



Sunday Worship Services

“Compassion”

With September, we begin three months of worship themes that model the values in our Mission Statement – Compassion, Justice, and Joy. Our September worship theme is Compassion, followed by Justice in October and Joy in November. During the month of September, we affirm, explore, and celebrate our deep commitment to Compassion through the following sermon topics:

September 2 – “The Ocean Refuses No River” by Rev. Dr. Jonipher Kūpono Kwong and Karen Valasek
Our annual Water Service will be at Kailua Beach Park at 10:00 am. Bring water from your travels, special events, or favorite places – all the water will be mixed together and released to the ocean as we celebrate waves of new possibilities in our lives and allow fresh ideas of being in compassionate community to wash over us. Like the ocean, we strive to be welcoming, inclusive, and mutually respecting of our diverse paths by which we flow together into community. After the Service, we will enjoy a Pot Luck Lunch. Please bring something to share, and please come early if you plan to set up a canopy. There will be NO Service at the Church on September 2.

September 9 – “I’m Mad as Hell!” by Rev. Dr. Jonipher Kūpono Kwong
Anger can motivate us to fight against the injustices in our world, but sometimes, anger can also serve as a barrier against compassion. How can we water seeds of compassion instead of seeds of anger in our lives and extend that to our UU church community and the world?

September 16 – “Empathic Brain, Empathetic Heart” by Rev. Dr. Jonipher Kūpono Kwong
One of the best ways to rewire our brains and open our hearts to compassion is through empathy. Empathy allows us to put ourselves in another person’s shoes and try to imagine what s/he must be going through or feeling. Empathy encourages us to share in a common humanity and recognize the divinity in one another. Come discover the UU value of deep empathy.

September 23 – “The Art of Spiritual Activism” by Rev. Jeanelyse Doran Adams
Our Unitarian Universalist Living Tradition calls us to active engagement with our faith and the world. The Rev. Jeanelyse Adams explores the spiritual practices that enable a sustainable faith practice of being a practical mystic in the twenty-first century. Rev. Adams is the Director of Congregational Development for the Pacific Central District of the Unitarian Universalist Association of Congregations.

September 24 (Monday) – “UU Yom Kippur Service” by Martina Queenth
Please join us at 6:30 pm Monday for an evening of introspection and quiet reflection on the previous year, asking forgiveness from those whom we have wronged, and forgiving ourselves as we ask forgiveness of others. As a time of remembrance, our service also involves placing a photo or keepsake on a Memorial Table to represent the spirit of those we love who have passed on. Light refreshments will follow.

September 30 – “Deep Value” with Kumu Glen Kila and Dr. George Williams
We share Fifth Sunday Worship Services with our Kanenuiakea partners from Waianae. Experience the deep and inspirational similarity between the traditional Hawaiian values of Kanenuiakea and the principles of Unitarian Universalism as Kumu Glen explores values at 9:00 am and conducts a traditional Kanenuiakea service at 11:00 am.

October 7 – “What is Justice?” by Richard Valasek
We continue to explore Compassion, Justice, and Joy through October’s worship theme, Justice. All of us want to be good. We would like all to be able to live a good life. What does the concept of justice mean to us? Why is it important that we find a way to engage in an ongoing conversation about justice? Can we learn to forego our individual pleasures for a higher purpose of spreading justice?

*We are a Unitarian
Universalist
community,
inspired by our
Principles,
boldly growing
compassion,
justice, and joy.*

From the Minister

When I was younger, I was easily annoyed by the actions (or inactions in some cases) of other people. What bothered me most was the feeling of powerlessness because I felt like I could not stand up to adults whose behavior bothered me or somehow my voice didn't matter. This turned into inward anger and I would explode from time to time. Usually, the casualties would be those closest around me—those I loved the most like my parents or my partner.



