

The Weekly Bulletin

February 19/21, 2016

HAPPENING THIS WEEK:

Meet with a Board member and Dorothy Emerson

Sunday | 2/21 | After the Service

Discuss where this church should go in the future. It will be a brief discussion on the options open to us for those that missed the workshop or for those who have some thoughts they want to share. (Margaret Mann)

Gallery on the Pali presents “Opposites Revisited: Hungary and Hawaii” paintings by Lynne Boyer

On exhibit: 2/16 - 3/17 | Gallery Hours: T-F, 10 am-6 pm & S/S, 2-6 pm

Please visit Unitariansofhi.org/gallery for more information.

Drop In for Sunday Morning Meditation

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

Contact: Carla Allison | cbm@hawaii.rr.com

Join the growing Hindu Honolulu Meditation Group Sunday mornings in the Fred Harper Room from 9:00 to 9:45am. 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. We begin with 15 minutes of instruction, social and sharing time then connect as we meditate together from 9:15 to 9:45am. Finish in time to join the 10am worship service. To learn about the Hong-Sau technique visit <http://www.ananda.org/meditation/getting-started/how-to-meditate/> Questions? Contact Carla Allison, 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 | 3/2 | 7:00 pm | Fred Harper Room

We will discuss **The Sociopath Next Door** by Martha Stout. Approximately one out of every twenty-five people is found to be a sociopath, a person without a conscience, making it likely that all of us will encounter at least one. The book delves into various aspects their nature and also how the rest of us can best deal with them.

Wednesday | 4/6 | 7:00 pm | Fred Harper Room

We will discuss **All the Light We Cannot See** by Anthony Doerr. This novel tells the stories of a French girl, blind since the age of six, and an orphaned German boy whose skill at repairing radios earns him an appointment to a Nazi military academy. Their paths don't cross until near the end of the book, but their stories illuminate the ways, against all odds, people try to be good to one another. (Roger Wickenden)

History-Herstory You Know What it's OUR UU STORY

Sunday | 2/28 | 11:30 - Noon | Meet in The Sunroom @ reserved tables

Enjoy your fourth Sunday lunch and join us for conversation about the History of Unitarian Universalism and First Unitarian Church of Honolulu. Come with your questions about our backstory, an open mind and contributions about your story. (Meghan Bundtzen)

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 | 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.

Friday | 3/25 | 6:00 - 9:50 pm | First Unitarian Church of Honolulu

Kurt Weill's *Street Scene*

Friday | 4/22 | 6:00 - 9:50 pm | First Unitarian Church of Honolulu

Puccini's *Rigoletto* with Domingo and Levine

Friday | 5/27 | 6:00 - 9:50 pm | First Unitarian Church of Honolulu

Donizetti's *L'elisir D'Amore* with Anna Netrebko and Rolando Villazón (Norma Nichols)

4th Sunday Lunch

Sunday | 2/28

Our own Chefs Ron and Mark will be back to prepare another sumptuous spaghetti lunch on the 4th Sunday, February 28th. (Charlotte Morgan)

Barack Obama: Made in Hawaii

Sunday | 2/28 | 12:30 – 2:30 pm

You can be among the first to view and discuss Gloria Borland's (work in progress) documentary about our President and his Hawaii roots.

This showing is part of the ADORE series of discussions.

ADORE (A Dialogue On Race and Ethnicity) was founded by Paula Cole Jones who gave a wonderful sermon and workshops at First Unitarian in November. She will continue to mentor us throughout our journey in examining issues around race.

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

Eight Week Gentle Yoga Series

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

Contact: Rachel Finch | 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.

***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)

Yoga for Healthy Aging (8 Week Yoga Series to Promote Healthy Aging)

Monday Series

Classes meet Monday mornings | 9:30-10:30am | March 14-May 2 | 407 Uluniu St, Ste 412, Kailua, HI 96734

Thursday Series

Classes meet Thursdays mornings | 9:00-10:00am | March 10-April 28 | FUCH, 2500 Pali Highway, Honolulu, HI 96817

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

Over this 8 week period you will:

- Learn gentle and non-strenuous movements that you can do lying down, standing up, or seated on a chair.
- Increase flexibility and range of motion to help with overall mobility.
- Increase muscular strength with low impact exercises.
- Experience greater balance, coordination, and focus.
- Reduce stress and anxiety with basic breathing techniques and guided meditations.
- Perfect for those who are new to yoga or beginner level students.
- Must be able to get up and down from the floor.

Classes meet once a week for a total of 8 weeks. Offering a Monday or Thursday class series:

***Total Cost:** \$120 for one series (pre-paid in full)

***Deadline:** Last day to sign up is March 7th

****Class size is limited***

OPPORTUNITIES:

Do you have a picture of Rev. Gene Bridges?

Gloria Borland is trying to locate a photograph of FUCH's former minister Rev. Gene Bridges, who marched in Selma in 1965.

