deep and wide reach within the congregation and the Tulsa community.

Persons in this group are:

Ann Lee, Chair
Anita Wood
Eric Reiman
Janet Williamson
Laura Reiman
Paula Haight
Rich Jackson
Susan Spooner
Minister and Board President Ex-officio members



A group of Associate Members with a wide variety of experience and /or special knowledge has also been formed. This group will receive minutes of the planning group meetings, on-call to help with voting on priorities or participating in special events, and offering suggestions. Current members of this group are:

Alice Van Wormer, Barry Kinsey, Carrie Muzika, Chris Anrig, Fred Pottorf, Julia Harris, Jay Stewart, Katherine Dillsaver, Mary Newman, Steve Witt, Victoria Sherrill

Janet Williamson and Richard Jackson
Green Sanctuary Committee Co-Chairs Emeritus

Hope Events

Breakfast

Join us for breakfast before the service. Our head chef is Lee Ann Tolle. A donation of \$5.00 per adult is requested. Children eat free.



Brown Bag Lunch—Now on Thursdays

Now meeting every Thursday at 11:00 am RE Wing
Bring your lunch and join us for lively discussions on current topics.

Claudia Vandiver cvgardnr@sbcglobal.com

Women of the Thread

2nd and 4th Tuesdays, 11:30 am in the log cabin

You are invited to join this informal creative group working on our Threads of Hope. We work together to supply lap blankets, shawls, and baby blankets for our church community or you are welcome to bring a personal project.

Carrie Muzika

proenviomom@cox.net

Deborah Whittaker

debsharmony@yahoo.com

Women of Hope

Socialization 6:00 • Potluck 6:30 • Program 7:00

Thursday, November 3

Deborah Whittaker will be sharing some tips with you about creating an arrangement of fresh flowers. She'll supply the floral medium, and the flowers. Please bring a coffee mug and a pair of kitchen shears or scissors. You'll take home an original design that you can easily reproduce on your own for thank-you's, birthdays or other gifts.

Thursday, December 1

Showing *The True Cost*, a most moving documentary about the textile industry and its effects around the world. It is 1.5 hours long. **And, please bring an unwrapped toy which will be donated to needy children.**

Please bring a food item to share with the others. As always, wine will be available (\$2.00 donations are appreciated).

Hope Book Club

November 7, 6:30 pm in the Log Cabin
(And every 1st Monday)

Reading the play *Equus* by Peter Shaffer. For more Information, contact **Chris Anrig**
manrig@hotmail.com

Movie Night

No Movie Night on **November 8** as it's the evening of the election. The next movie night will be **December 13**. Stay tuned for more details.

Hope Lunch Bunch

Wednesday, November 16 at 11:30 am

The Hope Lunch Bunch will meet at Bin 35 Bistro in Brookside located at 3509 S Peoria, Tulsa. Join us for a casual and fun lunch group. If you can join us, call or email **Lynn Walters** 918-893-2655 or lfwalters@aol.com.

Family Fun Night

Friday, November 18, 7:00 pm

Family Movie Night will now become Family Fun Night! This is an all-ages gathering! We will have tables in Fellowship Hall for playing games, and a family-friendly movie playing in the sanctuary. This month we will show *Finding Dory*. As always, popcorn will be provided. Only spill-proof cups allowed in the sanctuary.

Hanging of the Greens

Saturday, December 3, 8:00 am

Aesthetics Committee invites you to our annual Hanging of the Greens family event. Please come early. We need to be all decorated and beautiful and the boxes all put away by noon. Pizza lunch at 11:00 am.



Sunday Flowers



Would you like to bring flowers on a Sunday to beautify our Sanctuary? You can honor a loved one, celebrate a birthday, an anniversary, the season or anything your heart desires.

Sign up in the folder on the Administrator's desk.