Over the years, I have come to realize such behavior is unproductive because it alienated my loved ones and destroyed relationships I spent years building. Worst yet, I simply didn't like who I was when I became angry. The angry me resembled the "Incredible Hulk," a huge green monster roaring uncontrollably.

I made a conscious decision to instead engage in the practice of compassion.

So I made a conscious decision to instead engage in the practice of compassion. Buddhism taught me the how-to of

achieving a more calm and peaceful state by paying attention to my breathing. This spiritual practice has literally saved my life. I have a long way to go in terms of becoming anger-free, yet I have noticed a marked difference in how I deal with my anger issues. After all, I can never control external circumstances and other people's actions, but I can certainly control mine.

This month at church, we will be exploring the pathway from anger to more empathetic and compassionate ways of dealing with each other. Supported by our principles and values, we can become a community that boldly grows compassion.

Aloha,
Rev. Dr. Jonipher Kūpono Kwong

From the President

What can I do on a daily basis to grow compassion? What habits can I develop that support and increase my compassion capacity? With so many non-compassionate thoughts popping into my head on a daily basis, the first place I decided to start is at the thought level. I don't know about you, but when my thinking goes awry, my emotions and actions follow. So here are some questions I've come up with to use to intervene when those non-compassion-generating thoughts show up.



- How does he/she see this situation?
- How can I change my interpretation of this situation to arrive at compassion instead of frustration, anger, resentment, etc.?
- Since people don't wake up in the morning with the goal of being jerks, am I going to turn him/her into one because I have personal preferences that differ from his/hers?
- How can I get to compassion when considering the horrific actions by human beings, such as those by the Aurora and Wisconsin shooters, Jerry Sandusky, etc.? What was missing in their lives? What pain and suffering was he/she experiencing such that inflicting pain on other human beings was their solution?
- What would the Dalai Lama (or a spiritual leader you most admire) think, do, and say in this situation?

I invite you to come up with and/or share the questions you turn to for generating compassion. Growing compassion will take every bit of intention and practice we can muster. Let us muster together and learn from one another.

Warmest aloha,
Carla S. Allison

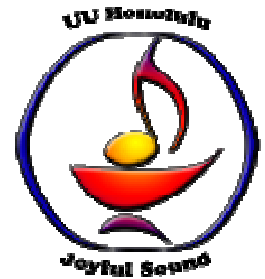
From Your Music Director—Karen Valasek

During August, our **Song of the Month** has been *The Ocean Refuses No River*. It comes from a Sufi chant that speaks of unity. We, like the ocean strive to be welcoming, inclusive and mutually respecting of our diverse

paths, paths leading us to be in community together.

In September, our theme is Compassion and our **Song of the Month** will be *Open Your Heart*--a new song for our meditation time that I'm bringing back from the UU

Musicians Network Conference that speaks of opening our hearts and minds and lives to each other. I look forward to sharing it with you.



Upcoming Events

Rev. Jeanelyse & Gathered Here: Together At Our Church

Saturday, September 22nd, Rev. Jeanelyse will join us for an afternoon workshop in which our Church is going to participate in the Unitarian Universalist Association's (UUA's) program, *Gathered Here*. This program invites Congregations and individual UUs across the country to share hopes for the faith

through "Community Conversations" and one-on-one interviews. We will ask the question: "What makes our faith come alive for us?" The Board and Administration will use that information to help determine the UUA's future and we will get valuable insight for our Church.

Jeanelyse will also help us

continue our ontogeny from a pastoral to a program Church. We will have a potluck dinner. It's a perfect afternoon.

Rev. Jeanelyse Doran Adams is the Director of Congregational Development for our Pacific Central District. She is truly an expert about Church growth.

Meet Lee Boeke-Burke

Lee is the main liaison for the UU Church of the Philippines (UUCP) and has been organizing the pilgrimage

year in and year out. On **Sunday, September 23rd**, at 12:30 pm, Lee will give an update on the state of UUCP

and specifically, our Congregation. Join us for this very informative and timely forum.

