

FOCUS

The monthly newsletter from Hope Unitarian Church



Seeking Hope, Love, and Justice—Together in Community

VOL. 26, NO. 10 | OCTOBER 2020



This Month

Sunday Services live on Zoom and Facebook!

Have you checked out our new live services yet? Join us each week as **Rev. Greg** continues his Hope series. Besides a thought-provoking sermon, we'll have live music, with **Carol Young** as our song leader and music from **Dr. Joseph Rivers** and **Chris Powell**.

Participate live on Zoom on Sundays at 11 at www.hopeuu.org/SundayService (Meeting ID: 927 6037 3069; Passcode: 963978). Or view the service live on our Facebook page (www.facebook.com/HopeUnitarianChurch).

Also this month, **Threads of Hope** will start on fall projects, and our children and youth will be doing some fun activities, including teaming up with the kids from All Souls on Zoom.

October is one of the most beautiful months of the year at Hope. Although the building is closed, our trails are open every day from dawn until dusk. Our volunteer gardeners are keeping the grounds lovely and safe. We encourage you to come up and enjoy the change of seasons on the Hill!

SUNDAY MORNINGS ON ZOOM

SERVICE: 11:00

www.hopeuu.org/

[SundayService](#)

See p. 7 for Meeting IDs and Passcodes

All services are also streamed live to our Facebook page:

www.facebook.com/HopeUnitarianChurch

Read your newsletter each week to see when we're having Social Hour (9 a.m.) and Adult Forum (10 a.m.).

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All in-person services and programs are cancelled until further notice.

While we are closed, we're having virtual programming online! Our offerings include inspiring music from **Joseph** and **Chris**; thoughtful sermons from **Rev. Greg**; lively Zoom-based Adult Forum programs; and CYRE activities from **Tennille** and **Paige**.

PLEASE NOTE: Hope's building remains closed and staff continue to work from home. Groups of fewer than 10 people may reserve the back patio to meet, but must observe social distancing. **They may not enter the church building.**



WHOSE REPORT DO YOU BELIEVE?

There has been a lot of talk about truth recently. It has become common and accepted

practice to lie, in business, politics, houses of worship, even among friends. From “little white lies” to corporate and government deception, telling the truth is the exception more than the rule. With enough practice, we won’t be able to tell the difference, especially during election season.

Of course, this is nothing new. Authoritarian regimes must encourage the mistrust of the media and scream, “Fake news!” on every corner. Don’t worry, a state newspaper like *Pravda* will separate truth from fiction. *USA Today* may become *USA Forever*. Yet more people turn to Facebook for their daily news than any other outlet. Now even the truth is a lie. Or is it?

Authoritarianism also promotes division among a nation’s people, sometimes so much division that citizens will take up arms against each other. Fascist leaders then send in government

troops, they say, to quell the “rioting.” In actuality, the presence of military personnel in America’s cities is meant to sow more animosity between groups that already have their fingers on the trigger.

This is really happening right before our very eyes! It’s not enough simply to vote. We must ensure that our circles of friendship have voted or will vote on Nov. 3. If you are able, offer rides to polling places for those who need them. You think I’m being too dramatic? I learned yesterday on the PBS News Hour that less than a third of millennials consider democracy important to the future of our country.

There are only two things that can change America’s current course: hope and action. Our Sunday services explore the nature of hope and its applications to our daily lives. If hope is hard to find, please tune in and listen. Then act on what you hear or what your heart tells you to do. This is no time to hide our lights under a bushel. And that’s the truth, I think.

With that in mind...

As you probably know by now, you can vote absentee in Oklahoma for any reason, including just because you want to. But you will need to have your absentee ballot notarized, or include a copy of your state-issued ID. **You can make an appointment at Hope for either of these things!** Molly can make a copy of your ID, and either she or Deborah can notarize your ballot. Request your absentee ballot at https://www.ok.gov/elections/Voter_Info/Absentee_Voting/index.html, and then email hopeuu@hopeuu.org to schedule a time with us.

Interact with the Interim Minister

Rev. Greg is Here for You!

