



The Forum



A Southwest Unitarian Universalist Publication

www.swuu.org

August 1, 2019

Sunday Services

10:30 AM

6320 Royalton Road, North Royalton



August 4

Laughter as Prayer

This month's spiritual theme is Prayer. Unitarian Universalists are encouraged to define prayer in increasingly expansive and imaginative ways. Today, join us for a service of levity as we explore the ways that we UUs find humor in the world and turn laughter into prayer.

-Led by Rev. Megan Mathieson

Worship Associate: Adrienne Ellis

Focus Collection: Cuyahoga Valley Environmental Education Center

August 11

Prayer and Meditation

What is the difference between prayer and meditation? A quick answer might be that prayer faces outward, requesting from or thanking a deity, while meditation faces inward, centering and calming the spirit. This morning we will experience a variety of types of calming prayers and meditations as we explore the ways that prayer and meditation intersect.

-Led by Rev. Megan Mathieson

Worship Associate: Dan Paxson

August 18

Prayer and Personality

How does your personality affect your relationship with prayer and meditation? Extroverts often struggle with stillness and silence, while introverts often struggle with mindfulness and being present. We are each exquisitely unique but we share the need to connect with our Source. Join us as we explore the infinite variety of ways that we as humans spiritually connect to ourselves and each other.

-Led by Rev. Megan Mathieson

Worship Associate: Jaret Gold

July 28

A Lifelong Journey of Spiritual Growth

How do we live a lifelong journey of spiritual growth? The first step is to start with being present to where you are in your life and having the courage to go inward. And then to keep going.....

-Led by Rev. Rina Shere, Clinical Staff Chaplain at the Louis Stokes Cleveland VA Medical Center

Worship Associate: Ken Ellis

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Message from your Minister

Hello! My name is Rev. Megan Mathieson, and I am thrilled to begin here at SWUU as your new minister! You can call me Rev. Meg, Rev. Megan, or just Meg or Megan. I won't really notice what you say as long as you have a smile on your face, so please don't put too much thought into it. My pronouns are she and her. I come to Ohio from Gettysburg, PA and have lived in various parts of Maryland most of my life.

I am really looking forward to getting to know you. In the coming weeks, I will be setting up a physical board with spaces to make "mini-meetings" with me which you can access during coffee hour. For now, you can set up a meeting with me online.

Like many of you, I come from a Christian background, though I do not identify as a Christian now. I identify as a Christian-friendly agnostic, and I am fascinated and enthralled by all world faiths. You will see this interest reflected in the services that I lead, as we explore and learn together about the spiritual practices and rituals of humans worldwide and throughout time. Ultimately, however, our path is our own, and I am honored to be walking along with you. Like all of you, I, too, bring not only my best, polished self but also my hurting and broken self to this place. Our society is in a frightening and unstable place right now, and it is my goal to assist you in finding and forging the warm, strengthening glow of community every Sunday at SWUU.

May you be peaceful and at ease. May you be whole.

Rev. Meg

minister@swuu.org

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Focus Collection for July and August: Cuyahoga Valley Environmental Education Center by Mary Brooks, Social Justice Committee

This summer the focus collection will support the Cuyahoga Valley Environmental Education Center that provides opportunities for children each year participating in overnight, day and summer programs. An important part of the Conservancy's mission is to ensure every child who wants to attend these programs can, regardless of ability to pay. Programs give campers exposure to nature through flexible activities and team-building activities. One program, "All the Rivers Run" is a multi-day overnight learning adventure for fourth through eighth graders. Children enjoy a rare opportunity to live and learn in their national park while participating in outdoor learning activities about environmental sustainability. Students have the opportunity to plant native trees in CVNP as their final experience. Please help provide campers of all socioeconomic backgrounds the opportunity to learn and grow in their national park with your generous financial support.

Urban Hope News by Jan Wehn, Social Justice Committee

We had a wonderful July visit to Urban Hope, and although the August break was nice, we look forward to resuming our visits on Sunday, September 8. The sign up sheet will be in the lobby. All donations are welcome. We have used all of our "stash," and would like to build up some take aways, such as puddings, bars, cracker packs, applesauce, individual bags of chips, etc. All fruits, vegetables, salads, nuts and crackers are needed each visit, and we also like to take something substantial such as soup, casseroles, meatballs, or chicken fingers. Nothing goes to waste. Looking forward to another great year of serving. Traditionally, we have also done a dinner the last Sunday in September which would be on the 22. Stay tuned to see if this will still be scheduled. There may be another group doing it that day, but will not be confirmed until August. Thanks for your continued generosity.

