

Unitarian Universalist Congregation of Columbus, IN

UUCI NEWSLETTER

JANUARY 2025 ISSUE

NEW BEGINNINGS

JANUARY IS THE PERFECT TIME TO TRY NEW THINGS AND MEET NEW PEOPLE! LEARN MORE ABOUT SOCIAL GROUPS THAT START THIS MONTH

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SUNDAY SERVICES

Sunday Mornings at 10 am


*Resilience, Courage, and Love:
Three Sparks to Set the World on Fire*



*with Rev. Nic Cable
Sunday, January 5 at 10am*



The Gospel





SUNDAY
JANUARY 12TH
AT 10AM


ALL AGES
SERVICE!

*according to
Dolly Parton*

PROPHETIC VOICES SERIES
WITH ADRIENNE SUMMERLOT



PROPHETIC VOICES SERIES
WITH REV. NIC CABLE
JANUARY 19 AT 10 AM



PROPHETIC VOICES SERIES
WITH REV. NIC CABLE
JANUARY 26 AT 10 AM



Sunday morning services are central to our community. We all begin service together and then children and youth are invited to attend classes after a shared story. Childcare is offered as well for infants through preschool and we also welcome and encourage children and youth to stay in service with their adults anytime they choose. Services typically last an hour and are followed by a social hour in Fellowship Hall, we hope you will join us for warm beverages, snacks, and connection!

Recalibrating and Rewiring our Systems

from Adrienne Summerlot, Children's Ministry Coordinator

Tempting as it may be to buy into resolutions for a new year, you can be setting yourself up for failure. Taking a beat to pause and contemplate what you need personally for yourself and naming it can be the first important step in a successful plan. I have shared before that for almost twenty years, I have chosen a word for the upcoming year and try to intentionally weave into my daily practices. This has proven to be a much more realistic way for me to embrace being a lifelong learner and honor where I am in this moment in time. Past words have been: balance, fun, organize, flow, sabbath, and me. In addition, I share that in the past two years I have come to learn that “No.” is a complete sentence and that can be an incredibly liberating idea. To fully understand and actualize that, I have had to remember that if something is not a “Hell Yes!” then it is a “No.” for me. I have had to let go of societal pressures, grind culture, and my own perfectionist tendencies.

As we enter into this new year, full of possibilities, I want to invite you to recalibrate. To discern what you need to survive- yes, I said survive because I am aware that so many of us are spinning plates and trying not to burnout and many days we are just trying to get through it. Do you feel like you can reach out and ask for help? We are a community of care and yet we often feel like we can not be vulnerable and share our needs with each other. ***We are not meant to do this alone!*** Who can you reach out to today? Who can you send a text message to and just say, “Hey, I think you are awesome and I just wanted to let you know that you crossed my mind today.”? How might you be radically loving and compassionate?

We are still recalibrating after the pandemic, resisting grind culture and wanting a healthier normal. Recalibrating and rewiring those pathways can involve changing your thoughts or actions about something.

Here are some strategies for recalibrating:

- **Take a break:** Slow down and step away from your daily routine. Sometimes this is as simple as a change in scenery and engaging your senses in a different way.
- **Set boundaries:** Set clear boundaries between work and personal time to avoid burnout.
- **Improve your abilities:** Take a class, read a book, or learn a new skill.
- **Take care of your body:** decrease time on screens, strive to get more sleep, pay attention to what your body needs be it water, food, movement, or rest.
- **Surround yourself with positive people:** Seek out friendships and business contacts that inspire you and accept you for who you are.
- **Ask yourself questions:** Consider what's giving you energy, what's draining it, and how aligned your actions are with your values.
- **Visualize your future:** Use visualization to recalibrate your goals and mindset.
- **Challenge your brain:** Try puzzles, games, or learning a new language to create new neural connections.



Music at UUCCI

OUR OLDEST HYMNS

By Louise Hillery

When Rev. Nic gave his annual Question Box Sermon on December 8, there was one question he didn't try to answer: What is the oldest hymn in our gray hymnal (*Singing the Living Tradition*)?

I think I have the answers. And they are all somewhat familiar to members of this congregation. If someone finds an older hymn, I hope they'll let me know.