Listening Post - Your Ideas Are Important

On **Sunday, September 16th**, join President Carla Allison and the Mission Ministry Team for another Listening Post. This is your

opportunity to ask questions, voice opinions and concerns, brainstorm, give suggestions and praise what is already being done. Your ideas are

important to the health and growth of our Church. Please join us in the Fred Harper Room from 10:00 to 10:45 am.

'Ohana Covenant Groups

In September, Informational Meetings will be at 10:00 am, **every Sunday (except September 2nd)** in the Gallery. Look for a person holding a small sign. Two groups have formed.

The Windward-Kailua Group

will have Hawaiian Values as its topic. Meeting time is 3:00 to 5:00 pm on Saturdays, 9/15, 9/29, 10/13, 10/27, and 11/10. Contact Nancy Schildt (225-2744; nschildt707@gmail.com).

The Leeward Ohana Group will have its first meeting on Friday, September 21st, at 6:30 pm. It will be a potluck. Please contact Charlotte (672-7341; lottefish@msn.com).



Lifespan Religious Education

Be a Part of Our First Unitarian Religious Education Program – RE R Us!

Thank you so much to all who contributed to our amazing Dr. Seuss program this summer! Children of all ages sure do enjoy that Dr. Seuss.

Starting on Sunday, September 9, our Fall 2012 Hawaiian Values Curriculum will both educate and inspire! We plan wonderful activities, stories, songs, and field trips for all ages! Each week, we will experience a traditional Hawaiian value and its relation to UU Principles. The Hawaiian values that we plan to explore include aloha, 'ohana, 'āina, mālama, pono, kuleana, kōkua, mo'olelo, lōkahi, mahalo, and ho'okupu. We will also visit our Kanenuiakea partners in Wai'ānea on Saturday October 13, and we will visit the Gabriel Ohana Lo'i in Nuuanu Valley on Sunday, November 11.

Learn more about our Fall 2012 Hawaiian Values Curriculum on Saturday, September 8th at 1:00 pm, in Room 1. All parents, teachers, interested parties, and prospective volunteers for any level of participation are welcomed to this Information and Training Session!

Hoot! Hoot! OWL call! We will offer the Our Whole Lives program this Fall for Kindergarten through Second-grade children and their parents. We need participants and trainers! If you are already trained in any level of OWL, and if you can commit to one or two weeks any Sunday at 9:00 am, September 23 - November 11, then the Baby OWL program needs you as a leader or co-leader! If you have a child who is eligible to participate in this

wonderful experience, or if you can volunteer, please contact RE Team Chair Susan Lebo (slebo2012@gmail.com) to register for the OWL Program. Fall 2012 OWL starts with a parent orientation on Sunday, September 16 at 9:00 am. in Room 1.

You can make a difference in our RE Program! If you are interested in participating in any way – teaching or assisting the Elementary Group; advising the Youth Group; assisting the pre-school group; participating in OWL – please contact RE Team Chair Susan Lebo (slebo2012@gmail.com). There is plenty of room for all in this canoe – together, we will have a wonderful RE semester.

HOOT!
HOOT!
O.W.L.
CALL!

Candice McGraw Resigns as DRE

On Sunday, August 26, Rev. Jonipher, Carla Allison, Board President, and Candice McGraw informed the congregation that for personal reasons, Candice is resigning as Director of Religious Education. We are disappointed and we are grateful for the work Candice has done during her

short time with us. While it is natural to ask why, our response and our church policy is that personnel matters are confidential and not for public discussion. Out of respect for Candice's privacy, we ask everyone to refrain from asking her to explain or give more details. We also ask that everyone

refrain from speculating about her personal matters and focus on supporting her and our vibrant RE program & Team. We look forward to being a church home for Candice and her family. Candice's last day of employment is August 31, 2012.

