



The Forum



A Southwest Unitarian Universalist Publication

www.swuu.org

August 1, 2017

Sunday Services

10:30 AM

6320 Royalton Road, North Royalton



August 6

Reflecting on Challenge

Throughout our lives, as we seek to better ourselves and our communities, we face challenges along the way. How we process these challenges has an impact on how we deal with them, and grow from them.

-Led by Worship Team member Adrienne Ellis

Worship Associate: Adam Miller

Focus Collection: Cuyahoga Valley National Park Summer Camp Scholarship Options

August 13

The Power of Positivity

We will consider the ways that being positive and connecting with the Universe brings positive attributes into our lives.

-Led by Worship Team member Leslie VanKuren

Worship Associate: Ken Ellis

August 20

Joy for the Long Haul

This morning we explore the power of joy and connection to sustain us in the work of changing the world. Let's learn from communities of resistance how to build resilience for the long haul.

-Led by Rev. Kristen Rohm

Worship Associate: Dan Paxson

August 27

Planning for Joy

Come one, come all as we find the common ground of our hopes and dreams for the years ahead as part of our long range planning process. We deepen our joyful connections as we journey into the future together. **Please plan to stay for the Workshop with Rev. Renee following the service.**

-Led by Rev. Kristen Rohm & Rev. Renee Ruchotzke

Worship Associate: Mike Gold

The Forum

Message from your Minister

Joyfully Connect

*“We need to celebrate the gifts we are given and the gifts we give.
We need to applaud the sunrise until we are propelled back into the world filled
with joy.”*

- Rev. Peggy Clark

What fun it has been to explore joyful connections with you so far this summer! I hope that you are finding ways to play with what joy means to you, to be surprised by joy in large and small ways. I also hope that the long, warm days are helping you to nurture the connections that add depth and meaning to your life. If struggle is part of your experience this summer, please let me and this community accompany you.

I continue to contemplate the rich time I spent at General Assembly. It could have been an angry time and it was not. It was filled with honesty, compassion, and commitment. I came away with a clear call to do my next layer of work around racism. Addressing the messages I took in by growing up and living in a racist culture that struggles to acknowledge or talk honestly about our own history with race. I hope that many of you will join me in this exploration this year, beginning in September with two Conversations on Race and Resilience.

At the end of the month we move into the next phase of our long range planning process with a Hopes and Dreams Workshop led by Rev. Renee Ruchotzke following the service on Sunday, August 27th. Your voice matters, please plan to come.

My friends, let's applaud some beauty in ourselves, in others and in the world around us. And appreciate the gifts of the extraordinary in the ordinary, like the sunrise each day. May you be filled with simple pleasures and surprised by joy.

Know that you are loved,

Rev. Kristen

Save the Dates:

Race and Resilience Conversations

Come join Rev. Kristen and Samuel Prince for one or both of these conversations created by Marta Valentin about race and resilience in these stressful times. We'll also share some information from the work of Robin DiAngelo on what it means to be white in this country. We will meet on Saturday, September 2nd , 1:00 – 2:30 pm and Sunday, September 10th, 12:00 – 1:30pm.

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Focus Collection for July & August: Cuyahoga Valley National Park Summer Camp Scholarship Options by Mary Brooks, Social Justice Committee

During July, the focus collection will help make something magical happen at the Cuyahoga Valley Environmental Education Center as children are immersed in the natural world for their camp adventure. Multi-day as well as overnight programs present exposure to the natural world taught by Conservancy field instructor interns, National Park Service rangers and volunteers. Scholarships provide the opportunity for lower-income students to attend and experience their national park. For example, kids learn about science, technology, writing and art with hands-on outdoor experiences. Children will also learn how to care for nature while making memories that will last a lifetime. They enjoy classic camp activities such as hiking, campfires, and songs as they make new friends. Your generous support will help a deserving youth find new challenges in our amazing park.

Walking Group by Susan Paxson

The first SWUU walk for August will be at 3:00 PM on Friday August 11th at Royalview (off the parkway between 82 and W 130th). The second walk will be on Saturday, August 26th at 10:00 AM at the covered bridge which is on the intersection of the Valley parkway and Big Creek parkway. As always, the weather can be a factor so let me know if you are coming and I will keep you posted about possible cancellation. SWUU walks are open to all and we love to see new people come walk and talk with us!

Urban Hope by Jan Wehn, Social Justice Committee

Debby, Scott and I took healthy snacks to Urban Hope on Sunday, July 9. As usual it was received with much gratitude. We had a wonderful selection of fruits, veggies, desserts, hard boiled eggs, breakfast bars, cheese, crackers and a casserole. Nobody left hungry. It was an especially nice atmosphere, and the line was out the door. We will not be serving in August but look forward to returning the 2nd week of September. Please stay tuned!

