



THE

CHANTICLEER

First Unitarian Society
of Milwaukee

nurture. engage. inspire.

February 2020

Words on the Wind

by The Rev. Jennifer Nordstrom

Resilience is defined as a person's capacity to recover quickly from suffering. The definition for an object with resilience is its capacity to return to its original shape. But as a spiritual concept, resilience requires more complexity. One does not recover from deep suffering quickly, and one almost never returns to original shape after it. Grief and loss take time, and rushing them can be harmful, while slowing down and allowing emotions to arise can ultimately lead to more resilience.

We might think of resilience as a winding journey to a new reality, with attention to the body, mind, and spirit along the way. It is particular to time, place, and person. It might look like gratitude for what is, honoring grief for what has been lost, or nourishing the heart for what is to come.

While resilience will differ depending on context, there are some tools and skills that will build it in our community. To be a people of resilience, we should build our capacity to feel, and to withstand discomfort, change, and ambiguity. We should build redundancy into our systems of support, and learn to take turns giving and receiving. We should remember to attend to celebration as well as grief, to build up the stores of joy. Laughter, singing, and dancing can spell suffering, if even for a moment.

This month, we launch our annual pledge drive. Our church continues to thrive because our members steward it—we are resilient as a people because our people take care of their spiritual home. This is your church, and it will be as resilient, well-maintained, and beautiful as the energy you put into it.

I look forward to building resilience in our community with you this month.

Love, Jennifer

SUNDAY SERVICE & RELIGIOUS EDUCATION

TWO SERVICES AT 9:00 A.M. & 11:00 A.M.

FEBRUARY 2

"Grit, Grief, and Resilience"

The Rev. Dena McPhetres

Tristan Strelitzer, Choral Director

Kimberlee Tomczak Carlson, Director of Religious Education

Paul Geenen, Worship Associate

Is resilience simply the capacity to survive adversity or is it something more? Maya Angelou wrote, "You may encounter many defeats, but you must not be defeated. In fact, it may be necessary to encounter the defeats, so you can know who you are, what you can rise from, how you can still come out of it." Join us this Sunday for an exploration of the relationship between grit, grief, and resilience.

FEBRUARY 9

"Re-setting Your Stink Meter"

The Rev. Jennifer Nordstrom

Alissa Rhode, Lead Music Director

Amy Wilbourne, Worship Associate

New Member Ceremony

There are times in our lives where something awful resets the capacity of our This Stinks meter, raising our understanding about what qualifies as Really Stinky. While these kinds of tragedies can create more capacity for resilience, they can also create callouses on our hearts. How do we weather personal storms in ways that create resilience without callouses? Join us for this service that explores how we can keep our hearts soft and tender while simultaneously strengthening our capacity to deal with Really Stinky things.

(Sunday Services continued on page 11)

MONTHLY THEME

What does it mean to be a people of

RESILIENCE?

Dena's Digressions

by The Rev. Dena McPhetres

The staff-led Adult Spiritual Development Team has been hard at work over the last couple of years revisioning our program to deepen the support we offer to adults in the area of spiritual development. What is Adult Spiritual Development (ASD)? It is a type of adult learning that nurtures people as spiritual beings and connects them to meaning and relevance as they seek to answer significant questions in their lives. Adult spiritual development facilitates connections to self and others and helps people find their calling to serve the world. Unitarian Universalist adult spiritual development done well, equips people to respond to their world and to live deeply Unitarian Universalist lives.

This church year we offer eleven programs including UU Elevator Speech, Spiritual Practices Exploration, Grief Support Group, Planning Your Own Memorial Service, Ethics & Morality class, Queer/Trans Inclusion workshop, Adult Our Whole Lives, Theme Circles, Yoga, Geography of Grace pilot group, and Beloved Conversations. In addition, several Member-Led Ministries engage adults in spiritual development, including the weekend Spiritual Retreat, UU+ Study Group, and Gathering Waters Sangha.

Our current ASD team includes Lisa Gies, Diane Horne, Nancy Pajewski and Javier Dorantes, and is led by yours truly. We are currently inviting two or three more members to join our team who are passionate about this work, are under the age of 50, and hopefully male or people of color to diversify the perspectives that inform our work.

We will be engaging adult members of our congregation from a variety of demographics in one-to-one conversations over the next two months, to learn more about what you seek for your spiritual development. If you would like to participate in a conversation, please let me know by March 1 at dena.mcphetres@uumilwaukee.org and I will match you with one of our team members. We look forward to learning from you in order to serve you better on this complex and challenging journey called life.