- Is 25 centuries old enough for you? Hymn #144, "Be Ye Lamps Unto Yourselves," with words attributed to Gautama Buddha, is thought to come from the 5th Century BCE (Before the Common Era). You may not recognize the title, but you would recognize the tune. Chris Kevitt and I play parts of this tune every week, right after the Worship Associate reads their Reflection. The words, which you might not be familiar with, are these:

Be ye lamps unto yourselves.
Be your own confidence.
Hold to the truths within yourself,
As to the only lamp.

- The first runner-up for oldest hymn is a song very familiar to us. We've heard it twice in the past month: #225, "O Come, O Come, Emmanuel." The original Latin words come from a mass sung nightly in monasteries of the 9th century during Advent, the month before Christmas, making this hymn 12 centuries old. Or you could say it's even older, because most of the verses are taken from the Old Testament Jewish prophets. However, the English translation and the tune we use are only 2 centuries old. The first verse says:

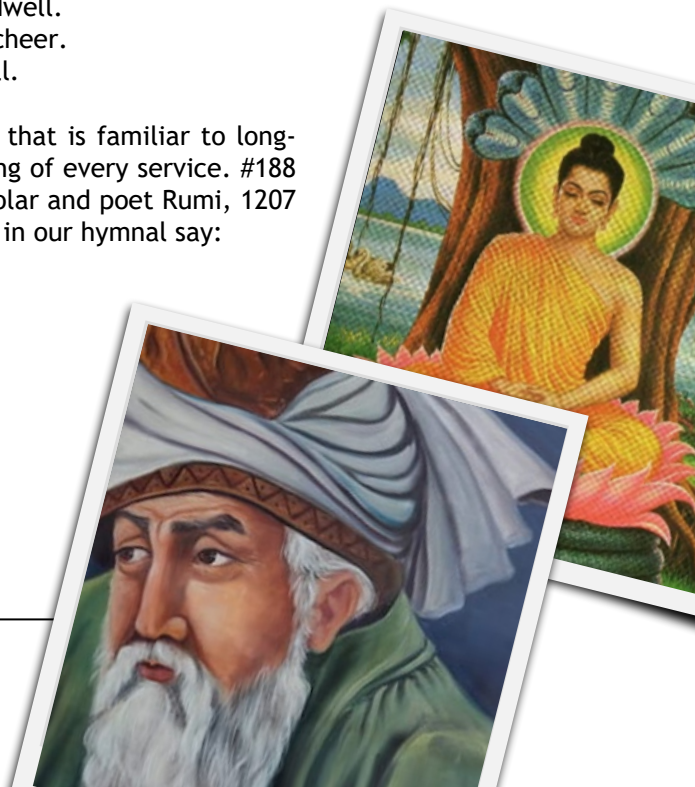
O come, O come, Emmanuel, and with your captive children dwell.
Give comfort to all exiles here, and to each aching heart bid cheer.
Rejoice! Rejoice! Emmanuel shall come within as love to dwell.

- The second runner-up prize goes to another short hymn (a chant) that is familiar to long-time members of UUCCI, because we used to sing it at the beginning of every service. #188 "Come, Come, Whoever You Are," uses words from the Islamic scholar and poet Rumi, 1207 - 1273 CE (AD), making it approximately 8 centuries old. The words in our hymnal say:

Come, come, whoever you are,
Wanderer, worshipper, lover of leaving
Ours is no caravan of despair.
Come, yet again, come.

(Words that appear in the poem, but are missing from the hymn, may help to make sense of this mysterious hymn: "Though you've broken your vows a thousand times, come, yet again, come.")

January 2025



SHAVINGS FROM THE BOARD

As the new president of the Board of Trustees (and a compulsive wordsmith), I prefer the title of this column to be “Shavings from the Board” instead of “Splinters.” I’m thinking of those curly short pieces a carpenter produces when using a plane to level the surface of a board. I think it is a much more pleasant metaphor, including the scent of pine, that suggests we are working to ensure UUCI runs smoothly.



Keeping with that theme, our December meeting promoted a smooth transition into 2025. We thanked each trustee going off the board (Stephan Barnard, Brandy Wills, Adam Reuter, and Linda Iwamuro) for their excellent service, and we welcomed our new board members (Mark Kevitt, Liz Cleland, David Windley, and Dick Boyce). The Board Orientation in January will help them slide easily into their new roles.

