

The Weekly Bulletin

February 26/28, 2016

HAPPENING THIS WEEK:

Board Meeting Discussion

Sunday | 2/28 | 11:30 am | Fred Harper Room

Please join Board President Margaret Mann and other members of the Board in the Fred Harper Room at 11:30 to discuss the recent Board decision about our future. The Board met on Weds and the results of that meeting will be shared and discussed. (Margaret Mann)

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)

It's Spaghetti!!!!

Sunday | 2/28 | After the 10:00 am Service

Have lunch at Church. Our own Chefs Ron and Mark are back to prepare another sumptuous spaghetti lunch on the 4th Sunday, February 28th. Come feast on delicious sauce made with homegrown herbs. All proceeds help fund our Leeward UU Campus. (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)

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)

Gallery on the Pali Upcoming Exhibit

Artists Reception: Saturday | 4/2 | 6:00-8:00 pm

On Display Sunday | 3/20 - 4/28 | Gallery Hours: T-F, 10 am-6 pm & S/S, 2-6 pm

On the web @ Unitariansofhi.org/exhibits

Honolulu's Gallery on the Pali announces an exhibition of artwork by Windward artist Linda Umstead. Umstead's show is titled "Water of Life". Umstead says "Like many watercolor artists, I have been seduced by the subject of water in its many iterations...we are creatures of water; we are largely composed of it; it gives us, and everything on earth, life."

According to her biography, "Linda Umstead has been painting on Oahu since the early part of this century, using various mediums including watercolor, acrylic, pencil, pen, and digital imagery. She currently does botanicals at the weekly workshop at Ho'omaluhia Gardens".

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 | 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)

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, RE Room

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)

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, February 28, 10:00 am

“The Artist as Revolutionary: Beauty as a Conduit for Justice” by Rev. Dr. Angela Yarber.

All of the arts intersect with spirituality and worship. We are introduced to this general theme that will guide us for the next two weeks, while also discussing how “sacred arts” lead us to justice. Worship Associate: Russell Castagnaro

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

Workshop to Restore, Rejuvenate, and Improve Relationships

Are you looking for some time an opportunity to focus on improving yourself and your relationships?

Plan now to attend this adult education workshop!

When: Friday, March 11th, 8:30am - 4:00pm

Where: St. Anthony's Retreat Center in Kalihi Valley

What: A workshop for adults with an opportunity to address your spiritual and mental health through yoga, meditation, and education and practice. Lisa Wong-Jacobs and Tom DiGrazia will co-facilitate the workshops, and focus on defusing conflict, improving relationships using Nonviolent, Compassionate Communication, and offer exercises to participants.

Fee: \$75 per person, includes breakfast and lunch. 20 person minimum to hold event.

To RSVP or for more information, please see Katie or email: RE@unitariansofhi.org

SOCIAL JUSTICE:

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

“Not So Civil Rights!” – Art in the Afternoon with Margaret Mann

Sunday | 3/6 | 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 to “Not So Civil Rights!” Art in the Afternoon with Margaret Mann on Sunday, March 6. You will be disturbed and inspired by Margaret’s special Justice-themed tour of the Honolulu Museum of Art. You NEED To See This! (Margaret Mann)

2016 Food Drive – Compassion, Cash, and Canned Goods!

Sunday 3/13 – Sunday 4/10

Contact: Susan Lebo | 595-4047 | sjc@unitariansofhi.org

PEOPLE, GET READY! Our annual Food Drive in support of the Hawaii Food Bank starts on Sunday, March 13. Let’s collect \$3000 and 300 pounds – it’s Compassion, Cash, and Canned Goods, all the way to the Food Bank! (Susan Lebo)

Climate Policy/Action Workshop with Jeff Kim

Friday | 3/18 | First Unitarian Church of Honolulu

Contact: Jeff Kim | 595-4047 | sjc@unitariansofhi.org

As a church that affirms and promotes Worth, Dignity, and the Interdependent Web, we support responsible and effective energy/climate policy and action. What IS responsible and effective energy/climate policy and action? Jeff Kim, Citizens’ Climate Lobby leader and Social Justice Council member, hosts these workshops several times a year. Will he bring a guest legislator? His saxophone? Be there and find out! (Jeff Kim)

Legislature Watch – 2016

The State Legislature opened its 2016 session on January 20. Your Social Justice Council is watching the following 2016 Legislature issues:

- Economic Justice – (with Kat Brady) WE SUPPORT voting rights for incarcerated persons, and WE OPPOSE exempting the State from environmental impact statements or assessments for a new Oahu Community Correctional Center. (With Housing Now!) WE SUPPORT \$75m for the rental housing revolving fund, removing the conveyance tax cap, and \$100m for existing affordable housing repair.
- ‘Āina Justice – (with HIPL, Citizens’ Climate Lobby, Sierra Club) WE SUPPORT divesting University of Hawaii fossil fuel investments, and WE OPPOSE the NextEra sale.
- Learning Justice – (with Parents for Public Schools Hawaii) WE SUPPORT quality public education in Hawaii and real change in our public schools.
- Dying With Dignity – (with Compassion and Choices, Hawaii Death with Dignity Society, The Interfaith Alliance Hawaii) WE SUPPORT the right to die with dignity. The Senate has declined to schedule a hearing for this bill in an election year. Our shared strategy is to start now preparing for next year!

PLEASE CONTACT your Social Justice Council at sjc@unitariansofhi.org if you feel strongly about any of these issues! We will connect you with First Unitarian Lege Watch leaders, so you can add your Voice to the Better Stories and the progressive witness that we share with our community! (Steve Lohse)

Social Justice Council – MARCH 2016 MEETING

Tuesday | 3/15 | 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.

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.

STARTING IN APRIL, the Council will meet on the THIRD FRIDAY of every month at 6:00 pm in the Fred Harper Room.

All visitors welcomed. Contact sjc@unitariansofhi.org or 808-595-4047 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)