Splinters From the Board

by Jeremy Koenen
Board of Trustees

The December 17, 2019 Board of Trustees meeting had some great, robust conversations around several topics.

Lynne Jacoby and Fred Gutierrez presented updates regarding the pledge drive. Highlights included a plan for fostering more intimate one-on-one conversations about the church. Furthermore, several events are also being planned, including a leadership event, as well as a church-wide event. Thought-provoking conversations took place around the reality that many organizations are asking for donations at the same time, as well as the need to highlight that this is more than a straight-forward non-profit, but also a community and spiritual home for givers.

Next, Dave Becker presented an important recommendation for changing the focus of the Lu Krug Gift Acceptance Team. To help focus the intended goals of the team, a proposal was presented and approved to disband the current team and establish two new teams in its place. The first is the "Strategic Planning Team," which would help plan for how bequests can contribute toward the Ends, with a three-year term. The second is the "Project Management Team," which would handle the project requests and execution, with an 18-month term. Along with the approval, it included authorization for funds to help engage with a consultant to better establish and support the teams in their work.

Because of the robust conversations that took place with Lynne, Fred, and Dave, the Board was running short on time, so several conversations were deferred until next month. This includes conversations around including youth in Board proceedings and establishing the grievance process for the Board of Trustees.

Rev. Jennifer wrapped up the evening by presenting and having approved amendments to the 403(b) plan based on alignment with the UUA's recommended policies. Finally, Rev. Jennifer presented her report, which included several updates around a new parking lot, a new covenant established between Rev. Dena and Rev. Jennifer, and the hiring of a new facilities assistant.

Minutes of recent Board meetings are posted on the First Church bulletin board and the church website. Members of the Board of Trustees welcome your thoughts and concerns at any time. Our pictures are posted in the central corridor, and we wear yellow name tags. Contact information is also listed in the front of the Directory of Groups and on the last page of this *Chanticleer*.



February's Theme: Resilience

by Mark Bishop
Congregation President 2019-20

Resilience. How appropriate this month's theme is as our congregation drives into the Beloved Conversations journey on anti-racism. I joined over 80 members from First Church, Church West, and United UU Congregation-Waukesha at a day and a half retreat to share, reflect, explore, and challenge what we and our congregation can do to address the issues facing all of us. Our conversations continue in small groups over the next four months.

These conversations will be uncomfortable, they will be messy, and they will require us to be resilient. Yet, this resilience is relative as we address anti-racism. People of color, born into systems of white supremacy, continue to build on their legacies of resilience and audacious hope. I am hopeful that we as a congregation can leverage these conversations and continue to work towards justice, dismantling white supremacy and, more specifically, our Ends. Hope to see you on this journey.

Peace.

Resilience – Every Gift Counts

by Lynne Jacoby
Membership Development Coordinator

In a former job, I worked for a SPED School where building resilience was a hot topic. Our students came from public schools in and around Boston and had a range of learning, emotional and/or behavior challenges. Low self-esteem, post-traumatic stress syndrome, poverty, and difficult home situations often compounded their barriers to educational success.

No school or organization can shield children, or adults for that matter, from all injustice, life's traumas or our own neurological wiring, but it turns out we can help each other build enough resilience to overcome quite a lot. And the single most important factor in building resilience, according to Dr. Robert Brooks, a professor of psychology at Harvard University, is just what we all here at First Church would guess—supportive relationships.

Dr. Brooks and his colleagues interviewed hundreds of successful people who overcame very challenging childhoods. The number one common denominator of these extraordinarily resilient individuals is they all talked about at least one committed and caring adult in their formative years. A parent, grandparent, teacher, coach—somebody who saw them as an individual, appreciated them, and encouraged them.

Most of us do not have to overcome extreme challenges, but nor is life easy for anyone. Loss, angst both tangible and existential, insecurity, transitions, heartbreak, failure. A full meaningful life, as we recognize it at First Church, is not about trying to skate by these things, but in how well we balance ourselves when life's more difficult aspects hit.

So it was interesting to me that the three additional elements the experts at Harvard's Center for the Developing Child recommend to strengthen resilience, in both children and adults, would also not surprise us.

- a. Building trust in Self-Efficiency (what we do in the world matters).
- b. Adaptive skills and self-regulation capacity (meditation, contemplative, reflective practices).
- c. Providing sources of faith, hope, and cultural traditions (enough said!).

We say First Church is a community where meaning, spiritual growth, and social justice come together or exactly what knits resilience.

