



The Forum



A Southwest Unitarian Universalist Publication

www.swuu.org

September 1, 2017

Sunday Services

10:30 AM

6320 Royalton Road, North Royalton



September 3

Generations

We all come from family, and create family around us. Bring a photo of what family means to you to create our own Circle of Life as we explore the richness of the life cycles, the generations and the layers of connection we share. **Please bring photos of 'family' (see Rev. Kristen's article on page 2).**

-Led by Rev Kristen Rohm

Worship Associate: Mike Gold

Focus Collection: Minister's Discretionary Fund

September 10

All Life is a Circle

Come for our annual Water Ceremony and Ingathering as we celebrate the rhythms of life, the seasons of community and the cycles in the natural world. Bring water from your summer to share in our gathering of the waters.

-Led by Rev. Kristen Rohm

Worship Associate: Ted Macosko

September 17

An Ever Wider Circle

How do we draw visible and invisible circles in our lives? Who or what do we exclude or include? How can we draw an ever-wider circle of love and acceptance to live out our mission and take care of our planet?

-Led by Rev. Kristen Rohm

Worship Associate: Bruce Melville

September 24

What I Learned as Captain of the High School Quiz Team

Join us in an exploration of healthy and adaptive group behaviors that can have an enduring psychospiritual influence on us as UUs. In other words, come celebrate the healing, helping, and connective power of community.

-Led by Rev. Keith Rasey, member UU Church of Akron

Worship Associate: Dan Paxson

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Message from your Minister

Circle of Life

“It’s the circle of life, and it moves us all, through despair and hope, through faith and love, till we find our place, on the path unwinding.”

- Tim Rice

September is upon us; fall is waiting in the wings. I love this time of year, even as I am sad that summer is coming to a close. There is such a sense of possibility, a sense of beginning again each September. This is true in our beloved SouthWest Church community as well. On the 10th we have our annual Ingathering, when we come together to re-commit to our congregation and to the year ahead- to walk with each other through one more cycle in the circle of life.

This month our theme is Circle of Life and your Worship Team asks each of you to bring an image of your ‘family’, whatever that means to you, for us to create our own visual Circle of Life including all our generations and iterations of family. So whether that’s your birth family, your own family, your pets, or your chosen family, bring a picture or image to share for the month. Ask yourself, “what moves me about the circle of life?” Is it life/death, regeneration, the seasons of nature, prayer or medicine wheels – ponder, talk with a friend, journal and come to church as we explore this month. We will be starting Covenant Groups again in October, so make space in your calendar.

In the UUA’s Touchstones Journal, Kirk Copeland writes that the Rev. Forrest Church often said, “Religion is the human response to being alive and having to die.” This places the circle of life at the center of our religious concern. Our seventh principle and sixth source reinforce the importance of the circle of life, both literally and metaphorically, as does the turning of the year, and the passing of the seasons.

As the cycles of your own life continue to turn, please remember that I am here to walk with you. Call or email so we can spend some time together. If you would like to have your child/ren dedicated within this community, please contact me.

Know that you are loved,

Rev. Kristen

minister@swuu.org

Race and Resilience Conversation

Join Rev. Kristen and Samuel Prince, Sunday September 10th from noon to 1:30 pm to begin this conversation around dismantling racism.

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Focus Collection for September: Minister's Discretionary Fund by Nancy Peltola, Social Justice Committee

During September services, we will collect monetary gifts to benefit the Minister's Discretionary Fund. As is our custom, on the first Sunday of the month, all money not designated as pledges or something else specific will go to this Fund. Throughout the rest of the month, offerings collected must be clearly designated for the monthly Focus Collection on your check or envelope if you want it to go there.

The Minister's Discretionary Fund is used to assist members and friends of SWUU in meeting their basic living needs, such as buying food, paying a utility or medical bill, or paying for transportation. Rev. Kristen has discretionary and confidential use of these funds. A private appointment may be made with Rev. Kristen to discuss a special monetary need that a member or friend may have. Thank you for your generosity.

Urban Hope

by Jan Wehn, Social Justice Committee

The Social Justice Committee met in August to discuss our church year activities. We are committed to supporting Urban Hope for the monthly "Healthy Snacks" which are scheduled for the 2nd Sunday of each month. We have also pledged to serve two dinners- the first one on October 22 and the second on April 22. The congregation's support through donations of food has given us a great reputation among our inner city neighbors. We encourage you to come and help serve on any of the Sundays. Our first Sunday is September 10. Leftover hotdogs and buns from a graduation party were donated in July. They are currently taking up space in my freezer, and will be cooked and served on the 10th. We will need fresh fruits and vegetables, nuts, cheese, desserts and any other item that is pre-packaged and can be taken home. Thanks, too, for the ongoing donations of shampoos, creams, soaps, toothbrushes, toothpaste, razors, pads, etc. These items disappear off the shelves. New socks, underwear and t-shirts are often requested. The majority are requested by men (large or extra large), but women need the items, too. All donations are valued and used, and we are a presence in the Cleveland Community. Please sign up on the poster in the lobby. Thank you!

