

The Weekly Bulletin

November 6/8, 2015

HAPPENING THIS WEEK:

2nd Sunday Lunch

Sunday | 11/8 | After Service

Come for the camaraderie stay for the deliciousness!

This Sunday come enjoy freshly made Mediterranean sandwiches and salad after the 10 a.m. service. All proceeds go to the church general fund. Moonlighting from 4th Sunday, Chef Ron and his intrepid church volunteers are preparing a Mediterranean inspired fresh sandwich and salad for you! (Mark Brasher)

Want To Know More?... About Our Church?...About UU?

Sunday | 11/8 | 12:00 - 1:00 pm | Fred Harper Room

Contact: Katie Ackerman | re@unitariansofhi.com

Meghan Bundtzen | betterwithart@gmail.com

Charlotte Morgan | lottefish@msn.com

Martina Queenth | martinaq@juno.com

Katie Ackerman, our Director of Lifespan Religious Education (DLRE), Charlotte Morgan, co-chair of the Engagement Team (ET) and Members of ET, will hold a Membership Information Meeting for all those interested in First Unitarian. We will have a short and entertaining PowerPoint, a quick form to find out your skills and interests and most important we will get to know each other.

The meeting will cover:

About UU (a little history, plus beliefs, principles, etc.)

What we offer here at First Unitarian (programs, RE, ministry, Social Justice work, etc.)

Why become a Member (or not . . .)

At the end of the meeting, anyone who so desires may become a Member by signing the Membership Book and making a donation of record. Even if you do not want to become a Member at this time, you are always welcome to be part of our beloved Faith Community. For more information, please contact Katie or one of the Engagement Team (ET) Chairs. (Charlotte Morgan)

Gallery on the Pali Current Exhibit

On display Sunday | 11/8 - Thursday | 12/3

Artist's Reception Friday | 11/13 | 6-8pm

"Jimi T's Artworks" watercolor and mixed media by Jimi Tablante

Jimmy Tablante is an award-winning watercolor artist and multi-faceted talent. Straddling both fine and practical arts, Jimi is an architect, designer, portrait artist and renderer. He works in diverse media in a rich variety of styles displaying his impressive technical skill and engaging creative imagination.

Drop In for Sunday Morning Meditation

Sundays | 9:00 am - 9:50 am | Fred Harper Room

Join the New Hindu Honolulu Meditation Group as we meditate together each Sunday morning. Feel free to bring your own meditation ritual or, if you are a beginner, you may want to try the Hong-Sau Technique to help get you started. Instruction is provided. We meet in the Fred Harper Room from 9:00 to 9:50 am with each session beginning with 15 minutes for questions, answers and instruction by Nohemi and Michael Lewis. We meditate together from 9:15 to 9:45 am and finish in time for participants to join the 10:00 am worship service. To learn more about the Hong-Sau technique visit www.Ananda.org

Questions? Contact Carla Allison cbm@hawaii.rr.com, the group's coordinator, or simply arrive by 9:00 am to join the weekly session. (Carla Allison)

Have something for the Newsletter or Weekly Bulletin?

Have Announcements, Photos, Artwork, Short Poems/Prose, or other pieces (50-100 words) to add to the Newsletter or *Weekly Bulletin*?

Newsletter Copy to Aimee Olivera Sanchez FUCH-Newsletter-Team@googlegroups.com

Weekly Bulletin copy to Katy Launert FUCH-Weekly-Bulletin-Team@googlegroups.com

Deadline Reminder:

For the *Weekly Bulletin*, every Tuesday at Noon;

For the *Church Newsletter*: every Third Sunday at Noon. (Katy Launert)

UPCOMING ACTIVITIES:

Book Discussion Group

Wednesday | 12/2 | 7:00 pm | Fred Harper Room

We will discuss *Lila* by Marillynne Robinson. In this novel Lila strives to reconcile her painful, hardscrabble past with her husband's gentle Christian worldview. (Roger Wickenden)

NEW: Gentle and Chair Yoga Group Series

Thursday Mornings | 11/12, 11/19, 12/3, 12/10 | Gallery Room

Gentle Yoga: 9:00 - 10:00 am | Chair Yoga: 10:30 - 11:30 am

Contact: Rachel Finch | (808) 469-0224 | rachelfinch07@gmail.com

Yoga is for everyone and everyone CAN do yoga! FUCH Religious Education is happy to support two new yoga series: Gentle Yoga and Chair Yoga. Come learn the foundations of yoga in a gentle and safe way. Both classes will introduce basic yoga poses to help increase flexibility, range of motion, balance, coordination, mind body connection and strength. They will also cover basic breathing and meditation techniques to help quiet the mind, and bring relaxation to your day. This series is a great way to learn yoga, meet new people, and develop greater self-awareness.

