



# 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

November/December 2013

## What's Inside?

*Celebration of Light!*  
...Page 2...

*Wy'East Village Support  
Network Team Update*  
...Page 3...

*RE Rundown*  
...Page 3...

*Special Collection and  
Special Events*  
...Page 4...

*Before & After Worship*  
...Page 5...

*Two Months of Sundays*  
...Page 6-7...

*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...

*How many of you remember your first time visiting Wy'east? Were you new to town, looking for a spiritual home and a welcoming community? Did you have questions about your aging parents or your own mortality? Did you come wanting help to teach your kids about different religions?*

Each person or family who walks in our door is looking for something—even if they can't articulate what exactly that something is. Some folks have heard about us from a friend or colleague. Some folks are long-time Unitarian Universalists who have moved to Portland and are seeking a new church home. Some people have only recently heard about this idea of a liberal religion. Most of them have looked us up on the Internet, checked out our website, and gathered up their courage to walk through our doors on Sunday morning. *(Continued on page 2)*

## Sunday Sermons

11/3	<b>Go Ask Alice</b>	Andrea Carlisle
11/10	<b>What Does It Mean To Be A Universalist?</b>	Rev. Marcia Stanard
11/17	<b>Breaking Bread</b>	
11/24	<b>The Cosmic Wow</b>	Rev. Marcia Stanard
12/1	<b>The Personal Is Political</b>	Choya Adkison-Stevens
12/8	<b>What Do We Dwell On?</b>	Rev. Marcia Stanard
12/15	<b>Celebration Of Light</b>	Wy'east Children
12/22	<b>Community Solutions To The Injustices of Poverty</b>	Lindsay Day
12/24	<b>Christmas Eve Service</b> 5 p.m.	Rev. Marcia Stanard
12/29	<b>New Year Hymn Sing</b>	

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

## From the Minister *(Continued)*

Part of my job as your minister is to keep an eye out for new folks. Not just so I can greet them—all of you at Wy'east do a really fine job of welcoming newcomers before the service and talking with them at coffee hour, plus our great team of greeters makes sure they have a program and a name tag—but one of my specific jobs is to see the service through the eyes of the newcomer. We talk about this a great deal in the Worship Committee. Is this a service that a stranger could walk into and understand and feel welcome in?

One area we've been slipping up in recently is beginning our services on time. I love the warm friendly conversations that happen when people come in, but lately, at 10:30am, we tend to have the new people in seats, looking shyly around at the 6 or 8 other people who are sitting down with them. Debra's ready to start playing for the hymn sing, but those 10 people aren't going to be able to make much of a joyful noise!

Beginning in November, we're going to make a concerted effort to start the service on time, at 10:30. This may mean that people will be wandering in for a while, but hopefully with practice, folks will arrive a bit earlier. We believe that this will help make newcomers more comfortable, honor our religious education teachers, and let us feel confident about starting our worship services when we say we do. We appreciate your help with this. Blessed be, and Amen.

*-Rev. Marcia*

## 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](http://www.wyeastuu.org/contact)  
or [groups.google.com/group/wyeast](http://groups.google.com/group/wyeast)  
and [groups.google.com/group/wyeast-chat](http://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.

## Newsletter News

The Wy'east Beacon is published bimonthly. The deadline for the January/February issue submissions is Thursday, December 19th. Please send articles, meeting/event dates, poetry, artwork, book recommendations, favorite spiritual practices, etc. to: [wyeast-news-editor@googlegroups.com](mailto: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>



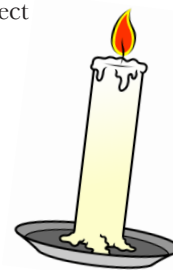
## Celebration of Light!

Wy'east's annual winter pageant of holidays from religious traditions around the world will be taking place during worship on **December 15th**.

The children will act out scenes in stories from Pagan, African American, Native American, Chinese, Jewish, Thai, Christian, and Hindu traditions.

Rehearsal for the celebration of light will be after worship on **December 8th**, at about noon. Food will be provided - please tell Anders about any dietary restrictions so we can provide food that everyone can eat. Rehearsal may take up to 2 hours. Any adults interested in helping with the celebration are welcome to assist - we will need a few extra adults to help direct some of the holidays.

We will be displacing the potluck - people are welcome to stay and watch the rehearsal, but we will be reciting lines and processing back and forth throughout the senior center, trying to hear cues from across the room.



