



The Wy'east Beacon

A Welcoming Unitarian Universalist Congregation

*Whoever you are,
Wherever you come from,
You are welcome here*

'Wy'east' : Ancient name for Mount Hood

WWW.WYEASTUU.ORG

July/August 2014

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*Wy'east meets at the
Hollywood Senior Center at
1820 NE 40th, Portland.*

*The parking lot of the U.S.
Bank around the corner is
available for Wy'east on
Sundays. That's at the corner
of Northeast 41st Avenue
and Hancock Street. Please
make use of it!*

Marcia's Musings

I am pleased to announce that I have passed a major ministerial hurdle with the submission of my first Renewal of Preliminary Fellowship. While I've been your minister for four years now, this was the first year that the stars aligned with paid half-time ministry in one place and a complete Committee on Ministry, so I was able to do the paperwork necessary for renewal. The Ministerial Fellowship Committee (MFC) of the UUA wants to keep a good eye on new ministers, so with each renewal we are evaluated by our supervisors (in my case the Board of our congregation) and our Committee on Ministry (COM). Together with a self-evaluation and a plan for continuing education and professional growth, this paperwork is sent in to Boston for the MFC to review.

Although evaluations are always a bit stressful, this was actually a really wonderful process. Both the COM and the Board gave me positive and affirming feedback, and it was clear in each of the evaluations that we were talking about the same person. We have the same ideas about my areas for growth, and we came up with some good suggestions for ways for me to improve my ministry going forward.

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Sunday Sermons

7/6	Community – In a Haitian's Perspective	Elsy Dinvil
7/13	Love Reaches out	Rev. Marcia Stanard
7/20	Finding Light in Times of Darkness	Holly Carol O'Brien
7/27	Our Brain and Ourselves	Scott Sandberg
8/3	Picnic at Creston Park	No regular service
8/10	Home is Where You Park it	Rev. Susan Maginn
8/17	The Art of Talking to Strangers	Rev. Marcia Stanard
8/24	All I Teach is Loving Kindness	Rev. Kozen Sampson
8/31	Occupying the Food System	Kyle Curtis

(For Sermon Details, See "2 Months Of Sundays", On Pages 6 & 7)

From the Minister *(Continued)*

One suggestion was to make sure I get some downtime, and so during the summer I will be taking some time away for short camping jaunts and some good walks in the woods. I'm looking forward to General Assembly and coming home with some fresh ideas for worship, religious education, and social justice. I will be preaching once each month during the summer, and have the pleasure of officiating the weddings of Holly and Amy, and Alex and his partner Ben. But I also plan to take some study and vacation time. I will be accessible for emergencies, but regular emails and phone calls may not be returned as quickly.

I hope you too are able to take some downtime this summer. Enjoy the Oregon sunshine and the beauty of this place we call home. Blessed be, and Amen.

-Rev. Marcia

Worship Odds & Ends

On Sundays, it is helpful for long-time Wy'easters to sit up front, in the middle, or to the far left in order to be more welcoming to newcomers; it will make room for others who are new, people with children (who need to make quick escapes), or people who want to discreetly enter after the service begins. Thanks!

The Wy'east Worship Committee is always dreaming up new ideas for services, speakers and activities. To share ideas or help bring services to life, contact us at weast-worship@googlegroups.com or talk to Mark A., Brooke C., Amy O., Larry B., or Marcia Stanard.

If your child wants to light the chalice during a service, please contact anyone from the Worship Committee.

Contacting RE & the Board of Trustees

Contact the Religious Education Committee Chair if you have questions about our children's programming at Wy'east: weast-re@googlegroups.com.

If you have questions for the Wy'east Board of Trustees, you can send an email to weastboard@googlegroups.com or talk to any board member on Sundays at church.

Getting Connected @ Wy'east

Join the Wy'east Google Groups

Wy'east has two community-wide email lists through Google: "Wyeast" (for news and announcements about church events) and "Wyeast-chat" (an informal way for members and friends to share thoughts or events that are not official church happenings). To subscribe to these groups,

go to www.wyeastuu.org/contact
or groups.google.com/group/wyeast
and groups.google.com/group/wyeast-chat

Wy'east Directory

Wy'east has a directory of contact information for lots of people in the community. If you don't know where to find the directory, you're probably not in it; emails are sent periodically to everyone in the directory with instructions on how to access it. If you'd like to be added to our directory, contact Hank H. or anyone on the Connections Committee.

RE Report

With kids and teachers off for the summer and the weather spectacular outside here in Portland, Religious Education (RE) gets more laid back in the summer. Each Sunday, we have an adult or two from the congregation plan a fun activity to do with the kids of all ages (2+) over at the awesome space at Wee Works. We call these



activities "Wy'Camp" - though they are 30 minutes and occur during the service! Our childcare provider, currently Lana, plays with the little ones as usual.