All levels are welcome. **RSVP as soon as possible by contacting Rachel Finch in order to reserve your spot (classes max out at 12 people)**. Cost for all five sessions is \$75, and includes room rental and use of props.

Rachel Finch is certified in Therapeutic Yoga and Chair Yoga. She experienced the benefits of yoga firsthand back in 2007, while working in a high stress financial environment. Her teaching style is positive, encouraging and supportive, with a complete focus on her students. (Rachel Finch)

UULOG Service - End of Life Decisions

Saturday | 11/14 | 5:00 pm Service | 6:00 pm The Famous Fabulous Potluck | Island Pacific Academy | Kapolei | Contact: Charlotte Morgan | lottefish@msn.com

Every family knows how hard it is to talk about end-of-life decisions. At the next Unitarian Universalist Leeward Ohana Service, our speaker, Joel L. Merchant will dialogue with us about Navigating the Journey. Joel is an advocate for dealing with end-of-life issues, especially within families, as well as, a champion for dying with dignity and on our own terms.

Come for the Service stay for the Famous Fabulous Potluck. Want more information, please contact Charlotte. (Charlotte Morgan)

UPCOMING! Explore what it means to move to community action!

Sunday | 11/15 | 11:45 am - 3:00 pm | Church Sanctuary

A Racial Justice Workshop facilitated by Paula Cole Jones, following her sermon, *Building the Beloved Community, Racial Justice: Our Unfinished Business*. The workshop introduces an 8th principle and encourages UUs to expand the dialogue on reconciliation and engagement.

Tuesday | 11/17 | 5:30 - 9:00 pm

Join Ms. Jones and our community for a potluck meal and follow up dialogue in the Gallery on the Pali. Learn more about how we are called to build and engage in The Beloved Community. Ms. Jones offers strategies and skills for building a truly inclusive community.

Childcare offered for both sessions.

Ms. Jones is the founder of ADORE, A Dialogue on Race & Ethnicity. For the past decade, she has worked as an anti-racism and anti-oppression consultant to the UUA and ministers, congregations, boards, and districts across the county. (Sheila O'Keefe)

Let's Celebrate Thanksgiving Together at our Annual UU Thanksgiving Potluck

Thursday | 11/26 | 4:00 pm

Contact: Catherine Graham | dreamaloha@hawaii.rr.com | 741-4317

Bring your family and friends - no need to cook the whole meal yourself - share the load - share the gratitude. Always a great event.

Catherine Graham is coordinating this dinner this year. Let her know who will be coming, how many in your group and what wonderful Thanksgiving food you will be contributing. We need everything from the Turkey to the dinner rolls.

Volunteers also needed: To set up and decorate tables, prepare coffee, set up food, and clean up.

RSVP by November 22nd including name(s), number of guests, what food items you will contribute, and how you will help.

Potluck Suggestions: Turkey, Stuffing, Mashed Potatoes/Rice, Gravy, Vegetarian dishes, Cranberry Sauce, Salad, Vegetables, Pupu, Pumpkin Pie or other Desserts.

Coffee & tea provided. All other beverages are BYOB.

Contact Catherine or add your name to the sign-up sheet at church on Sunday mornings to volunteer and RSVP. (Catherine Graham)

Economic Transformation! Video Conference with Charles Eisenstein

Sunday | 11/29 | 12:00 – 1:30 pm | Sanctuary

Contact: Ka'imi Nicholson | 595-4047 | sjc@unitariansofhi.org

Transformational thought leader, Charles Eisenstein, will join us in the Sanctuary via Skype (on “the Big Screen”) Sunday at 12 noon, Nov 29th. He is the inspiring author of *The Ascent of Humanity*, *Sacred Economics*, and *The More Beautiful World Our Hearts Know is Possible*, in which he presents the path to a “. . . shift from consumption to contribution, transaction to trust, scarcity to abundance, and isolation to community.” Our current economic system reflects the false cultural stories of Separation and Scarcity. The new story we seek is of Reunion, in which we acknowledge our oneness with one another and with the rest of our natural world, focusing on our collaborative and creative abilities and the renewal of our natural environment. Charles shares a vision of practical change for bringing our economy closer to our ideals of fairness and democracy, as we re-write the rules of our economic system.

