

The Weekly Bulletin

January 15/17, 2016

HAPPENING THIS WEEK:

Aloha Send Off for Wilma Oksendahl

Sunday | 1/17 | After Service

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

Come to the aloha celebration for Wilma Oksendahl on Sunday, Jan 17th. Wilma's niece, Julie Oksendahl is coming to fly Wilma to North Carolina where she will live with Julie and nephew Andy. Please join us after the worship service on Jan 17th for refreshments and to say aloha as Wilma adds yet another destination to her world travels map. Wilma departs Oahu on January 18th. (Carla Allison)

Gallery on the Pali New Exhibit: "Colorscapes" Paintings by David Friedman

On display | 1/10-2/13 | Gallery Hours: T-F, 10 am-6 pm & S/S, 2-6 pm

Artists Reception: Saturday | 1/16 | 6:00 - 8:00 pm

On the web @ Unitariansofhi.org/exhibits

David Friedman calls his paintings graphic meditations. The dazzle and sparkle of brilliant, bold color is his metaphor for Spirit, aliveness, presence. Known as a "visionary colorist", his images are prayer and play, gratitude and celebration. He portrays his profound appreciation and gratitude for life with colors and shapes, radiance and shadows that show the way. His pictures illuminate the Path, the Journey, the "roads" and "trails" that each of us travel. David states, "Color is my metaphor for Spirit. To me, it represents essential vitality, the pulse of Life."

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:

Come to the CABARET!

TICKETS this Sunday!

Songwriters: John Kander & Fred Ebb

Saturday | 2/13 | 6:30-9:30 pm | First Unitarian Church of Honolulu

Contact: Margaret Mann | 265-6551

Do not miss Cabaret! Wine! Chocolate! on February 13th, 6:30 to 9:30 pm, at First Unitarian Church of Honolulu.

Tickets for **Cabaret! Chocolate! Wine!** will go on sale this Sunday (1/10) in the Gallery after the service. Tickets are \$45 each for this amazing fundraiser which will entitle you to taste at least 24 different hand made chocolates, 12 different wines, champagnes and brandies, light pupus and a dazzling jazz concert. You will also have the opportunity to sign up as a volunteer for the event.

The entertainment will be provided by Jazz composer Jeff Kim and Chanteuse Leslie Horn. To round out the evening there will be a Silent Auction featuring art by David Friedman, Laurel Zeri, and Jacqueline Lau, as well as other objet d'art and gifts.

Volunteers are still needed to assist with soliciting donations of wine, champagne and brandy, to help with soliciting items for the silent auction and to work at the event.

Contact Margaret Mann to become part of this very chic and fun event. (Charlotte Morgan & Margaret Mann)

UULOG SERVICE

Saturday | 2/13 | 5pm

Contact: Charlotte Morgan | 343-0137 | lottefish@msn.com

The Leeward Ohana's next Service will be Saturday, February 13th, at 5:00 pm. For more information, please contact Charlotte Morgan.

Calling All UU Women – Register Now!

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)

ADORE: A Dialogue On Race and Ethnicity

Sunday | 1/24 | 12:30-2:30 pm

Contact: Allison and Jill | adore@unitariansofhi.org

After Spaghetti Lunch, join co-facilitators, Allison Jacobs and Jill Rabinov in a discussion of race as a social construct. A DVD, *Race: The Power of an Illusion* will be viewed followed by an opportunity to share our stories.

The goal of ADORE is to provide a safe space for people to discuss openly and honestly about race, a subject so often swept under the rug.

Childcare will be provided so that adults with young children will be able to attend. Teens are welcome to accompany their parents.

For more information, please contact Allison and Jill at adore@unitariansofhi.org. (Charlotte Morgan)

Spaghetti Is Back!!!!

Sunday | 1/24 | After the Service

Our dynamic cooking duo, Ron and Mark Brasher will again provide us with a fantastic Spaghetti Lunch. The net proceeds help support our Kapolei Campus, the UU Leeward Ohana. As a thank you to the Beloved Community, the Leeward Ohana also provides Hospitality on Spaghetti Sundays.

