



The Unitarian

First Unitarian Church

801 East Washington Street • South Bend, Indiana 46617

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Website: <http://FirstUnitarian.us> On Facebook: FirstUnitarianSB

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Calendar of Events

<u>Day</u>	<u>Date</u>	<u>Time</u>	<u>Activity, Event or Meeting</u>	<u>Location</u>
Sun	4	10:30 am	Service: What A Time To Be Alive, Rev. Chip Roush	
		12 noon	All-church Stewardship Luncheon	Foyer & Conf. Room
Mon	5	6:00 pm	Women's Spirituality Circle & Red Tent Gathering	Room 103
Fri	9	6:00 pm	All-church Soup and Game Night	Foyer & Conf Room
Sun	11	10:30 am DST	Service: Stepping Back and Diving In ..., Willow Crisovan <i>Share the Plate</i> Collection: Life Treatment Centers (see page 6)	
		12 noon	New UU Class: Session Two	Conference Room
		11:45 am	Peace and Justice Committee Meeting	Room 103
Mon	12	5:30 pm	Showing Up for Racial Justice (SURJ) Meeting	Conference Room
Wed	14	11:00 am	Pie with the Parson at Chico's Mexican-American Rest.	Offsite
Fri	16	5:00 pm	Women's Sharing Circle	Conference Room
Sun	18	TBA	Afternoon Social Justice Work at La Casa de Amistad & Potluck Note: We will not have a regular Sunday Morning Service	
		4:00 pm	SPIRAL: <i>Ostara</i> Celebration	Offsite
Mon	19		<i>Newsletter Submission Deadline</i>	
Tues	20	7:00 pm	Adult RE: <i>Bible Class for UUs – The Old Testament</i> Session One: <i>Origins</i>	Room 103
Sun	25	10:30 am	Service: Next Year in South Bend, Rev. Chip Roush with <i>Ingathering</i> Ceremony	
		11:45 am	Art Opening: Joan Spohrer	Foyer
		12:15 pm	Adult RE: <i>New Perspectives on Reducing Stress</i>	Conference Room
Tues	27	7:00 pm	Adult RE: <i>Bible Class for UUs – The Old Testament</i> Session Two: <i>Famous Figures - Part A</i>	Conference Room
Wed	28	6:30 pm	Feasters at <i>Elia's Mediterranean</i>	Offsite

* The Choir rehearses every Wednesday at 7 pm (in the Sanctuary), unless otherwise announced.

Days and Times of Regular Committee Meetings

Care: First Monday, 7 pm; Committee on Ministry: Second Monday, 1 pm;
 Finance: First Tuesday, 7 pm; Worship Arts: Second Tuesday, 7 pm; Stewardship: Third Tuesday, 7 pm;
 Marketing: First Wednesday, 6:30 pm; Board of Trustees: Second Wednesday, 7 pm;
 Grounds: Fourth Sunday, 11:45 pm.

For additions, updates, or location changes, read the weekly CHIRP email, or check the online calendar at our website (www.firstunitarian.us). Also, we are on Facebook (FirstUnitarianSB).

Minister's Notes



Does Sabbatical mean that church members cannot call Rev. Chip? Well, for the most part, yes. We will designate two people (the Board President and a Care Committee designee) who will be charged with contacting me in an emergency. Otherwise, I will be engaged in other pursuits. If you see me out and about, you can say “hello,” but I won’t talk about the church. Fortunately, we have many wonderful lay leaders who will keep the church thriving in my absence. Then, when I return in August, we will re-engage in all the good work you will have been doing.

The tradition of Universalist, Unitarian, and UU ministers taking sabbaticals comes from the similar academic ritual, which was itself grounded in the Hebrew Bible practice of Sabbath. Since even G-d rested on the seventh day, after creating the universe (as the story goes), then we humans should honor the Divine inside us, by resting every seventh day. Unlike the academics of old, who took an entire year off, every seven, many contemporary ministers earn one month of sabbatical time for each year worked, which is usually taken in three-to-six month periods.

