

The Unitarian  
Congregation  
of Taos  
March 2022  
Bulletin Board



Sun., Mar. 6	Service: <i>Be A Leaf</i> Rev. Gary Kowalski
Sun., Mar. 13	Sharing Circle: <i>Choices</i>
Wed., Mar. 16	Men's Group, 4:30 p.m.
Sun., Mar. 20	Sharing Circle: <i>Sharing Stick</i>
Sun., Mar. 27	Service: <i>Bad Heuristics</i> Rev. Munro Sickafoose

***Let Your Ka Catch Up***  
**Rev. Munro Sickafoose**

In ancient Egypt, it was said that when someone went on a journey, it took four days for their *ka* to catch up with them once they reached their destination. *Ka* was roughly equivalent to the idea of an eternal soul. It survived the death of a person, and could reside in a picture or statue after their death. I've always wondered why it took four days, and why their *ka* didn't simply travel with them. My totally unfounded guess is that in those days, a person's identity and the place in which they lived were indivisible. One's *ka* and that place were deeply bound, and the *ka* was reluctant to leave. We do, after all, feel safer and more comfortable in our home place, and we also derive a sense of identity from it. Why four days? That seems to be roughly the time it takes to start feeling comfortable in a new place.

But what about when our home places undergo rapid change, as they are doing now? Political unrest, economic uncertainty, pandemics, and more—the changes are the equivalent of going on a long journey in a foreign land that looks just like home, but isn't! It feels like we are journeying all the time, when it is the world that is doing the moving. We can feel unprotected, vulnerable, and uncertain. It's easy to become weary. We can't stop the world changing. However, we can stop—stop long enough for our *ka* to catch up. Take time for your *ka* and say, "Here I am. I am in this here and now. I will stop here and wait." Just stop and wait. This is not the same as a day off!

Whether we believe in eternal souls is moot. Feeling more at home in a changing world takes time, and we must make time for it, and not rush. Regularly taking the time to let your *ka* catch up with the world, even if it's just one day or one afternoon a week, is a spiritual practice that I highly recommend.

***Be A Leaf***  
**Rev. Gary Kowalski**  
Sunday, March 6

The ultimate questions: Who Are You?  
Where Did You Come From? Why Are You Here?  
The answers are already starting to bud.

*See your weekly email for the Zoom link.*

***Bad Heuristics***  
**Rev. Munro Sickafoose**  
Sunday, March 27\*

*\*This month only, the 2nd service will be held on the 4th Sunday rather than the 3rd.*

Heuristics are mental shortcuts that can facilitate problem-solving and probability judgments. These generalizations, or rules-of-thumb, can be used to pass judgment or solve a problem quickly and with minimal mental effort; however, they often result in irrational or inaccurate conclusions or justifications. Let's examine some bad ones.

*See your weekly email for the Zoom link.*



22 Jim Schultz

**Annual Meeting Summary**

The 2022 UCOT Annual Meeting took place on January 23, 2022. [Here is a summary of the meeting.](#) This summary, and past board meeting minutes, can be found on [uutaos.org](http://uutaos.org).



*Happy Spring*

## SHARING CIRCLES

### Choices — Sharing Circle with Topic

Sunday, March 13, 11 a.m. (on Zoom)\*

### Each-in-Turn Sharing Circle

Sunday, March 20, 11 a.m. (on Zoom)

*This month only, the 2nd circle will be held the 3rd Sunday, rather than the 4th.*

The UCOT Sharing Circles are still settling into the new format. Our very first “Each-in-Turn” Sharing Circle was well-attended and deeply appreciated by all. With no topic, the participants took turns with the “talking stick.” But since we can’t pass a talking stick, each person brought a special, meaningful item to hold in their hands when it was time for them to speak. There was no discussion or crosstalk, and people simply shared what was on their heart, mind, or conscience.

Going forward, we will schedule those for the fourth Sunday of the month, and the Sharing Circle *with* topic will be the second Sunday. As the headline says, this month only Circles will fall on the second and third Sundays, not the second and fourth.

\*We decided to schedule the Sharing Circle *with* topic for our first meeting each month, because we will also invite those who can’t or don’t choose to attend on Zoom to submit their answer in writing, the way we did all throughout 2021. Many did not participate when prompt was sent out to be answered in writing, because they simply felt intimidated. Others, though, do not want to lose that very special part of their month, when they have the opportunity to express themselves through writing and/or read others’ thoughts on these subjects.

In addition, we are starting to have discussions among Circle attendees about the feasibility of meeting in person. Amy Sletteland, our new steering committee chair, is taking an informal email poll, and we will probably set aside one Circle Sunday to discuss the subject and come to a decision based on those who attend. If you care deeply one way or another, please attend that meeting when it’s announced.

For those interested in being on the Sharing Circle mailing list, please contact Dennis Scott at [bridge4fun@mac.com](mailto:bridge4fun@mac.com).

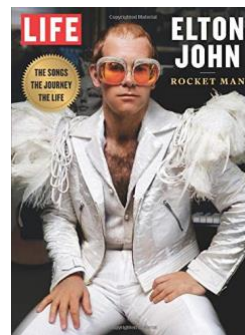
## UCOT Men’s Group

March 16

The UU Men’s Group will meet Wednesday, March 16, at 4:30 p.m. All who are fully vaccinated are invited to meet in person. Those who wish can join by Zoom. Contact Dennis Scott at [bridge4fun@mac.com](mailto:bridge4fun@mac.com).

## Music Committee News

Gael Minton



*Elton John, b. March 25, 1947*

Nathan Chen skated to a medley of [Elton John’s Rocket Man](#) for his Olympic Free Skate in Beijing, February 9, 2022. What a perfect tribute to Elton, who will be 75 this March 25! Chen was astounded that Elton John texted him congratulations on his Gold Medal. [Watch Nathan’s Olympic gold medal, free skate performance.](#)



*Nathan Chen, 2022 Olympic Gold Medalist*

Nathan’s Cosmic Vera Wang t-shirt had to be “as comfortable as my Nike sweatshirt,” he said. If you are enchanted by this athlete and his powerful, artistic style and perfect synchrony with music choices from classical to pop rock, enjoy these videos: [Nathan’s short program Beijing](#), and his [Skate Canada win November 2021](#).



Chen has been figure skating since he was three years old and working with Coach Rafael Arytyunyan for eleven years. Chen and his mother, Hetty Chen, drove several times a year from Salt Lake City to Los Angeles for coaching sessions. Reflecting on his 46-year coaching career, [in Coach Arytyunyan’s words](#) “A very long journey.”