The 2020 Pledge Team is kicking off the [Pledge Drive](#) on February 16 with the theme of First Church as a Spiritual Tapestry. A tapestry woven by all of us, that holds each of us. Our goal is \$735,000 in pledges, or closer to a pledge-sustained congregation. Please join us. It's time to build a solid fiscal resilience in this institution that holds us so well. Every Thread Counts.



Summer Service Proposals Wanted

by Kristine Hansen
Pulpit Guest Committee

Do you have a compelling message for our spiritual community that would nourish, engage, and inspire? During the summer, church members have the opportunity to create a worship service and deliver your own sermon. Worship helps us reflect on the meaning of our lives, what matters most, and how to align our actions with our core values. It is intended to help restore and sustain people's faith.

The Pulpit Guest Team is actively seeking proposals for summer worship services led by church members. To apply, fill out the form on our website, taking care to fully describe your topic, what materials you will draw upon, how your topic relates to Unitarian Universalist values and our First Church mission, and indicate your experience with public speaking.

The Rev. Dena McPhetres works individually with speakers to prepare their service. A limited number of spaces are available and selections are made by the Pulpit Guest Team. Proposals are due by April 1, and we will notify you of our decision by early May. Apply at www.uumilwaukee.org/committees/pulpit-guest-committee. If you have any questions, contact Pulpit Guest Team members Kristine Hansen, Tom LeBel, Keith Anderson, and Kari Gunderson.

Anti-racist and UU History Resources at Book Sales Tower

by Nancy Pajewski,
Book Tower Co-chair

The Book Tower's newest arrivals can help you connect with recent activities offered for the first time at First Church.

Several books discuss the history of both Unitarianism and Universalism, which was introduced by the *Long Strange Trip* video series shown by the UU+ Study Group in late 2019. These books supplement the information in the videos and provide a fascinating background for anyone who could not attend the videos. Some of the books present the lives of prominent women in the history of our faith, while others focus on the failure to fully include people of color in our denomination.

The Book Tower also features books that will be valuable companions to the Beloved Conversations program, which launched on January 17 and 18. The topics range from plans for working to become anti-racist as an individual to descriptions of how congregations are moving toward a more multicultural future. The Book Tower accepts cash and check payments only. Directions for purchasing a book are posted at the Book Tower.

Want To Become A Worship Associate?

Apply by March 15!

by the Rev. Jennifer Nordstrom

Worship Associates help lead our Sunday worship services, collaborating with the ministers to reflect on meaning, purpose, and the life of the congregation. Worship Associates help develop Sunday themes for worship in quarterly meetings with the Ministers, Music Staff, and Program Staff. At these meetings, we delve into personal and communal understandings of monthly themes like "Hope," "Intention," and "Welcome," and then identify topics for each of the Sunday services of the month. Then individual Worship Associates work one-on-one with the ministers to prepare individual Sunday services by selecting readings or telling a personal story related to the theme of the service. The program includes training for Worship Associates on pulpit presence, how to write a compelling story, and how to create the container for the shared experience of the worship service.

What Are We Looking For?

We are looking for church members who:

- are inspired by worship and want to contribute to the congregation's depth of experience;
- want to engage in philosophical and theological reflection about meaning and purpose;
- have diverse identities, which this year particularly means young adults, newer members, and people of color;
- have poise and public speaking ability; and
- are deeply committed to the church and its values.

Service Commitments and Applications

Please submit your application by March 15 through the website at uumilwaukee.org/get-involved/volunteer/worship-associates. Worship Associates will begin with planning worship during the required Worship Associate meetings on Sunday, May 17, from 2:30-5:30 p.m., and Sunday, May 31, from 1:30-4:30 p.m., and will begin serving at worship services in September 2020.

The other Worship Associate meetings will be held during the 2020-21 church year, typically in August, October, and February. Worship Associates make a commitment to serve for two years, including during the summers, and commit to attending all Worship Associate meetings. Worship Associates will support the Ministers in leading worship about once every two months; covering both the 9:00 and 11:00 a.m. services on the date they serve.

If you cannot [apply on our website](http://uumilwaukee.org/get-involved/volunteer/worship-associates), you can pick up a paper application from the Office Coordinator and return it to Rev. Jennifer's mailbox.



Apply for Financial Assistance to Attend Regional Assembly or General Assembly

by Bruce Wiggins
Denominational Affairs Coordinator

Applications are due March 1 for financial assistance to attend our Unitarian Universalist Association (UUA) Regional Assembly (RA) in April or UUA General Assembly (GA) in June. Below are details of these two worthwhile conferences and how to apply. We want good attendance at these assemblies before GA is in Milwaukee in 2021. If you have questions about either event, see Bruce Wiggins or Janet Nortrom.