**Celebration of Light:** December 15th, 10:30 am

**Rehearsal:** December 8th, 12 Noon

**Potluck:** December 15, **not** December 8.

# Wy'East Village Support Network Team Update

*A team of six Wy'east women (Amy N., Barbara R., Diane, Mabel, Mary, Carol) and Tricie from a Presbyterian church in Tigard are working under the auspices of the Village Support Network to assist and support a young family in need. Our family is Savanna and her three children.*

Savanna has accomplished a lot in the past 3 1/2 months since she got into housing and our team started working with her. Of course several important things are still on her to-do list as she moves towards financial self-sufficiency.

Savanna's third child, a baby boy, was born in August with some severe disabilities. This has meant additional challenges for her, including many doctor's appointments and an application for Social Security. Team members have helped her with these and other demanding tasks.

She hears from one or another of us nearly every day. We try to be encouraging, boost her confidence, and also move her along in making phone calls and filling out paperwork. Team members are helping her with financial planning as she tries to make a budget out of very few resources. We also spend time with her older children and are assisting Savanna in filling out applications for Early Head Start and the SUN School program.

Savanna has many challenges, but we admire her ability to persevere and make a path for herself and her family.

*Wy'east VSN Team*

## RE Rundown



The church year is well on its way, and our three Religious Education (RE) classes are off to a great start!

Preschool-grade 2 have been enjoying the "Creating Home" curriculum with Alex and Katy; they've been learning about animal homes and symbols of faith (think chalices and scarf dances). Grades 3-5 have been learning from a peace and social justice curriculum called "In Our Hands" with Ashley, which emphasizes that in order to achieve peace and justice, we need to care for ourselves, each other, and the planet. Grades 6-8 are reading stories from Christian and Jewish traditions through a UU lens with Anders, in addition to learning about nonviolent communication from a spiritual perspective with Aurora. And of course, our youngest children are having a great

time playing with Lana every week in the amazing space we have available to us at Wee Works.

Alex and Lana recently became certified trainers for the Our Whole Lives program, a Unitarian Universalist sexuality education curriculum. Wy'east will be offering the program to our middle school group early next year, when we'll be partnering with neighboring UU congregations to hold the classes outside of our regular Sunday service hours. We're so excited about this program and would love to talk with you about it, so please let us know if you have any questions!

In faith,

*Ashley*

## Contacting RE & the Board of Trustees

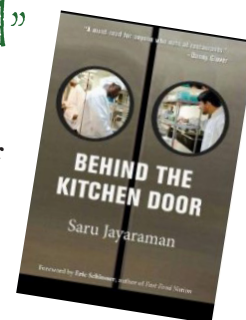
Contact the Religious Education Committee Chair if you have questions about our children's programming at Wy'east: [wyeast-re@googlegroups.com](mailto:wyeast-re@googlegroups.com).

If you have questions for the Wy'east Board of Trustees, you can send an email to [wyeastboard@googlegroups.com](mailto:wyeastboard@googlegroups.com) or talk to any board member on Sundays at church.

## UU "Common Read"

*From <http://tipsheet.blogs.uua.org>*

The book **Behind the Kitchen Door** by Saru Jayaraman has been chosen as the 2013-14 UUA Common Read.



The book describes how restaurant workers live on very low wages, and how poor working conditions, including discriminatory labor practices, exploitation, and unsanitary kitchens, affect the meals that are served to all of us. The author, who launched a national restaurant workers organization after 9/11, tells the stories of ten restaurant workers in cities across the United States as she explores the political, economic, and moral implications of eating out.

She explains that what is at stake is not only our own health, but the health and well-being of the second largest private sector workforce—10 million people, many of them immigrants and many of them people of color.

All Unitarian Universalists are invited to read *Behind the Kitchen Door* as a way to reflect on their own dining out practices and the lives of those who create the meals and serve the food.

For more info: [www.uua.org/re/multigenerational/read](http://www.uua.org/re/multigenerational/read)

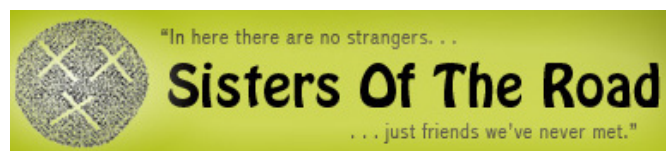
# Special Collections for November and December