This exciting opportunity for dialog with Charles is presented by the Social Justice Council and its Economic Justice Action Group (EJAG). We will be asking what Charles has seen as being most effective in bringing about positive change at the local level. Please join us and invite your friends for Sunday, November 29th, 2015, 12:00 to 1:30 pm. All are welcome. This is a free event & childcare will be provided. Please RSVP for Childcare to mknaloha@gmail.com ~mahalo! (Ka'imi Nicholson)

Opera Night Out - FREE!

Contact: Norma Nichols | norman@hawaii.rr.com

Preceded by Pot Luck Pupus — be Green bring your own plate, utensils, and drinks.

Performances are shown via sub-captioned DVD on a large screen in a large comfortable room with cushioned dining-type chair seating. Also feel free to arrive early and/or stay late to help set up and clean up. Performances are formal / Dress is casual.

Friday | 11/20 | 6 - 9:50 pm | First Unitarian Church of Honolulu

Massenet's *Manon* with Natalie Dessay and Rolando Villazón - time 175" [Linda] Manon is an opéra comique in five acts by Jules Massenet to a French libretto by Henri Meilhac and Philippe Gille, based on the 1731 novel *L'histoire du chevalier des Grieux et de Manon Lescaut* by the Abbé Prévost.

Friday | 12/18 | 6 - 9:50 pm | First Unitarian Church of Honolulu

Richard Strauss's *Capriccio* Kiri Te Kanawa San Francisco Opera Orchestra 155"

Friday | 1/22, 2016 | 6-9:50pm | First Unitarian Church of Honolulu

Modest Mussorgsky's *Boris Godunov* (1839–1881). [Renate] Mussorgsky's opera *Boris Godunov* displays his dramatic technique of setting sharply characterized individuals against the background of country and people. (Norma Nichols)

OPPORTUNITIES:

What's To Love At First Unitarian?!?!

Contact: Meghan Bundtzen | betterwithart@gmail.com

Charlotte Morgan | lottefish@msn.com

Martina Queenth | martinaq@juno.com

Let us count the ways...

The inspiring Services...the soul soothing Music...the enlightening Religious Education....and let us not forget the Coffee.

If you have fallen in love with this Faith Community and want to talk about Membership, please speak with one of the Engagement Team (ET) Chairs. (Charlotte Morgan)

Chalice Circles Keep on Growing

Contact: Carla Allison | cbm@hawaii.rr.com | 396-1488
Heather Lemkelde | hlemkelde@gmail.com | 462-7860

If you want to be part of a connected, compassionate and caring community engaging in relevant and meaningful conversations, there is a Chalice Circle waiting to welcome you! We are happy to expand to new areas so if you would like to host a group, let us know. Are you a church member interested in being a Facilitator? Talk to us. Ongoing training and materials are provided.

Chalice Circles are 5-10 people who meet twice a month for two hours to explore preselected topics. Each group is guided by a trained facilitator and members agree to follow a set of guidelines for respectful group interaction. Membership requires commitment to regular attendance twice each month through December 31, 2015.

Chalice Circle Meeting Locations, Dates & Times

Ewa Beach: 1st & 3rd Mondays @ 7:00-9:00 pm

Hawaii Kai: 2nd & 4th Mondays @ 6:30-8:30 pm

Kahala: 2nd & 4th Thursdays @ 6:30-8:30 pm

Kailua: 2nd & 4th Saturdays @ 3:00-5:00 pm

Kaka'ako: 2nd & 4th Wednesdays @ 6:30-8:30 pm

Nu'uuanu: 2nd & 4th Tuesdays @ 10:00 am-12:00 pm (Carla Allison)

AmazonSmile Donations

Amazon will donate 0.5% of the price of your eligible AmazonSmile purchases to First Unitarian Church of Honolulu whenever you shop on Amazon. If you are someone who uses Amazon regularly or just once in a while, please go to <http://unitariansofhi.org/amazon> and sign up. The Church will receive a donation whenever you make an order! (Jennifer Kane)

WORSHIP PROGRAM:

Contact: Eleanor Kleiber, Martina Queenth, or Steve Lohse
595-4047 | Worship@unitariansofhi.org

The Worship Program is Looking for You!

DO YOU HAVE IDEAS for Sunday morning guest speakers or worship services? The Worship Team invites you to share your Sunday Suggestions through the above email created just for this purpose, or see Eleanor Kleiber, Martina Queenth, or Steve Lohse in person. All Sunday Suggestions welcomed for consistently inspiring and compelling Sunday morning experiences!