Regional Assembly 2020

Saturday, April 18, 9:30 a.m.-5:30 p.m.

Unitarian Universalist Church, Rockford, IL

- Keynote speaker will be Taquiena Boston, Special Advisor to the UUA President for Institutional Inclusion, Equity, and Change.
- The day will feature worship, the annual business meeting, lunch, keynote presentation, workshops, and a presentation from members of the Commission on Institutional Change.
- If you want to arrive Friday evening (April 17), the UU Church in Rockford will graciously host an evening gathering for those in town.
- This is a new one-day format for RA. Attendees can avoid expenses of overnight stays.

Registration for adults, early bird - \$100 through March 20 and \$125 thereafter, young adults (18-35) \$75, youth (13-17) \$75. Child care is available. For other details and to register, see www.uua.org/midamerica/ra/2020.

General Assembly 2020

Wednesday, June 24, 5:00 p.m. – Sunday, June 28, afternoon
Providence, Rhode Island

- Adult full-time registration is \$400 through March 15, with youth and part-time attendance being less.
- We especially encourage members to be an off-site delegate and attend online from Milwaukee. Some First Church members have found this to be a very satisfactory way of attending!
- For details of workshops or programs, and to register, see www.uua.org/ga.

For more information on GA fees financial assistance from First Church, visit [Denominational Affairs](http://DenominationalAffairs) on uumilwaukee.org website or contact Bruce Wiggins.

UU the Vote Team

by Jerry Fredrickson
UU Vote Team Member

This election year may be one of the most important of our lives. In recognition of this, the UUA has considered Wisconsin a tier-one state and will be putting considerable resources here. In concert with the UUA's goals, First Church is planning to have an active role in the 2020 election. See www.uua.org/justice/vote2020 for more information.

To engage First Church members, the Social Justice Council has created a UU The Vote Team. The initial goals of our team are to register people and provide information, Get Out the Vote, and build partnerships with other groups.

In the coming weeks, you will be seeing information on how you can get involved through email, social media, announcements, and information provided at the Social Justice Table. The members of our UU the Vote team are Joan Hansen (Facilitator) Cesar Cornier (Social Justice Coordinator), Jerry Fredrickson, Russ Langford, and Pat McFarland. Feel free to speak with any of them with your questions.

In addition, the City of Milwaukee is in dire need of poll workers. If you need training, contact the League of Women Voters or the Election Commission. If you would like to get involved with Adopt a Site, contact church member Jo Ann Bishop.

UU Vote Team

Pictured in front, left to right: Pat McFarland, Joan Hansen
Pictured in back: Jerry Fredrickson, Russ Lanford, Cesar Cornier



Love is Community

by Cesar Cornier
Social Justice Coordinator

It all started on a late Thursday night. I was in the office finishing up some paperwork, packing up as I heard the lovely sound of piano keys fluttering in the distance. It was Jack Forbes Wilson, playing some melodies in the Sanctuary. As he was also packing up and getting ready to leave I thanked him for playing such amazing music, from one musician to the next. It did not occur to me that from my conversation I would be performing alongside him the following week.

Without knowing how my music was, or how we were going to go about collaborating, he told me this will go perfect in talking about community. I was so thankful for the opportunity, but also nervous and curious on how our performance would go. How will people react? What will I be performing? Those questions kept me up a few nights until I was listening to a melody I created and began saying "There's unity in love, community is us." I kept repeating it over and over, as the words increasingly resonated with my heart. I began to think about the various communities I am a part of, and how love is at the center of growth and understanding.

The following Sunday it was time to perform. With a packed house and only one rehearsal prior, I was going through every possibility of failure in my mind. As I came on Sunday morning, I was immediately greeted by all of the choir and musicians, and my worries became diminished as my support increased.

The performance was amazing! I felt blessed and appreciated to be able to share my musical expression. I truly believe that I did well, not only because of skill but because of the community that supported me and let me show up as my authentic self. When we do things out of love we build not only communities, but we create space for love within ourselves.

"If you want to go quickly, go alone. If you want to go far, go together." — African Proverb

Non-Profit (501c3) Rules for Civic Engagement

With a season of opportunities in full swing and a newly formed UU the Vote team at First Church, it is important to know the non-profit rules on civic engagement. Rachel Walden at the UUA shared the following tips that will protect our nonpartisan status while enabling us to express our values. You can read the full article from the UUA at www.uua.org/pressroom/stories/religious-activism-political-not-partisan.