SWUU Potluck Picnic

by Susan Paxson, Membership Committee

Come celebrate the end of summer with other SWUU members and friends. All you need to do is show up with a dish to share and your own place setting. If you have any questions, contact Pam Benedict. Hope to see you there!

- **When:** Sunday September 3rd from 12:30-2:30 PM
- **Where:** Brecksville reservation, Harriet Keeler Pavilion across from Nature Center

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Board Happenings

by Dan Paxson SWUU Board President

Greetings from your Board of Trustees! We hope everyone's fall is off to a great start. Ours certainly is. Here is a quick summary of our activities in August. We had our first full meeting of the new board on August 15th. Board members are Dan Paxson, Sherry Spencer, Bruce Cady, Katie Maslar, Dave Chesnes, Hallie Davis, and Phyllis Hall. Details of the meeting are available in the form of our minutes which anyone can request by contacting me at me. Major topics covered included the status of our Endowment Fund and Policy (stay tuned for more on this in coming months), funding and timing for the repair and re-siding of our steeple, and planning for our retreat. In an effort to bring more of a sprit of fun to this event, we decided to hold it in Hawaii...Bah Ha Ha!

The retreat was actually held at church on August 19th, from 9:00 am to 12:00 pm. We spent some time getting to know one another's leadership style by reviewing a personality profile that we had each filled out ahead of time. It goes by the acronym DISC (I'll leave it to you to Google it). Some of us were a bit surprised by where we ended up in its spectrum of styles. All of us learned something valuable about each other. It was time well spent.

We next established a covenant for ourselves. It is longer than you may want to read in a newsletter, but essentially boils down to: show up, engage, respect, come together, stay light, and follow through. As you may know, we take our covenants pretty seriously at SWUU, so we will revisit and recommit to this one often throughout the year.

The remainder of the retreat was focused on goal setting. When the dust finally settled, we had 3 aspirational goals, 2 concrete goals, and 2 follow-up goals (continuations from last year). They are:

Aspirational

- Follow through on outcomes of the Long Range Planning Workshop
- Lead the congregation in engaging with dismantling racism in ourselves, our organization and our world
- Ensure that leadership is transparent, visible and engaging, while communicating and developing leadership channels

Concrete

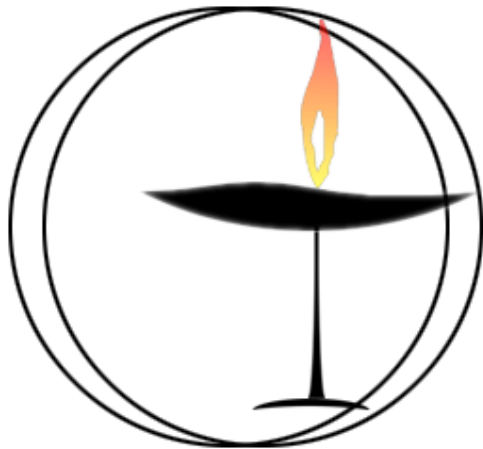
- Develop Safety & Emergency Preparedness policies & procedures
- Explore the possibility of having a professional bookkeeper or accountant instead of our current volunteer system to handle critical aspects of our finances

Follow-up

- Complete/approve Endowment Fund Policy, establish Endowment Committee, publicize Fund to congregation
- Decide and move on repairing the steeple & upgrading the sound system

We're pretty excited by these. I'll have more to tell you about them, and about our progress in implementing them in the coming months.

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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.

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

The Forum

Youth News

by Jenni Papp, DRE

SouthWest is proud to announce that Simi Jackson, Eric Jackson, and Joy Haugland were elected to leadership in the Ohio Meadville Youth-Adult Committee (YAC). Simi will serve as Secretary for the 2017-18 term. Joy will serve as CON Dean for the Jr. High CON and Social Action CON in the 2017-18 term. Eric will serve as CON Dean for the Sr. High and Jr. High CONs in the 2017-18 term.

In other related comings and goings, Jenni Papp has just completed her two-year term as an Adult co-chair to YAC and Mark Jackson was just elected to a two-year term for that same position.

What is YAC? "We are youth, exploring our faith by building a safe, supportive and spiritual community." YAC is a committee of youth supported by adults. YAC exists for the purpose of developing youth leadership. They are the governing body committed to ensuring that conferences happen and meet the stated purpose. YAC is the present and future generation of UU leaders.