Hope Membership Directory

Hope Members and Friends—Have you signed up for your photo session for our NEW CHURCH DIRECTORY? We still have some spots left for November 28. Sign up now using the link below:

<https://www.securedata-trans14.com/ap/hopeunitarianchurch/index.php?page=10>

Everyone will receive a Complimentary 8 x 10 which will be in before Christmas, a free copy of our new church directory and a free digital copy.

November Birthdays

Ken Jones	4th
Marti Fox	12th
Nancy Saylor	17th
Steve Witt	25th
Sarah Brown	28th
Linda Tracy	29th



Key People

When no one is at the church, the building is locked and the security system is on. A committee of key people have keys and security clearance to open and close the building for church events. Each takes a one-week turn

October 31-November 6

Barbara Witt
918-812-3450

November 7-13

Eric Reiman
918-260-3677

November 14-20

Sherrill Womeldorff
918-638-7610

November 21-27

Fred Pottorf
918-407-0924

Policy for function organizers

1. First, determine if someone - attending your function can open the building.
2. Find out if church will be open/closed for another event at the same time as yours.
3. If no one is available and you need entry, contact above - volunteer Key Person **a few days in advance of your event.**

For Hope's November Calendar
see Hope's website
www.hopeuu.org

Focus Deadline

Submissions for Focus should be sent to hopeuu@hopeuu.org with "Focus" in the subject line and are normally due **9 am the 4th Wednesday in the month.** Submissions are subject to editing for length and content.

The next Focus will be published November 30, 2016 . Next Deadline: 9 am, Wednesday, November 23



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(918) 481-0999
hopeuu@hopeuu.org

FOCUS Issue November 2, 2016 by Hope Unitarian Church, 8432 S. Sheridan Road., Tulsa, OK 74133-4137.

TO:

Hope's Vision

Seeking Truth, Sharing Love
Within - Among - Beyond

Hope's Mission

Supporting the free and responsible search for truth and meaning;
Teaching the history and traditions of Unitarianism;
Promoting and defending freedom of thought;
Celebrating life's passages;
Serving the larger community with justice and compassion.

Hope's Values

Reason - Integrity - Tolerance



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HopeUnitarian Church

Office Hours

Mon - Fri 9:00 am - 3:00 pm

Our Staff

The Rev. Cathey Edwards, Minister, cathey@hopeuu.org
Maggie Scott, Administrator, hopeuu@hopeuu.org
Joseph Rivers, Director of Music, joseph.rivers@hopeuu.org
Susan Spooner, Director of Children and Youth Programs, susan@hopeuu.org
Rebecca Jones, Accountant (off site), rebtax@cox.net

Our Board of Trustees

Anita Ward, President
Ken Jones, President Elect
Claudia Vandiver, VP of Finance
Anne Steiner, VP of Programs
Marcia Schaefer, Treasurer
Janet Nobles, Past President
Annie Simpson, Secretary

Trustees

Trustees: **Elke Johnson, Cate Potter, Larry Sharp, Anita Wood,**

Hope Church Presents

*Woodland Wonders
on the Hill*

**2016 Annual Auction
November 12 at 6:00pm**

Donations Needed!

- **Sunday, November 6**—Deadline for handing in your reservation/donation form. We need them by that date so that we can compile our catalog. You may send descriptions of your donations by email to hopeuu@hopeuu.org
- **Saturday, November 12 by 10 am**—Deadline for dropping off auction items

Great ideas to donate include dinners, vacation homes, theme baskets, jewelry, artwork and personal services.

Please note: Payment for auction items is required on the night. Credit card payments accepted.

\$25 per Ticket Includes:

- ◆ Dinner
- ◆ Drinks
- ◆ Bid card
- ◆ Child care

6.00 pm	Drinks & Fellowship
6.00 pm	Silent Auction Begins
6.30 pm	Dinner
7.30 pm	Live Auction
7.30 pm	Silent Auction Ends

Come join us starting at 6:00 pm on November 12 for Hope's Annual Auction.

Buy raffle tickets for the 5050 and Parking Lot drawings every Sunday.



Please contact Paula Haight with any questions.