DO YOU HAVE ROOM in your home for Sunday morning guest speakers? The Board and Worship Team are now inviting and scheduling guest ministers for 3-6 weeks at a time for our 2016 Worship year. Please contact the Worship Team if you have room in your home to host a Sunday guest minister for a few weeks next year!

FREE YOUR INNER WORSHIP ASSOCIATE! The Worship Team is looking for a few good Worship Associates, the people who MC Sunday morning services with readings and announcements and such.

Have you ever thought that you might like to be that person? Yes, you can! Contact the Worship Team at Worship@unitariansofhi.org or see Eleanor Kleiber, Martina Queenth, or Steve Lohse in person, and let's talk. (Worship Team)

Worship Team – DECEMBER MEETING

Tuesday | 11/1 | 6:00 - 8:00 pm | Fred Harper Room

Contact: Eleanor Kleiber | 595-4047 | worship@unitariansofhi.org

The Worship Program of the First Unitarian Church of Honolulu provides inspiring and compelling worship experiences that sustain us emotionally and intellectually; inform everything we do as a Church; and enlist members in the cause of our Mission, inspired by our Principles, boldly to grow Compassion, Justice, and Joy. The Worship Team meets on the First Tuesday of every month at 6:00 pm in the Fred Harper Room, all visitors welcomed. Contact worship@unitariansofhi.org or 808-595-4047 or see <http://www.unitariansofhi.org/worship> for more information about the Worship Program at First Unitarian. (Eleanor Kleiber)

RELIGIOUS EDUCATION:

Contact: Katie Ackerman | re@unitariansofhi.org

We have a few different events going on THIS SUNDAY, and childcare for all (9:45-2:30); yay! If you are going to stay for the whole time, please plan a lunch and/or napping items for your kids.

Also, this week is an all-ages session in RE, with story by Gene Parola! Other adult volunteers are very welcome (2-3 would be great). We will have some mixed age work, some crafts and activities, and some time spent with similar-age groups.

This Week:

Interested in Church Membership?

Sunday | 11/8 | 11:30 am | Fred Harper Room - after Sunday's Service

Are you interested in becoming a Member of the First Unitarian Church of Honolulu? Or perhaps just curious what that even means? If so, we invite you to join us for a low-pressure hour on November 8th. You will learn more about Unitarian Universalism, what the First Unitarian Church of Honolulu offers, and about some of the benefits of membership. We look forward to seeing you there!

Unplug the Christmas Machine Workshop

Sunday | 11/8 | 12:30 - 2:30 pm | Fred Harper Room - after Sunday's Service

On November 8th, the FUCH RE is presenting a 2-hour workshop to help people plan a more rewarding Christmas holiday. This is open to all who are interested, donations appreciated but not required.

Based on the popular book, *Unplug the Christmas Machine* by Jo Robinson and Jean Staeheli, this workshop helps people reduce their stress and increase their enjoyment by making simple changes in the celebration. Participants will be given a chance to examine their current practices, define their values, create a fantasy Christmas, then combine all their insights into a workable plan for the coming holiday season. To date, this innovative workshop has been sponsored by over a thousand institutions in the United States and Canada.

If possible, please contact Katie beforehand to receive a worksheet that will guide our discussion.

For more information email Katie at RE@unitariansofhi.org.

Plan Your Holiday Photos Now! Nov. 29th

FUCH RE is thrilled to once again offer you the chance to get great holiday/winter photos of your family or self. Suggested donation of \$20 and the photos are really, really wonderful--ask any of the folks who had them taken at Easter! Kris Castagnaro is once again offering her skills and it should be great! Signups available the week before, photos will be taken following church service. We do need two volunteers to support this effort, please contact Katie RE@unitariansofhi.org.

RE Adult Opportunities:

Hindu Meditation

Every Sunday, Hindu meditation will be held every Sunday morning from 9:00 - 9:50 am in the Fred Harper room. Drop in and see what it's all about! For more information, contact Carla (cbm@hawaii.rr.com)

Book Study Group

RE and Social Justice are co-sponsoring a book study/discussion group around *The New Jim Crow*. The last meeting will occur 11/1. Please contact Lee Curran for more details, dflicurran@hawaii.rr.com.

Tuesday Morning Mindfulness

In November, come join RE Director Katie Ackerman for "Morning Mindfulness" Tuesdays at 9:30, in the Sanctuary. Email re@unitariansofhi.org for more information.