Scientific research also supports the idea that rest is crucial for us. Too much work, and/or too little sleep, can have dire consequences for our physical and emotional health. Obviously, we must do what we must do—and if we can arrange sufficient rest, we will be healthier, happier, and more productive human beings.

My contract requires that I report to the Board on the benefits gained, within two months of my return. I hope that by exercising regularly, meditating more, re-launching my website, and spending time with colleagues and friends, I will be well-rested, invigorated, and eager to return to full-time ministry on Wednesday, August 1, 2018. See you then!

With Spirit,

Chip

Minister's Office Hours: In addition to his availability for scheduled appointments, Rev. Chip commits to holding Office Hours regularly, to make it easy to just drop in without prior arrangements. These are also shown on the calendar on the church website, on the back of each Sunday's bulletin, and on Rev. Chip's door.

Week of March 5th: Monday, 1-3pm/Tuesday, 5-7 pm/Wednesday, 1-3 pm

Week of March 12th: Monday, 1-3 pm/Tuesday, 1-3 pm/Wednesday, 1-3 pm

Week of March 19th: Monday, 1-3pm/Tuesday, 1-3 pm/Wednesday, 1-3 pm

Week of March 26nd: Monday, 1-3 pm/Tuesday, 1-3 pm/Wednesday, 2-4 pm

Minister Out of the Office: Rev. Chip will be away from Michiana twice in March. He will co-lead a Beloved Conversations retreat in Chicago, Friday and Saturday March 2-3; and he'll preach in Fort Wayne on Sunday March 11. He will be on Sabbatical from April 1 through July 31, 2018.

Pie with the Parson: Rev. Chip will be at Chico's Mexican-American Restaurant (2418 Western Ave., SB) on Wednesday, March 14, from 11:00 am until almost 1:00 pm DST. An opportunity to chat in a more casual setting, “Pie with the Parson” is like office hours with pie. Conversations might include everything from climate change or a serious pastoral concern to ND Women's basketball or our favorite musicians.

Sunday Services

March 4: What A Time To Be Alive

Rev. Chip

Our technology is barely distinguishable from magic, our lives are longer and we eat better than 90% of the world ever has—and we face existential crises like climate change and nuclear war. We live a remarkable opportunity to both save and savor the world. Our annual Stewardship Luncheon will follow the service.

March 11: Stepping Back and Diving In - Being an Exchange Student and How it Changed My Life, Willow Crisovan

Come explore the adventures, thoughts, epiphanies, and frustrations of a Rotary Youth Exchange student to Temuco, Chile in 2015-2016. Willow Crisovan is now a senior at John Adams High School.

Don't forget to spring ahead one hour!

March 18: Afternoon Service Project at La Casa de Amistad

We are trying something new—instead of a service in the morning, we will do some work in the afternoon at La Casa de Amistad, then come together for a potluck meal and talk about our experiences. *Exact Time TBA.*

March 25: Next Year in South Bend

Rev. Chip

In Rev. Chip's last sermon before Sabbatical, we'll explore the lessons of Passover, and welcome new members with an Ingathering ritual.

Activities and Events This Month

Stewardship Luncheon

Sunday, March 4, 12 noon

We will kick off our annual **Stewardship Campaign** with a **Luncheon** after the service. As with our First Sunday Potluck, we will have delicious food, and great people with whom to talk—you just don't need to bring any food, as it will be provided for all to enjoy. Please plan to join us!

Women's Spirituality Circle & Red

Tent Gathering: Mon., March 5, 6 pm

This event will be held at the church. Spring Irish Potato Soup will be served, bring an appetizer to pass. The focus: Honoring Our Grandmothers by bringing a photo of her and to share a memory or story. Sharing highlights of the Winter Women Spirit with Holly Near will follow. Plans to host the lay led service for April 22 at the church, Honoring Mother Earth, will be discussed. For additional details, contact Diana Mendelsohn, group host at: diana79mendelsohn@gmail.com

All-Ages Soup and Game Night

Friday, March 9, 6:00 pm

Don't miss our annual Soup and Game Night. Bring a pot of soup, a salad, some bread or a dessert (cookies or cupcakes) to share. And of course, bring your favorite game, or just come and play cards or a Board game that will be there. All ages welcome. RSVP not necessary but helpful, Kathy Platt, 234-1352.