This gives our regular teachers a break—which makes sense because we often have few kids during the summer, so lesson planning would be difficult. It also gives the opportunity for a wider variety of activities and adults to be involved. Favorite traditions include making ice cream and playing cooperative games.

As of this writing, we're still looking for a few more volunteers, so give me a ring if you're interested! It's a fun opportunity to show our great kids something cool.

- Alex R.

Special Collections for July and August

July: **VILLAGE SUPPORT NETWORK TEAM**

Our July special collection is for our Village Support Network team. Teams from congregations are matched with families making the transition from homelessness to housing—providing support to integrate the family into the community. One of the requirements of each group is to raise \$500 to support the family with extra needs—outside of food and shelter. This could be used to purchase a family membership to OMSI, allow children to take a summer class or do an activity, or provide basic needs like a vacuum cleaner or necessary items for the household. Last time Wy'east fielded a team, the members provided the money, and the congregation helped with special requests. This time, members are hoping for financial support from the congregation. Our team last year was profoundly changed by the interaction and became much more aware of the struggles of poverty. This is a way Wy'east walks our talk in the community, and we invite your participation.

pdxhfs.org/volunteer/BeTheVillage

August: **OUTGROWING HUNGER**

From their website: Our Mission, plain and simple, is to get healthy food into the mouths of hungry people. Our Vision is the transformation of unused private, public, and institutional land into Neighborhood Gardens, where healthy food, resilient community, and economic opportunity spring up together. Outgrowing Hunger is energizing and gathering people around this vision in order to form a broad-based movement in Portland.

East Portland Neighborhood Gardens: The EPNG program provides personal gardening and fresh produce work-trade

opportunities. Anyone may help out at regularly scheduled sessions in return for a share of whatever is ripe that day, often several meals worth of fresh produce for each family. There are currently two locations for this program.

Gresham Community Gardens: We've partnered with the City of Gresham and Multnomah County to provide management, programming, and individual help for gardeners at four municipally owned community gardens in Gresham.

www.outgrowinghunger.org



Newsletter News

The Wy'east Beacon is published bimonthly. The deadline for the September/October issue submissions is Thursday, August 21st. Please send articles, meeting/event dates, poetry, artwork, book recommendations, favorite spiritual practices, etc. to: wyeast-news-editor@googlegroups.com. If you have any questions, contact Sharai E. or send an email to the above address.

To save paper and printing costs, we are printing fewer copies of the newsletter. We encourage you to view it online, at: <http://wyeastuu.org/newsletter>

The Joy of Community Gardening



I have long been acquainted with gardens and growing things. As a small child on my family's Minnesota farm, I helped tend the large vegetable garden beyond the patch of grass behind our house. My sister and I were given the odious task of picking bugs off potato plants. I also remember helping cover tomato vines with cloth to protect them from an expected frost. However, my most memorable experience was the day I got lost while playing house in our ten acre cornfield. I assume my mother heard my cries and rescued me. But that was long ago, and after we moved to the state of Washington, there were other gardens in my life, such as berry farms and truck gardens.

Now at present, my husband and I always enjoy producing part of our food from our gardens and are glad that our children garden also and work with the soil. Our oldest daughter and her husband were active participants in a community garden in Seattle. Now they are principal stewards of their neighborhood association and Helensview Community Garden in Northeast Portland.

A few years after Wy'east UU was organized, I invited Leslie Pohl Kosbau, member of First UU Church, to speak about Portland's Community Gardens at one of our services. She was Director of the Community Gardens program at that time. Leslie encouraged us to visit the gardens, rent one of the plots and look for garden spaces in our own neighborhoods. Since then the number of community garden spaces has increased, and they have become desirable.

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The Joy of Community Gardening

continued from page 3

Three years ago I learned about a group of citizens in the East Portland Rockwood area who felt the need for a food co-op, because their neighborhood supermarket was torn down, and the residents were left without access to fresh produce. Many of them were from low income families and did not own cars to drive to markets.

The residents organized into common interest groups for addressing the food problem, and they scheduled many informative meetings. Although my husband and I were Gresham residents, we began to attend and participate in the group discussions about the co-op and community garden. Everyone was delighted when the Lynwood Friends Church on SE 162nd offered their large open grassy field for our use. A garden in this area would serve those in most need of fresh healthy food.

