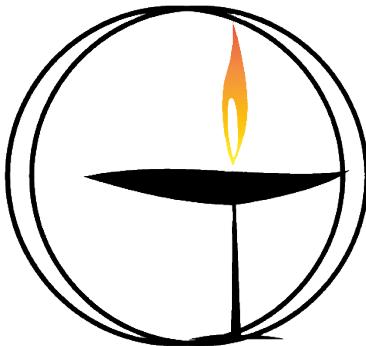


The Unitarian
Congregation of Taos
August 2018
Bulletin Board



Services & Circles begin at 11 a.m. at the Masonic Lodge, 124 Camino de Santiago, at the intersection with Gusdorf Road.

On My Mind

Rev. Gary Kowalski

"Care for your body. It is a wonderful gift." Years ago I wrote those words as a personal benediction, repeated frequently during my 36 years of ministry. As the decades pass, the words take on added significance. My personal challenge this summer was passing an Emergency Medical Responder class with the Jicarilla EMS in Dulce, New Mexico, which pretty much covered lifespan emergencies from delivering a baby to dealing with dementia. Once I finish my National Registry Exam, I will have a scope of practice fairly similar to that of an EMT. Who knew our bodies were so resilient, fragile or adapted to survive?

Neonates need CPR with a heartbeat under 60 per minute. There are breech births, placenta previa, and a host of other complications that can accompany a pregnancy. It's pretty much a crapshoot that babies arrive at all. And from the moment we mature, we begin to disintegrate. Muscle tone weakens. Bones thin. Entropy, the second law of thermodynamics, states that ordered systems tend toward chaos. Like finely engineered machines, our bodies begin to malfunction from repetitive motion. Whether in the lungs or heart or nervous system, the gears start to grind.

Each one of you, I imagine, is dealing with some chronic ailment or coping with a family member suffering from a geriatric condition. Parkinson's. Alzheimer's. Congestive heart failure. For me, a day that is pain free has become increasingly rare and treasured. It is such a gift to enjoy simple pleasures: a walk in nature, a healthy meal eaten with good appetite, a restful night's sleep, or sharing moments of music or love or friendship.

(Continued on page 2)

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| Wed., Aug. 1 | Women's Group, 6 p.m. |
| Sun., Aug. 5 | <i>The Question Box,</i>
The Rev. Gary Kowalski |
| Sun., Aug. 12 | Sharing Circle: <i>Resilience</i> |
| Wed., Aug. 15 | Men's Group, 4:30 p.m. |
| Sun., Aug. 19 | <i>The Personal and the Political,</i>
Rev. Munro Sickafoose |
| Sun., Aug. 26 | Sharing Circle: <i>Growing Up</i> |

Notes from the President

Barbara Scott

Gather at the Sound of the Bell

A fundamental part of our service on first and third Sundays is the music. Martha Grossman prepares and practices a beautiful prelude and postlude to share with us; but too frequently, we aren't ready to listen to the prelude. When you come on those Sundays, please listen for the sound of the bell, ringing up front. The lay leader will try to ring it at 10:50 to remind us and then again at 10:55. At that time, please be seated as quietly as possible, and remind others to do the same. Martha will start playing the prelude right at 11 a.m., but let's please gather quietly so we can get into the spirit of listening — to the music, the lay leader, each other during joys & sorrows, and our ministers. We will all appreciate it, and we can still have plenty of conversation after the service.

Sunday's Sharing Circles

Sharing circles, held on second and fourth Sundays, have become integral to our shared ministry. With seven different facilitators, there is always a different approach to the subjects we bring. Some people come to both the circles and the services, but there are others who only come to the circles. This low-cost alternative to regular service Sundays has allowed us to be open every Sunday of the year. But the low cost does not diminish the richness that has developed. I'd like to acknowledge Mya Coursey for initiating the program, which has become a mainstay for the roughly 20 people who attend each circle Sunday. And my thanks to all the facilitators who have participated in the past and present. If you're interested in becoming a facilitator, please speak to me.

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On My Mind

(Continued from page 1)

These occasions are nothing special, except to make it all worthwhile.

Seize those moments! That's what life is made of: fleeting moments that we can either celebrate or curse for the stress and strain they contain. Almost every day, I think, carries some blessing, large or small. What gifts have you received today? How many have you passed on?

I still take these words to heart. *Go in peace. Speak the truth. Give thanks each day. Respect the Earth and her creatures, for they are alive like you. Care for your body; it is a wonderful gift. Live simply. Be of service. Be guided by your faith and not your fear. Go lightly on your path. Walk in a sacred manner.*

In the words of Corita Kent, life is made of moments. To live each one is a success.

— Gary

Fifth Sunday Program — Joan Sanford on Women's Health & Reproductive Justice, plus a Justice Ministry forum

Chuck Doughty

On July 29th, our Service/Forum will include worship, speakers, media presentations, reflection, and discussion. Mya Coursey, Chuck Doughty and Cristy Holden will explore the historic and current challenges and options for UU Justice Ministry. Our guest speaker will be Joan Sanford, Executive Director, N.M. Religious Coalition for Reproductive Choice (nmrcrc.org), on Women's Health and Reproductive Justice. "We are called to respect and protect the fullness of every person's reproductive and sexual life and rights — physical, emotional, political and spiritual."



