

The Weekly Bulletin

November 24/29, 2015

HAPPENING THIS WEEK:

Gallery on the Pali Current Exhibit

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

“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:

Art Tour with Margaret Mann - Colonial America

Sunday | 11/29 | 2:30pm | Honolulu Museum of Art, 900 Beretania Street
Contact and RSVP: Margaret Mann | 265-6551

Margaret Mann will give a tour of Colonial America. The tour will include a visit to a 17th century cabin complete with rope bed, pewter dishes and a real musket (no bullets) and a chance to operate a loom and spinning wheel. Children are invited to dress up in costumes provided. Gingerbread and apple cider will be served in the cafe after the tour for a small fee. The tour is free to members and children under 17, \$10 for others. Parking is available behind the Art School on the corner of Beretania and Victoria Streets. (Margaret Mann)

NEW: Gentle and Chair Yoga Group Series

Thursday Mornings | 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)

Book Discussion Group

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

We will discuss Lila by Marilynne Robinson. In this novel Lila strives to reconcile her painful, hardscrabble past with her husband's gentle Christian worldview.

Wednesday | 1/6 | 7:00 pm | Fred Harper Room

We will discuss The Boys in the Boat by Daniel James Brown in which he presents a portrait of an era and an intimate account of how nine working-class boys from the American West became a rowing team that surpassed all others, culminating in the 1936 Berlin Olympics. (Roger Wickenden)

ADORE - A Dialogue on Race and Ethnicity - as recommended by Paula Cole Jones.

Sunday | 12/6 | 11:30-12:30 | Sanctuary

You are invited to engage in the next step in our church's journey toward racial and ethnic inclusion.

There is much to be done and exciting work it will be! Increasing the diversity of our church and growing our numbers. Continuing our work as a welcoming congregation and UUs being a force for good in social justice efforts across our community. Boldly growing compassion, justice and joy!

Build on the work done over the past few weeks with the New Jim Crow book study, Paula Cole Jones visit and workshops, Kat Brady presentation and discussion, and the personal commitments of many of our members and friends.

Also, don't miss Civil Rights Art Tour at the Academy of the Arts led by Margaret Mann, our esteemed FUCH President and long-time Academy docent, later that day at 2:30. See the newsletter for more information about Art with Margaret!! (Sheila O'Keefe)

Gallery on the Pali New Exhibit "Convergence", Paintings by Suzanne Barnes, Cynthia Schubert, Wendy Roberts, and Dawn Yoshimura

On display Sunday | 12/6 - 1/7 | Gallery Hours: T-F, 10 am-6 pm & S/S, 2-6 pm

Artists Reception: Friday | 12/11 | 6:00 - 8:00 pm

www.UnitariansofHI.org/gallery

Four award-winning artists, Suzanne Barnes, Cynthia Schubert, Wendy Roberts, and Dawn Yoshimura have produced 'Convergence', a collaborative art exhibit for the community to enjoy.

The show's theme was created during weekly get-togethers, where they brainstormed about their similarities and differences. All four women are painters who currently live in Oahu, but vary in their chosen media, age, and geographical origins. This convergence of four creative minds led to the title of the show. They endeavor to challenge each other in a supportive manner. Additionally, they have worked on projects in parallel to explore their individual answers to the same questions.

Suzanne Barnes, born and raised in New York City, had an inherent interest in both art and science. She became a physician but never abandoned her love of art. She squeezed time in for both her art and her medical practice in Wisconsin for many years. Since relocating to Oahu, she is thrilled to finally have the time and energy to devote to her passion.

Cynthia Schubert spent her early life on the move as a military child, later choosing to live close to the ocean to facilitate her husband's work as a marine biologist. She has lived on other small islands such as Puerto Rico and Guam, hence her art business is "Art from the Islands".

Wendy Roberts grew up on a farm in rural Utah. Her father was the skilled quadriplegic artist Wendell Johnson, who taught her to paint as soon as she could hold a brush. She has moved with her family to several locations across the U.S. as her husband gained his medical training, finally settling down in Oahu in 2010.

Dawn Yoshimura, born and raised in Hawai'i, grew up in Kaneohe, studied art in the Bay Area in California, and now lives half the time in Sweden. Bilingual, she has an active art career in both

locations. With these outside experiences, each artist has a unique viewpoint and a connection to a variety of cultural influences that shine through their work. It is the process of sharing these histories and the various influences that inspires them. This show is about process as well as product. When artists with very diverse data sets of knowledge get together, the result is often innovative and can even be surprising.

Opera Night Out - FREE!

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

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

Performances are shown via sub-captioned DVD on a large screen. Also feel free to arrive early and/or stay late to help set up and clean up. Performances are formal - Dress is casual.