In planning the garden, each of us voted from a long list which vegetables we would like to see grown. Adam Kohl, the founder of Outgrowing Hunger, mapped out the garden plantings, and we advertised the ground-breaking celebration to the Rockwood and Lynwood neighborhoods. On May 8th, 2011, we broke ground with 75 people cheering as the tractor made the first furrow.

That day and for several days after, we picked rocks and broke up clods with our shovels and hoes to ready the soil for planting. Planning and working in the soil together provided an easy arena for building community spirit. Participants signed a work day schedule, meaning one had companions during gardening. I chose to garden two hours every Thursday until harvest, plus my own garden at home was demanding, so I was pleased when Johanna Rose, who was in charge of childcare at Wy'east every Sunday, joined me each Thursday. We had the opportunity to plant and pull weeds with a family from Laos on several days and with others who dropped by to see what the garden was all about.

I have visited the Lynwood Community Garden a few times in the last two years and am amazed at the amount of its expansion. Now in addition to the community garden, there are individual family plots as well. All the plantings look beautiful and healthy. There is a watering system and other amenities we did not have three years ago. Adam Kohl, Executive Director, and the Outgrowing Hunger board have secured help for garden projects from grants and foundations, plus there are donations from individuals who believe in the virtues of community gardening.

— *Mabel P.*

Wy'east Environment Committee

NEW in the UUA Bookstore...

These can books be found at www.uuabookstore.org

Creating Justice Together: Service Projects for Families and Multigenerational Groups

Editor: Susan Dana Lawrence

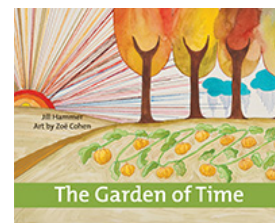
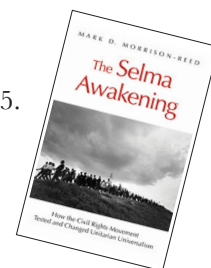


Multigenerational service projects from Tapestry of Faith, such as cooking in a homemade solar oven, writing to a soldier serving overseas, and making a welcome kit for a new neighbor.

The Selma Awakening: How the Civil Rights Movement Tested and Changed Unitarian Universalism

Author: Mark D. Morrison-Reed

An analysis of Unitarian Universalist civil rights activism in Selma, Alabama, in 1965. Reviews the history of racial justice in the denomination in the prior decades and explains how Selma became a turning point.



The Garden of Time

By Jill Hammer with illustrations by Zoë Cohen

“With beautiful images and words, *The Garden of Time* offers a magical path through

the seasons and allows the sacred breath of life to blow through all our souls. Take a walk in the garden; be refreshed and renewed.”

—*Sandy Eisenberg Sasso, author, The Shema in the Mezuzah: Listening to Each Other*

Children of the Same God: The Historical Relationship Between Unitarianism, Judaism, and Islam

Author: Susan J. Ritchie

Groundbreaking research shows that Unitarianism was inherently multifaith from its beginnings, with clear affinities for Judaism and Islam. Re-examines Unitarian history in the light of its interfaith context.



BEFORE & AFTER Worship

Programming in July & August

If you have a programming idea that you would like to facilitate in the future, please contact Amy O., Larry B., Brooke C., or Mark A.

July 6

- **Social Hour** • 11:30 am

July 13

- **Potluck Brunch** • 11:30 am. Bring a dish to share.

July 20

- **Social Hour** • 11:30 am
- **Seniors Group** • 12:00 noon
- **Young Adult Group** • 12:00 noon

July 27

- **Social Hour** • 11:30 am



August 3

- **Picnic** at Creston Park

August 10

- **Potluck Brunch** • 11:30 am. Bring a dish to share.

August 17

- **Social Hour** • 11:30 am
- **Seniors Group** • 12:00 noon
- **Young Adult Group** • 12:00 noon

August 24

- **Social Hour** • 11:30 am

August 31

- **Social Hour** • 11:30 am

Sunday Potluck

Our potlucks will be held on **July 13th** and **August 10th**. Bring a dish to share.



THE WY'EAST POETRY CIRCLE will not meet in July or August, but hopefully the 4th Sunday in September. Stay tuned!



YOUNG ADULT GROUP The Young Adult group meets on the third Sunday of each month. We've been gathering at Panera Bread; they have a 'pay what you can' deal, so finances shouldn't be an issue to prevent people from joining. Like the senior group, we are very flexible on the age range considered "young adult." **Hope to see some of you there!**



July 6 COMMUNITY – IN A HAITIAN’S PERSPECTIVE

Elsy Dinvil will share with us her path to creating community here. Her story begins with her mother growing up in slavery in Haiti, and includes Elsy coming to the US a decade ago, now being in graduate school, and becoming a businesswoman with the intention of making a difference in the lives of people her work involves.