New UU Class: Session 2

Sunday, March 11, 12 noon

Even if you missed Session 1, if you are new to the church and would like to learn more about us, please consider attending this class. *Lunch and childcare will be provided during both.* RSVP to Membership Committee Chair Gail deSomer (gaildesomer@yahoo.com or 574-850-8156). For more information see the *For Newcomers* section on page 5.

Women's Sharing Circle

Friday, March 16, 6:00 pm

Relax over a simple potluck of appetizers, wine and dessert, enjoy conversation and camaraderie and learn how you can help your global sisters. This month's project aims to increase access to justice for Maya women living in 24 Guatemalan communities by developing a network of Community Advocates who promote women's rights. For more information, visit the Dining for Women site <https://diningforwomen.org/programs/womens-justice-initiative/> or contact Barb Carmichael at barb.carm@comcast.net.



SPIRAL: Ostara Celebration

Sunday, March 18, 4:00 pm

The wheel turns to spring equinox – *Ostara*. We will celebrate Ostara at Susan Siemer's house (2012 Linden Avenue, Mishawaka). It's a potluck, and we'll plan on eating at 4 or thereabouts, then those who wish to go down by the river and participate in the ritual are welcome to do so, probably around 7 pm. All are welcome, whether you come to join in the meal, the celebration or both.

So why is it called Ostara? It is questionable whether the Pagans gave the name Ostara to this Sabbat. Ostara herself is a shadowy figure in Germanic folklore. Her story begins with Eostre, an Anglo-Saxon goddess who is not documented from pagan sources at all, and turns up in only one early Christian source, the writings of the English churchman Bede. Bede may have been right that there was such a goddess, or he may have been spreading the received wisdom of his era, and scholars have debated this point for years. Jacob Grimm, the brilliant linguist and folklorist, is one of many scholars who took Bede at his word. He proposed that Eostre must have been a local version of a more widespread Germanic goddess, whom he named Ostara. It's impossible to tell if Ostara as a goddess ever existed outside Grimm's proposal.

I was born and raised near St. Bede College in north central Illinois, so at some point the Catholic church must have sainted him. St. Bede, a Catholic priest, may in fact have been responsible for naming this important Pagan holiday.

One thing is for sure – we all like an excuse to eat, whether from Pagan, Christian or any other source. So won't you join us for the celebration of Ostara, no matter the source of the name? This event is sponsored by SPIRAL, Supporting Pagans In Ritual And Life.

A Bible Class for UUs: Part 1 - The Old Testament

Tuesdays, March 20 & 27, 7 pm

For details see description in Adult RE Program Description.

Feasters: Wed., March 28, 6:30 pm

All are invited to join the Feasters group (folks who like to eat well) for an evening of food and conversation at Elia's Mediterranean (2128 S Bend Ave, South Bend, IN 46637). To reserve a seat at the

table, contact Cathy Duncan (272-2931 or kateduncan@aol.com) by Monday the 29th.

Save the Date – Next Month

Easter Sunday, April 1

In lieu of our usual potluck, please join us for:

10:00 am: Social Time with Holiday Goodies

10:30 am: Service

11:30 am: Youth Easter Egg Hunt &
Adult Social Time

Saturday, April 21

Our Annual Trivia Night returns! Plot your strategy now to challenge last year's winner: your team members (8), your preparation, as well as the essential table theme and snacks. Watch for sign up information in upcoming CHIRPS and the April newsletter.

Youth RE Program

RE students made twenty-two Valentines for children in the pediatric section of Memorial Hospital. The purpose of these Valentines was to help lift the spirits of the children who are away from their families during this time of year. This activity gave our RE students a chance to be sympathetic to children who otherwise would be home with their families during Valentine's Day. Some chocolate hearts were also included with the Valentines.

The RE students have been spending time working on art for the RE summer art exhibit. The RE art exhibit will take the same format as the art that is displayed in the halls of the church. The students are excited about seeing their work on the walls.

On Easter Sunday we will have our annual Easter Egg Hunt after the service. We hope your children can join us for the fun!