Happy August
Birthday Wishes to...

- 4 Mary McPhail Gray
- 6 Bob Silver
- 8 Wally Cox
- 13 Mary Rodgers
- 14 Sally Savage
- 22 Mya Coursey

Notes from the President

(Continued from page 1)

Spiritual Listening Workshops with Eileen Wiard

We are planning two covenant-type spiritual listening workshops. The first will be held on Saturday, July 28, from 2-3:30 p.m.; the second one will be scheduled after the first is completed. We invite both men and women to attend. Quiet listening is a gift you can give no matter your gender or that of the recipient. The workshops will be especially helpful for those in the caring community so that if the need arises, they can offer spiritual comfort to those who are ill or going through a crisis. It does not involve counseling but does involve caring, and it will prove valuable in our everyday relationships. The board has voted to cover the cost. Location is to be determined, based on the number of sign-ups. Please contact me if you'd like to attend — finaleyes@icloud.com.

Taos Alive

Bette Myerson

Taos Alive is one of the community organizations that our congregation supports through our Outreach Program. It is a community effort to reduce substance abuse among youth in Taos County. Holy Cross Hospital's Taos Alive Coalition unites the community to plan and implement strategies to prevent and reduce substance use and its consequences among Taos County youth. The goal is for our youth to live in a safe, secure, and drug-free community.

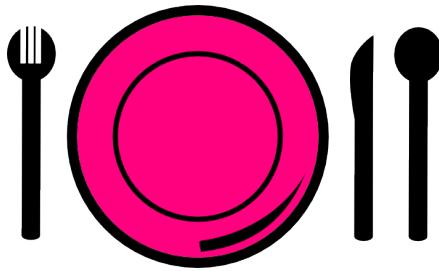
The UU Women's Group

The August 1st meeting will be held at 6 p.m. at the Taos Bridge Club room, located near Enterprise. Chris Westover will lead, and Barbara Martinez will do an opening and closing as we explore the concept of "Forgiveness," including a CD and meditation. Emily will bring snacks.

Group Contacts

Women's Group
Carol Doughty, lccdoughty@gmail.com

Men's Group
Terry Surguine, tsurguine@gmail.com



Dinners for Six

Virginia Saporta

Dinners for Six, formerly known as Dinners for Eight, is gearing up for our upcoming season, September through January. This is a wonderful opportunity to meet or become better acquainted with members or friends of our congregation and share good food and conversation with them.

You will be randomly grouped. Each pair (or couple) will host and plan a dinner in their home for the group, provide a main dish, and arrange with other group members to complete the meal (side dishes, bread, drinks, dessert, etc). Singles may pair up to host a meal. If someone would choose not to host a meal, they may plan a “restaurant experience” for the group.

If you would like to participate but don't care to commit to being part of a group, you may want to sign on as a substitute. If you are a host who was partial to dinners for eight, you may invite someone from the substitute list to fill a place at your table.

Dietary restrictions and preferences will be accommodated. I see this as an opportunity for us to become acquainted with diverse foods. Those participants who have special dietary needs or preferences may wish to share menu ideas and recipes with their group.

To sign up, look for the sign-up sheet and information on the back table on service Sundays. I will be there after the service to answer questions. Also, you may email me. My email address is vasaporta@gmail.com. The deadline for participation in this round is August 15. I hope to see you at Dinners for Six.

Sunday, August 19

The Personal and The Political

Rev. Munro Sickafoose

“The personal is political,” also termed “The private is political,” is a political argument used as a rallying slogan of the student movement and second-wave feminism from the late 1960s. It underscored the connections between personal experience and larger social and political structures. In the ensuing years, it seems that everything has relentlessly become political, or politicized, from our food choices to our spirituality. Where do we go from here?



Sunday, August 5, 2018

The Question Box

Rev. Gary Kowalski

A favorite bumper sticker reads “Question Authority!” And my second favorite reads, “When Authority Answers, Listen!” Here is your chance to pose questions and quandaries to this Harvard Divinity School graduate, author of numerous volumes on history, science, nature, and spirituality. Admittedly, my answers to the Ultimate Questions are no better than yours. But they do contain years of study and personal reflection. So please let me know what intrigues, puzzles, or perplexes you in matters moral, metaphysical, or theological. Let’s explore the riddles together! Please email your questions to me at gary.kowalski@gmail.com one week prior to the service if you want an intelligent reply! Thanks, and I look forward to your queries. Gary



Music Committee News

Special music: Sunday, August 19

Jazz singer Christine Autumn, accompanied
by Martha Grossman

Singing practice with Martha at 10:30 a.m.
on the 1st & 3rd Sundays.

All are welcome; attend when you can.