Friday | 12/18 | 6:00 - 9:50 pm | First Unitarian Church of Honolulu
Puccini's *La Boheme*

Friday | 1/22, 2016 | 6:00 - 9:50 pm | First Unitarian Church of Honolulu
Modest Mussorgsky's *Boris Godunov*

Friday | 2/26 | 6:00 - 9:50 pm | First Unitarian Church of Honolulu
Midsummer Night's Dream, if available, or Richard Strauss' *Arabella* with Renee Fleming. (Norma Nichols)

Calling All UU Women - Save the Date!

Annual Honolulu Unitarian Universalist Women's Retreat

Friday - Sunday | 1/29 - 1/31, 2016 | Pokai Bay in Waianae

Contact: Sheila O'Keefe | 489-4629 | shesokinhi@yahoo.com

To register: Contact Carla Allison | 396-1488 | cbm@hawaii.rr.com

How does a weekend out of town, away from your day to day responsibilities sound? Participate in discussion groups, activities like snorkeling, swimming & paddle boarding in beautiful Pokai Bay. Rest and rejuvenate with Yoga and a Sunday morning worship service. Connect with great women and enjoy wonderful food. The retreat is open to all First Unitarian Church women and friends 12 years and older. Babes in arms are welcomed. Cost is based on participation ranging from \$40 to \$75. See the December newsletter for details and registration form.

Volunteer to help, need to coordinate transportation, or have questions: Contact Sheila O'Keefe. To register: Contact Carla Allison (Carla Allison)

OPPORTUNITIES:

Spaghetti Lunch Hiatus

Because it is so close to the holidays, there will be NO 4th Sunday Spaghetti Lunch in December. Look forward to January for the return of Chefs Ron and Mark Brasher and Spaghetti Lunch. In the meantime, enjoy the fabulous lunches this dynamic duo are preparing for Second Sunday Lunch. (Charlotte Morgan)

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 | 12/1 | 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

Meals! Many folks have asked about making some meals for newcomers Melissa and Audrey as they transition to life with Baby Asa. Please email RE@unitariansofhi.org join the fun!

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.

Cook Family Promise Dinner Dec. 11, 4-6pm

Join RE families to cook dinner and eat with Family Promise folks. This is held at Nuuanu Congregational Church (across the Pali and a bit mauka from our church). This is a great chance to do some work that really matters. We will pick out what we want to make, purchase it, cook, and eat. What fun!

December 13: Need a little help this year to get through the holiday slog? Plan to join adults for an afternoon of camaraderie and holiday support! We will be potlucking, sharing, and running a "craft/gift assembly line" to create those little gifts for co-workers, neighbors, etc. They will be filled with LOVE instead of STRESS because we will have such fun making them! RSVP, please to RE@unitariansofhi.org.

First Unitarian Church of Honolulu Holiday Pageant

We will be presenting a First Unitarian Church of Honolulu RE-led holiday pageant on December 20th during regular Sunday Service time. There will be some singing and parts for every child who is there

on the day. Rehearsals will take place on Sunday mornings. We would like children and families to create costumes (!), so please RSVP to Katie and give the nod if you would like your children to have a specific, guaranteed role; the more children we have RSVP'd early, the better. We also need some adult volunteers to help during the event. It's going to be good!

December 5 (5:00 - 7:00 pm) Vesper's Service: Cookie Exchange!

Plan now to join in for a great cookie exchange (bring four dozen). Held at Nancy's home, contact re@unitariansofhi.org for more info.

We Are Adopting Families Again!

Thanks to Eden Metzger's vision, we are again adopting families! Last year we adopted two and this year we will adopt three! Keep your eyes peeled for more information and let Eden know if you would like to help as a coordinator. (808) 225-5524 metzgereden@yahoo.com

Our Whole Lives Human Sexuality Education, 7th, 8th, 9th Grades

Winter, 2016 | Register Now! | \$100 per family

Plan now to join this class if YOU have youth in those grades! We also are offering a facilitator training prior to the start, see Nan or Katie (RE@unitariansofhi.org) for details.

This Our Whole Lives class is a positive, comprehensive, and age-appropriate educational program that promotes sexual health and is informed by the guidelines of the Sexuality Information Council of the United States [SIECUS]. The curricula are based on four primary goals: to provide accurate, developmentally appropriate information; to increase self-esteem and understand relationships with and responsibilities toward others, to develop interpersonal skills including communication, decision making and problem solving, and to teach responsibility for personal health and safety.

Mandatory Organizing Meeting, Adults only: Sun, January 17th, noon. Program: Every Sunday, January 24th - March 20th, plus two Saturdays: Sat. January 23rd & March 19th.

January Camping at Bellows

Save the Date of January 1-3 for camping at Bellows. More information to follow. Vesper's Service Saturday night!

