



The Messenger

F I R S T U N I T A R I A N

Albuquerque ✧ East Mountains ✧ Socorro

October 2020

October's Theological Theme Is Deep Listening.



In thinking about Deep Listening, our theme this month, I keep thinking about times in the past **when I have listened most deeply—with no words exchanged.**

I remember as a child listening often—to the susurrant of wind in the trees, lying in a field of timothy grass. The sounds of water flowing by, the hum of cicadas, the thrum of bullfrogs, and the music of treefrogs all accompanied my childhood in a rural place. What my memories of listening to those things have in common was that I was at peace—unhurried and of a mind to listen deeply to the natural world.

Then I read about listening with your body, and that recalled the deep listening one does with a new baby. From the first sound of heartbeats to the little and big sounds that babies make, deep listening, contact, and intuition is necessary to connection. And babies listen in their way to your sounds, listen to the way you hold them. The sounds and actions turn into trust and a deep sense of security.

I think it's more difficult to listen deeply to words.

We are under the pressure of figuring out how to respond to the speaker immediately. We're so acclimated to this that not quickly responding to speech can make the speaker nervous. Have you ever had the experience of noticing that you're using way too many words to fill a silent space? But when we mindfully announce that we intend to allow that space, everyone can relax and ponder the speaker's words.

Our children and youth will learn this month about listening with their heart, to people of all colors, to Nature, and to the wise ones—our grandparents and elders—even using memory and dreams to listen to those that are gone.

Who or what do you listen to for healing, for love, for guidance? Are they in the room, or are they in your soul?

Mia Noren
Director of Religious Education,
Credentialed

Come to Dan Lillie's Ordination!



You are joyfully invited to attend a special, long-awaited event: the ordination of Dan Lillie.

On Sunday, October 4 at 4:00 pm MDT, the congregation of First Unitarian will have the special joy of **ordaining our former ministerial intern.** Dan served as ministerial intern from 2016-2017

and Ministerial Resident from 2017-2019.

In August, Dan, his wife Emily, and their daughter Natalie moved to Washington State, where **Dan serves as minister for the UU Congregation of Woodinville.** The congregation of Woodinville will ordain him together with First Unitarian.

Go to <https://uuma.zoom.us/j/98865870761> to attend.

If you need help with Zoom in order to participate, please email our church administrator, Jess Bess, at admin@uuabq.org. She can find help for you.

Join Us on Zoom

Worship services and other meetings continue on Zoom. Go to www.zoom.us to set up your free account, download the app to your computer or smart device, and select "Join a Meeting." **You can also call in without a computer or smart device to** (669) 900-6833 and, when prompted, enter the meeting number.

Virtual Worship

Sundays at 11:00 am

Led by our ministers and music director, all of our Zoom worship services are intergenerational, and contain a message for all ages as well as music and a homily.

Meeting ID: 168 223 701

October 4

"Transformative Listening"

The Rev. Angela Herrera

October's theological theme is "Deep Listening." In this first sermon on the topic, we'll consider listening's transformative power and how to do it in troubling times.

October 11

"Beloved Conversations"

The Rev. Bob LaVallee

Clergy, staff, and congregants from First U will start the Beloved Conversations program about anti-racism in early October. What are they doing and—more importantly—what will they learn?

October 18

"Will You Listen to Yourself?"

The Rev. Christine Robinson, Minister Emerita, First Unitarian Church of Albuquerque

We are often told that the good life is one of "being in the moment," always aware of what is going on around us in the world. Dogs are really good at that, and it is one of the things we love them for. But people are more complicated than dogs because we have an inner life ... which we also need to listen to and learn from.

Christine was the Senior Minister of this church for 28 years before retiring three years ago. Since then, she has done some church consulting and minister mentoring, tended her garden, and has enjoyed being an active member of this congregation.

October 25

"The Secret Life of the Ego"

The Rev. Angela Herrera

Can your ego cause you to wear a "mask" that hides your true self? Have you known someone with a "monstrous" ego? (Okay, okay, enough with the Halloween puns). This sermon is about why egos get a bad rap even though we need them, the difference between a big ego and a strong one, and the role of the ego in becoming spiritually wise. It's sure to be a real "treat." (Sorry!)