Issues: Congregations or their representatives are free to publicly advocate for or against any issue. Examples including voting rights, climate change, LGBTQ rights, migrant justice, racial justice, reproductive justice, refugee support, and so much more!

Legislation: A congregation may engage in legislative advocacy or lobbying, only if it is an unsubstantial portion of the congregation's activities (less than 5% of total activities). For example, a congregation may petition a city council to support or pass a piece of legislation that is faith-centered and values-based.

Elections: In order to keep our non-profit (501c3) status, no congregations or their representatives may advocate for or against a candidate or political party up for election. Congregations and their representatives still have the right to hold individual public figures accountable and support or oppose issues, but that advocacy should be ongoing beyond a specific candidate or race. As individual citizens, people are free to express their personal views on any piece of legislation and political candidate, but solely as individuals and not as representative of the entire congregation.

I hope you all find this helpful in learning about how we can be actively engaged!



Mark your Calendar for Civil Disobedience Discussion and *The Reluctant Radical Screening*

by Terry Wiggins

Did Rev. Jennifer's January 19 sermon leave you with questions about non-violent civil disobedience that you would like to discuss? On Tuesday, March 17, at 7:00 p.m., you will have that opportunity. Earth Justice Ministry will host a screening of *The Reluctant Radical*, followed by a discussion. One or more of the arrestees from the December civil disobedience action at Wells Fargo Bank in Milwaukee will attend and participate in discussion.

The Reluctant Radical follows activist Ken Ward as he puts himself in the path of the fossil fuel industry to combat climate change. Ken breaks the law to fulfill what he sees as his personal obligation to future generations. He had become increasingly alarmed by both the scientific evidence of climate change and the repercussions of our civilization. After Ken's push for a crisis-level response from environmental organizations failed, he now embraces direct action civil disobedience as the most effective political tool to deal with catastrophic circumstances.

The Reluctant Radical culminates with Ken's participation in shutting down all U.S. tar sands oil pipelines. The film reveals both the personal costs and the fulfillment that comes from following one's moral calling—even if that means breaking the law. Ken Ward certainly leaves the audience to consider if he is out of touch with reality, or if the rest of society is delusional for not acting when faced with the unsettling evidence that we are collectively destroying our world.

The film may lead us to ponder what should be our response to the crisis that human civilization faces. Ward observed, "Direct action creates opportunities for moral clarity."

The film is relevant to our current circumstances in Milwaukee for a variety of social issues. Please invite Social Justice groups to view this film and discuss its applicability to Milwaukee.

A Blind Spot

by Tree Moore

Co-chair, Earth Justice Ministry

Recently I read a Huffington Post article, "Democrat's Baffling Blind Spot on Cars." Included were numerous alarming statistics, such as residents of the U.S. drive more than 37 miles per day; Americans spend roughly \$534 per person each year building and maintaining its roads; 3 out of 4 U.S. workers drive to work alone, and fewer than 1 in 20 walk or bicycle. After all of that comes the statement "Transportation is now the greatest source of greenhouse gas in the U.S." Some may question the numbers, but for me, there is a quality of truth in the report.

It is easy for me to deny my personal effects: the polluting exhaust from my car; the danger of accidents; the cost of maintaining the car; the micro-plastic coming off the tires; the experience on my nervous system; the wear on the roads; the drilling for fossil fuel; and the initial cost to build my car. The cost to the environment is profound.

In the recent survey regarding our transportation habits that the Earth Justice Ministry conducted during Coffee Hours, 70 people were surveyed. Eight people take the bus regularly, 3 walked, 3 rode their bikes in good weather, and the rest drove. The word "inconvenient" was the excuse repeatedly. The Democrats may not have a monopoly on a blind spot. We Unitarian Universalists also may be guilty.

Then again it could be darn inconvenient to carpool, bus, bike, walk or move closer to the church. Old habits are hard to break! May we examine our choices and recognize the reality of our contribution. As people who love this earth, may we take the challenge of finding healthy alternatives to our present current one.



Creating the Habit of Resilience

by Kimberlee Tomczak Carlson
Director of Religious Education

Caring for a child evokes an incessant desire to protect, a wish to shield another from pain and harm. It has a power like no other, driven by love and shaped by instinct and sheer will. Nurturing another into becoming while they grow is a sacred task. Our love is instilled inside another so they might cultivate the hope, wonder, and possibility we all need to grow and survive. Even when we know that any bubble of safety created is only temporary, it is vital.

