



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

March/April 2012

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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!

Musings from Marcia...

AT MY ORDINATION IN NOVEMBER, the Pacific Northwest District Executive, Janine Larsen gave a bold and provocative charge to the congregations. In it, she challenged Wy'east and First Unitarian Church of Portland to explore a partnership that brought in all of the Unitarian Universalist Congregations in Portland and Vancouver to reach out and better serve people who are searching for our liberal religion. In part, she asked:

"Who might Unitarian Universalism reach, if your two churches pulled together all the other UU congregations in the area, and you all decided to form an intentional and audacious partnership to minister to all of Portland and Vancouver, all the time, helping one another and sending members and friends to one another on purpose, and raising the quality and the profile of each of our congregations?"

What if you revealed yourselves to Portland and Vancouver as one unified, challenging, saving faith, expressed in many dynamic ways?"

One of the advantages of our small congregation is the ability to respond quickly. We can see something that should be, and take action to make it so. In that vein, a group of Wy'easters—it's been mostly seniors, but they'd welcome anyone—have begun intentionally visiting other area UU congregations to learn more about each other and forge connections among our different churches.

(Continued on page 2)

Sunday Sermons

3/4	An Experience of Music-Thanatology	Trish Weaver of SacredFlight
3/11	Inspiration	Rev. Marcia Stanard
3/18	The Religion of Poetry	29th Street Writers
3/25	Holy Boundary Crossing: Spiritual Activism for the 21st Century	Rabbi Debra Kolodny
4/1	Ethnicity, Religion, and Social Justice	Professor Mamta Accapadi
4/8	Tossing the Bathwater, Keeping the Baby	Rev. Marcia Stanard
4/15	Breaking Open	Reed College Unitarian Universalist Group
4/22	Taking Care of Business	Rev. Marcia Stanard
4/29	Humanism	Rev. Sarah Schurr

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

From the Minister *(Continued)*

A larger group of Wy'easters met recently to discuss the charge and came up with some creative ideas that we can implement on our own if we wish. I invite any of you to give me a call or send me an email with your ideas. What do you wish you would have known about different congregations? How did you find out about Wy'east? Is there a way you could have discovered us earlier? What new methods of communication do you use regularly and how can you imagine Wy'east fitting in with that?

As Janine said,

“What if you were just inventing Unitarian Universalism and imagined offering it slightly differently all over greater Portland and Vancouver, sharing the best and chucking the rest? How would you do it differently with pooled resources, and a brain and heart trust made up of all of you? What could you learn, if you weren't afraid that you might lose something, and instead focused on what the people would gain? What could you do, if you decided to do it together, for the common good?”

The days of ministering in isolation and from behind the comfort of your own walls are over, my friends. This is the age of the network. You must serve differently, nimbly, diversely; virtually and in meet-ups, constantly and spontaneously, in the streets and in the homes, on line, on the smart phone and on the iPad – or you will fall into irrelevancy more quickly than you can even imagine. No one of us is too big or too small to fail.”

If you have ideas or energy to put into this, I encourage you to contact me. We have several people already who are interested and eager to share the good news of Unitarian Universalism and Wy'east with others, both within our denomination and those who haven't heard about us yet. Come join us!

Warmly,
Marcia

WANTED: One or two new folks to join the Worship Committee. Ability and willingness to Lay Lead services a plus, but not required. Must be able to meet monthly, discuss ideas for worship services, and communicate effectively with outside speakers. Compensation: the reward of high quality, meaningful worship services and the gratitude of Wy'east members, friends and visitors. Contact Rev. Marcia at minister@weeastuu.org

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 Betty H. or anyone on the Connections Committee.

Newsletter News

The Wy'east Beacon is published bimonthly. The deadline for the May/June issue submissions is Thursday, April 19th. Please put this date on your calendar, and 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>



Contacting RE & the Board of Trustees

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

If you have questions for the Wy'east Board of Trustees, you can send an email to wyeastboard@googlegroups.com or talk to any board member (David Tode O., Nancy D., Dan E., Hank H., and Liana A.) on Sundays at church.

Wy'east Special Collections

March: **THE LIVING ROOM: A SAFE HAVEN FOR GLBTQQ YOUTH IN CLACKAMAS COUNTY**



Vision Statement: To provide a safe, healthy, empowering space where GLBTQQ (gay, lesbian, bisexual, transgender,

queer and questioning) youth and their allies can connect with one another and resources in our community.