So come hungry, my friends. The wait was well worth it. (Charlotte Morgan)

Book Discussion Group

Wednesday | 2/3 | 7:00 pm | Fred Harper Room

We will discuss *Station Eleven* by Emily St. John Mandel which depicts a post apocalyptic, but not science fiction, North America. There is little government and some unrestrained religion. The book was nominated for a National Book Award. (Roger Wickenden & Robert Durick)

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 | 1/29, 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)

Eight Week Gentle Yoga Series

Thursdays | 1/14 – 3/3 | 9:00-10:00 am | Gallery

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

This series is designed for anyone in search of a gentle and relaxing practice. Emphasis will be on moving slowly through basic standing and reclining poses. Props, such as chairs, blocks, and belts are provided so that each student can participate at their own level. All levels are welcome, including beginners. Students must have their own yoga mat and be able to get up and down from the floor.

Eight Week Chair Yoga Series

Thursdays | 1/14 – 3/3 | 10:30-11:30 am | Gallery

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

This series is for anyone who may be hesitant to try yoga because of the challenge of getting down onto the floor. Here's the solution: the chair becomes your mat! The entire class will be conducted while seated on a chair. Typical standing or reclining poses have been adapted to a chair. Multiple levels of flexibility will be provided so that everyone in the room can participate, regardless of age, ability, or physical challenge.

*Sign up for one or both series. Cost is \$120 for each series.

***Last day to sign up for either series is Monday, Jan. 11th**

*Class size limited to 10 participants

***RSVP to: Rachel Finch**

Rachel Finch is certified in Therapeutic Yoga and Chair Yoga. She was personally trained in Chair Yoga by Lakshmi Voelker who has certified staff at the Mayo Clinic and NYC Department of Education. Rachel's teaching style is positive, encouraging and supportive, with a complete focus on her students. (Rachel Finch)

OPPORTUNITIES:

“Happiness Does Not Have To Be A Project, It Is A Journey”

Author and church member Nohemi Molano Lewis's newest book is now available at www.Amazon.com. Through May 2016 she and husband Michael are sharing the net profits of sales to our church 'ohana members with our church. Journey with Nohemi and discover how you can find and keep happiness. Feel free to write a review. (Carla Allison)

Important: Church Directory Update

Contact: Nan Kleiber | nankleiber22@gmail.com

Molly Rowland and Nan Kleiber are up-dating our Church Directory for 2016. Please check YOUR current listing and make sure it is correct:

- Your name
- Partner's name
- Children's names and grades in school
- Address
- Phone number
- Email Address
- Membership status: Are you a member of the congregation, or a friend?

Please email the correct[ed] information to Nan Kleiber [nankleiber44@gmail.com] ASAP, to make sure we have it RIGHT. If you wish to have your name removed from the Church Directory, let Nan know. And if you wish to have your name ADDED to the Directory, again, email Nan.

If you wish to resign your church membership, please put that in writing, and mail it to Office, the First Unitarian Church of Honolulu, 2500 Pali Highway, Honolulu, HI 96817. If you wish to JOIN the church, please check with Martina Queenth or Carla Allison. (Nan Kleiber)

Chances to help your Church

Contact: Margaret Mann | 265-6551

Margaret Mann needs your help with a couple of things.

- 1) Do you have a relationship with a wine merchant that may be willing to donate or discount wines for the Chocolate, Champagne and Cabaret event in Feb?
- 2) Do you need a house sitter Feb 24-March 15 for one of the Ministers in Residence who will be here with her partner and toddler?
- 3) Do you have extra frequent Hawaiian miles you would be willing to donate for the Ministers in Residence program?

Thank you, thank you, thank you! (Margaret Mann)

Nine New Members!

Contact: Meghan Bundtzen | betterwithart@gmail.com

Martina Queenth | martinaq@juno.com

Nan Kleiber | nankleiber44@gmail.com

Our Beloved Community welcomes: Scott Allen, Sandra Bierman, Rhonda Campbell, Peg Duffy, Anniken Rose, Kurtis Samwell, Rhiannon Samwell, Karen Scarvie, and William (Bill) Scarvie as our newest Members. These wonderful UU's will be officially acknowledged as Members of our Church on Sunday, January 17th, during the 10:00 am Service.