When hurt does touch a child, we hope that our love and caring can manifest into resilience. Adversity is a part of life, being loved lends us the strength to live through and past the hard times. How many times have you heard, “It takes just one caring adult in a child’s life to ensure they survive...,” bullying, toxic friendship to suicide prevention, and high school graduation rates. The secret ingredient of enduring adversity in life is a positive human connection.

Teaching children how to be in a relationship with themselves and others in the world give children the tools to be resilient. It seems it is our relationships; our communities can offer us real salvation.

“At the heart of resilience is a belief in oneself—yet also a belief in something larger than oneself.”

—Hara Estroff Marano,

“The Art of Resilience,” Editor of *Psychology Today*

How do we build resilience? How do we give our children the tools of resilience? One way is creating habits. I am reminded of the koan-like aphorism, “You are defined by your habits good and bad.” It suggests that making a habit of connection and tending to our relationships might be the recipe to resilience. The ingredients for connection might have to come in moments squeezed into a full schedule. Intentionally focusing on a child for five minutes a day will make an immeasurable difference to both of you. That is the challenge, what will you do? Find the time to tell a joke, make a game out of waiting, sing out loud in the car or say a prayer of gratitude?

It is up to you just be sure to risk being known through love.

Blessed be,
Kimberlee

Campus Ministry at UW-Milwaukee!

by Kimberlee Tomczak Carlson
Director of Religious Education

A Campus Ministry start-up meeting will be held on Sunday, February 9 at 12:30 p.m. We hope we can get official student group status for the spring semester. We need to have four student officers and one faculty/staff advisor to register the organization at the University of Milwaukee.

If you are interested in helping us create this group and would like to participate, please come to the meeting. Additionally, if you know of any UU young adults attending the school, please contact Kimberlee Tomczak Carlson at kimberlee.carlson@uumilwaukee.org so we can be in touch about this emerging group.

Spread Love with Community Valentines

by Lillian Schley
Religious Education Administrative Assistant

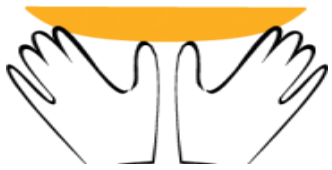
Get your crafting hands ready! Join us in the Leenhouts Common Room after either service on Sunday, February 9, to make valentines to be sent to members of our congregation who could use a smile. This lovely church tradition gives us all a chance to share our creativity and let community members know that we’re thinking of them this winter. We need lots of valentines, and all ages are invited to help! Stickers, doilies, and everything else you need will be provided.

Miss Julie’s Music Fun Free Preview Class

by Alissa Rhode
Lead Music Director

This free class is for children ages 1-5 with parent(s)/guardian(s) on Sunday, February 23, 10:20-10:50 a.m. in the Young Room (lower level). Early childhood families are invited to experience the joy of family music time facilitated by Julie Thompson in this free preview class between Sunday services. We are endeavoring to offer a series of Music Fun classes during the week, but we need your help to make it happen! If your family includes children age 5 or younger, please take this short 5-question survey at www.surveymonkey.com/r/EarlyChildhoodMusicFun to help us gauge interest and find the best day/time to successfully launch an ongoing class. Thank you!





Share the Plate

by Dawn Blackmore

Black Lives of Unitarian Universalism (BLUU) is our February Share the Plate recipient. Formed in 2015, BLUU's mission is to expand the power and capacity of Black UUs within the UU faith, provide support, information and resources for Black Unitarian Universalists and promote justice-making and liberation through the UU faith.

Through its Organizing Collective Board, BLUU is working to make UU spaces safer for Black people to enter and thrive. The Black Lives of Unitarian Universalism Facebook page offers an online space for Black UUs to congregate and support each other. There are worship services available online through the Facebook page as well. To provide a direct way of connecting to Black UUs who might feel isolated in their own congregations, BLUU formed the Black Lives of UU Ministerial Network. It is a collective of Black UU ministers, religious professionals, and lay leaders. To learn more about BLUU, please visit their website at www.blacklivesuu.com.

Cash collected in the plate will be shared 50/50 between BLUU and First Church. To donate only to BLUU, please write a check directly to "Black Lives of Unitarian Universalism" and we will mail it for you. Parents and guardians, please talk with your children how even small donations help.

There's Always Room For One More On Your Shelf...

Annual Used Book Sale March 27-29

Donations accepted starting March 1. More information available at the Book Tower in the Leenhouts Common Room.