Temporary RE Coordinator Sought

We are looking for a vibrant Religious Education Coordinator during this interim process as our Search Committee seeks a new

Director of Religious Education. If you are interested in the position, please go to our website <http://www.unitariansofhi.org/job-opportunities/> to view

the job description and download the application form. Submit completed materials to Rev. Jonipher ASAP.



Nuts and Bolts: Things that keep our church running

Board Meetings - What's Happening in Our Church?

August Board Actions

Reviewed Financial Policy proposal with identified areas for further Board discussion.

Unanimously funded \$8,500 for the Oahu portion of the Growth Task Force technology proposal.

Endorsed purchase of Directors and Officers Liability insurance.

Increased the 2012/13 budget to fund the purchase of Directors and Officers Liability insurance.

Discussed need for a communication action procedure for our Church when national/international events warrant our collective response.

Want to know more about what's happening in your Church? All active members

are welcome to attend Board meetings held the fourth Wednesday of each month starting at 6:30 pm in the Gallery on the Pali. Your Board welcomes your questions or comments. Contact Board President Carla Allison at cbm@hawaii.rr.com

Do You Like to Talk? Write? Play With Tech Stuff????

Then the Communications Team is for you. Contact Charlotte Huszcza (808-672-7341 lottefish@msn.com) for more exciting details on how you can be part of the Comm Team.

Office Manager Position Available

Our church is looking for an Office Manager to take care of our administrative needs. If you are interested in the

position, please go to our website <http://www.unitariansofhi.org/job-opportunities/> to view

the job description and download the application form. Submit completed materials to Rev. Jonipher.

Work Party

The Building and Grounds Team will have a Work Party on Saturday, September 8th,

from 1:00 to 5:00 pm. This is your opportunity to show how much you care for our

beloved Church Building. Come and help make it beautiful.

Art, Music, Literature, and More

2nd Friday Play Reading Group

September 14

Back of the Throat by Yussef El Guindi.

October 12

Blithe Spirit by Noel Coward
Meetings are at 6:00 pm in the Fred Harper Room. Bring snacks to share and your own

copy unless being supplied by the "director" of the evening. Late-comers welcome.

Gallery On the Pali

The Digital Art Society of Hawaii (DASH) presents new works exploring the boundaries of expression and deviating from past perceptions.

This year's show includes

abstract work, interactive images expressing a whole, graphic design, images from the natural world, and photography.

All are invited. Hours: 10:00

am-6:00 pm (Thursday to 8:00 pm), Saturday and Sunday, 2:00-6:00 pm

The exhibit runs from Sunday, August 26, 2012 to Friday, September 27th.

Book Discussion Group

The Book Discussion Group meets at 7:00 pm in the Fred Harper Room.

Wednesday, September 5, 2012

The Cat's Table by Michael Ondaatje – Journey on an ocean liner seen through the eyes of an eleven-year-old boy.

Wednesday, October 3, 2012

Madam Bovary by Gustave Flaubert – Considered a masterpiece by many critics, this book describes the life of Emma Bovary in 19th century provincial France. Why was she so unhappy?

Social Justice Council of the First Unitarian Church

The Social Justice Council meets this month at **6:00 pm on Thursday, September 20 in the Fred Harper Room.** Our agenda includes planning the September 30th, Fifth Sunday Worship Services, which we will share with our Kanenuiakea partners from Wai'anae. Our September Fifth Sunday Offertory will benefit our UU Church of the Philippines partners in Caican. We will also continue absorbing the lessons from the Social Justice Workshop #1 in July and planning Workshop #2, which follows the 11:00 am Service on September 30. Through these workshops, we

are transitioning First Unitarian Social Justice from a Charter-driven Council to a Mission-driven Program, including updating our Social Justice Resolutions before they expire in December.