Virtual Vespers

Wednesdays at 7:00 pm

These short (25-minute) services offer a midweek respite with readings, music, meditation, and prayer. Small-group conversations are also offered after each service for anyone who'd like to participate.

Meeting ID: 593 831 292

We Light a Candle



We grieve with the friends of church member Dixie Cole, who has died.

We light a candle for Patsy Kelton-Born, who is receiving hospice care in her daughter's home.

We mourn with Bethe Orrell, whose brother has died.

We send healing thoughts to Tara McCaughin, who is recovering from hand surgery.

We hold Alan Porter and his wife Gail Feigenbaum in our hearts as he recovers from injury in the hospital.

We celebrate with Judy Goering, who has been appointed by the mayor to the City of Albuquerque's Veterans & Military Affairs Advisory Board. She will serve until 2022. Congratulations!

We all need help from time to time. If you're experiencing difficulties, health issues, or transitions, you can reach out to the Caring Network of First Unitarian at caring@uuabq.org.

Community News

Membership Milestones

Happy Membership Anniversary to the following members of our community in September & October:

One Year

- ♥ Mikal Altomare & Rhonda Wetherby
- ♥ Dorothy Baumer
- ♥ Leslie Bowen
- ♥ Christine Castillo & Jessie McFarland
- ♥ Brenda Chamberlain
- ♥ Glenn & Martha Ford
- ♥ Jimmy Leung
- ♥ David & Melissa McKee

Five Years

- ♥ Kristofer & Terri Gaussoin
- ♥ Cheri Plavnick
- ♥ James & Kathryn Probasco

Ten Years

- ♥ Elisa Alford
- ♥ Elizabeth Berrey & Paula Fisher
- ♥ Margaret Bishop
- ♥ Angela & Carlos Herrera
- ♥ Roy Moody
- ♥ Raymond Wolfgang

Twenty Years

- ♥ Mary Ann Sloan
- ♥ Desiree Spielman

Twenty-five Years

- ♥ Judy Groves
- ♥ Ann & Lane Kirkpatrick

Thirty Years

- ♥ Virginia Burris

Forty-five Years

- ♥ Janelle Campbell

Are You Ready to Join the Church?

We will have our next virtual joining ceremony on **Sunday, October 11 at 12:15 pm**. If you have not done so yet, please fill out an “I’m Ready to Join” form on our website under “Connect—Becoming a Member.” We will confirm your attendance and send you the information to login for the ceremony.

2021 Pledge Drive: We’re Stronger Together



If ever a time tested the strength of the fabric of our lives, 2020 has done so. At every turn, First Unitarian—our spiritual home, our people, and our community—has been there. We’ve come together to bridge our isolation, connect our families, and support one another. We’ve woven through the weak spots and reinforced one another’s lives, sometimes without knowing it. **We’re so much stronger together.**

No matter what’s happening in the world, our work never stops. We celebrate in countless ways, unite our children, speak openly about our fears, feed and shelter our neighbors, and support one another in times of grief.

This requires a commitment from each of us to stand not just with our hopes and dreams, but with our resources. While it’s hard to quantify our values, it works when we all do as much as we can. That’s different for every person and every family.

Please, do what you can. Make a pledge that you feel proud to give. Together, we’re stronger than we ever could be alone. And thank you for every way that you make us stronger.

You can make your pledge online at:

<http://uuabq.com/2021-pledge-drive/>

If you need a paper pledge form, please call the church office at (505) 884-1801 or email the chair of the Radical Generosity Committee, Kathryn Probasco, at klprobasco@gmail.com.