Free Sunday Parking Lot 1201-1237 North Van Buren Street

by Jean Johnson
Director of Administration

This large parking lot has 80 spaces and is located one-half block from the Hop streetcar stop on Jackson at Juneau. That's less than four blocks from the church—next to the post office on Van Buren and Juneau.

It's easy to park for free. At the pay station:

- ◇ select rate: **UUMKE**
- ◇ enter coupon code: **1842** (the year the church was founded)

First Church pays an inexpensive discounted rate we've negotiated for Sundays.

Find a map and simple instructions at the church entrance and on our website at www.uumilwaukee.org/welcome-first-church/directions-first-church.

Farewell Cindy

by Jean Johnson
Director of Administration

I'm sorry to inform you that Communications Coordinator Cindy Lorentzen will be leaving the First Church staff. She was offered a wonderful career opportunity that she could not pass up.

I'd like to thank her for her caring work, her generosity with her expertise, and the many improvements she made in our communications program.



GETTING TOGETHER

Stop in, meet new people, and make new friends!

Visitors are especially welcome.

If you have an idea for starting a new group, contact The Rev. Dena McPhetres at 414-273-5257, or dena.mcphetres@uumilwaukee.org.



Music At First Church Singing, Gongs and Music Fun

by Alissa Rhode
Lead Music Director

Winter Singing Circle with Julie Thompson

Tuesdays, February 4–March 3
6:45–8:00 p.m. in Max Otto Hall
\$60 for five-week series

“A beautifully sacred time.”

“Just what I needed.”

“It’s like a musical chalice circle.”

Explore the spiritual practice of communal singing as vocalist Julie Thompson facilitates an adult circle of songs, rounds, and chants. Join in this sacred time to connect through the magic of sound. No experience necessary! Register at: bit.ly/UUWinterSinging.

Ocean of Devotion Gong

Meditation with Preston Klik

Saturday, February 15, 2:00–3:30 p.m.
\$25 in advance/ \$30 at the door

Back by popular demand, this 90-minute acoustic journey ranges from quiet to powerfully intense. Attendees are bathed in multiple octaves of sonic vibrations in a sensory experience for the body, mind, and spirit. Register at gongmeditation.bpt.me or call 1-800-838-3006.

Miss Julie’s Music Fun

Free Preview Class

For children ages 1–5 with parent/guardian on Sunday, February 23, 10:20–10:50 a.m. See page 8 (Religious Education) for details.

More to come in March...

Mark your calendars for KASSUMAI African Drumming and Dance Workshop on Sunday, March 15, from 12:30–1:45 p.m.

<p>Book Discussion Group Second Sunday each month 1:00 p.m.</p> <p>We gather to discuss a chosen book. You can find our book list on the church bulletin board and website. We welcome all readers. Contact: Chris Linder.</p>	<p>Seasoned Women Are Naturally Social Group (SWANS) First Sunday of the month</p> <p>Meet after second service in the hallway to arrange car pools/rideshare to lunch (12:30–2:30 p.m.). Contact: Camille Johnson or Barbara Collignon to get on the email list.</p>
<p>Buddhist Study Group: Gathering Waters Sangha First and third Wednesdays of the month, 6:30–8:00 p.m.</p> <p>The Buddhist Study Group meets to discuss a portion of the current book. We end the meeting with 15 minutes of group meditation. Contact Jeanne Lowry or Mark Miller.</p>	<p>UU+ Study Group Second Tuesday of the month 6:30–8:00 p.m.</p> <p>We gather to deepen our knowledge of Unitarian Universalism and to continue our spiritual journeys through reading and discussion. Contact Nancy Pajewski.</p>
<p>Chancel Choir Every Thursday 7:15–9:00 p.m.</p> <p>All singers who are high school age and up are invited to join our weekly choir rehearsals. Contact: Choral Director Tristan Strelitzer at tstrelitzer@gmail.com with your name and voice type.</p>	<p>Unitarian Universalists Under Forty Doing Activities (UUUFDA)</p> <p>UUUFDA encourages social camaraderie among the under 40 crowd at First Church, contributing to a strong, joyful, and fun church community. Contact: Erik Islo or Angi Krueger at uuufda@gmail.com.</p>
<p>The Chronologically Gifted (TCG) Last Sunday of the month 12:30 p.m. Potluck Lunch</p> <p>We foster activities that allow members who are age 60 and older to live well, offering meaningful, creative, healthy engagement through the arts, education, relationship building, and fun! Contact: Sharon DePue.</p>	<p>WomanSpirit</p> <p>We meet to empower women and join in spiritual quest through social justice, music, ritual, and friendships. Contact: Janet Nortrom.</p> <p>Join us for a celebratory Suffrage Luncheon—100 years since Women Got the Vote. Saturday, March 14, 11:00 a.m.–2:00 p.m.</p>