Adult RE Program

*** Want to Learn About The Bible? ***

It has been said that in order to be a well-educated person in the English-speaking world, you must be familiar with three things:

The Bible, Greek Mythology and Shakespeare. UU's are usually pretty good at Shakespeare and Greek mythology, but sometimes we are not so conversant with the Bible. With this in mind, we present:

A Bible Class for UUs: The Old Testament Tuesdays, March 20, 27 & April 3, 7 pm

This class, led by Rev. Byrd Tetzlaff, will consist of three sessions.

Session One: Origins

The historical context, history of the book, who wrote it (and why), etc. And some of the creation stories.

Session Two: Famous Figures, Part A

From Genesis to Moses.

Session Three: Famous Figures, Part B

From Moses to Jesus.

Each session will be a stand-alone, which means you can come to just one session. For more information or to R.S.V.P. contact Byrd at uurevb@gmail.com or Gail deSomer at gaildesomer@yahoo.com

*** Need Help Managing Your Stress? ***

The Adult RE program is happy to offer two new courses this month to help anyone struggling with stress:

New Perspectives on Reducing Stress

Sunday, March 25, 12:15 - 2:15 pm

Do you or a loved one sometimes feel overwhelmed by stress? Perhaps you've tried a laundry list of different strategies, but feel like you've made little progress. Or maybe you just don't even know where to start. It's time to look at your circumstances from a different perspective! We'll discuss a variety of research-based options to help you not just cope with your stress, but grow from the challenges you face. *See details below.*

Many Paths to Mindfulness

Sunday, April 11, 12:15 - 2:15 pm

There are many unique and sometimes surprising paths to mindfulness. Whether you're looking to deepen your existing practice, start a new one, or just figure out what the heck mindfulness is all about, this insightful and engaging class will coach you through a variety of experiences designed to

help you get in touch with the present moment.

Details of Stress Classes: Both classes will be taught by Becky Lindstrom, UC Davis-certified Life Coach and owner of Ever Present Life (www.everpresentlife.com). Please feel free to bring a sack lunch to eat before or during the class. The specific location will be announced in the CHIRP (weekly email) and the Order of Service. Love donations will be gratefully and anonymously accepted before and after class, with a portion of the proceeds going back to the church. For more questions, please email becky@everpresentlife.com.

For Newcomers

New UU (Unitarian-Universalist) Class:

If you are new to the church and would like to learn more about us, please consider joining us for Session Two of our *New UU Class* on Sunday, March 11 from noon to 1:30 pm. Even if you missed the first session, you are encouraged to attend this session where we will discuss what it means to become a member, how to get involved and how we are governed.

Lunch and childcare will be provided. For more information, or to let us know you plan to attend, please contact Gail deSomer (Membership Committee Chair) via email (gaildesomer@yahoo.com) or call or text her at 574-850-8156. *If you will need child care, please be sure to tell Gail.*

Ingathering of New Members:

An *Ingathering* is being planned for Sunday, March 25. This short ceremony will be during the church service. It is where we recognize new members of the church. Please speak to Reverend Chip or Gail deSomer if you are considering becoming a member of First Unitarian Church. You may contact Gail at gaildesomer@yahoo.com or 574-850-8156 and Rev. Chip at minister@firstunitarian.us

More from Rev. Chip

Beloved Conversations in 2018-'19

We will finally present the acclaimed UU-designed curriculum on race and identity, "Beloved Conversations," in September, 2018. It is likely that we'll work with our sibling congregation, the UU Fellowship of Elkhart, on that curriculum. After an intense and amazing kickoff event on a Friday evening and all day Saturday (probably 9/14 and 9/15), there will be eight two-hour sessions, held every other week. Depending upon the schedules of the participants, and the ways we work around various holidays, the course should end sometime in January, 2019. You can learn more about the curriculum, and the 140+ UU, Jewish & Quaker congregations who've used it, at www.meadville.edu/fahs-collaborative/fahs-curriculum-catalogue/beloved-conversations/

2018 UU Christian Fellowship Revival is March 16-17 at the First UU Church of Richmond, Virginia, and you're invited! The theme is "Equipping Resistance" and we will provide theological and spiritual grounding for people engaged in any way in the Resistance. In addition to incredible speakers, we'll have a hymn-sing, a documentary screening, plus delicious food and time to reflect and connect. We're honored to have the powerful gospel choir Rev. D. Kay Logan & Nu Beginning before we open for baptism. Two days that will make your entire year. To buy your tickets just go to www.uuchristian.org/revival2018.