Welcome to Our New Music Director Sarah Barford! by Rev. Kristen Rohm

Sarah, her husband Nathan, and their 18 month old son William live in West Akron. They've been members of the Akron UU church for four years. Sarah teaches piano from her home to about two dozen students, plays for the occasional wedding, and is finishing her bachelors in piano at the University of Akron. She also holds a Bachelors and Masters in Music Performance in the Oboe. Her husband is a fourth year resident in Physical Medicine and Rehabilitation at Metrohealth in Cleveland. Sarah enjoys spending time with her three dogs, especially doing dog agility, reading, and watching Star Trek or Dr. Who.

The Forum

Board Happenings

by Dan Paxson SWUU Board President

Greetings from your new Board of Trustees president! This brief message represents the first in what I hope will be monthly series describing the activities of your elected Board. Our work is largely behind the scenes, and although our meetings are both announced and open to anyone wishing to attend, nobody other than Board members ever shows up. I know. That is a shocking fact. I mean, what else is there to do?

Anyway, I'm hoping that a monthly summary here in The Forum will keep you satisfactorily up to date. I will note however that should you want more detail, and do not wish to attend a meeting, you can always request a copy of our minutes.

Having dispensed with that lengthy introduction, it turns out that there is not so much to report this month. We have been focused on closing out last years' activities, and transitioning members both on to and off of the Board. In the middle of the month we will be having our annual Board retreat where we will focus part of our time learning about each other and about our dynamics as a group. The remainder of the time will be spent establishing goals for the year.

I am looking forward to serving as your Board president this year. SWUU is a vibrant and loving community, and I know from my past experience in this capacity that as president, I will get the fullest view of all that makes our church wonderful. If there is a Board (or any) matter that you would like to discuss, feel free to contact me.

Cooks Night Out in Tremont!

by Susan Paxson

This month, Cooks' Night Out is going to be in one of our cool Cleveland neighborhoods. We are going to eat at South Side Restaurant which is located at 2211 West 11th Street in Tremont. It has indoor and outdoor seating and a nice sized parking lot across the street so parking is easy. Let me know if you plan to attend. If you would like to carpool, we can try to work it out. It's a Friday so hopefully some of our members and friends who work outside the home can make it! We hope to see you there!

SWUU Women Meet for Lunch

by Sue Davis

The SWUU Women (formerly known as the 50+ Women) will meet for lunch on Friday, August 18. Instead of the August meeting at the church, we will meet for lunch at 12:30 at Clementine's Victorian Restaurant at 8092 Columbia Road in Olmsted Falls. Clementine's is located in the Pacific Junction historical area and has the atmosphere of an old fashioned English tea room. All women are welcome to join us, but we will need to make a reservation. If you plan to attend, please contact Sue Davis.

SWUU Women meet the third Friday of each month at the church. In September we will return to our regular meeting time of 2 p.m. All women are welcome to join us for our interesting discussions. In September our topic will be humanism.

The Forum



SWUU on the Web

For general information about SWUU, services, sermons, committees and the most up-to-date calendar of events, visit our website at:

www.swuu.org

Receive The Forum Electronically!

If you would like to receive The Forum via email, contact

forum@swuu.org

Join the SWUUList

If you would like to join a newsgroup focused on those issues of importance to SWUU, check out the SWUUList. Go to www.SWUU.org and click on SWUUList for details.

Sermons

If you would like to receive sermons via email or by mail, contact office@swuu.org

Board Minutes

If you would like to receive the Board Minutes via email, contact office@swuu.org, and put "Board Minutes" in the subject line

Editorial Team

Dan Paxson
Susan Paxson

Would you like to submit something to The Forum?

- ◆ Write as if the reader is new to SWUU
- ◆ Include first and last names, and area codes
- ◆ Include a contact person, phone number, and email if possible
- ◆ Include the city in which the event is located
- ◆ Avoid or explain insider terms and abbreviations
- ◆ Explain Who, What, Where, and When (How and Why are often helpful as well.)
- ◆ Encourage volunteering and participation gently.

Submission guidelines apply to articles and Order of Service announcements. Order of Service announcements may be sent to office@swuu.org by Thursday morning of each week.

Articles are edited minimally, only to ensure that these guidelines are met.

The Forum is published on the 1st day of each month
Submissions should be sent to forum@swuu.org by the dates listed in the calendar of each issue.

The Board of Trustees meets once per month. Check the calendar in each Forum for the specific date. Everyone is welcome to attend. Minutes from the meetings will be available for members upon request to the Board Secretary.