Curious to learn more? Ask one of our SWUU youth about it. We have at least 8 youth active and attending the conferences.

Adopt-A-Highway

by Shirley Kowalski

Southwest UU has committed itself to making the environment cleaner through the effort of cleaning the intersection of Pearl Road and I71 four times a year - two in the spring and two in the fall. Garbage bags and bright yellow vests are provided but we need able bodies with gloves and heavy shoes to provide the energy. In exchange, ODOT provides a large sign on both sides of the intersection acknowledging our efforts and providing free publicity.

Sept 9 is proposed as the first clean-up date and Sept 16 as a rain date. For October, the proposed dates are October 7 with October 14 as the rain date.

Let's meet at the usual time, 8:45 am at the Islander Offices on Lucerne off of Pearl Road in Strongsville. The street address of one of the office buildings is 7530 Lucerne Dr Middleburg Heights, OH 44130. We meet in the parking lot of the office buildings in the part of the lot closest to the Shell station on the corner of Lucerne and Pearl.

Please consider joining us - we help the environment and the SWUU at the same time!

If you would like more information, please contact me.

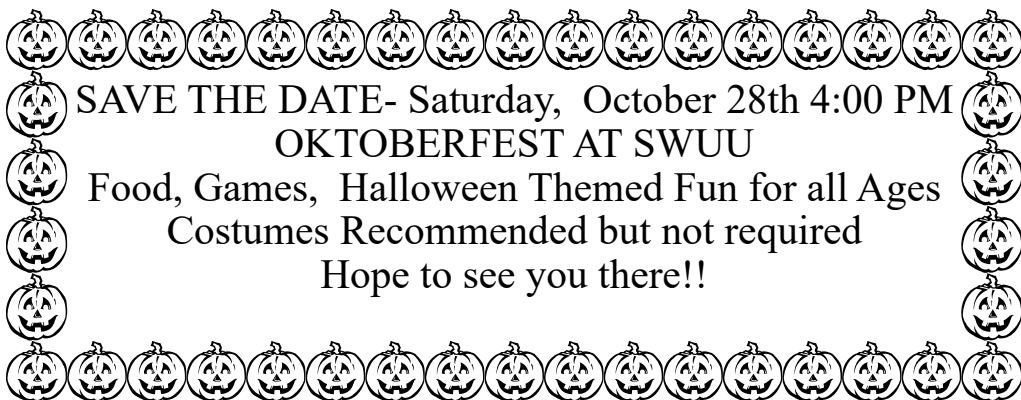
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Coming in October: SWUU Community "Connection" Fest! by Sherry Spencer, Board of Trustees

In keeping with SWUU's mission to "Joyfully Connect and Serve", and in fulfillment of lessons learned during our very well-attended long range planning workshop (thank you to all who came), and in acting on our goal to communicate and expand leadership opportunities in our church community, the Board will be organizing a before and after church event allowing you to meet the members of our very active committees and teams, learn what they do, and perhaps consider joining one (or two!). You will hear of the many ways by which you can help connect both within our church community and out in the wider community.

The exact date has not been set, but it will be in October. Stay tuned for more details, and please plan to attend when the date is announced. You will be impressed with how active we are, and you may be inspired to jump in and join! If you have questions, or would like to help organize, contact me.

Who: Members and Friends of SWUU
What: Breakfast and/or Coffee
When: September 6th, 9:30 – 11 am
Where: Mom's Restaurant
(Corner of York and Royalton Roads)
Why: Conversation and breakfast and/or coffee
Contact: Hallie Davis



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Tips from your Office Administrator

by Kathy Villwock

- With the fall and winter season approaching, gift giving may be on your mind, so why not help SWUU raise money through Amazon Smile? We just received another deposit in the amount of \$32.49. It doesn't cost you anything to do this so if you use Amazon to shop, please consider doing this. Type <https://smile.amazon.com> in your browser and sign in using your email and password (if you don't have an account, create a free account) and click on "Learn more about Amazon Smile. After you have selected "SouthWest Unitarian Universalist Church" as your charitable organization, you can start SHOPPING. It should show up at the top of the page that you are "Supporting SWUU. Every little bit helps!
- Please remember to shut off all lights before exiting the building.
- Also, if you are a committee member or staff remember please check your mailboxes on top of the filing cabinets. You may be receiving dated material. Although I email folks when I put mail there, it is not always picked up.