The Living Room is a safe haven for GLBTQQ youth in Clackamas County. Our programs are open to youth between the ages of 14 and 20. We currently offer weekly drop-in services in Oregon City every Wednesday. In addition, we host events such as the Annual GSA (Gay Straight Alliance) Summit, Clackamas County Alternative Prom, and monthly GSA Meet-Ups. The Living Room youth leadership and event planning team, Youth Advisory Council, meets every Friday at Clackamas Women's Services in Oregon City. www.thelivingroomyouth.org

April: **THE OREGON SAFE SCHOOLS AND COMMUNITIES COALITION**



The Oregon Safe Schools and Communities Coalition (OSSCC) seeks to create safe schools and communities where every child can belong, every educator can teach, and every

child can learn regardless of actual or perceived sexual orientation or gender identity. The OSSCC believes that all youth deserve to feel safe and welcome in our schools and communities. We seek to achieve this mission in three ways: education, data collection, and support services.

Our work supports community efforts to reduce youth suicide and other risk behaviors in the often hidden and historically underserved gay, lesbian, bisexual, and transgender youth population. Although the primary focus of OSSCC is sexual orientation and gender identity issues, we recognize the harm caused by harassment, violence, and discrimination of any kind.

The OSSCC seeks a large and diverse coalition membership in order to build the kind of statewide visibility and support needed to achieve its mission.

OSSCC members represent a broad cross-section of public and private organizations in Oregon. Membership is open to any organization, school district, agency, faith community, business, or individual that supports the mission of the Coalition. We strive to collaborate with all organizations and individuals working for a safe and equitable society.

Attention Chalice Lighters

The second call of this church year is underway. If you haven't received your letter or email, check your Spam filter. This is an important call, so please donate generously. Not a Chalice Lighter yet? Go online to www.pnwd.org and follow the links. Donations must be received by March 5.

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 may 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 wyeast-worship@googlegroups.com or talk to Mark A., Brooke C., Katy L., Amy O., or Marcia S.

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



HOLI CELEBRATION

After worship on **March 11**, we're going to try to celebrate the **Hindu festival of colors** known as Holi. The spring festival is one of equality, celebrating how we're all humans together despite all of our

differences. To show this, people throw colored paint powder at each other until everyone is a rainbow of colors and you can't tell what color anyone is underneath.

This is a VERY messy celebration. We suggest that everyone planning on participating in the Holi paint throwing bring a change of clothes with them on the 11th which they don't mind getting stained. (We'll supply washable paint, but you never know.) Plastic bags to put messy clothes in are also highly recommended. We'll do the painting outside, but then we all have to go home.

Earth News

As part of the Wy'east Environmental Chalice Group's efforts to encourage us all to do a little bit more for the earth, here are a few suggestions for getting more involved:



A Quick Shopper's Guide to Pesticides

Organic foods have become common in grocery stores, but when is it really worthwhile to pay so much extra for "organic"? The Environmental Working Group (EWG) does a great deal of research on the safety of food and other consumer products and has tried to answer that question. EWG states that US Department of Agriculture data showed detectable residues on 63 percent of produce samples. EWG recommends eating more fresh produce in general, but also recommends buying organic when possible.

What foods have the most pesticide and what ones have the least? EWG tested and ranked 53 of the most common fruits and vegetables based on pesticide residues. Tests and rankings were based on how the foods are usually eaten. For the full list, go to www.ewg.org.

Here are the items with **highest** tested pesticide residues (so, if you only buy a few organic items, consider items from this list):

- Apples (*98 percent of conventional apples had pesticides*)
- Celery (*Celery tested positive for 57 different pesticides*)
- Strawberries (*Some strawberries tested positive for 13 different pesticides*)
- Potatoes
- Blueberries - domestic
- Lettuce
- Kale/collard greens
- Peaches
- Spinach
- Nectarines - imported
- Grapes - imported
- Sweet bell peppers

Produce with the **lowest** tested pesticide residues (so, if you only buy some items organic, these can probably be lower priority):

- Onions (*Less than 1 percent of samples had any pesticides*)
- Sweet Corn (*Only 2 percent of samples had pesticide residues*)
- Pineapples
- Avocado
- Asparagus
- Sweet peas - frozen
- Mangoes
- Eggplant
- Cantaloupe - domestic
- Kiwi
- Cabbage
- Watermelon

Earth Day Resolutions

With Earth Day coming up, here are some fun and interesting Earth Day Resolutions that you could adopt to help make the planet more sustainable. Try to pick one or two that you could start doing. After a few weeks or months, it could be your new best habit. (The ideas came from Mother Jones magazine.)