September also marks the beginning of our NonViolent Communication (NVC) training classes and practice group at First Unitarian. NVC classes will meet Tuesday evenings for 12 weeks to expose people to a very different way of listening, communicating, and connecting. The ongoing practice group will meet Thursday evenings to cultivate the conscious

practice of compassion for ourselves and others. Our hope is that grounding NVC training and practice within our UU community will transform UU into a recognized Oahu center for Compassionate Communication in our daily lives. Contact Chris Miller (255-3860, chris@netwinc.com), for more Compassionate Communication information, and plan to attend the NVC Intro Session on Sunday, September 9th, in the Sanctuary at 2:00 pm.



Social Justice Transitions Workshop #2

From a Council to a Program

The Social Justice Council will host its Transitions Workshop #2 on September 30 Fifth Sunday, following the 11:00 am Service and following pupus in the Gallery in honor of our Kanenuiakea guests.

Thank you all who participated in Transitions Workshop #1 on July 29, when we asked ourselves (1) Why do we do social justice; (2) What do we want in our Social Justice Program; and (3) How do our Mission and Principles connect with effective action that is accountable to our congregation? With Workshop #2, we continue transitioning First Unitarian Social Justice from a Charter-driven Council to a Mission-driven Program, including updating our Social Justice Resolutions before they

expire in December.

Workshop #2 will focus on actual draft material that transitions to Program and updates our Resolutions. **All comments welcomed, as always!** The SJC will convene a Transitions Task Force to receive all requests and suggestions from the congregation, to draft material in preparation for Workshop #2, and to communicate all with the congregation. Our goal is to prepare for this Workshop together with input from all who want to participate, so that we arrive at Workshop #2 with draft material that represents our UU community and is already familiar to most of us. It should be a very interesting Workshop!

We know that UUs care, and this is your Social Justice Program! Watch for more communications from the SJC

Transitions Task Force, or contact the Task Force at 499-5406, sjc@unitariansofhi.org, with all requests or suggestions or for more information about Social Justice Program and Resolutions.

Because boldly growing compassion, justice, and joy through right relations and effective actions gets us all agitated, you know that it does, **visitors are always welcomed** to regular monthly Social Justice Council meetings. The SJC currently meets every Third Thursday at 6:00 pm in the Fred Harper Room. Contact Steve Lohse (499-5406, sjc@unitariansofhi.org), for more information about SJC meetings or about social justice actions of the First Unitarian Church of Honolulu.



Social Justice Council of the First Unitarian Church

Non Violent Communication Takes Courage

Starting on September 18, 2012, The Social Justice Council will sponsor a series of 12 workshops on Compassionate Communication and Deep Listening.

September 9th, will be the Kick-Off Introductory Event, from **2:00 pm to 5:00 pm**, at the Church. This Kick-Off will highlight the topics to be discussed and will introduce the facilitators, Chris Miller and Michelle Banasch.

The workshops will be presented on Tuesdays, from **September 18th to December 4th**, at **7:00 to 9:00 pm**. The only exception is the second week during which the workshop will be presented on Thursday, September 27th.

Each class will cover a specific topic including: **Giving From The Heart, Communication That Blocks Compassion, Observing Without Evaluating, Identifying**

and Expressing Feelings, Taking Responsibility For Our Feelings, Requesting That Which Would Enrich Life, Receiving Empathically, The Power of Empathy, Connecting Compassionately With Ourselves, Expressing Anger Fully, The Protective Use of Force, Liberating Ourselves And Counseling Others.

The cost of the entire course is \$120 due by September 18th.

Church Offers Ways To Promote Peace

I was distressed to read the story about Temple Emanu-El because I realize as a minister myself that this story could happen in any religious setting. We often have high ideals to live out our moral and spiritual values in the world, yet sometimes fail to practice it at home by getting mired in internal conflict. I know Rabbi Peter Schaktman personally and professionally (his temple is next to our church) and know him to have

extremely high ethical and moral standards.

The First Unitarian Church of Honolulu offers Temple Emanu-El our gentle, loving thoughts and invites members of their congregation to attend Non Violent Communication courses offered at our congregation beginning in September.