Coming in Jan - March:

- Louisa May Alcott book study! Meet three times to discuss the works of this wonderful UU author!
- Write Your Own Sermon Series! Meet four times to create and deliver a sermon; you have it in you!
- UUA Series: See details here **Hindsight, Humor, and Hope: Who, Me, an Elder?** (6 two-hour workshops) Helps people as they begin to redesign their later years into a time of reflection, discernment, soul stretching, and new life possibilities. This gift of extended years finds many people becoming elders with deep personal questions such as, Who am I now? and What will I do that is meaningful? Volunteer leaders needed, email RE@unitariansofhi.org

Recurring Calendar Items:

- 1st Saturday (December 5) -- Vesper's Service, 5:00 - 7:00 pm, Nancy Schiltdt's home, re@unitariansofhi.org for more info.
- 1st Sunday (December 6) -- RE Team Meeting 11:30, Meeting Room 1
- 2nd & 4th Saturday -- Young Family 'Ohana Covenant Group

SOCIAL JUSTICE:

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

Video Conference with Charles Eisenstein – Sunday, November 29

Fifth Sunday | 11/29 | 11:30 am – 2:00 pm | Sanctuary

Contact: Ka'imi Nicholson | 595-4047 | mknaloha@gmail.com

YOU ARE INVITED to join a Skype Event with Charles Eisenstein, transformational economic thought leader and author of "Sacred Economics," in the Sanctuary at 11:30 am on 11/29 Fifth Sunday. Charles inspires us to re-write the rules of our unjust economic system away from false stories of consumption, transaction, scarcity, and separation and toward Better Stories of contribution, trust, abundance, and 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. This is a free event, please RSVP for childcare to mknaloha@gmail.com. Mahalo! (Ka'imi Nicholson)

Civil Rights "Afternoon Art with Margaret" – Sunday, December 6

Sunday | 12/6 | 2:30 – 3:30 pm | Honolulu Museum of Art, 900 S. Beretania St., Honolulu | Contact: Steve Lohse | 595-4047 | sjc@unitariansofhi.org

YOU ARE ALL INVITED to the Honolulu Museum of Art (<http://honolulumuseum.org/>) for "Afternoon Art with Margaret" at 2:30 pm on Sunday 12/6. After our morning service with Rev. Nayer Taheri, followed by ADORE and RE Team meetings until 12:30 pm, make a UU day of it with Afternoon Art with Margaret at 2:30 pm. In keeping with our current Economic/Racial Justice Action Theme, we will visit the Museum's gallery of Civil Rights art, including several provocative African American pieces, and then discuss over Coffee. Don't miss this unique opportunity! (Margaret Mann)

A Thank You Note from Kat Brady

Following her 11/22 sermon and discussion afterward, here is an excerpt from the note that Kat Brady sent to First Unitarian:

"Mahalo nui for the opportunity to deliver the sermon yesterday and to meet with the members of your church. . . . I loved talking stories with many of the members after the service and the circle after that. It is so heartening to meet an enlightened [group] who care about others and practice compassion, love, and kindness in their daily lives. I wasn't kidding when I said that I was blown away by the church, the service, and the sense of community that the congregation so richly engenders."

Social Justice Council Co-Chair Ka'imi Nicholson replied in part to Kat, "I was thrilled that twenty five people stayed after to talk with you, and I do feel we are building momentum for caring action. I expect this action to be both personal and political: directly with inmates (I love the "chalice circles" inside the prisons idea that Lee Curran suggested!) and for those re- entering freedom, and through our being a strong voice at the legislature."

Kat later wrote to her email list, "Yesterday I spoke at the Unitarian Church on the Pali (2500 Pali Highway) about mass incarceration and reentry and what the community can do to facilitate the successful transition of those reentering the community. What a loving, compassionate, non-judgmental congregation! They want to be a part of the solution. My heart was so full when I left the church. We live in an awesome community!" (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), took the pulpit on 11/15 and offered workshops on 11/15 and 11/17. Kat Brady, of the Community Alliance on Prisons, took the pulpit on 11/22 followed by a discussion hour. 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, we are all invited to the Honolulu Museum of Art for "Afternoon Art with Margaret." We will visit the Museum's Civil Rights collection and then discuss over coffee. In January, we march in the 2016 MLK Parade on Monday 1/18. Engage! (Ka'imi Nicholson)

Social Justice Council – DECEMBER MEETING

Tuesday | 12/15 | 6:00 – 8:00 pm | Fred Harper Room
Contact: Steve Lohse | 595-4047 | sjc@unitariansofhi.org

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. (Ka'imi Nicholson, Steve Lohse)

2016 MLK Day Parade – Monday, January 18

It will soon be that time again – PREPARE TO MARCH! The Hawaii Martin Luther King, Jr. Coalition always hosts the annual MLK Celebration Parade and Rally on the third Monday in January. The parade begins at Magic Island and travels on Kalakaua Avenue through Waikiki to Kapiolani Park, about 2.5 miles.

The Martin Luther King, Jr. holiday is a day of national and community service; a time to reflect on the principles of interracial cooperation, equality, and social change through nonviolent resolution of conflict; and a dedication to global peace, social justice, economic security, and the eradication of poverty as espoused by Dr. King. (Steve Lohse)