Office Hours (virtual or by appointment): Tuesday through Saturday, 8:30 a.m–4:30 p.m

Sacred Day Off: Monday

On Call: For pastoral emergencies, 24/7

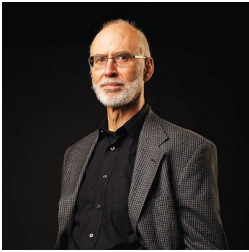
Appointments: Call Rev. Greg at (918)800-8403 to schedule

Social Times (on Zoom):

Tuesday Coffee Hour, 9:00–10:00 a.m.

Thursday Cocktail Hour, 4:00–5:00 p.m.

Class Offered: Black Writers Book Group, 3rd Thursdays, 7:00–8:15 p.m.



Music News

By Dr. Joseph Rivers, Music Director

Last month the worship team, led by our interim minister **Rev. Greg Stewart**, began live-streamed services at Hope over Zoom and Facebook for our members to experience.

Because we are limited in the number of people allowable in the sanctuary due to social distancing and other protocols, this has consisted of an additional reader, the pianist, a singer, and the technical staff member and her assistant. **Chris Powell** and I are alternating

in accompanying the services on piano. We are continually working to improve both the sound and images of the streaming, and I would like to thank all the participants for going the extra mile to make this possible. These include **Eve Bjornsgaard** for her technical expertise and hard work in overseeing the sound and video technology, our singer **Carol Young** who is leading the hymns, the readers, and others who are contributing to this service and offering their assistance and suggestions.

Children and Youth

By Tennille Wilson and Paige Clark

New Time!

Children's Church has moved to 2:30 on Sundays.

Zoom link:

www.hopeuu.org/ChildrensChurch (Meeting ID: 932 9801 6660; Passcode: 124851)

Did you know...

...that there's a Facebook group just for Hope parents, grandparents, and others in our community who are interested in our CYRE activities? Go to <https://www.facebook.com/groups/HopeUUParents> and ask to join. You'll be able to see some of the awesome things that our children and youth are doing, along with terrific content like book recommendations, craft projects, and photos from **Tennille, Paige**, and our CYRE staff!

It is a private group, and you'll need to be approved to join.

CONTACT US

Pastoral Care

Rev. Greg: greg@hopeuu.org

Care Team:

careteam@hopeuu.org

Religious Education

Tennille Wilson:

tennille@hopeuu.org

Paige Clark:

youth@hopeuu.org

Childcare:

childcare@hopeuu.org

Music

Dr. Joseph Rivers:

joseph.rivers@hopeuu.org

Outreach

outreach@hopeuu.org

Board

boardpresident@hopeuu.org

Church Administration/ Office

hopeuu@hopeuu.org

(918)481-0999

Building/Office Hours:

The building is currently CLOSED. If you have a church-related reason to get into the building, please contact the church office.

www.hopeuu.org

Care Team Corner

By Deborah Whittaker

Dear Church Family,

In September, [Clarehouse](#) presented a lecture on Quarantine Fatigue. The topics are below along with a link to a handout that lists the details. Take a moment to examine a few items. You'll find them helpful.

Breathe • Progressive Relaxation • Five Senses Activity (Grounding) – a great way to stop a panic attack • Do Something Productive • Control What Is Yours To Control • Attitudes • Helpful Mental Health Apps • National Hotlines • Local Numbers

[Click on this link to download the handout](#)

October's Generosity Recipient

by Anita Ward

[Community Health Connection](#) is our October Generosity recipient.

They are a key provider of a full range of comprehensive primary and preventive health care for all ages. They serve those with and without insurance, those with Medicaid (SoonerCare), Insure Oklahoma, and Medicare. In addition, they serve those who do not have a medical home where their language is spoken, and vulnerable populations. For languages other than Spanish, a certified language line is used for translation services. They cover medical, dental, behavioral, and social services for their patients.

Our member **Julia Harris** is giving a \$1500 match. Let's try to get enough to double it!

To donate online to our Generosity recipient, go to www.hopeuu.org/Generosity

You can also mail a check to
Hope Unitarian Church
8432 S. Sheridan Road
Tulsa, OK 74133

Please write "Generosity" in the memo line.

Outreach News by Anita Ward

Monthly Meal for the Day Center

Thank you to all the volunteers who helped with our monthly meals for the Day Center in September!

Anita Ward did the shopping, and **Maggie Scott** did the pre-cooking. **Linda and David Tracy** and their family did the cooking on Saturday, and **Mary and Matt Baird** delivered the food to the Day Center.