Baby Hui

Thursday mornings, 9:30 am in Meeting Room 1, FUCH.

Recurring Calendar Items:

1st Saturday (Nov. 7) -- Vesper's Service, 5:00 – 7:00 pm, Nancy Schiltdt's home, contact Katie at re@unitariansofhi.org for more info

1st Sunday (Dec. 6) -- RE Team Meeting 11:30, Meeting Room 1

2nd & 4th Saturday -- Young Family Ohana Covenant Group

SOCIAL JUSTICE CORNER:

Contact: Steve Lohse | 595-4047 | sjc@unitariansofhi.org

\$1,440 for Philippines OWL!

Through our RE and Social Justice Programs, the Congregation of the First Unitarian Church of Honolulu just raised \$1,440 for Philippines OWL. Good Job! The UU Church of the Philippines (UUCP) is taking a daring step towards youth development in a conservative country, partnering with UUA to offer two large Our Whole Lives (OWL) sessions in December, one for ages 12-16 and one for ages 17-20. As UUCP President Rebecca Sienes says, "This is a huge step. The UUCP cannot do this alone." Thank you all who sent the message to Rebecca, you are never alone when you have UU congregations on your side! (Steve Lohse)

Economic Transformation! Video Conference with Charles Eisenstein

Fifth Sunday | 11/29 | 12:00 – 1:30 pm | Sanctuary

Contact: Ka'imi Nicholson | 595-4047 | sjc@unitariansofhi.org

YOU ARE INVITED to join us for a Skype call with Charles Eisenstein, transformational thought leader

and author of "Sacred Economics," in the Sanctuary at 12 noon on 11/29 Fifth Sunday. Charles inspires us to re-write the rules of our unjust economic system away from false cultural stories of Separation and Scarcity and toward a shift from consumption to contribution, transaction to trust, scarcity to abundance, and isolation to community. We will also ask Charles what he recommends as the most effective Actions for bringing about positive change at the local level.

The Social Justice Council's Economic Justice Action Group (EJAG) hosts this exciting opportunity for dialog with Charles. Please join us and invite your friends for Sunday, November 29, 2015, 12:00 to 1:30 pm. All are welcome. This is a free event, please RSVP for childcare to mknaloha@gmail.com. Mahalo! (Ka'imi Nicholson)

Economic/Racial Justice Action at First Unitarian

An Economic/Racial Justice Theme currently engages First Unitarian in Social Action from October through January. In October, the Social Justice Council cosponsored an extremely well attended book study of Michelle Alexander's "The New Jim Crow."

In November, Paula Cole Jones, founder of ADORE (A Dialogue on Race & Ethnicity), takes the pulpit on 11/15 and offers workshops on 11/15 and 11/17. Kat Brady, of the Community Alliance on Prisons, takes the pulpit on 11/22. On 11/29, the Council's Economic Justice Action Group (EJAG) hosts our November Social Justice Fifth Sunday, featuring a Skype Event with "Sacred Economics" author Charles Eisenstein. In December and January, all are invited to the Hawaii State Art Museum after the Sunday 12/6 service for "Art with Margaret," to visit the Museum's Civil Rights collection, including several provocative African American pieces, and to discuss over coffee. On Monday, 1/18/2016, we march in the 2016 MLK Parade! Engage! (Ka'imi Nicholson)

Social Justice Council – NOVEMBER MEETING

Tuesday | 11/17 | 4:30 - 8:00 pm | Fred Harper Room
Contact: Steve Lohse | 595-4047 | sjc@unitariansofhi.org

PLEASE NOTE the earlier meeting time for the November Council meeting, 4:30 pm instead of the usual 6:00 pm. The Council will meet in Fred Harper for one hour on Tuesday November 17th, from 4:30 to 5:30 pm, and then join the Paula Cole Jones Potluck and Workshop at 5:30 pm. See you all there!

The Social Justice Program of the First Unitarian Church of Honolulu engages our Congregation inwardly and our Community outwardly in responsible and effective social action. Have a social justice matter on your mind? Bring it to the Social Justice Council for thoughtful consideration, either in person at a Council meeting or in writing.

The Council meets on the THIRD TUESDAY of every month at 6:00 pm in the Fred Harper Room. All visitors welcomed. Contact 808-595-4047 or sjc@unitariansofhi.org or see <http://www.unitariansofhi.org/social-justice> for more information about the Social Justice Ministry of the First Unitarian Church of Honolulu. (Steve Lohse)