

The Weekly Bulletin

April 15/17, 2016

HAPPENING THIS WEEK:

Micro-Aggressions....

Sunday | 4/17 | 11:30 – 1:30 pm

The wait is over-- the next **ADORE** workshop is Sunday. We will discuss Micro-Aggressions which are the “everyday intentional and unintentional slights and insults that communicate hostile messages targeted at people based solely on their marginalized group membership.”

To enhance our discussion, articles on this subject were distributed at the March 27th Workshop and one is available on-line at <http://www.consumerstar.org/resources/pdf/RacialMicroaggressions.pdf>. Another article, the "Words and Pictures" chapter from "Uprooting Racism" by Paul Kivel can be emailed to you by contacting adore@unitariansofhi.org.

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. 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. For more information, please contact co-chairs, Jill Rabinov and Allison Jacobs at adore@unitariansofhi.org. (Charlotte Morgan)

Gallery on the Pali presents “Water of Life” by Linda Umstead

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".

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:

Spaghetti Lunch Next Sunday

Sunday | 4/24 | After the 10:00 am Service

Chefs Ron and Mark Brasher will be back next Sunday to prepare an irresistible lunch of spaghetti (with meat and meatless tomato sauce), salad, and gourmet garlic bread. Cost is only \$7.00 for adults and \$3.00 for children under 12 (only one child in a family is charged). Visitors are always free. All proceeds help support the mission of our Leeward Ohana Campus to boldly grow compassion, justice and joy on Leeward Oahu. (Charlotte Morgan)

Book Discussion Group

Wednesday | 5/4 | 7:00 pm | Fred Harper Room

We will discuss *The Islands at the End of the World* by Austin Aslan. This is a hypothetical story where almost all electrical systems of the world have become non-functioning. Teen-age age Leilani, who suffers from severe epilepsy, and her father have an action-packed struggle getting from Oahu back home to the Island of Hawaii.

(Roger Wickenden)

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 | 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)

UU's Helping the Homeless

Monday - Sunday | 5/16-5/21 | Evening through Morning | Nuuanu Congregational Church

Contact: Catherine Graham | dreamaloha@hawaii.rr.com

Did you know that we UU's partner with Nuuanu Congregational Church 4 times a year to cook dinners for 3 homeless families for a week? The families are part of a program run by Family Promise. They are homeless families who are also working. Family Promise vets them, then houses

them for 3 to 4 months while they receive services and look for permanent housing. They house them in different churches for a week a time. When the families stay across the street from us at Nuuanu Congregational Church, we UU's cook the dinner and one of us spends the night.

Molly Rowland, Marilyn Bornhorst, Catherine Graham, Nancy Schildt, the RE program, Lisa Wong Jacobs & Sheila O'Keefe and those that have been helping out for years. We would love for others to join us.

What it entails:

Cooking a meal for around 15 people. We usually cook at home and bring it in ready to serve. Rice is provided. This usually includes 3 families or moms, dads and kids of various ages plus 3 or 4 volunteers. The families may be Micronesian, local or from the mainland. We stay and eat with them and visit. If we bring children along, they can play with the children staying there.

We are also recruiting for someone to spend the night - for security's sake. Bed and rest room are provided. You would get breakfast in the morning too if you'd like.

We are recruiting for the week of May 15 - 21. Please will you be available to help provide dinner on any of these nights or stay over?

Monday night, May 16th;
Tuesday night, May 17th;
Wednesday night, May 18th;
Thursday night, May 19th;
Friday night, May 20th; or
Saturday night, May 21st.

For more info or to volunteer, contact Catherine Graham.

Gallery on the Pali Presents "Tropical Roots" by Ron Root

On display 5/1 - 6/2 | Gallery Hours: T - F | 10am-6pm & S/S 2-6 pm

On the web @ unitariansofhi.org/exhibits

Artist's Reception Saturday | 5/7 | 6-8 pm

Enjoy acrylic paintings by Hawaii Kai artist Ron Root in the Gallery on the Pali. Root, who has been a high school art and photography teacher for 30 years as well as a stained glass artisan for more than 20 years, will have paintings that demonstrate the versatility of acrylics and bright tropical colors.

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)

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 (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, April 17, 10:00 am

"Love and the Limbic Brain" by Rev. Karen Harris, M.Div.