If you would like to become more involved with the Engagement Team and help encourage visitors learn more about our Faith Community, please contact one of the chairs. (Charlotte Morgan)

Chalice Circles 2016

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

Heather Lemkelde | hlemkelde@gmail.com | 462-7860

Celebrating the success of the first full year of Chalice Circles, the new six month series launches in January. Want to find out how to become a participant? A Chalice Circle Facilitator? Would you like to consider hosting a group? Contact Carla or Heather.

Always open to new members, Chalice Circles are 5-10 people who meet twice a month for two hours to explore preselected topics. Membership requires commitment to regular attendance twice each month January through June, 2016. Connect with others in deep conversation and benefit from being part of a caring community of Unitarian Universalists and friends.

Current Locations, Dates & Times

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

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

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

Nu'uaniu: 2nd & 4th Tuesdays @ 10:00 am - 12:00 pm

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

NEW in January -Town: 1st & 3rd Saturdays @ 2:00 - 4:00 pm

NEW in January - Mililani: 2nd & 4th Wednesday @ 6:30 - 8:30 pm (Carla Allison)

Smart People With Smart Phones....

Contact: fuch-newsletter-team@googlegroups.com

Folks with smart phones take wonderful pictures. When you take pictures of events at Church, why don't you immediately send them to the Newsletter Gang. You will receive a photo credit in the Newsletter. Thank you for taking pictures of the amazing things we do at First Unitarian. (Charlotte Morgan)

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

Sunday, January 17, 10:00 am

"The UU Journey to ... and from Selma" by Barbara ten Hove

In honor of the recent 50th anniversary of the March on Selma, Alabama, this service will explore the circumstances that led many Unitarian Universalists there in 1965 and that still echo among us today. There is also a New Member Ceremony this Sunday! Worship Associate: Eleanor Kleiber

What is Spirituality?

YOU ARE INVITED to Join the Conversation!

Many of us would like more Spirituality in our services . . . but what does that mean? What is your definition of Spirituality, what elements of our worship services best do or could inspire Spirituality, and how? Your Worship Team will be gathering responses to these Questions as a part of our journey into shared spiritual practice. Watch for the Survey, coming soon, we want to hear from You! (Martina Queenth)

Sunday Morning Announcements – A Reminder

We welcome pulpit announcements as an important element of our worship services. We also recognize that they can be too many, too long, and too late in getting to the weekly Worship Associate (WA). PLEASE, keep Sunday announcements BRIEF, focused on Church activities only, and get them to the Worship Team by Thursday before the service. We make this work by working together! (Worship Team)

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 – FEBRUARY 2016 MEETING

Tuesday, February 2, 2016 | 6:00 – 7:30 pm | Fred Harper Room
Contact: Eleanor Kleiber | 808-595-4047 | 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

Childcare Providers

FUCH is seeking back-up childcare providers! Are you interested in becoming a part-time, on-call child care provider? Please contact Katie @ RE@unitariansofhi.org

Teens for a Teen Group!

Invite your own teens and those who might not otherwise know about this great group to join in starting this Sunday, 1/17. The group meets in the Fred Harper room when children are dismissed during the Service, usually 10:15. Check in, deep listening and a topic of the day create a relationship-building environment for those age 13 to 17+. Informal and supportive. Contact RE@unitariansofhi.org for more information, or just drop in!

OWL

7-9th Grade Our Whole Lives Sexuality Class Starting 1/17/2016 (Noon to 3:30pm) with a mandatory parents/caregivers only meeting. Contact Nan Kleiber (nankleiber44@gmail.com) for more information.

Young Family Group Starting!