We could all learn how to better communicate with one another in a healthy way to

promote peace within our religious communities and, in turn, peace in the world.

The Rev. Dr. Jonipher Kūpono Kwong

(This Letter to the Editor appeared in the Star Advertiser, Tuesday, August 26, page A8)

Community News

Chorus Auditions

The Honolulu Gay Men's Chorus is a non-profit organization which is re-forming . Auditions will take place on Monday,

September 10th, at 7:00 pm, at the Waikiki Community Center Annex, 310 Paoakalani Avenue, Honolulu, HI 96815 . Auditions will

consist of a singing and listening assessment. Having a song prepared (in your key) is a plus! For more information, please e-mail HGMCFINFO@sbcglobal.net.

We Are So Thankful...

On Tuesday, November 20th, at 7:00 pm, the Nuuanu Interfaith Thanksgiving Service will be held at Temple Emanu-El, our neighbor. The reception after the Service will be held at our Church. So mark your calendar and think about the goodies you will bring.

In Our Circle: Membership life

Stories of Transformation - Sali Toda

In Persia, 800 years or so ago, Rumi, the great poet invited us to: "Come, come, whoever you are ..."

Emma Lazarus offered " send me ..., give me ...", but unfortunately did not live to see her words emblazoned on the Statue of Liberty.

And, in the last century, Robert Frost, our great American poet wrote: **'Home** is the place where, when you have to go there, they have to take you in.'

When I first came to this Church with a friend who was visiting, in March 1996, a woman I knew from another organization came over to welcome me and said, "I didn't know you were a UU." I said, " I don't know if I am" and she said, " Of course you are!" I was home. And this, my church home, has taken me in.

Through broken bones, my daughter's cancer, and my Parkinson's diagnosis and subsequent brain surgery, and being 'gently ' persuaded to use a walker and to seek chiropractic help when in excruciating pain; I've found that people in this Church care.

We strive to be a welcoming congregation and community, and often we succeed. A recent visitor told me ' you are all so welcoming'; my response, 'we are still trying.'

I believe we are at the level of conscious competency (we have to think about what we are doing)— almost but not quite at unconscious competency (when we no longer have to think about it, and just do it— sometimes called autopilot). Fortunately, we are past the first two: unconscious incompetency (we are not

even aware of the issue) and conscious incompetency (we are aware, but don't know how to do it). Think about chopsticks ... and ask me later.

We also laugh, a lot; frequently at ourselves; and sometimes, we cry; no matter, it is always sincere, and spontaneous. In contrast, I recall attending an Episcopal service in Virginia while visiting, and feeling that I could have set my watch by the place in the hymnal; not very spontaneous!

Come laugh – and cry –with us; come home!

We are also a Generous Congregation. Your generosity empowers this Beloved Community to transform lives. Mahalo for growing our Unitarian Universalist witness throughout Hawaii.

Leeward 'Ohana Group To Meet

An 'ohana covenant group is being formed on the Leeward side. Happily, a potluck will be involved. We could call it, Food For Thought.

If you live on the Leeward Side (from Pearl Harbor to Makaha), you're welcome to join us. We will have our first meeting on Friday, September 21st, 6:30 pm.

Please contact Charlotte Huszcza (808-672-7341 lottefish@msn.com) and come join the group.

September Birthdays

Betty Andrews
Ron Borofsky
Liane Briggs
Paul Briggs
Dan Carpenter
Sheldon Dvojacki
Terri Germaine
Jessica Graves
David Hafner
Mari Hill
Nan Kleiber
Beverly Lahr

Donna Lum
Grace Malakoff
Dorothy Morris
Michael Mottl
Martha McDaniel
Kim Osborne
Dorothea Ovio
Molly Rowland
Helen Slaughter
Rick Stanley
Jasmine Stiefel
Cooper Valasek

Richard Valasek

Note: We are trying to bring our birthday list up to date. If your birthday is in September and not listed here, please let me know. If your birthday is listed here, but is not in September, please let me know the correct month.