FEBRUARY 16

“Weaving Community Creates Resilience”

The Rev. Jennifer Nordstrom

Tristan Strelitzer, Choral Director

Mark Richards, Worship Associate

Stewardship Sunday (Dedicate Visiting Stewards)

Resilience is not a solitary project—it comes through being in community with others. The more diverse an eco-system is, the more resilient it is. Through being in community with many different people, we build resilience into our own lives, each weaving different talents, and gifts into a tapestry that is stronger due to every thread. How do we cultivate resilience in community, and in our individual members? Join us for this Stewardship Sunday service where we will dedicate our Visiting Stewards and celebrate the resilience of being woven in community with one another.

FEBRUARY 23

“The Master's House”

The Rev. Bill Sinkford, Pulpit Guest

Alissa Rhode, Lead Music Director

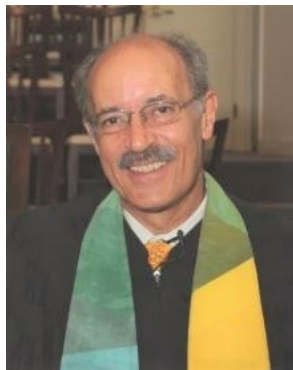
Beth Monhollen, Worship Associate

Recognition Ritual for our Seminarians

Audre Lorde cautioned that the master's tools would never dismantle the master's house. Yet it is clear that some demolition is in order. What tools can we use that will open paths of love and justice?

Join us for this special Sunday when we recognize and honor our church members who are seminarians studying to become Unitarian Universalist ministers. Their roles are changing as they prepare to become leaders in our faith, opening more paths to love and justice.

The Rev. Dr. William G. Sinkford currently serves as Senior Minister of First Unitarian Church of Portland, Oregon. Bill is probably best known for his service as President of the Unitarian Universalist Association (2001-2009). His tenure was marked by a strong public witness for social justice and support for marginalized communities. Bill earned his B.A. from Harvard in 1968 and also holds honorary doctorates from Tufts University and Meadville/Lombard Theological School. Bill was the first African American to lead any traditionally white denomination and was named one of the ten most influential black religious leaders in the U.S. in both 2005 and 2006. He and his wife Maria have four adult children and one grandchild.



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Administrative offices are staffed Monday through Friday, 9:00 a.m. - 4:30 p.m., but staff members have varying hours. Please contact them directly to set up an appointment, as staff are rarely available for drop-in appointments.

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SUNDAY MORNING FORUMS

FEBRUARY 2

“Immigration Reform and the DREAMers”

Presenter: Ed Fallone, Associate Professor,
Marquette University Law School

How can the law be reformed in order to better reflect the needs of the United States economy, improve the treatment of refugees at our border, and create a permanent legal status for the DREAMers—people who were brought to the United States at a young age by their parents and who have remained ever since in a legal limbo? Host: Molly Shiffler

FEBRUARY 9

“Milwaukee’s Green New Deal”

Presenters: Supervisor Supreme Moore-Omokunde, District 10
and Alderman Nick Kovac, 3rd District

The Milwaukee Common Council and Milwaukee County Board of Supervisors have each passed legislation to embark on what is being called “Milwaukee’s Green New Deal.” The idea is to address climate change and meet Paris Climate Accord goals locally while simultaneously addressing economic inequality. Learn about this work and possible recommendations. Host: Bruce Wiggins

FEBRUARY 16

“Tiptoeing Through Minefields”

Presenter: Mike McCabe, Political Reform Activist,
Wisconsin Democracy Campaign

Mike McCabe, long-time government watchdog, and democracy reform advocate, will provide an assessment of today’s hazardous political landscape. He will give advice on how to resist the impulse to duck and cover, but instead fearlessly engage in civic life as tumultuous elections are fast approaching. Host: Jerry Fredrickson

FEBRUARY 23

“Why the U.S. Needs a New Deal 3.0”

Presenter: David Riemer, Senior Fellow,
Community Advocates Public Policy Institute

Franklin Roosevelt’s New Deal (1933-1938) model has sputtered in the face of international competition and disruptive technology. “Putting Government in Its Place: The Case for a New Deal 3.0” makes the case for strengthening broad-based economic security programs and bolstering market regulation. The result: America’s next birth of freedom. Host: Sally Lewis