Support for Those in Grief

The Care Team will offer a six-session weekly Grief Support Group this fall **beginning on Tuesday, October 13 at 6:30 pm on Zoom**. We encourage you to consider this support group if the death of your beloved occurred six months ago or longer, and you think a supportive environment of readings, poetry, activities, and conversation will help you. If you would like to speak to a group facilitator, email us at caring@uuabq.org. If you are ready to register for the Grief Support Group, you may complete the registration form at: <https://tinyurl.com/UUABQgriefgroup>

Staff News

Our fearless leader, **Angela Herrera, will be taking vacation time from October 8-22** to rest before the busy holiday season.

And, after a hectic August creating our virtual Connections Week and the New Member recognition service, **Laura Magnusson, our Director of Membership & Communications**, is taking Covid-related family leave to care for her three children who are learning from home. **Her leave started September 21 and she will be out through the month of October.** Other members of the staff are stepping up to cover her duties.

If you have any questions about how something is being handled while Rev. Angela or Laura are gone, please contact Rev. Bob LaVallee at blavallee@uuabq.org.

The Online Auction Is Coming!



The Social Justice Online Auction will be open for viewing on October 1! Actual bidding won't begin until November 1st. But a month of viewing will allow you to browse the items donated so far, and stimulate your imagination

about what you can give.

One of the Social Justice Council's goals for this year's online auction—other than raising funds—is to have fun as a community. An online auction on Facebook allows many more people to participate than could ever attend the former one-night events. You'll be able to bid, ask questions, chat, make new friends, learn about Social Justice groups in the church, and more.

The Facebook Auction link for viewing will be shared in the October 1 edition of the Broadsheet. In the meantime, you can donate right now by contacting Benita.terrell@earthlink.net. And a big thank you to all of you that have already donated. You are appreciated!

Board of Directors Update

Greetings, church members!

Have you made your 2021 pledge yet? The pledge drive is in full swing and even though we're not seeing each other in person these days, our church staff—whose salaries are paid by our generosity—and our church facilities—which require maintenance—need us now more than ever.

I've had a couple people ask me this month about the church's plans for reopening. The COVID Advisory Council met a couple weeks ago and decided the time was not yet right for small groups to meet. I'm one of several members on the council, which includes a scientist and medical professionals. Here's what goes into my decision on determining when and how the church should reopen. I think New Mexico will see waves of peaks and valleys in COVID cases, at least until there's a widely available vaccine. I don't feel comfortable telling people to come back to church when it's nearly impossible to tell when those peaks and valleys will strike, because that could be putting someone's life at risk. While Zoom church is not ideal, it seems like enough to keep us connected until we can meet in person again. There's also the question of inclusion. Our church has a diversity of ages and health statuses. Imagine opening up when many of our congregants would not be able to return. Imagine small groups meeting, but without members who can't attend for health reasons. I imagine those left out would feel even more lonely and depressed than we all feel now. While the church can't totally mitigate the risk—for example, I'm sure some immune-compromised church members stay away during flu season—my hope is that someday we'll see a near-return to our previous safe conditions and can begin seeing each other again in person.

Caution about the pandemic has largely kept me away from protests supporting BIPOC this summer, but I ventured out to a recent Peace and Justice protest. I was happy to see so many First Unitarians and both our ministers there! I plan to go more often when called. It was possible to stay socially distanced and march in a mask. Plus it lifted my soul in these dark times to make my voice heard with a group of like-minded people.

As always, you can reach me with suggestions or comments at boardpres@uuabq.org. Deep breath in, smell the green chile roasting, and have a great fall!

-Heather Clark, Board President



Religious Education

From Our Director of Religious Education



"This is the problem with dealing with someone who is actually a good listener. They don't jump in on your sentences, saving you from actually finishing them, or talk over you, allowing what you do manage to get out to be lost or altered in transit. Instead, they wait, so you have to keep going."

- Sarah Dessen, Just Listen

Greetings!

The theme of Deep Listening is an interesting choice for this time. **In our church community, I am practicing deep listening with our families.**

I listen not just to what parents tell me, but also to the many families who have been silent. I am friends with many of you on Facebook, and I note the struggles you are venting about there and hold them in my heart. I listen to the silence of the children who show up for RE and are reluctant to interact. I feel your exhaustion. I have no solution. I just want you to know that I hear you.