Mahalo,
Nancy Mower, Editor
nmower@hawaii.edu

Fourth Sunday Lunch: Starting Up In September

It has been a long Summer without the great lunches created by our own Chef Ron. The wait is over. Sunday, September 23rd, after the 11:00 am Service, we will again start Fourth Sunday Lunch.

Remember: all profits from the Fourth Sunday Lunch and the Recycling Program are used for the Church Leaders' Development Fund (CLDF). This fund provides financial help to those Members who wish to attend Pacific Central District events (such as District Assembly) and Unitarian Universalist Association events (such as General Assembly). Check out the flyers in the foyer to see how you may participate.

'Ohana Pot Luck Is Back

The third Wednesday Pot Luck and Games Night is back. The group will meet on Wednesday, September 19th, at 6:00 pm in the Gallery on the Pali, and you are invited for an evening of food and fellowship.

CALENDAR (September 1 - October 8, 2012)

September 2, Sunday

10:15 AM Church Service at Kailua Beach Park

September 3, Monday

Labor Day (-HI-) Church office closed

September 4, Tuesday

7:00 PM Men's Support Group (F.H.R.)
7:30 PM Buddhist Meditation (Gallery)

September 5, Wednesday

7:00 PM Sunday Service Rehearsal (Sanctuary)
7:00 PM Book Discussion (F.H.R.)

September 8, Saturday

1:00 PM Building Stewardship Working Party (Whole Church)

September 9, Sunday

9:00 AM 1 St Church Service (Downstairs)
11:00 AM 2nd Church Service (Downstairs)
12:00 PM 2nd Sunday Lunch (Sanctuary Kitchen)
2:00 PM NVC Kick-Off (Sanctuary)

September 11, Tuesday

6:00 PM Worship Team Meeting (FHR)
7:30 PM Buddhist Meditation (Gallery)

September 12, Wednesday

6:00 PM RE Team & Communications Team (FHR)
6:30 PM A Course in Miracles Group (MR#1)
7:00 PM Building Committee (MR#3)
7:00 PM Sunday Service Rehearsal (Sanctuary)

September 13, Thursday

7:00 PM Pali Paths (FHR)

September 14, Friday

6:00 PM Play Reading (FHR)

September 16, Sunday

9:00 AM 1st Church Service (Downstairs)
9:00 AM OWL (MR#1)
10:00 AM Listening Post (FHR)
11:00 AM 2nd Church Service (Downstairs)
12:00 PM All About Our Church (MR#1)

September 18, Tuesday

6:30 PM Compassionate Communication (MR#1)
6:30 PM RE Team Meeting (Sanctuary)
7:00 PM Men's Support Group (F.H.R.)
7:30 PM Buddhist Meditation (Gallery)

September 19, Wednesday

6:00 PM 'Ohana Potluck/Games Night (Art Room)
7:00 PM Sunday Service Rehearsal (Sanctuary)

September 20, Thursday

4:00 PM Membership Team (Gallery)
6:00 PM SJC Meeting (FHR)

September 22, Saturday

2:00 PM Gather Here Workshop (Downstairs)

September 23, Sunday

9:00 AM 1st Church Service (Downstairs)
9:00 AM OWL (MR#1)
11:00 AM 2nd Church Service (Downstairs)
12:00 PM Fourth Sunday Lunch (Downstairs)

September 24, Monday

6:30 PM UU Yom Kippur Service (Downstairs)

September 27, Thursday

6:30 PM Compassionate Communication (MR#1)
7:00 PM Pali Paths (FHR)

September 28, Friday

5:30 PM Opera Group (Sanctuary)

September 30, Sunday

9:00 AM 1st Church Service (Downstairs)

