

UNITARIAN UNIVERSALIST CONGREGATION OF OWENSBORO

JANUARY 2020 NEWSLETTER



SABBATICAL!!

Reverend Claudia's much needed and well-earned sabbatical starts at the end of this month. The Committee on Ministry have arranged for guest clergy to cover one Sunday a month. In addition, one Sunday is still devoted to member reflection, and two Sundays will be devoted to presentations related to a monthly topic. Members have already signed up to run these presentations.

Claudia does so much more for this church and congregation than just deliver sermons. For the responsibilities related to the care of the congregation, we have the Pastoral Care team. Claudia has also handled many other duties, most of which are not in her job description (including picking up the slack when we fall down on ours). The leadership of the church has met and planned who will carry out these duties.

It is vital that we all do our part during her sabbatical. If you have signed up for a presentation, meet with your group. If you have agreed to handle a task or duty, or run an event, please come through. If you are a member of a team or committee, we need you. Claudia has earned this respite. For the rest of us, this is an opportunity to grow and shine.

Meditation Moment/UUA

Now, I Love You. Now, I Witness.

by Theresa I. Soto

I know sometimes you get cranky,
And sometimes your tea gets cold
Before you can drink it. Some-
times
The news is too much. The re-
sistance
Seems too little. That's real. But
we are
Here. Imperfect and together and
reaching.
You can hold my hand if you want.
I washed

It with soap. It's OK. In this kind
of time,
Now is better than later. Now, I
love you.
Now, I am sorry it hurts. Now, I
witness
Your struggle, and mine. Some-
times
One answer is to be a yes in the
face of
Every no. I am a yes for you.
Now and again
Later, if you need me.

JANUARY EVENTS

02 THU	Yoga & Meditation 6pm
03 FRI	SPARKodc@ The Center 12 n
05 SUN	Breakfast Potluck 9am BAG LUNCH
06 MON	NonViolent Owensboro 6:30pm
07 TUE	Crochet for a Cause 5-6:30pm
08 WED	Tree takedown 2 pm
09 THU	Yoga & Meditation 6pm
12 SUN	Board Mtg 9am BAG LUNCH
16 THU	Fairness Cltn@ Moore Ctr 6pm Yoga & Meditation 6pm
18 SAT	MLK Coffeehouse 7-9pm
19 SUN	LUNCH OUT (Y) MLK City event: 10thSt. Baptist, 3pm
20 SUN	MLK March & Speaker
21 TUE	Crochet for a Cause 5-6:30pm
23 THU	ODCMA@ Hlth Prk Chapel 9am Yoga & Meditation 6pm
26 SUN	POTLUCK Prayer for Christian Unity @ Cathedral, Dinner 5:30 Service 7 pm
28 TUE	Clergy Women 12:30- 2pm @ Wasabi
30 THU	Yoga & Meditation 6pm

Interfaith Moment

Mahayana Buddhist New Year, Jan 10-12

The celebration of the New Year is a time of reflection and mindfulness in Buddhism. There are many sects of Buddhism, the largest of which is known as Mahayana. While some Mahayana celebrate New Year on December 31, many start their observations of this holiday on the first day of the first full moon of January. This year, the festivities begin January 10.

Mahayana Buddhism itself has many subsets with their own varying traditions. World Religion News explains the beliefs and varying New Year's traditions in its online article, "How Mahayana Buddhists Celebrate New Year," found at <http://www.worldreligionnews.com/religion-news/buddhism/how-mahayana-buddhists-celebrate-new-year>. Of particular importance is reflecting on events of the past year to learn from past mistakes. Across cultures and religions, letting go of the past and resolving to do better for the future is a common theme.

A striking example of this is the Japanese Zen (a subset of Mahayana) fire ritual. In Japanese temples, "an individual writes in a piece of paper symbolizing the relinquishment of karma. Afterwards, the paper is tossed in the fire which eventually signifies the reduction of the accumulated negative karma."

Letting go is such an important concept. Too often we carry around with us guilt for our mistakes, or a defensiveness that keeps us from admitting our faults and obtaining true change and growth. We also carry with us resentment towards those we judge to have wronged us. This year, may we let go of the weight of past grievances, both those committed against us and those committed by us.

LOOKING BACK AND COMING UP:

MLK Events

There will be many local events to commemorate Rev. Martin Luther King Jr. Day this year. Besides the Martin Luther King Jr. Coffeehouse event held at IUU, there will also be events held at OHS, KWC, and the Community Program that will be hosted at 10th St. Baptist.

The MLK Coffeehouse at IUU is a skit show of liberal humor promoting justice and common sense. It is written by our own Charlot Martin. The doors open at 7 p.m., on Saturday, January 18. Admission is \$3 and includes popcorn. Concessions will also be sold and the proceeds will be going to the HL Neblett Community Center.

Sunday, January 19 at 3 p.m. will be the MLK Community program at 10th St. Baptist Church. The MLK March will start at Owensboro High School Monday, January 20 at 9 a.m., to be followed by a guest speaker at KWC at 10 a.m.

LAST YEAR'S CORNER