Parents of very young children are not usually in a space to hold the act of deep listening, so I was excited to learn about a program that a fellow DRE has created just for these parents. Called POP!, it is offered monthly and consists of three videos under five minutes long and short worksheets to help organize thoughts after viewing the videos. All of this is done online, whenever is convenient for the participant. The month of reflection ends with one monthly meeting of the adult participants on Zoom. I am excited to offer this program so that parents of young children may consider their growing families through the lens of Unitarian Universalism and get to interact with parents of children the same age. Please contact me at dre@uuabq.org if you have not already received information about this group.

Finally, please check out the virtual RE Resource Room on our church website! I created this fun Bitmoji Classroom for our elementary children to be able to interact with the RE stories, songs, videos, and activities for the month, whenever they want. Click "Learn" from the banner on our website, then "Elementary RE Resource Room" and start clicking!

Mia Noren, dre@uuabq.org

Youth News

October is one of my favorite months. The weather changes, fall and winter holidays begin, and no one scoffs when I make soup!

Something new that will be happening this October is the youth will be spending some time together on "The Path of Deep Listening." Deep listening brings us into the realm of compassion. Deep listening points out the importance of listening to your heart. We'll also talk about listening to BIPOC voices, nature, and our ancestors.



Think about why you listen to those close to you. Is it really just to gather information? To hear the other clearly? Or is it because you've discovered in those rare moments of deep listening that a space suddenly opens up? A space that feels sacred. We've heard a lot about sacred spaces over the years in RE and in special programs. This is a great reminder those spaces aren't always physical. All of this and more will be available on our interactive Bitmoji Classroom. Please reach out if you are a youth who hasn't received access to that yet.

Alana Rodriguez

Youth Programs Coordinator, RE Assistant

youth@uuabq.org

Zoom Meetings

If you're not getting the notices for our online check-ins, make sure your family is registered! All current 2019-20 registrations will continue into the new year. Please contact Alana Rodriguez at reasst@uuabq.org if there are changes to your information, especially email. This is the only way we have to contact you! Register and checkout our online calendar on our website under "Learn."

Volunteering

Our typical RE programming depends on many volunteers, and I hear that families are just stretched to the limit these days. That's a big reason to change how we do things while we are meeting virtually. But know that our community is still 'the curriculum.' Now, more than ever, we want to show our children how a community shows up for each other. Classes will be shorter and simpler, and I still need you. Please connect with me at dre@uuabq.org if you think you can help!

Adult Faith Formation

Sunday Explorations

Refill your cups of coffee or tea and join us in stimulating discussions every Sunday at 9:30 am on Zoom. Our October theme is Deep Listening.

Meeting ID: 842 4289 2753

Password: 041625

October 4: Practicing Deep Listening

Intentional listening techniques and reflections on listening as a spiritual practice.

Angela Merkert, facilitator

October 11: Paying Attention: Listening Through Images

Listening through multiple senses. What images have you been "listening" to over these past months of multiple crises? What are you hearing?

Angela Merkert, facilitator

October 18: Resilience and Deep Listening

Developing resilience as the public rhetoric becomes harsher and more intense. Practicing silence, listening, and being intentional.

Angela Merkert, facilitator

October 25: Being Grateful in Spite of...Part 2

Based on *Attitudes of Gratitude* by MJ Ryan. We'll hear/discuss the section, "Practices of Gratitude." Unnecessary to have attended Part 1.

Ron Friederich, facilitator

Music Notes from Susan Peck



Curious about what's behind the Chalice Choir's virtual recordings? There's a great article that describes the history (think of Eric Whitacre's world-wide digital choirs of thousands), process, disadvantages, and advantages of recording

individual singers and mixing their voices on a computer. Singers all over the world are showing great courage and vulnerability as they learn their music in Zoom rehearsals and at home, record their solo tracks, and trust their directors and sound engineers to blend their voices and recreate the sound of a full chorus. It's not the same as singing together. We're learning new ways to harmonize, keeping the song-lines alive while we keep our community healthy by singing apart. To read the article go to:

<https://expmag.com/2020/04/putting-on-a-virtual-choir-is-impossible-everyone-is-doing-it/>

Contact Susan at speck@uuabq.org with your questions or for more information about how we're continuing to make music at First U.