She doesn't need the original, just a scanned copy of the photo, emailed to Gloria Borland: globor@aol.com
This picture may be included in the documentary BARACK OBAMA MADE IN HAWAII. A group from Hawaii marched in Selma, including Rev. Bridges. (Gloria Borland)

“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)

Plaque for Mickey

The Women's Theology Group would like to purchase a plaque for Mickey to put in the Memorial Garden. If you would like to contribute to the plaque please make a donation made out FUCH with Mickey's plaque in the memo line and put it in the offering bowl on any Sunday. If we collect more than the plaque costs we will give it to YO, Youth Outreach Program at Waikiki Health Center, Mickey's favorite charity. (Margaret Mann)

Keep those Pictures Coming!!!

Calling All Smart Phone Users: when you take pictures of events at Church, why don't you immediately send them to the Newsletter Gang at fuch-newsletter-team@googlegroups.com 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)

Needed: Weekly Bulletin Coordinator

Contact: Katy Launert | katylaunert@gmail.com

Weekly Bulletin Team | FUCH-Weekly-Bulletin-Team@googlegroups.com

Your current coordinator for the Weekly Bulletin will be leaving the island in May, 2016. If you're looking for a way to put your talents to work for your church - this may be it! You will need access to email and google drive plus about an hour a week. Training provided! (Katy Launert)

Chalice Circles Offer Connection, Community and Caring

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

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

Connect with others in deep conversation and benefit from being part of a caring community of Unitarian Universalists and friends. 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 through June, 2016.

Want to find out how to become a participant? Become a Chalice Circle Facilitator? Host a group? Contact Carla or Heather.

Current Locations, Dates & Times

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

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

Hawaii Kai: 2nd & 4th Mondays @ 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

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

Wilma Is Settled In North Carolina

Our dear Wilma Oksendahl is enjoying her new home in North Carolina. If you would like to write, her address is 385 Gilchrist Road, Carthage, NC 28327. If you want to call, you may call any time between Monday through Saturday, within reasonable hours, no calls after 9:00 pm EST or on Sundays. Please email Ron Brasher (rdenesha@gmail.com) for her private phone number. (Ron Brasher)

Cabaret! Chocolate! Wine!

A huge mahalo to all those involved with Cabaret! Chocolate! Wine! last Saturday. It was a blast with over 100 people attending and we made about \$4,000!! Save the date for February 18, 2017 and we will do it again. (Margaret Mann)

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 | 2/21 | 10:00 am

“Sea Change: Reflections on the 1960s” by Rev. Dr. Dorothy Emerson

The 1960s set in motion culture change that continues today. What can we learn by reflecting on this turbulent and path-breaking era, as we continue to struggle with issues of freedom, equality, peace and love? Worship Associate: Martina Queenth.

What is Spirituality?

YOU ARE INVITED to Join the Conversation!

Many of us would like more Spirituality in our lives and in our worship services . . . but what does that mean? What elements of our Sunday services and our Church best inspire Spirituality for you, and how? Your Worship Team will be gathering responses as part of our journey into shared spiritual practice. Watch for the Questionnaire, join the Conversation, and contact us at Worship@unitariansofhi.org! (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 Worship Associate (WA). PLEASE, keep Sunday announcements brief, focused on Church activities, 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 this 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 – March 2016 MEETING

Tuesday | 3/1 | 6:00 – 7:30 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

Make Lunches! Feed People! Donate?

On February 21st and 28th, RE youth will be making sack lunches to donate to those in need. Would you like to donate anything? We would appreciate it!

Items needed: peanut butter, jam, cheese, lunch meat, bottled water, granola bars, low-perishable snacks. Financial donations welcome, too. Please let Katie know as soon as possible that you will be providing these items as she will be purchasing items that are not donated. Email RE@unitariansofhi.org with items and quantity.

Save The Date! Weekday Spiritual Rejuvenation (Adults Only) Retreat March 11

Reserve the Friday and plan to come join us for a fee-based (amount TBD) retreat featuring discussion, meditation, lunch, and perhaps even massage! Focus on both individuals and couples, depending on demographics. Seats limited, RSVP to Katie.

SOCIAL JUSTICE:

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

“This Changes Everything,” the BOOK!

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

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

Share Better Stories with a like-minded community! Informed by good science, we connect the carbon in the air with the economic system that put it there. Inspired by good Principles, we can transform our economic system from failing to affirming Economic and Environmental Justice! For a copy of the Study Guide, please see <http://uucsj.org/climate-justice-a-four-session-study-guide/>. For a copy of the Book, please contact Steve Lohse at sjc@unitariansofhi.org. (Steve Lohse)

“Not So Civil Rights!”

Art in the Afternoon with Margaret Mann

Sunday, March 6 | 2:30 – 3:30 pm | Honolulu Museum of Art, 900 S. Beretania St.

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

YOU ARE ALL INVITED on March 6 to “Art in the Afternoon” with Margaret Mann. Back by popular demand, Margaret will guide us on a disturbing but inspiring Justice themed tour of the Honolulu Museum of Art. You NEED To See This! (Margaret Mann)

Justice Action Themes at First Unitarian

On January 31 Fifth Sunday, as Economic and Racial Justice Action continues, we launched our ‘Āina Energy/Climate Justice Theme. From January through April, our 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;

- “Not So Civil Rights” 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;
- Interfaith Energy/Climate Event in April to honor Earth Day and to grow our faith-based Voice on Economic/Environmental matters. (Steve Lohse)

Social Justice Council – FEBRUARY 2016 MEETING

Tuesday, February 16 | 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.

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)