Committee News

Care Committee

Look closely at the ground and tree branches. The buds are forming. The red winged blackbirds have returned. March 20 is the first day of spring.

Thank you all for your generous donations for "Undie Sunday" throughout February for the ongoing community project with the Broadway Christian Parish.

Barbara Williams is recovering at home from a knee replacement. She is still grieving the loss of her husband, Bruce, and dealing with her son Eric's sadness. Bette Asplund is managing an ear virus that has caused loss of hearing in one ear and an infection in the other and thus unsteadiness. What a difficult winter it has been for her, and others. Please continue to be attentive to one another's needs.

We will be rearranging the "loan closet" in the basement with a clipboard sign out. We would like to keep track of which items are used and useful. Then we can eliminate the others. Please fill out the form when using an item of durable medical goods and childcare equipment. Thank you for your help.

Enjoy the added daylight and the change in temperature. Spring is coming!

March Birthdays

Happy Birthday to:

Kathy Wells-Lantz (2), Emily Munn-Woods (5)
Janet Bogar (9), Heather Hulse (10)
Gail deSomer (15), Becky Lindstrom (17)
Chris Hamlin (18), Jim Ward (20)
Sam Wistreich (30)

*A call or card of remembrance
is always welcome.*

Grounds Committee

The Grounds Committee is delighted to report that the Bowman Creek Educational Ecosystem has authorized a \$250 cash donation toward the creation of rain gardens on our property this spring. This grant will cover the cost of plants and include hands-on direction and support. Thanks to Howard Berberick, a member of BCE2, for his diligent efforts in making this happen. Look for future updates on the role of rain gardens in sustainability and how you can help.

Peace and Justice Committee

Our *Share the Plate* Collection this month will go to Life Treatment Centers' Women's Winter Amnesty Program. Life Treatment Center provides emergency shelter for women until April 1st, regardless of the temperature. In order to meet the community

needs, Life Treatment Center expanded the number of beds they have available. Staffing is needed to provide a secure, orderly and safe environment. Our contributions will go directly towards staffing needs for the emergency shelter program.

FYI: In February we contributed \$610.90 to *Planned Parenthood of IN & KY*. Wow!

Other First U News

The Mobile Ecology Center: On Saturday, March 25th the Mobile Ecology Center will travel to the South Bend's Farmer's Market event room. Montessori and family-friendly, visitors are asked to bring a small clean, yogurt cup. Avocado seeds will be planted with the leaf mulch from last year's leaves. The second activity will reuse old magnets and make them into butterflies. All activities are offered free of charge. The host is Diana Mendelsohn and volunteers from the Earth Scouts will assist. For more details, please call Diana Mendelsohn (574.277-7456) or contact her via email diana79mendelsohn@gmail.com.

**** Editor's Note **** *This is noteworthy for us (First Unitarian Church, SB), as a grant from our Endowment Fund, that the Congregation approved last May, paid for part of the **Mobile Ecology Center** (a van Diana has equipped and stocked). Please consider stopping by to see how some of our funds are being used in the community, and thank Diana for her efforts.*

In the Community

Experience Pilgrimage Healing

We might consider March winds blowing away the debris of winter as a metaphor for the gentle flow of energy healing us to release "old stuff" that is no longer serving us for good. This movement of energy in us is available now and always. We can let go and open to new levels of growth any time we wish. Pilgrimage Healing is a perfect way to experience release and renewal. For more information or to schedule an appointment, please contact Linda Jacobs at 574-360-7699

or by email lsj621@sbcglobal.net. Healing practitioners include Maureen Briones, Linda Carter, and Linda Jacobs.