The Young Families Ohana Covenant Group will resume our meetings starting on Feb. 6th, 5:30-7:30pm, 1st and 3rd Friday of each month at FUCH. This is a wonderful group to meet other parents, have a reflective evening, and build relationship. Invite friends to join the group, too! Evening includes potluck, the meeting centered on a specific topic and structured around deep listening, and 2 hours of child care. Cost of childcare is supplemented by the church and remains a reasonable \$5 per child, per session, payable at the beginning of the session series. RE@unitariansofhi.org for more info.

SOCIAL JUSTICE:

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

2016 MLK Holiday Parade

Monday, January 18 | 9:00 am | Magic Island

Contact: Steve Lohse | 808-595-4047 | sjc@unitariansofhi.org

The 2016 MLK PARADE begins on Magic Island with 7:30 am group check-in and a 9:00 am start, traveling 2.5 miles on Kalakaua Avenue through Waikiki to Kapiolani Park. There is plenty of parking on Magic Island for early arrivers. Don't forget walking shoes, water, sunscreen, hats, babies, and Posters, lots of Posters! Prepare to Remember, Celebrate, and Act– PREPARE TO MARCH! (Steve Lohse)

Pre-Parade Poster Painting Party!

Sunday, January 17 | 11:30 am | Sun Room

Contact: Ka'imi Nicholson | 808-595-4047 | mknaloha@gmail.com

YOU ARE INVITED to an MLK Pre-Parade Poster Painting Party in the Sun Room following the Sunday service on January 17. The best UU marching posters always come from these Poster Parties! Make your own poster on 1/17, then carry it in the Parade on 1/18. Tell the world we want Compassion, Justice, Joy, No More Poverty, and No More Killing! Silence the Violence, Increase the Peace! (Ka'imi Nicholson)

COMING IN FEBRUARY – “This Changes Everything”

Four Fridays in February | 2/5, 2/12, 2/19, and 2/26 | 6:00 – 8:00 pm

Contact: Steve Lohse | 808-595-4047 | sjc@unitariansofhi.org

YOU ARE INVITED to a 4-session Book Study of Naomi Klein's “This Changes Everything.” Why discuss Climate Change separately from issues of class, race, and peace when the same economic inequities underlie all? Informed by good science, we already connect the carbon in the air with the economic system that put it there. Inspired by good Principles, let's transform our economic system from failing to affirming Economic and Environmental Justice! For a copy of Naomi Klein's “This Changes Everything,” contact Steve Lohse at 808-595-4047 or sjc@unitariansofhi.org. (Steve Lohse)

Justice Action Themes at First Unitarian

On January 31 Fifth Sunday, as Economic/Racial Justice Action continues, we also launch our 'Āina Energy/Climate Justice Theme. Our January-April Energy/Climate Justice Theme will include the following Actions:

- January 2016 Fifth Sunday Service (Sermon: Steve Lohse; WA: Bill Scarvie);
- Fifth Sunday screening of “This Changes Everything,” based on Naomi Klein's book;
- Four-session Book Study of “This Changes Everything” in February;
- 'Āina "Art in the Afternoon” with Margaret Mann in March;
- Climate Policy/Action workshop with Jeff Kim, also in March;
- 2016 Food Drive from mid-March to mid-April;
- a Visit to the Hawaii State Legislature in April to honor Earth Day and to share our Voice on matters of Economic/Environmental interest to our community. (Steve Lohse)

Social Justice Council – JANUARY 2016 MEETING

Tuesday, January 19 | 6:00 – 8:00 pm | Fred Harper Room

Contact: Steve Lohse | 808-595-4047 | 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.

If you 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)

Free Public Screening – “Merchants of Doubt”

Central Union Church | 1660 S. Beretania St. | in the Parish Hall
Saturday, January 23, 2016 | Doors open at 5:30 pm | Movie starts at 6:00 pm
Contact: Carolynn Bell-Tuttle, Green Team Chair | carolynn.bell@gmail.com

DON'T MISS THIS free screening of a Must-See Movie on Climate Change! See how a group of pundits-for-hire representing themselves as scientific authorities deliberately spreads confusion about climate science and the causes and consequences of climate change. This same group has used similar tactics to confuse the public on issues from tobacco to fire safety. There is plenty of free parking available on Church grounds. (Steve Lohse)