Adopt a Highway by Susan Paxson

Won't you consider helping out with our commitment to clean up the entrance and exit ramps from Pearl Road to I-71? It is good exercise not to mention helping to beautify this grassy area. We also live out our 7th principle by doing this, and we even have fun.

Our first clean-up of the year was Saturday, June 1st, at 9:00. We had only five people but we got a lot done. We meet just before 9:00 am in the parking lot nearest Pearl Road for the Islander apartments. (turn off Pearl right beside the Sunoco Gas station across from the car dealer) Our next clean-up is **August 3rd**. It is a good way to start your Saturday and you will be finished by around 10:00 to get on with the other fun plans for your day.

We are always looking for new people to join us. If you have never done this before, you will need to complete a brief safety training at 8:45. Twelve year-olds and older can attend if they have a signed permission form. Make it a family affair! Please contact Susan if you would like to participate. Hope you can join us!

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Board Happenings

by Hallie Davis, SWUU Board President

Friends, I am honored to be President of the Board from July 1, 2019 – June 30, 2020. Yes, it is true, I have some VERY big shoes to fill as Dan Paxson served as president for the last two years. He will serve his third year on the board in the unofficial capacity of past president.

The board welcomes new board members, Dodi Lettus and Mark Jackson. Mark agreed to serve as secretary. Other members include: Ellen Hansen-Ellis, Vice President and board members: Suzy Matlack, Sarajane Willson. Lydia Avery serves as the non-board treasurer.

My plan is to continue board transparency and communication with the congregation with a monthly Forum article. In lieu of a July meeting, board members became familiar with the bylaws and policies of SWUU.

A board retreat is scheduled for the morning of August 3rd. Rev. Renée Ruchotzke (ruh-HUT-skee), Congregational Life Staff, Central East Region will lead our retreat focusing on goal setting and roles and responsibilities. Rev. Megan and the board will set and prioritize goals for the coming fiscal year or 366 days!

Please know that Board meetings will be held on the 2nd Tuesday of the month at 7-8:30 pm. All are welcome. The agenda will include a time for you, as a guest, to speak with the board. I ask that you let me know by the 2nd Monday of the month to be included in the agenda. My contact information is in the directory.

Summer Buildings and Grounds Activities

by Dan Paxson, B&G Committee

Members of the Buildings and Grounds Committee do fair amount of behind the scenes work to keep our wonderful space looking and functioning well. As chair of this committee, I want to take this opportunity to acknowledge some of the more recent efforts. Let's all give huge thanks to:

- Vlad Vancisin, who expertly painted the middle school R.E. room.
- Brian Woodside, who repaired and strengthened the bookshelf in the same room.
- Carol Jagers, who scheduled and supervised the annual carpet cleaning and made sure that it was done perfectly. She also came in the next day and hand-cleaned the stair treads so that they look practically new!
- Leslie Van Kuren, Vlad and Evie Vancisin, and Dan Paxson, who cleared the chairs from the sanctuary for the carpet cleaning (and set them back up again afterwards).
- Susan and Dan Paxson, who went on a tear for two days and cleared the gutters, changed the a/c filters, cleared the outdoor stairwells, cut back the bushes that were scraping the building on the south side, removed a bunch of junk from the downstairs storage room, and created some needed storage space for our R.E. supplies in the cabinets.
- Sherry Spencer, Pat Mellott, and Don Bryant, who spent many hours keeping our garden beautiful.

There are many other folks who do a great deal of work on our building during the year. Now that I am no longer board president, I hope to write more articles like this so that we can all be aware of and acknowledge their often unsung efforts.

The Forum



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 issues of importance to SWUU, e-mail connect@swuu.org and request to join the SWUUList.

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

Summer Walks by Susan Paxson

My summer walks have been continuing with our nice weather. The record attendance was my evening walk in late July on a Thursday night when I had 5 people. I will continue planning walks as I am able and would love to have new folks join me. Walking together is a great way to get to know one another in a healthy way that costs nothing! Email me to be on the walking group list and have advance notice about walks! They may not always be on the calendar as I cannot predict the weather very far ahead, but I did schedule one walk for Thursday morning at 10:00 AM at Lake Isaac. Check it out!