- 1) Next time (and every time) you visit the beach, or a park, pick up some litter.
- 2) If you eat seafood, use the Monterey Bay Aquarium's Seafood Watch to learn which fish are sustainably harvested.

- 3) If you eat meat, have a meat-free day to reduce your environmental impact.
- 4) Ride your bicycle more (or get a bicycle if you don't have one).
- 5) Buy used books.
- 6) Buy more second-hand items in general.
- 7) To reduce food waste, find creative ways to use ingredients you already have on hand. (Try the ingredient search on allrecipes.com)
- 8) Hook up a rain barrel to your downspouts to have water for your garden.

Bull Run Watershed Tour, anyone?

As a member of the Environmental Chalice Circle, I have been interested in joining an educational tour of our Bull Run Watershed this summer. I am hoping that Wy'east members and friends would also enjoy such an outing.

I have contacted Jody Burlin, Water Resources Educator for the Portland Water Bureau. She informs me that summer tours run July through September. Typically, the tours last from 8:30 to 4:30 and meet at the Hollywood Fred Meyer, but they are open to other locations within Gresham and Portland.

The trips are for adults only and cost \$10.00 per person. They typically have over 15 people in a group. If not, groups are combined. Program Manager, Briggy Thomas, will be scheduling the tour groups in the spring.

I am hoping there will be at least 15 Wy'east people who are interested in making the tour. I will ask that we be scheduled for a Saturday since many in our congregation do not work on that day.

If you are interested in the Bull Run tour please let me know in the next few weeks.

-Mabel P.

Earth Day Events

Portland's Earth Day Conference will be held **April 20-21** on the PCC Sylvania Campus in Southwest Portland. This event, with the theme "For the Next Seven Generations", will have inspiring speakers and workshops. See www.earthandspirit.org for details.

City Repair's Earth Day Event on **April 22nd** will be at the PCC Cascade campus in North Portland. There will be lots of booths. See www.cityrepair.org for details. Both events will be great for children. Also, pledge to do one of the world's "billion acts of green" either place or at www.act.earthday.org

Confluence: Willamette Valley LGBT Chorus will present a concert, "Earth Song," on Saturday, **March 10th**, 7:30 pm, at the Metropolitan Community Church of Portland (MCC), 2400 NE Broadway St. This concert features songs celebrating and honoring the earth and our place in it. Artistic Director Ray Elliot guides the chorus in a tribute to the planet, its beauty, its creatures, and how we live together. Tickets and more information are available online at www.confluencechorus.org. Confluence was founded in part by two UU ministers, Gretchen Woods (formerly of Corvallis) and Rick Davis in Salem. Confluence's home base is the Unitarian Universalist Congregation of Salem.

BEFORE & AFTER Worship

Programming in March and April

If you have a programming idea that you would like to facilitate in the future, please contact Mark A.

March 4

- **Social Hour** • 11:30 am

March 11

- **Potluck Brunch** • 11:30 am. Bring a dish to share.
- **Path to Membership Class:** For all those interested in the possibility of membership, or wanting to learn more about Wy'east.
- **Holi Celebration** (see box on page 3)

March 18

- **Social Hour** • 11:30 am

March 25

- **Social Hour** • 11:30 am
- **Restaurant Adventure** • 11:40 am
- **Extended Sunday** • More info to come



April 1

- **Social Hour** • 11:30 am

April 8

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

April 15

- **Social Hour** • 11:30 am

April 22

- **Social Hour** • 11:30 am
- **Restaurant Adventure** • 11:40 am
- **Extended Sunday** • More info to come

April 29

- **Social Hour** • 11:30 am
- **Redwood Walk** • Take a pleasant walk in the Hoyt Arboretum to visit three different kinds of redwoods – and other members of the standing nation. We will leave for this easy 2-mile walk at about noon from the Hollywood Senior Center. Jon Biemer will guide us as needed. (Rain date May 6th)

UU Adventures in Eating

Sunday Potluck

Our potlucks are held on the second Sunday of each month, **March 11th** and **April 8th** at 11:30 am. Bring a dish to share.



Restaurant Adventure

After our service on the **fourth Sunday** of each month, those who are interested gather for lunch at a local restaurant. It is an opportunity for lively and topical conversation, and for enjoying the bounty of wonderful restaurant food available in Portland.

Our group varies in size from as few as four to as many as 15, and often includes both adults and children. We announce the month's destination during the service, gather a list of interested congregants, and then call ahead to make reservations.