9:00 AM OWL (MR#1)
11:00 AM 2nd Church Service (Downstairs)
11:30 AM Newsletter Deadline (Office)
12:00 PM SJC Healthy Snacks (Gallery)
12:15 PM Social Justice Council Workshop (Sanctuary)

October 2, Tuesday

6:30 PM Compassionate Communication (MR#1)
7:00 PM Men's Support Group (F.H.R.)
7:30 PM Buddhist Meditation (Gallery)

October 3, Wednesday

7:00 PM Sunday Service Rehearsal (Sanctuary)
7:00 PM Book Discussion (F.H.R.)

October 6, Saturday

6:00 PM Art Show Reception "Linda Umstead" (Gallery)

October 7, Sunday

9:00 AM 1st Church Service (Downstairs)
9:00 AM OWL (MR#1)
11:00 AM 2nd Church Service (Downstairs)September Birthdays

2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	1	2	3	4	5	6
7	8	9	10	11	12	13

COME & SHARE

GREAT PLANS

For Our Spring Weekend

Camp Mokule'ia, April 19-21, 2013.

All our favorite activities will be back: the Friday Night Talent Show, the Saturday Night Barbeque and the opportunity to relax in the beautiful North Shore setting.

This Spring, we are planning to add a few new features:

Early Morning Activities (e.g. Sunrise Service, jog/run, tai chi, etc.),

Adult Morning Activities (e.g. Workshops covering adult centered topics)

Children's Morning Activities (e.g. sports, crafts, etc.)

Afternoon Intergenerational Activities (e.g. tie dye, body art, crafts, music, hikes, sports, etc.)

Adult Get-Togethers (Friday & Saturday nights) Soft drinks and snacks will be provided. Adults may bring other beverages.

Co-op There will be a cooperative childcare plan. Please indicate if you would like to be part of the child co-op so parents may take turns going to the Evening Adult Get-Togethers

To do this, we need volunteers to share their time and talents. Please fill out the following form and volunteer for an activity so we may plan a full range of great activities.

Name(s) _____ Tel _____

Email _____

Please check off where you would like to help and tell us what you would like to do.

- Friday Night Talent Show _____
- Early Morning Activites _____
- Adult Morning Activities _____
- Children's Morning Activities _____
- Afternoon Intergenerational Activities _____
- Adult Evening Get-Togethers _____
- Saturday Evening Barbeque _____
- Evening Child Co-op _____

Please bring this completed form to the Church Office or email it (office@unitariansofhi.org).

Need more information? Call or email:

Chairs, Theresa Moorleghen (254-2026, theresam@zendada.org)

David Hafner (254-2026, hafner@zendada.org);

Program Coordinators, Charlotte Huszcza (672-7341, lottefish@msn.com)

Veronica Morgan (672-7341, vernicarmorgan@msn.com)

A Unitarian Universalist Welcoming Congregation



FIRST UNITARIAN CHURCH OF HONOLULU

2500 Pali Highway, Honolulu, HI 96817

RETURN SERVICE REQUESTED

Phone: (808)595-4047
Web: www.unitariansofhi.org
Facebook: First Unitarian
Church of Honolulu
Twitter: UUHonolulu

We're on the web!
www.unitariansofhi.com

Publication Information

To All Newsletter Contributors:

Here are the newest guidelines for newsletter submissions as confirmed by the Communications Team at an August third Skype meeting.

Font: Arial

Type Size: 12

Place pictures with their articles

Adding hyperlinks is ok

Do NOT use:

tabs

indentation

colored text

centered text

all caps

bolding (unless it's a date)

italics (unless it's a title)

underlining (unless it's a title)

tables (unless they are SMALL)

Mahalo for following these.

Nancy Mower, Editor

Staff

Editor: Nancy Mower

Charlotte Huszcza (alternate)

Composition & Formatting:

Bethany Schwartz

Proof Reading: Evelyn Shepard