Evening Book Group by Hallie Davis

The evening book group will be starting a new book on Thursday, September 12 at 7:00 PM. The book is called "The Shack" by Wm. Paul Young in 2007. This is a novel that wrestles with the timeless question, "Where is God in a world so filled with unspeakable pain?" We will meet the second Thursday and the fourth Tuesday of each month at 7:00 PM at the home of Hallie Davis in Strongsville. We read and discuss the book as a group. If you would like to join our group, you are welcome. There is a sign-up sheet in the lobby!

Calendar Changes by Susan Paxson

For quite a while now, we have been maintaining two calendars here at SWUU. One of them is in the Forum every month; the other one is the event calendar on our website. I was trying to do both and not always doing a great job. Now that we have Kristen maintaining the official calendar which is on the website, I am stepping down from my position as "calendar keeper". After this month, there will no longer be a calendar in the Forum. I realize change is hard, but this is actually a better way to do things. The calendar on the website can be updated at virtually any time. It allows you to look ahead and see what is already scheduled in case you want to avoid other events. It is also easier for the person who puts the information in because there is room for as much info as needed in the description section of the items. If you have not checked out our website, now is the time to do so. The address is swuu.org. From there, click on the event calendar link.

We will still have our weekly updates for people who like to be reminded about what is going on, and of course the SWUUList is also still available.

Ladies' Night Out by Susan Paxson

Please check out the sign-up sheet on the table in the lobby and sign up if you would like to choose the restaurant for August. As of this writing, there is no one, but impromptu dinners can be fun. It will not be on the forum calendar but we could get it on the website and in the Thursday news. In June, seven of us had a wonderful evening a Merwyn's Wharf in Cleveland. If you have a favorite restaurant you would like to share with some of us, get your name on the list! Ladies' Night Out is the fourth Friday of the month when the Men's Group meets.



August 2019

To contact the minister, Rev. Megan Mathieson, email:
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 handicapped 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. </div>						
4 <i>Laughter as Prayer</i> -Rev Megan Mathieson	5 1:30 PM Meditation	6	7 9:30 AM- First Wednesday Coffee 1:00—3:00 PM Wednesday Book Group @	8	9 7:00 PM SWUU Puzzle and Game Night	10 3:30 PM Women's History
11 <i>Prayer and Meditation</i> -Rev. Megan Mathieson	12 1:30 PM Meditation	13 7:00 PM Board of Trustees	14 1:00—3:00 PM Wednesday Book Group @ Mathews	15 7:00 PM Earth Alliance	16 2:00 PM Women's Group	17 5:00 PM Redman Hundley's Memorial Service in Medina
18 <i>Prayer and Personality</i> -Rev. Megan Mathieson	19 1:30 PM Meditation	20 10:00 AM Membership Team 7:00 PM Worship Team	21 1:00—3:00 PM Wednesday Book Group @ Mathews	22 7:30 PM Choir Rehearsal	23 7:00 PM Ladies' Night Out	24
25 <i>A Life-Long Journey of Spiritual Growth</i> -Rev Rina Shere	26 1:30 PM Meditation FORUM DEADLINE	27	28 1:00—3:00 PM Wednesday Book Group @ Mathews	29	30 <div style="border: 1px solid black; padding: 5px; width: fit-content; margin: 0 auto;"> Meetings are held at the church unless otherwise specified. </div>	31
12:00 PM Aging Well						

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Sharing and Caring

From Carolyn Baldwin "Thank you ,everyone for all the cards, visits and calls I got during me recuperation. I have never been more warmly received in any congregation and I am truly grateful for all my new friends. I look forward to seeing you all again soon."

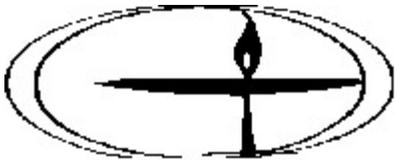
Cynthia Mondia is home continuing to recuperate from her back surgery. For now, she is not going out. She wants to thank everyone for the cards, calls and visits. She really appreciated them.

A memorial service for RedMan Hundley will be held on Saturday, August 17 at 5pm, at Unity of Medina, 787 Lafayette Rd - Bldg D, Medina OH 44256.

Doug and Kelly Hesche write.... they are grateful for the support of the SWUU family, especially hearing all the ways MJ impacted so many of our lives. Glass block windows will be installed in the lower level gathering area in memory of MJ Hesche. She loved light!

** 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.