We usually associate love with the heart, but modern research suggests that human relationship is rooted in the limbic brain. This sermon celebrates the mysterious polarities of love and reason, science and religion, head and heart. Worship Associate: Martina Queenth.

Worship Team – MAY 2016 MEETING

Tuesday | 5/3 | 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

Donate Your Gently Used Children's Clothes!

Nan is heading to the Philippines to offer an "Our Whole Lives" sexuality education class and has asked us to donate gently used children's clothing. Do you have some? Betting so! Bring them to church this Sunday and we will see they get to folks in need!

Build Your Own Sermon? Want to Say Something?

Join us for an exciting opportunity to create a sermon. This is a four-class workshop that will help you craft a 15-20 minute sermon from your ideas and vision. Not sure you have a vision? We help you create and clarify, expand and elaborate, illustrate and enlighten, then stand and wax poetic. If you like, you may actually give the sermon at a FUCH Service! Dates and times for meetings will be set based upon the schedules of interested parties. RE@unitariansofhi.org

Summer Volunteer Signups Start this Sunday!

Get ready to help out this summer -- yes, you! Even if you have never taught, you are welcome to join in. We will get you trained in a jiff and you can enjoy a summer class of "Just So Stories" with activities and snacks! See the signup booth this Sunday to participate!

Summer Socials Coming in May

In May our parent group will start a "Summer Social" series at the church. This is a low-key, summer "intersession" of the Young Families Covenant Group series. We will open up registration soon. Childcare will be provided, fee will apply.

Mother's Day Second Sunday Lunch

RE Youth will be producing the Mother's Day Second Sunday Lunch: Soup, Salad, and Sandwiches! No moms to be preparing, so if you would like to volunteer to help the kids, please email RE@unitariansofhi.org.

Camping: May 13-15 at Bellows!

Mark your calendars and consider joining RE families at Bellows for another camping weekend. Details to follow, but generally, we identify a block of sites and then individually log on to the website and reserve. Should be a GREAT weekend! We will have some structured activities, and lots of free time!

SOCIAL JUSTICE:

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

OWL Goes to the Philippines!

Nan Kleiber reports, Some of you may know that we are taking Facilitator Training for OWL [Our Whole Lives] to Dumaguete in May, THREE WEEKS from now. Rev. Jory Agate, one of the originators of the OWL programs, and who spent three years in the Peace Corps in Dumaguete many years ago, is the leader of the Training Team. Eric Morrow and I are the rest of this OWL Team. We will be training approximately 20 people, including UUCP staff, as OWL facilitators, and then will assist as they facilitate the OWL program for 60 youth, from several different language groups in the Philippines. Wow! (Nan Kleiber)

Kanenuiakea: A Living Faith and Practice

The current issue of Dharma World (Vol. 43, April-June) features “Kanenuiakea: A Living Faith and Practice” by Kumu Glen Kila and Prof. George Williams. Because Hawaiian culture has been reconstructed from myths and stories that represent a child's level of understanding, the depth of its spirituality has not been seen or appreciated. Kanenuiakea worship was shared in public for the first time in over 120 years in Hawaii at the First Unitarian Church of Honolulu and internationally at the Birmingham International Association for Religious Freedom (IARF) Congress several years ago. Check out the article! (George Williams)

Legislature Watch – 2016

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

ECONOMIC JUSTICE – 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 (w/ Kat Brady). We Support \$75m for the rental housing revolving fund, removing the conveyance tax cap, and \$100m for affordable housing repair (w/Housing Now!).

‘ĀINA JUSTICE – We Support divesting University of Hawaii fossil fuels investments, various improved Public Utilities standards, and a carbon emissions offset program for state agencies. We Oppose the NextEra sale (w/ HIPL, Citizens’ Climate Lobby, Sierra Club, Rep. Chris Lee).

LEARNING JUSTICE – We Support quality public education and real change in our public schools. The House declined to pass and Gov. Ige declared nonsupport for an omnibus bill proposed by HSTA. Our shared strategy is to start preparing now for next year (w/ Parents for Public Schools Hawaii, HSTA).

DYING WITH DIGNITY – We Support the right to die with dignity. The Senate declined to schedule a hearing for this bill in an election year. Our shared strategy is to start preparing now for next year (w/ Compassion and Choices, Hawaii Death with Dignity Society, The Interfaith Alliance Hawaii).

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! (Social Justice Council)

Social Justice Council – MAY 2016 MEETING

Friday | 5/20 | 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 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)