Cooks' Night Out-Explained and Renamed?

by Susan Paxson

The Membership Committee is considering ways to allow small groups of people get together so that some of our newer folks can get to know some of us who have been around for a while. Some options are through participating in SWUU walks, joining a committee, or signing up for a Covenant Group. Dining out with a group seems like another perfect way to get people together. Here is what you need to understand about how it works:

1. It is a drop-in type gathering which doesn't occur at a regular time.
2. It can be organized by and attended by ANYONE!
3. The person who organizes chooses the time and location.
4. There might very well be more than one in a month
5. Susan is willing to handle the publicity if you are willing to handle RSVP's and reservation.

At the workshop on Sunday, two people suggested the name Cooks' Night Out might deter people from coming. A couple suggestions have been made for a new name. One of them is "Dinner Dish" and another is "Epicurean Explorers". I understand that many people are used to the name "Cooks' Night Out" so even if we do change the name, I will continue to mention the old name so that we don't confuse anyone. Let me know your thoughts on this. Please feel free to email me with your choice of name, questions, or concerns.

Also I hope you will consider planning and organizing a night out or feel free to sign up for one that has been planned by someone else. This month, MJ is planning to gather at El Rodeo in Middleburg Hts on Thursday, September 14th at 6:30 p.m. Contact her if you would like to attend. Better yet, invite someone new to our group to join you. New folks often feel more comfortable coming if they are asked!



September 2017

To contact the minister, Rev. Kristen Rohm, or make an appointment to see her, call or email: 440 877-1686, or minister@swuu.org

| SUN | MON | TUE | WED | THU | FRI | SAT |
|--|---|---|---|--|--|--------------------------------------|
| <p>3 Generations -Rev. Kristen Rohm 12:30 PM All-Church Potluck Picnic at Brecksville Reservation</p> | <p>4 LABOR DAY</p> | <p>5 1:00 SWUU Walk Lake Isaac</p> | <p>6 9:00 AM First Wednesday Coffee 1:00—3:00 PM Spiritual Book Group @Mathews'</p> | <p>7 7:00 PM PFLAG Support Group</p> | <p>8 2:00 PM 50+ Women's Group</p> | <p>9 9:00 AM Adopt a Highway</p> |
| <p>10 All Life is a Circle -Rev. Kristen Rohm 12:00 PM Race and Resilience 12:30 PM OWL Meeting</p> | <p>11 1:30 PM In-sight Meditation</p> | <p>12 7:00 PM Board of Trustees</p> | <p>13 1:00—3:00 PM Spiritual Book Group @Mathews'</p> | <p>14 10:00 AM Membership Committee 6:30 PM Epicurean Explorers-EI Rodeo</p> | <p>15 7:00 PM Men's Group</p> | <p>16 7:00 PM Youth Group</p> |
| <p>17 An Ever Wider Circle -Rev. Kristen Rohm</p> | <p>18 1:30 PM In-sight Meditation</p> | <p>19</p> | <p>20 1:00—3:00 PM Spiritual Book Group @ Mathews'</p> | <p>21 7:00 PM Earth Alliance 7:30 PM Choir Rehearsal</p> | <p>22 FORUM DEADLINE</p> | <p>23</p> |
| <p>24 What I Learned as Captain of a High School Quiz Team -Rev. Keith Rasey 12:00 PM Memory Support Group</p> | <p>25 1:30 PM In-sight Meditation</p> | <p>26</p> | <p>27 1:00—3:00 PM Spiritual Book Group @ Mathews'</p> | <p>28 1:00 SWUU Walk PawPaw Picnic Area</p> | <p>29</p> | <p>30</p> |

For calendar adds/changes/deletes please notify the editor at susan@paxson.us or (440) 888-3615

Week day meetings are held at the church unless otherwise noted.

All events are handicap accessible unless indicated by a **

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Sharing and Caring

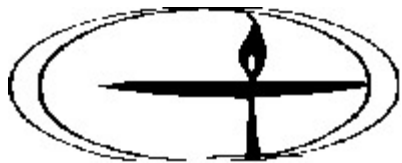
Amy Filbert is getting a team together for the Cleveland Lupus Walk on September 23rd. She would love to have someone do the walk with her. Here's the link to sign up. <https://www.kintera.org/faf/donorReg/donorPledge.aspx?ievent=1171746&supId=448380177>

Four SWUU ladies participated in the Senior Soap Box Derby Thursday, Aug. 31, at the Akron Derby Downs. Racers were **Candy Poissant, Carolyn Baldwin, Sylvia Banks,** and **Carol Jordan.** There are no trophies or awards, just the fun of racing down the Derby track side by side, plus a lunch at the top of the track. Two of the racers live in Brunswick Hills and they were joined by Brunswick Hills Police Chief Tim Sopkovich, whose seven-year-old son raced in the Akron race June 17.

Susan Mayer's son completed his chemotherapy two weeks ago, had his follow-up tests and met with his doctor yesterday. Treatment was successful. Thank you to everyone for your prayers and support!

** 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