Thanks to all those who brought cereal and donations! Our donation basket was overflowing.



Ready for 100 by Rich Jackson

Ready for 100 leader **Gary Allison** is carefully developing a web site for RF 100. He will be calling attention to it in emails to the 80 attendees in the November 2019 Faith Groups presentation at All Souls; in social media, with help from a firm that specializes in that; and will be referring to it in presentations to local groups.

Gary is also working with Sierra Club Executive Director **Johnson Bridgwater** and others to develop a list of current or (hopefully!) new Oklahoma legislators to lobby for elimination of anti-solar legislation now state law.



The Tracy Family cooks the monthly meal for delivery to the Day Center

Garden and Grounds

By Julia Harris

Look What I Found!

The church building may be closed, but there is always company on the Hill. This Swallowtail caterpillar joined **Mary Newman** in the Rain Garden as **Gail Hawk, Anita Ward, Lee Ann Cole,** and **Julia Harris** prepared other spots for Fall on the Open Hill Day.

We have been a registered Monarch Waystation for several years, but now we are claiming bragging rights. The Hill is beautiful in the Fall and ours to enjoy. We hope you will.



October Birthdays

Brad Adams	1
Elva Knoles	3
Lynn Rivers	12
Larry Sharp	15
Paula Haight	16
Jim Sleezer	16
Jean Coffey	17
Ada Galli	17
Mindy Paschal	17
Joan Scheulen	17
Shirley Adams	22
Marcia Schaefer	23
Leslie Walker	24

Are you receiving our email communications?

If you aren't receiving *Highlights, Focus,* or churchwide announcements by email, you might be missing out!

You can sign up for any of these on our website here:

<http://hopeuu.org/blog/newsletter/>

You can also call the church at **918.481.0999** or email us at hopeuu@hopeuu.org to be added to any of our email lists.

Are you following us on Facebook?

We post events and other church news there, as well as photos and even an occasional video! We'd love to connect with you.

<https://www.facebook.com/HopeUnitarianChurch/>



Got an hour?

Join Rev. Greg and your Hope friends for coffee or cocktails!

Coffee Hour
Tuesdays at 9 a.m.

www.hopeuu.org/CoffeeHour

Meeting ID: 952 2971 4477

Passcode: 159899

Cocktail Hour
Thursdays at 4 p.m.

www.hopeuu.org/CocktailHour

Meeting ID: 980 3776 9619

Passcode: 307923

October Events

Women of Hope

Thursday, October 1

7:00 p.m. on Zoom

Women of Hope is a social gathering on the first Thursday of every month. We have a potluck dinner with a program on a variety of topics. All are welcome. If you have one, wear a hat and we will enjoy each other's head attire, in addition to chatting.

Zoom link: www.hopeuu.org/WomenOfHope

Meeting ID: 913 8568 9368

Passcode: 576764

Coffee Hour with Rev. Greg

9:00 a.m. every Tuesday on Zoom

Join Rev. Greg and your Hope friends for a chat every Tuesday morning!

www.hopeuu.org/CoffeeHour (Meeting ID: 952 2971 4477; Passcode: 159899)

Threads of Hope

Tuesday, Oct. 12

11:30 a.m. on Zoom

It's Autumn! Get out your patterns and gather your yarn for scarves, hats, afghans, gloves and all things for cooler weather. Think Christmas gifts! Let's get together at 11:30 on Thursday, October 12 on Zoom. If you'd like to join us, contact **Deborah Whittaker** (careteam@hopeuu.org) and you'll get the Zoom link the day before.

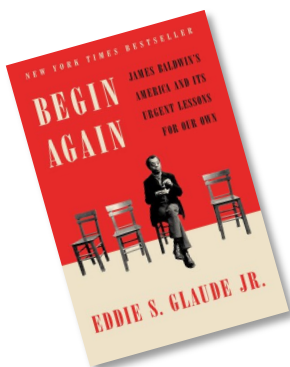


Cocktail Hour with Rev. Greg

4:00 p.m. every Thursday on Zoom

Join Rev. Greg and your Hope friends for a lively talk before you start your evening. Bring along your favorite libation and meet us on Zoom!

www.hopeuu.org/CoffeeHour (Meeting ID: 952 2971 4477; Passcode: 159899)



Black Writers Reading Group

Thursday, October 15

7:00 p.m. on Zoom

Rev. Greg's Black Writers Reading Group continues in October with *Begin Again: James Baldwin's America and Its Urgent Lessons for Our Own*, by Eddie S. Glaude Jr.