The Forum

All-Church Picnic By Susan Paxson

Who would like to attend a family picnic at one of the Metroparks some time on Labor Day weekend? Because we want to include as many people as possible given the short notice, we want to hear from you! We especially want to encourage our families with kids to attend but all are welcome of course. (I plan on going even though my kids are grown!) Pam Benedict and I have been discussing some ideas. We are thinking that pot luck is the easiest way to go and it would be a BYOPS obviously since we don't want to cart our church plates to a park area. I assume there will be enough to eat so no need to tell us what you are bringing!

Watch for a sign-up sheet in the lobby during the month of August. There will be some possibilities for you to consider and let us know what would work for you. We know lots of people have very busy schedules and want to choose the time that works for the the most people. We could have it on Sunday, September 3rd after church or in the evening around 5:00. We hope to hear from you! Pam Benedict is going to look into meeting at the Oak Grove picnic area in Brecksville Reservation.

SWUU Caring Team by Hallie Davis

Within our SWUU community we covenant to honor the dignity and worth of everyone. At times it requires many helping hands and listening ears to deal with life's many challenges. Know that there is a Caring Team here at SWUU.

The Caring Team promises to maintain confidentiality, to listen without judgments, and to lend a helping hand. Rev. Kristen Rohm assists when issues are beyond our training or ability. Know that what is discussed remains confidential

Some of the services we provide are visiting/supporting members and friends dealing with illness, surgery, recovery. We can try to coordinate meals as well, if needed. We can also help with transportation to medical appointments, grocery shopping, and church services. We also make phone calls and/or send cards and notes of encouragement.

Current Caring Team members are Sylvia Banks, Gay Cady, MaryAnn Chee, Bruce Melville, Judy Newell, Nellie VanRoden, Emily Heath-Wilson and Hallie Davis with guidance, training and support from Rev. Kristen Rohm.

We care for each other.

Who: SWUUers'
What: Breakfast and/or Coffee
When: August 2nd
Time: 9:30 – 11 am
Where: Mom's Restaurant
(Corner of York and Royalton Roads)
Why: Conversation and breakfast and/or coffee



August 2017

To contact the minister, Rev. Kristen Rohm, call or email :
Office 440 877-1686, or minister@swuu.org

SUN	MON	TUE	WED	THU	FRI	SAT
<div style="border: 1px solid black; padding: 5px; width: fit-content; margin: 0 auto;"> All events are handicap accessible unless indicated by a ** </div>						
	<div style="border: 1px solid black; padding: 5px; width: fit-content; margin: 0 auto;"> For calendar adds/changes/deletes notify us at susan@paxson.us, or call 440-888-3615. </div>					
6 Reflecting on Challenge -Adrienne Ellis	7	8	9 1:00-3:00 PM Spiritual Book Group	10	11 3:00 PM SWUU Walk-Royalview	12
13 The Power of Positivity -Leslie Vankuren	14	15 7:00 PM Board Meeting	16 1:00—3:00 PM Spiritual Book Group @ Mathews	17 10:00 AM Membership Meeting 7:00 PM Earth Alliance	18 12:30 PM Women's Lunch at Clementine's	19 9:00 AM-12:00 PM Board Retreat
20 Joy for the Long Haul -Rev Kristen Rohm 12:00 PM Jr High OWL Orientation	21	22	23 1:00—3:00 PM Spiritual Book Group @ Mathews	24 FORUM DEAD-LINE 7:30 PM Choir Rehearsal	25 6:30 PM Cooks' Night Out	26 10:00 AM SWUU Walk-Lake Isaac
27 Planning for Joy -Rev Kristen Rohm 12:00 PM Congregational Workshop	28	29 7:00 PM Workshop Team	30 1:00—3:00 PM Spiritual Book Group @ Mathews	31	<div style="border: 1px solid black; padding: 5px; width: fit-content; margin: 0 auto;"> Meetings are held at the church unless otherwise specified. </div>	

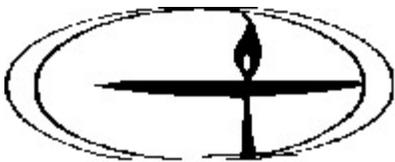
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Sharing and Caring

Gay Cady is home from the hospital and is recovering. She is so thankful for all of the cards, kind wishes and prayers. She is glad she was at the right place at the right time when she had her mild heart attack. We hope she will be able to travel soon!

** send your joys and sorrows to forum@swuu.org for inclusion in the next issue*

**Southwest Unitarian Universalist Church
6320 Royalton Road
North Royalton, Ohio 44133**



We are happy to mail The Forum to anyone who would like to receive it. If you have a blue dot on your mailing label, we haven't heard from you in a while. Please contact us by phone 440 877 1686 or email office@swuu.org – if you'd like to continue to receive The Forum