November: YWCA SOCIAL CHANGE PROGRAM

“Since the height of the Civil Rights Movement, Americans have made significant efforts to dismantle oppression, eliminate racism and empower women. Despite these struggles, devastating inequalities persist. As our awareness of enduring injustices increases, we are called to engage in the continued course of social change. As Dr. Martin Luther King, Jr. said, ‘The arc of the moral universe is long, but it bends toward justice.’ Social change is the process by which we align our ways of life with the values of justice, peace, freedom, and dignity for all. It is when each of us, from all parts of society, unite to create a more equitable world, by rebuilding our relationships, communities, and institutions. Social justice exists in a society that is equitable, where all people are safe, and in which all groups participate fully and equally in shaping our society. The YWCA’s Social Change Program works as a catalyst for social change by providing a theoretical and practical understanding of racism, sexism, and other forms of oppression. The aim of the program is to increase awareness of these issues and equip our community with the knowledge and skills needed to help build a more equitable world. Our workshops are conducted using a social justice model, which values what each person brings to the learning environment and strives to draw out and advance a shared understanding of complex social issues.”  
<https://ywcapdx.org>



December: SISTERS OF THE ROAD



“Sisters Of The Road was co-founded in 1979 by Genevieve ‘Genny’ Nelson and Sandy Gooch, using a community organizing model -- that is, working with community members in Old Town/Chinatown Portland to address houselessness and poverty. Community members experiencing extreme poverty spoke of their desire to have a nutritious, hot meal in an atmosphere of dignity and

safety, and the opportunity to trade their labor for a good meal. Community members also asked for the chance to gain job skills, and to reinforce skills they already had. For these thirty-four years, Sisters’ purpose has been to build community. We have continued to follow a community organizing model and our customers work with staff to guide both our cafe work and political work, all within a strong philosophical framework of nonviolence and gentle personalism. Sisters Of The Road is the place our community envisioned together: a safe, welcoming space, created in partnership with those experiencing houselessness and poverty. Our non-profit cafe serves nutritious meals in an atmosphere of nonviolence and gentle personalism offering customers the opportunity to work in exchange for meals. Sisters’ innovative programs continue to be customer-driven solutions to the calamities of houselessness and poverty. To learn more about Sisters Of The Road, please visit our website.” [www.sistersoftheroad.org](http://www.sistersoftheroad.org)

## Annual Thanksgiving Luncheon

On November 24th, Wy’east UU and the Hollywood Senior Center will once again co-host our annual Thanksgiving Luncheon for fifty seniors from the HSC. Everyone contributes something to this meal. Amber from the HSC gets turkeys and ham and other things donated, and around thirty members of Wy’east make side dishes, pies, and all the fixins. The luncheon runs from 12:00 noon to 2:00 PM. If you have something to bring, Mark A. is the coordinator and would love to hear from you.

THE WY’EAST POETRY CIRCLE welcomes



anyone who is interested in poetry, whether or not they are a member of the congregation, to meet with us at **noon** on the **4th Sunday of every**

**month.** This is not a class nor is it a writing group. Anyone who comes is welcome to share in reading poems aloud – either poems which they wrote themselves or those of favorite authors. If you prefer, you can just sit and listen! Whoever you are, wherever you come from, you are welcome here.



# BEFORE & AFTER Worship

## Programming in November & December

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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.

November 3

- **Social Hour** • 11:30 am

November 10

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

November 17

- **Social Hour** • 11:30 am

November 24

- **Social Hour** • 11:30 am
- **Restaurant Adventure** • 11:40 am
- **Wy'east Poetry Circle** • 12:00 noon (*see box on page 4*)



December 1

- **Social Hour** • 11:30 am

December 8

- **Social Hour** • 11:30 am
- **Celebration of Light rehearsal**
- **No potluck on this Sunday, but on Dec. 15th instead**

December 15

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

December 22

- **Social Hour** • 11:30 am
- **Restaurant Adventure** • 11:40 am
- **Wy'east Poetry Circle** • 12:00 noon (*This date may change because of the holidays, so keep a look-out for updates*)

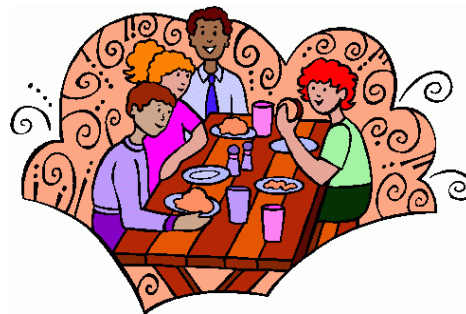
December 29

- **Social Hour** • 11:30 am

## UU Adventures in Eating

### Sunday Potluck

Our potlucks will be held on **November 10th** and **December 15th**. 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, topical conversation and for enjoying the bounty of wonderful restaurant food available in Portland.

## 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 [wyeast-worship@googlegroups.com](mailto:wyeast-worship@googlegroups.com) or talk to Mark A., Brooke C., Amy O., Larry B., or Marcia S.