This new group is off to a great start, and you can still join! Contact **Molly** (molly@hopeuu.org) if you'd like to be involved.

Calling Volunteers!

Online Worship Team

Attention all volunteer readers and greeters. Rev. Greg has been working to create a different, but more familiar church format to help us all get that "back to church feeling."

We are looking for **Worship Associates** to volunteer once every month or two to light the chalice, do one reading, and make announcements. This can be done live at the church on Sunday morning (with masks and social distancing, of course!) or it can be pre-recorded.

We are also looking for **virtual ushers/greeters** on Zoom to host our live online services, greet people as they come in, and admit them to the service.

Thank you to everyone who has already volunteered (and there are a lot of you!). We still need a few more of you, though, to make sure our volunteer crew is robust and prepared.

There will be training for all as we get new volunteers by our new Technology Assistant, **Eve Bjornsgaard**. Please let **Rev. Greg** know if you'd like to fill one of these important roles!

Adult Forum

We still need help on the Adult Forum Team. Please consider helping out.

Call, text or email me with any concerns, comments or ideas.

(918)812-3450

sbottowitt@cox.net

Barb Witt

VP Programs

Having technical difficulties?

Contact our new Technology Assistant, **Eve Bjornsgaard**. She can help you get set up on Zoom, no matter what kind of device you're using! If you need to host a Zoom meeting for your committee or team, she'll show you how. Email her at eve@hopeuu.org, or even better: text her at **(918)361-8444**.

Sundays This Month at Hope

Theme for October: The Hope Series (continued)

10/4 – “Hope Is Risky”

Rev. Greg Stewart

There’s often a risk involved when hope is engaged. We experience the risk of hope when we live life as our truest selves. But this is almost never easy. What is it in your life that is worth the risk of being hopeful and hope-filled?

Adult Forum: Community Health Connection
(Generosity Recipient)

10/11 – “Hope Is Power”

Rev. Greg Stewart

Hope changes things. When its power is unleashed in a world of inequality, real transformation is possible, individually and corporately. We’ll explore hope’s power through the example of Gandhi, the persistence of people in Zambia, and by a woman who took on the IRS.

Adult Forum: National Coming Out Day
(Welcoming Committee/Joan Bjornsgaard)

10/18 – “Hope Is Suffering”

Rev. Greg Stewart

Why do some people weather the storms of life while others give up hope? How do some folks learn from their suffering while others succumb to it? We’ll ask two prisoners, Paul and Silas, and two prophets, John Lennon and Martin Luther King Jr., how long-suffering leads to hope.

Adult Forum: Beyond the Partisan Divide, pt. 1

10/25 – TBA

Adult Forum: Beyond the Partisan Divide, pt. 2

Online Services

The Zoom link for our Sunday services is

www.hopeuu.org/SundayService

Meeting ID: 927 6037 3069

Passcode: 963978

Services begin at 11 a.m.

You can visit past services at

www.hopeuu.org/OnlineServices

Social Hour: 9 a.m. every other week: 10/4 and 10/18

www.hopeuu.org/SocialHour

Meeting ID: 948 2319 7706

Passcode: 190374

Adult Forum: 10 a.m.










www.hopeuu.org/AdultForum

Meeting ID: 944 2766 5124

Passcode: 174446

Visit our website!

You can always visit our website to find information about events and services. Start at our front page, www.hopeuu.org. On the front page you will see:

-  A **menu** that will help you navigate the website.
-  An **image carousel** with pictures that change.
-  Information about the **next** service.
-  A **search bar** where you can search our website.
-  A link to the **most recent** service.
-  Links to pages that introduce visitors to Hope.
-  A **calendar** of our events and services.
-  Links to our current **news** items.
-  Our most current **Facebook** posts.