During orientation, the Board will fine tune our permanent committee structure and clearly define our roles and involvement with the congregation. We want to stay the course with resilience, courage, and love while continuing to develop and promote the “Imagine 2030” strategic objectives.

Upon reviewing the pledge numbers and comparing data to previous years, we were glad to learn UUCI can keep moving forward with the budget that was approved in November. Not every family had pledged by December 19, but we could safely predict that enough would follow through to ensure the well-being of our congregation. Thank you to all in the congregation who demonstrated how much they value UUCI in their lives by promising to support it financially.

At this writing, we need a Chair for the Buildings and Grounds Team. We were lucky to have Jon Fischer in this leadership role for many years. In addition to providing maintenance and recommendations, Jon took personal time to meet with contractors who came out to our property to evaluate needs and provide estimates.

We still appreciate the hard work that Jon, Donna Stanley, and Scott Rittenhouse continue to do to keep our grounds thriving and our building working! Please search inside yourselves to see if you can help by assuming the Chair position. Or even tag-team with a partner you name to share time for that commitment. Contact me or Rev. Nic if you are interested.

Best Wishes for an exciting and fulfilling
January 2025!

Cynthia Scott
President, Board of Trustees

JANUARY

CHILDREN AND YOUTH MINISTRY

Adrienne
Summerlot



Children's Ministry Coordinator
children@uucci.org

Seedling and Sprouts (infants-preschool) meet every Sunday in the Earth Room with our caregivers to meet new friends, share stories, sing, and play!

Lego Builders (Kindergarten-4th Grade): Our makerspace will be stocked with Legos as we build and explore our ValUUES this semester. Each gathering will begin with circle time, followed by a choice of activities that either carry through with the theme or allow for community building through play. Children are free to choose the prepared activity (generally a LEGO suggestion) or move to another exploration in the room.



January 5- Value: Covenant

We work together to make our classroom a sacred place.

January 19- Value: Covenant

Every Person is Important

January 26: Value: Pluralism

We welcome everyone who shares our values.

Uuth Group (5th Grade and up!): Our tweens and teens need their own space together to play games, explore spiritual and religious topics, cultivate fellowship and engage in social justice projects. Uuth meet regularly in their room, aka the library. When Uuth group doesn't meet they are always welcome to join kids in Roots and Wings or Makerspace. We are committed to fostering leadership opportunities for them.



Questions?
Contact Sunny Currier
Youth Coordinator
youth@uucci.org

We register children and youth annually for our programs at UCCI so that we have the most accurate information to share information with parents/caregivers, ensure communication, and to provide support to those we serve. We appreciate you taking a moment to **REGISTER!**

LOCAL / GLOBAL ACTION TEAM



JANUARY 2025

HELPING OTHERS, NEAR AND FAR

Would you like to share your ideas or passions for a specific non-profit? Are there hands-on activities that interest you in our area?

UUCCI has expanded one of their teams to be more inclusive and supportive of non-profit organizations both locally and globally! If you are interested in becoming involved the UUCCI Local / Global Action Team, please email Cathy Caldie at cathycaldie28@gmail.com



By Cathy Caldie

The Local / Global Action Team will meet on Sunday, February 2nd after service at 11:30 am for a planning meeting. All are welcome to join!

THE GREEN CORNER

Join the Environmental Action Team!

The Environmental Action Team will meet on Jan. 12th at 11:30 am in the library/youth room. Please bring your ideas and energy. All are welcome! Contact Kathleen Leason at kmleason@gmail.com if you have any questions.

BUILDING AND GROUNDS TEAM CALL FOR PARTICIPATION!

The Building and Grounds team strives to make sure that our facilities are safe, functional, accessible and beautiful. We work with the staff to accommodate the needs of our various programs. We collaborate with our neighbors to make decisions that are mutually beneficial.

For more information contact



Donna Stanley
dstan52@frontier.com



HELP UCCI
LOOK AMAZING,
AND SPEND SOME
TIME WITH
AMAZING
PEOPLE!



