

ST. JOHN UU NEWSLETTER: November 2021

Happy November St. John Unitarian Universalist Fellowship. I hope everyone had a delightful summer and is feeling refreshed and recharged. On St. John, November brings the end of hurricane season, cooler temperatures, more tourists, and bringing the UUs back together. November is a homecoming to reflect and celebrate the changing season and give thanks for the community we create. The Programs Committee has some exciting speakers planned for the 2021-22 season and we can't wait to see you.

The St. John UU board met virtually a few weeks ago and we have some exciting news...**we are moving back to Giff Hill School Lower Campus**. We will require masks while inside and we encourage all to get vaccinated. If you need information on how and where to get vaccinated, feel free to reply to me, Erin Lieb at erin.lieb@gmail.com.

SUNDAY SERVICE - 10am - Lower Giff Hill Meeting Hall

November 14: Calming Fears...Activating the Vagus Nerve - Suki Dickson Buchalter

Our first service back together for the 2021-2022 Season, Suki, a long time St. John UU member, will lead our service. Drawing on her many years of studying Holistic Healing, instructing Yoga and practicing Therapeutic Bodywork, Suki is offering a way to overcome the Fears of our times and Connect through Breathwork to our Inner strength and calmness.

November 21: Finding a Path in Poetry - Jodie Hollander

Jodie Hollander's work has appeared in journals such as The Poetry Review, The Yale Review, PN Review, The Kenyon Review, Poetry London, The Dark Horse, The New Criterion, The Rialto, Verse Daily, The Best Australian Poems of 2011, and The Best Australian Poems of 2015. Her debut full-length collection, *My Dark Horses*, is published with Liverpool University Press in the UK and Oxford University Press in the US. Hollander is the recipient of a Fulbright Fellowship in South Africa, a National Endowment for the Humanities Grant in Italy, a Hawthornden Fellowship in Scotland, and attended the MacDowell Colony in 2015. She currently lives in Fort Collins, Colorado.

Find one of Jodie's poems below.

November 28: Giving, Gratitude, and Grace - Reverend Will Humphrey

Rev Will was ordained at All Souls UU church in Bellville, Ohio while they hosted the National Universalist Convocation and has served that congregation since 2015. Prior to that, he served in the Lutheran Church (ELCA) as a youth pastor. Rev Will is active with anti-racism work within Ohio and he works with the Heritage Universalist groups. He is also active within the Central East Region's Summer Institute, serving on the ministry/chaplain team for the past three years. Passionate about liberation theological perspectives and eco-feminism, Rev Will advocates for LGBTQ+ rights, anti-racism and economic justice, affirming the worth and dignity of each person, fighting for justice, equity, and compassion in human relations. Rev Will believes that "the foundation of our faith, as Unitarian Universalists, is the Love that we live in our interactions and our daily Social Justice work."

Rev. Will's family will be joining him Thanksgiving weekend. He is married to Leah and they have two children, Olivia and Benjamin.

STJ COMMUNITY ACTIVITIES AND ANNOUNCEMENTS

Huh? What?

We are looking to buy a sound system to make our Sunday Services easier to hear. Something as simple as a microphone and amp with bluetooth (think decent at home karaoke machine.) If anyone would like to volunteer to research something that would work for us, please let me, Erin Lieb, know.

Yoga with Suki

Last year Suki generously led us in yoga on Sunday Mornings at 9am. She is willing to do this again starting on November 21. If you are interested in attending, please let Suki know. She will only lead the class if there is interest. sukistjohn@gmail.com

We Are All in This Together

Since this is the first newsletter of the season, I am sure I missed something. If you have information you would like to distribute, please let me, Erin Lieb, know. If you have a community event that you would like to submit for the December newsletter, pass it my way. If you have ideas for programs, outings, weekday classes/discussions, I am all ears.

LARGER UU COMMUNITY

ST. CROIX UUs

We received some sad news from the St. Croix UU Fellowship. In late October, Emy Thomas wrote:

"I'm writing on behalf of the UU Fellowship of St. Croix, which is about to disband. Please share with your group.

At the beginning of the pandemic we gave up our lease at the local synagogue, where we had been meeting the last several years. We were already down to a very small number. This spring we started meeting once a month on member's galleries just to get together, no attempt at a service. The first time we had a dozen people. Since then just 3-5. We've decided it's time to officially close up. We've notified UUA, the bank and the post office. And now you. We thought you would like to know.

We'd like to know how your group is doing now, whether you're still strong and active. I know you're a mainstay of that group and hope you or one of your other members will be able to give us an idea of how you're managing now. You've done much more community work than we ever have and I guess you're still working on tree planting. We are mostly old women so unlikely to follow suit.

We are likely to dissolve our organization soon. We have money in the bank that we'd like to spend before doing so. If you have any suggestions where that might help locally please let us know.

We have a keyboard and lots of hymnals to get rid of. They are yours if you want to come get them. You can let me know; I'll pass it on."

To get in touch with Emy, her email is: emythomas275@gmail.com

UU Women's 6-week Workshop

Cheryl DeDecker is offering a 6 week Zoom group that incorporates community, meaning, ritual practice and relaxing hypnosis starting in November. Each week we all choose a particular ritual to practice around a theme--might be a morning ritual, evening ritual, gratitude ritual, etc... We then share our experiences when we meet the following week. Each session ends with relaxing, rejuvenating self-hypnosis. She is running two groups, one on Sundays at noon and one on Tuesday evenings (participants choose which time works best when they register on my website). Groups are approx. 90 minutes long. There is a registration fee of \$179 for the group (which covers all 6 weeks), as this is part of her hypnosis biz.

Poem by Jodie Hollander

My Dark Horses

If only I were more like my dark horses,
I wouldn't have to worry all the time
that I was running too little and resting too much.
I'd spend my hours grazing in the sunlight
and taking long naps in the vast pastures.
And when it was time to move along I'd know;

I'd spend some time with all those that I'd loved,
then disappear into a gathering of trees.

If only I were more like my dark horses,
I wouldn't be so frightened of the storms;
instead, when the clouds began to gather and fill
I'd make my way calmly to the shed
and stand close to all the other horses.
Together, we'd let the rain fall around us,
knowing as darkness passes overhead
that above all, this is the time to be still.