Humanist Forum Events - March 2018

Hungry Humanists Meet for Dinner at the Chubby Trout: The Humanist Forum of South Bend will meet for dinner at the Chubby Trout on Thursday, March 1st @ 6:30 pm. The Chubby Trout is an old favorite in a new location. The menu is large and varied, and it's all delicious, see <http://chubbytrout.com/>. Chubby Trout is located at 3421 Plaza Court, Elkhart, IN 46514. See MeetUp.com/Humanist-Forum.

Truth Be Told Movie Viewing:

Thursday March 15, 6:30 – 9:00 pm
River Park Library (2002 Mishawaka Ave, SB)
We'll watch the documentary "Truth Be Told", which features former Jehovah's Witnesses candidly discuss growing up inside the religion. They reveal experiences including the effects of proselytizing door-to-door, shunning non-observant family and friends, suffering the discouragement of pursuing dreams like gaining a higher education, and more. The movie focuses on the everyday life of most members. See MeetUp.com/Humanist-Forum.

Medical Aid in Dying in Indiana: A Compassionate Choice:

Wednesday, March 21, 2:00 - 4:00 pm, River Park Library (2002 Mishawaka Ave, SB)

Medical aid in dying is a safe and trusted medical practice available only to terminally ill, mentally capable adults who have a prognosis of six months or less to live. They may request from their doctors a prescription for medication which he or she can choose to self-ingest to end unbearable suffering and to die peacefully. This medical practice is also known as death with dignity. This event, free to the public, is sponsored by the Humanist Forum of South Bend. Bev Hmurovic, President of Compassion & Choices of Indiana will present. See MeetUp.com/Humanist-Forum.

Volunteer Opportunities

Like Coffee?

We are in need of people to make Coffee for the Social Time after the Service each Sunday. Sign-up is in the kitchen and will soon be on-line. There is always someone to help, and it is greatly appreciated!

Church Communication

Mailing Lists

If you are interested in being added to our weekly CHIRP (news via email) or our monthly newsletter (*The Unitarian*, sent via email or U.S. mail) list, please contact the church office (office@firstunitarian.us).

Deadlines

Please send information to be included in the following, using the deadlines below.

- **CHIRP:** Tuesdays at 9:30 am
- **Order of Service:** Thursdays at 9:30 am
- **Newsletter:** Third Monday

Our Church Staff

Minister: Rev. Chip Roush

minister@firstunitarian.us

Cell: 231-709-0032

Director of Youth RE: Dan Holm

dholm@iusb.edu | Cell: 574 8558105

Office Manager: Meadow Smith

office@firstunitarian.us | 574-234-6588

Church Office Hours: M-F 9 am – 12 noon

Bookkeeper: Finda Kamanda

treasurer@firstunitarian.us

Please send all finance question to this email.

Our Sunday Team

Youth RE Teachers

K to 2nd Grades: Heather Hulse &
Wendy Lohman

3rd to 5th Grades: John Bentley

6th to 10th Grades: Susan VanFleit &
Byrd Tetzlaff

Nursery Care Provider: Diana Mendelsohn

Pianist: Siwon Kim

Choir Coordinator: Alan Hamlet

If you would like choir information, please contact Alan at: hamlet.1@nd.edu

2017-2018 Board of Trustees

Officers:

Susan Siemers, *President*

Chuck Leone, *Vice President*

Elena Wake, *Treasurer*

Melanie Smith-Guillaume, *Secretary*

Trustees:

Janet Bogar

Wendy Lohman

Florence Klecka

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Committee Chairs

Adult RE

Gail deSomer

Aesthetics

Melanie Smith-Guillaume

Building

Roger Birdsell &
Jean DeWinter

Care

Mary Hagen & Lois Holm

Com. on Ministry

Jessica Collett

Building Use

Gary Metzler

Endowment

Joseph Gress

Events

Kathy Platt

Finance

Chuck Leone

Grounds

Barb Carmichael &
Susan VanFleit

Marketing

Becky Lindstrom

Membership

Gail deSomer

Peace & Justice

Kay Azar & Annie Mannix

Social

Kathy Platt

Stewardship

Chuck Leone

Worship Arts

Florence Klečka

Youth RE

Dan Holm