Living Laudato Si'
St. Bartholomew Parish
CARE FOR OUR COMMON HOME



The St Bartholomew Care for Our Common Home ministry will hold an information session “Introduction to Community Solar”. Join us Tuesday, January 7th at 7 pm in the parish hall to learn about how Community Solar works, what is needed to bring it to Indiana, and how it aligns with Pope Francis’s encyclical Laudato Si’.

Our guest speaker will be Christine Glaser, the Indiana Policy Coordinator at Faith in

Place. The vision statement of Faith in Place is people of diverse faiths and spiritualities leading the environmental movement to create healthy, just, and sustainable communities for all. Faith in Place is the Indiana, Illinois, and Wisconsin affiliate of Interfaith Power & Light.

Community solar programs make solar more accessible to all U.S. households, particularly to those with low-to-moderate incomes, renters, and other community members for whom traditional rooftop solar is unavailable. Rather than putting solar on their own home or building, community solar allows energy users to subscribe to a shared system of solar panels, often located within their community.

Participation in a Community Solar program is voluntary, does not require any consumer investment, and would likely result in a reduction of the subscribers electric bill.

The event will be held in the St Bartholomew Parish Hall located in the lower level of the church. St Bartholomew is located at 1306 27th St in Columbus, IN.

Care For Our Common Home Ministry
Contact Dave Wildemann for information
wildemann@att.net
(812) 447-4015

Make New Connections In The New Year

Find Your People!

There Is A Group For Everyone



Women's Chalice Circle - Thursday, Jan 9th at 10 am

The Women's Chalice Circle will continue meeting the 2nd Thursday of the month through May of 2025. This group of women meet in the Elsie Weekly room from 10 am to 12 pm each month. If anyone would like to learn more about the Women's Chalice Circle, they can email Sharon Mangas at docmangas@comcast.net or call 812 350-5325.

Women's Group - Tuesday, January 14th at 6:00 pm

We will start with a pitch-in so please bring a dish to share. If you don't have time to make or buy something, please come anyway! All women 18 and up are invited to come to the restart of Women's Group beginning January 14th, 2015. We will meet the second Tuesday of each month, unless otherwise noted.



In January we will discuss Jana, the moon goddess from ancient Roman mythology. She has two faces, one looking to the past and one to the future. Future topics could include women's spirituality, creative expression, social justice issues pertaining to women, and of course fun, socializing and connecting on a deeper level with women in the UU community. Your ideas for future women's group meetings will be solicited that night as well. For information contact Carol Kostrzewsky: 812-371-4755 ckostrze@iu.edu or Diane Spofford: 812-371-1717 dianespofford@gmail.com



Music Reading Course - Dates To Be Determined

Have you ever wanted to learn to read music? This new year is a great time to learn a new skill and get to know more people. This course will consist of eight sessions, led by our own Louise Hillery. The schedule will be determined in consultation with the first 3 people to sign up. Contact Louise for details at music@uucci.org.

UUCCI PROGRAMS

JANUARY 2025

Pastoral Care Team Meeting

Wednesday, January 1 at 2 pm

Our Pastoral Care Team helps us to stay connected with the members of our congregation. If you would like to share a special announcement, birthday, a joy, or a sorrow in our Friday Reminder email, please reach out to Marcia Walker at mwalker@epowerc.net

Death Cafe

Thursday, January 2 at 2 pm

Death can be a very difficult topic to talk about. Death Cafes provide a chance to be together to eat cake and talk about death. Why a Death Café? We know that talking about death to the point that we normalize it as a part of life helps reduce anxiety about our own death and the death of loved ones - and helps us live more fully. These relaxed, interesting conversations on death are fluid; you may choose to attend one or both sessions. UUCCI members Cate Hyatt and Sandy McCoy will serve as gentle guides to keep the conversation flowing and to honor all persons' own views and confidentiality.

Choir Practice

Wednesday, January 8 at 7 pm

If you would like to learn more about the choir, contact Louise at music@uucci.org.

Chalice Circle

Thursday, January 9 at 10 am

Chalice Circles are facilitated, small group gatherings, which meet once a month at UUCCI. The gatherings foster conversation on Monthly Themes and build community in a small setting. Please contact Sharon Mangas for more info at docmangas@comcast.net

Sunday Services Meeting

Friday, January 10 at 12 pm

The Sunday Service Team organizes meaningful services for our congregation each week.