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

## November 3 GO ASK ALICE

**Andrea Carlisle** was happy in Portland spending time with a close circle of friends, enjoying her houseboat, and living a quiet life as a book editor, writer, and teacher. But after a death occurred in the family, she noticed a slow decline in her usually hearty mother Alice back in Iowa, who at age 93, was now rarely leaving her house. Something had to change. The change was Alice's move to an assisted living facility 12 minutes from Andrea's houseboat. And although they'd never gotten along well in the past, their new life together has turned out to be an adventure in how to transform a relationship. Alice is currently 98, and Andrea's life has been turned upside down and inside out by the mother she never really knew. Until now.

**Service:** 10:30 a.m.

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

**Social Hour:** Join us for refreshments after the service.

## November 10 WHAT DOES IT MEAN TO BE A UNIVERSALIST?

The second in our series on historical Unitarian Universalism focuses on our Universalist heritage. Universalists believed that God was too good to damn anyone to Hell—a drastic change from the Calvinist theories of predestination. What do these ideas mean for us today? 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 RE. Nursery care is also available for infants and toddlers.

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

## November 17 BREAKING BREAD

Each autumn, we pause to give thanks for the food we gather from the earth. In this service, we'll hear stories from four of our members about a loaf of bread that each of them has baked, how the bread connects to their personal history, and the meaning it holds for them. Then, during social hour, they'll share these loaves with all of us.

**Service:** 10:30 a.m.

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

**Social Hour:** Join us for refreshments after the service.

## November 24 THE COSMIC WOW

Anne Lamott writes that the three major prayers are Help, Thanks, and Wow. Today, we examine the last of these, Wow. How does this sense of Awe and Wonder affect us as religious people? What does it mean for us as Unitarian Universalists, who may or may not believe in God, to experience wonder? 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 RE. 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.

## **December 1 THE PERSONAL IS POLITICAL**

**Choya Adkison-Stevens**, the Social Change Program Manager at the YWCA of Greater Portland, will speak on her journey as a woman from early on with her own story, to being a facilitator in programs on domestic violence, privilege, and oppression, and how that work makes a difference on more than just the individual level.

**Service:** 10:30 a.m. **Religious Education** (Pre-K-8th Grade): Children attend the beginning of the service, and then go to RE. Nursery care is also available for infants and toddlers.

**Social Hour:** Join us for refreshments after the service.

## **December 8 WHAT DO WE DWELL ON?**

We all have some things we keep returning to again and again – the stories we tell new friends, the holiday traditions we always return to. What does it mean to emphasize one over another? 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 RE. Nursery care is also available for infants and toddlers.

**Social Hour:** Join us for refreshments after the service.

**Celebration of Light rehearsal** at noon. No Potluck Brunch this Sunday.

## **December 15 CELEBRATION OF LIGHT**

Our children will once again be presenting the Winter pageant, which features them in adorable costumes acting out the stories behind the solstice holidays of eight different religious traditions. This Wy'east creation celebrates how we all find meaning in the darkness of winter, no matter which stories are told, and which holidays we observe.

**Service:** 10:30 a.m. **Religious Education** (Pre-K-8th Grade): Children will stay for this multigenerational service, so there will be no RE. Nursery care is available for infants and toddlers.

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

## **December 22 COMMUNITY SOLUTIONS TO THE INJUSTICES OF POVERTY**

**Lindsay Day**, Volunteer/Outreach Co-Manager at Sisters Of The Road, will draw on her background as a reservation raised tribal member, anti-poverty and indigenous rights activist, mother, and experience working with the amazing Sisters Of The Road collective to share the importance of community solutions to the injustices of poverty and the criminalization of poor and unhoused folks.

**Service:** 10:30 a.m. **Religious Education** (Pre-K-8th Grade): Children attend the beginning of the service, and then go to RE. 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.

## **December 24 CHRISTMAS EVE SERVICE 5 p.m.**

A traditional service of carols, stories, and the traditional candle-lit singing of Silent Night. Come join your Wy'east community as we celebrate the holiday season. Service by our minister, **Rev. Marcia Stanard**.

## **December 29 NEW YEAR HYMN SING**

At this winter time awaiting the New Year, there is nothing so warm and cozy as a service where we sing hymns together, particularly those that bring us joy and hope for the days ahead. We will have some hymns picked out ourselves for sure, but you might also come with some favorites and requests.

**Service:** 10:30 a.m. **Religious Education** (Pre-K-8th Grade): Children attend the beginning of the service, and then go to RE. Nursery care is also available for infants and toddlers.

**Social Hour:** Join us for refreshments after the service.