Service: 10:30 a.m.

Religious Education (Pre-K-8th Grade): Children attend the beginning of the service, and then go to Wy’camp. Nursery care is also available for infants and toddlers.

Social Hour: Join us for refreshments after the service.

July 13 LOVE REACHES OUT

Rev. Marcia attended General Assembly in Providence, RI, in June. In this sermon, she’ll share with us her experiences of being with several thousand Unitarian Universalists, as Portland prepares to host General Assembly in 2015. Service by our Minister, **Rev. Marcia Stanard**.

Service: 10:30 a.m.

Religious Education (Pre-K-8th Grade): Children attend the beginning of the service, and then go to Wy’camp. Nursery care is also available for infants and toddlers.

Wy’east Potluck Brunch: 11:30 a.m. Bring a potluck dish to share.

July 20 FINDING LIGHT IN TIMES OF DARKNESS

Finding joy, hope, and authentic faith in the hardest places. **Holly Carol O’Brien** will reflect on her two years spent as a volunteer with Pagan women serving time at Coffee Creek Correctional Facility’s medium security prison.

Service: 10:30 a.m.

Religious Education (Pre-K-8th Grade): Children attend the beginning of the service, and then go to Wy’camp. Nursery care is also available for infants and toddlers.

Social Hour: Join us for refreshments after the service.

July 27 OUR BRAIN AND OURSELVES

Scott Sandberg of West Hills UU Fellowship: “There have been amazing advances in brain science in recent years. Aside from the medical benefits, we’re learning more about who we really are, sometimes with some surprising conclusions. In the spirit of the UU principle of a free and responsible search for truth and meaning, we’ll take a look ‘under the hood’ and see what we can discover about ourselves based on our advancing knowledge in the study of the brain. No PhD required”.

Service: 10:30 a.m.

Religious Education (Pre-K-8th Grade): Children attend the beginning of the service, and then go to Wy’camp. Nursery care is also available for infants and toddlers.

Social Hour: Join us for refreshments after the service.

August 3 PICNIC AT CRESTON PARK

In lieu of our regular Sunday service, we will meet at Creston Park on SE Powell and 43rd Ave. Bring a food and/or drink to share. There is a barbecue pit and lots of room for kids to run!

Service: There will be no regular service.

Religious Education: There will be no RE.

August 10 HOME IS WHERE YOU PARK IT

For the past year, our former minister at Wy'east, **Rev. Susan Maginn**, and her family have lived in a 34' RV in Southern California. This experience has taught her many lessons about the nature of home and the human yearning for adventure and freedom.

Service: 10:30 a.m.

Religious Education (Pre-K-8th Grade): Children attend the beginning of the service, and then go to Wy'camp. Nursery care is also available for infants and toddlers.

Wy'east Potluck Brunch: 11:30 a.m. Bring a potluck dish to share.

August 17 THE ART OF TALKING TO STRANGERS

No—this is neither a lesson in manners, nor an introvert's nightmare! Instead, it's an exploration of a curious social phenomenon—why is it that we find it easier to share honestly with people we know we're never going to see again? Service by our minister, and regular Amtrak traveller, **Rev. Marcia Stanard**.

Religious Education (Pre-K-8th Grade): Children attend the beginning of the service, and then go to Wy'camp. Nursery care is also available for infants and toddlers.

Social Hour: Join us for refreshments after the service.

August 24 ALL I TEACH IS LOVING KINDNESS

Rev. Kozen Sampson, Abbot of the Mt. Adams Zen Buddhist Temple in Trout Lake, Washington, will speak of metta (the active practice of Loving Kindness) and demonstrate two means of living and expressing metta. Kozen is a Zen monk in the Vietnamese tradition, as is the gentle monk Thich Nhat Hanh. Kozen will explore components of a spiritually based practice as well as some ways we can “walk our talk”.

Service: 10:30 a.m.

Religious Education (Pre-K-8th Grade): Children attend the beginning of the service, and then go to Wy'camp. Nursery care is also available for infants and toddlers.

Social Hour: Join us for refreshments after the service.

August 31 OCCUPYING THE FOOD SYSTEM

Kyle Curtis, the board chairperson of Outgrowing Hunger, will speak on “turning empty lots into community gardens, with recent projects that include the expansion into a community farm as well as the possibility of farm-stands or other market opportunities to allow for desperately needed micro-economic development opportunities for individuals and families”.

Service: 10:30 a.m.

Religious Education (Pre-K-8th Grade): Children attend the beginning of the service, and then go to Wy'camp. Nursery care is also available for infants and toddlers.

Social Hour: Join us for refreshments after the service.