Hymn Talks

Sunday, January 12 at 11:30 am

Hymn Talks explores and debates our favorite or not-so-favorite hymns in one-hour Sunday discussion sessions. Contact Louise at music@uucci.org. Childcare provided!

Environmental Action Team Meeting

Sunday, January 12 at 11:30 am

The Environmental Action Team will meet on Jan. 12th at 11:30 am in the library/youth room. Please bring your ideas and energy. All are welcome! Contact Kathleen Leason at kmleason@gmail.com if you have any questions.

Spiritual Living Circle

Monday, January 13 at 12:30 pm

Spiritual Living Circle meets the 2nd Monday of each month from 12:30pm until 2:00pm in the library at UUCCI. Join us for a time of meditation, reflection, and discussion. We use the Spiritual Living Magazine and a metaphysical book of group choice as our source materials. For more information, please contact Mary Harmon or Anita Naanes.

UUCCI PROGRAMS

JANUARY 2025

Women's Group

Tuesday, January 14th at 6:00 pm

We will start with a pitch-in so please bring a dish to share. If you don't have time to make or buy something, please come anyway! All women 18 and up are invited to come to the restart of Women's Group beginning January 14th, 2015. We will meet the second Tuesday of each month, unless otherwise noted. In January we will discuss Jana, the moon goddess from ancient Roman mythology. She has two faces, one looking to the past and one to the future. Future topics could include women's spirituality, creative expression, social justice issues pertaining to women, and of course fun, socializing and connecting on a deeper level with women in the UU community. Your ideas for future women's group meetings will be solicited that night as well. For information contact Carol Kostrzewsky: 812-371-4755 ckostrze@iu.edu or Diane Spofford: 812-371-1717 dianespofford@gmail.com

Choir Practice

Wednesday, January 15 at 7 pm

If you would like to learn more about the choir, contact Louise at music@uucci.org.

Community Pitch In

Sunday, January 19 at 11:30 am

All are invited to bring a dish to share (no nuts or sesame) at our Community Pitch In after service

Band Practice

Wednesday, January 22 at 7 pm

If you would like to learn more about the band, contact Louise at music@uucci.org.

Game Day

Sunday, January 26 at 11:30 pm

All are invited to bring a favorite game to introduce to friends or to pick a game from our shelves. This is a great way to meet new people, show off your skills, and get a little competitive!

Band Practice

Wednesday, January 29 at 7 pm

If you would like to learn more about the band, contact Louise at music@uucci.org.



COLUMBUS INTERFAITH

EVENTS AT UUCI INTERFAITH CAMPUS



Interfaith Community Dinner and Care: Game Night!
Wednesday, January 8
6 pm - Pitch In Dinner
7-8:30 pm - Games and Conversations

Our January Interfaith Dinner will be a laid-back game night! Join us for fun and fellowship as we get to know one another and ring in the new year with fun and fellowship.

All are welcome to join us for this event. Please bring a favorite board game or two and a vegetarian side dish to share (no nuts or sesame). Future Interfaith Dinners will be held on the second Wednesday of each month. Mark your calendars for February 12th and March 12th



Religious educators Jen Riddle and Adrienne Summerlot are working to plan a retreat to take place in February with opportunities for families to rest, Play, and imagine the possibilities ahead. More details to Come. Registration is Helpful for us to plan meals, materials, space and volunteers but we plan to be able to accommodate drop ins as we know our families need that flexibility.

Register here:

<https://uucci.breezechms.com/form/2b9f5f>

Contact children@uucci.org for more information.





Yoga with Manju

at

Sri Ganesh Mandir

Embark on a journey of wellness & inner peace.

Whether you're new to yoga or a seasoned practitioner, these sessions are designed to rejuvenate your body, mind and soul



Manjushree

Certified Level 2 | RYT 500 Yoga Instructor

5+ years teaching experience | Specializes in Hatha, Vinyasa, Ashtanga Yoga, Pranayama & more | Experienced in leading sessions across India, USA, UK & Singapore

Scan QR Code above to sign-up!

Every Saturday | Starting 21st Sept
8am - 9am
Sri Ganesh Mandir, Columbus, IN