We try to find places with a variety of moderately priced vegetarian and omnivorous menu items. We have some regular stops on the rotation, and we're always on the lookout for new restaurants to try.

LOOKING TO GET MORE INVOLVED WITH WY'EAST? We are in need of a Restaurant Adventure coordinator, a fundraiser manager, and Religious Education volunteers. Other opportunities also exist; talk to Marcia!

March 4 AN EXPERIENCE OF MUSIC-THANATOLOGY

With **Trish Weaver** of SacredFlight. Trish says, “Music-thanatology is a component of palliative care, the medical discipline focused on the relief of suffering and the promotion of quality of life. We bring harp and voice to the bedside of people who are terminally ill -- meeting fear, discomfort, and suffering with the prescriptive qualities of music. The mission of SacredFlight is to ‘lovingly serve the physical and spiritual needs of those nearing the end of life with prescriptive music or music delivered in a prescriptive way.’ ”

Service: 10:30 a.m.

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

Social Hour: Join us for refreshments after the service.

March 11 INSPIRATION

The poet Wislawa Szymborska said “I might have been myself minus amazement, that is, someone completely different.” Today, we explore those things that amaze, delight and inspire us. What does it mean to be a community that seeks inspiration? 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 class. Nursery care is also available for infants and toddlers.

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

Path to Membership Class: For all those interested in the possibility of membership, or wanting to learn more about Wy’east.

March 18 THE RELIGION OF POETRY, WITH THE 29TH STREET WRITERS

“The 29th Street Writers gather in Portland, Oregon on most Saturday mornings to study writing, critique each others writing, and, above all, write. The group has been meeting for over two decades. A collective of diverse women writers, they are united in a common love for the pleasure and power of language. Writing authentically demands exposure, risk and honesty. Yet when the words land on paper, a new vision begins to emerge...one that enlightens the writer’s life and informs the larger world.” Joining us are members **Ila Suzanne**, **Vanessa Timmons**, and **Sharon Wood Wortman**.

Service: 10:30 a.m.

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

Social Hour: Join us for refreshments after the service.

March 25 HOLY BOUNDARY CROSSING: SPIRITUAL ACTIVISM FOR THE 21ST CENTURY

Rabbi Debra Kolodny of the P’Nai Or congregation in Portland will reflect on the responsibilities, joys, and successes of faith inspired social justice work, looking through the Jewish lens of Tikkun Olam: Repairing the World. Learn about the scriptural, mystical and cultural foundations of being an Ivrit (Hebrew)/Boundary Crosser.

Service: 10:30 a.m.

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

Social Hour: Join us for refreshments after the service.

Restaurant Adventure: 11:40 a.m. Location to be announced during social hour.

April

TWO MONTHS OF *Sundays*

April 1 ETHNICITY, RELIGION, AND SOCIAL JUSTICE

Professor Mamta Accapadi, an Indian-American of Hindu and Sikh background, has spent her working life in pursuit of social justice and transformation. Today, she is the Dean of Students at Oregon State University, and from this position continues on that path, challenging others to join her as well.

Service: 10:30 a.m.

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

Social Hour: Join us for refreshments after the service.

April 8 TOSSING THE BATHWATER, KEEPING THE BABY

Just because we don't believe in the literal inerrancy of Leviticus doesn't mean the Bible has no value. On Easter, we will examine the bible for stories and ideas worth keeping from our religious heritage. 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 class. Nursery care is also available for infants and toddlers.

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

April 15 BREAKING OPEN

We can break down, apart, open, away, from, through, towards, or into. We break from the past, and towards the future. Sometimes we have to break things to fix them, we can be broken ourselves, and, if we're lucky, we can break into something beautiful. Please join **Reed College's Unitarian Universalist Group** for their annual service, which will explore the metamorphoses that come from rupture in all our lives.

Service: 10:30 a.m.

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

Social Hour: Join us for refreshments after the service.

April 22 TAKING CARE OF BUSINESS

On this Stewardship Sunday, we'll look at the ways we care for ourselves, our families, our communities and our congregation. We'll kick it into Bachman-Turner Overdrive for this energizing service! 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 class. Nursery care is also available for infants and toddlers.

Social Hour: Join us for refreshments after the service.

Restaurant Adventure: 11:40 a.m. Location to be announced during social hour.

April 29 HUMANISM

Humanism is the fifth of the six sources claimed by Unitarian Universalists. **Rev. Sarah Schurr** will speak about the role of humanism in our movement and the role we had in the humanist movement.

Service: 10:30 a.m.

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

Social Hour: Join us for refreshments after the service.