ABQ Interfaith: Candidates Accountability Session

Members of Albuquerque Interfaith institutions will gather by Zoom on October 4 from 3:00-5:00 pm to share our action agenda for the 2021 NM State Legislative Session in January. The policy agenda has been developed out of house meetings at each institution this summer and includes topics related to Economic Recovery for All, Public Education, Health, and Public Safety. The Accountability Session invites elected officials and candidates to react to our policy agenda, helping us prepare to advocate for our issues in January. You are invited to join the session and pre-register via Zoom, at: <http://bit.ly/ABQInterfaith2020>.

For more information, contact Martha Kettle (mketelle@gmail.com).

Groups & Activities

all are welcome

Wisdom Circle

As we head into this fateful election season, those of the elder persuasion will gather again on **Saturday, October 17 at 10:30 am** to share and reflect. Our question: "What do we know now that we wish we'd known at age 20?" Along with that: "As we age, what matters most?"

All are welcome. If the spirit so moves, bring a cup of tea or coffee to sip and something to nibble on. **For information to join the meeting, contact Jerilyn Bowen, jbowen1@unm.edu.**

October Events with CUUPS!

Coyote Willow CUUPS will host our **Annual Divination Night on Friday, October 9 at 7:00 pm**. Everyone is invited to participate virtually as either readers (regardless of technique or skill level) or querents in this informal, entertaining event. Please have a candle as well as a source of flame to light it. **Contact Raven Reed Starr for Zoom log in information, or with any questions at ravenreed@gmail.com.**

You are invited to join Coyote Willow CUUPS as we celebrate **Samhain on October 31 at 7:00 pm**. We will be meeting virtually. Please have a candle and source of flame to light it, as well as something for cakes and ale (cookies and juice will do), and something to enjoy for the feast. **Contact Raven Reed Starr for Zoom log in information, or with any questions at ravenreed@gmail.com.**

October Hike

On **Fri, October 2** we will hike on the Fourth of July trail in the Manzanos to see the fall colors.

Contact Kathleen Rhoad at kathleen.rhoad@gmail.com or 505 225-9747 to be added to the hikers' email list. A full description of the hike will be emailed closer to the date. An RSVP is required. Take a look at the First U Hiking website created and maintained by Scott Lake at <https://abquuhikers.org/author/abquuhikers/>.

October Reads

Bread, Wine, and Book Club will meet **Friday, October 9 at 7:00 pm** on Zoom. We will be discussing *Transcription: A Novel* by Kate Atkinson. Contact Martha Beyerlein (martha.beyerlein@comcast.net) for the meeting information.

Monday Afternoon Book Club will meet **Monday, October 19, at 1:30 pm** on Zoom. The book is *Talking to Strangers* by Malcolm Gladwell. Please contact Joyce Etheridge at 509-308-5523 for further information.

The Nonfiction Book Club continues to meet on Zoom **Wednesdays at 2:00 pm**. We are currently reading *The Evolution of God* by Robert Wright. For meeting information, contact Bob Wood at 352-0212 or roberttwood@gmail.com.

The Reading on Racism Book Club will continue to discuss last month's book, *Me and White Supremacy* by Layla Saad, at our October 28 meeting. We have found it to be so packed with critically important ideas for reckoning with our topic that we needed more time to read and discuss. We meet via Zoom on the last Wednesday of the month from 3:00-5:00 pm. Contact Becky Steele for more information at d2steele2@gmail.com. We welcome new members!



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– DATED MATERIAL –

What's the Latest?

Have you moved, changed your name, disconnected your landline, or switched email addresses? Let us know! Email our Church Administrator, Jess Bess, at admin@uuabq.org with the new information. Keeping in touch is more important than ever!

Still Reading?

If you would like to stop receiving the mailed Messenger or switch to our emailed version, email publications@uuabq.org and let us know.