Adult Forum: Beyond the Partisan Divide

Unitarian Universalism is a border-crossing faith. We constantly revisit what it means to be open and welcoming to all who would find sustenance in our message and our communities. Our first Principle calls us to see the inherent worth and dignity in every person. Our fourth champions a free search for truth and meaning. Still, living in our two-party political system, we sometimes struggle to embody a welcome that stretches across partisan division. In three Adult Forum sessions led by **James Donovan**, we will attempt to affirm the Unitarian Universalist commitment to live into our principles, in the hope that meeting the challenge will serve us as individuals as it serves the larger life of which we are a part and we will share our feelings about our upcoming election. **October 18, October 25, and November 8.**



8432 S. Sheridan Road
 Tulsa, OK 74133
 (918)481-0999
 hopeuu@hopeuu.org
 www.hopeuu.org

Seeking Hope, Love, and Justice—Together in Community

FOCUS v. 26, no. 10, October 2020 by Hope Unitarian Church
 8432 S. Sheridan Road, Tulsa OK 74133-4137

TO:



Hope Unitarian Church is an inclusive, affirming congregation.

2020–2021 Board Members and Trustees

Lee Ann Cole, President
Anita Mills, President-Elect
David Lynn, VP of Finance and Planning
Barbara Witt, VP of Programs
Judy Sims, Secretary
Elizabeth Obal, Treasurer
James Donovan, Past President
 Trustees: **Bettina Larsen**, **Brian Tolle**



Our Staff

The Rev. Gregory Stewart, Interim Minister
Tennille Wilson, Director of Religious Education
Paige Clark, Youth Director
Dr. Joseph Rivers, Director of Music
Molly Ives Brower, Church Administrator
Eve Bjornsgaard, Technology Assistant
Chris Powell, Pianist
Susan Michael, Michelle Steyve, Nora Potter,
 Childcare
Rebecca Jones, Accountant (off-site)



HOPE UNITARIAN CHURCH

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 Tulsa, OK 74133
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 hopeuu@hopeuu.org
 www.hopeuu.org



October 2020

Hope's Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Cocktail Hour, 4pm Women of Hope, 7pm	2	3
4 Social Hour, 9am Adult Forum, 10am Service, 11am Children's Church, 2:30pm	5	6 Coffee Hour, 9am	7 Hope Singers, 7pm	8 Cocktail Hour, 4pm	9	10
11 Adult Forum, 10am Service, 11am Children's Church, 2:30pm	12	13 Coffee Hour, 9am Threads of Hope, 11am	14 Hope Singers, 7pm	15 Cocktail Hour, 4pm Black Writers Reading Group, 7 p.m.	16 Feed the Homeless pre-cook	17 Feed the Homeless 2:30pm
18 Social Hour, 9am Adult Forum, 10am Service, 11am Children's Church, 2:30pm	19	20 Coffee Hour, 9am	21 COVID Response Team, 5pm Hope Singers, 7pm	22 Cocktail Hour, 4pm	23	24
25 Adult Forum, 10am Service, 11am Children's Church, 2:30pm	26	27 Coffee Hour, 9am Board of Trustees, 7pm	28 Hope Singers, 7pm	29 Cocktail Hour, 4pm	30	31

Zoom Links

Women of Hope: www.hopeuu.org/WomenOfHope (Meeting ID: 913 8568 9368; Passcode: 576764)

Social Hour: www.hopeuu.org/SocialHour (Meeting ID: 948 2319 7706; Passcode: 190374)

Adult Forum: www.hopeuu.org/AdultForum (Meeting ID: 944 2766 5124; Passcode: 174446)

Sunday Service: www.hopeuu.org/SundayService (Meeting ID: 927 6037 3069; Passcode: 963978)

Children's Church: www.hopeuu.org/ChildrensChurch (Meeting ID: 932 9801 6660; Passcode: 124851)

Coffee Hour: www.hopeuu.org/CoffeeHour (Meeting ID: 952 2971 4477; Passcode: 159899)

Hope Singers: www.hopeuu.org/HopeSingers (Meeting ID: 349 768 514; Passcode: 003843)

Threads of Hope: Contact Deborah Whittaker, careteam@hopeuu.org

Cocktail Hour: www.hopeuu.org/CocktailHour (Meeting ID: 980 3776 9619; Passcode: 307923)

Black Writers Reading Group: Contact Molly Brower, molly@hopeuu.org

Board of Trustees: www.hopeuu.org/BoardMeeting (Meeting ID: 913 5756 5440; Passcode: 367781)

COVID Response Team: www.hopeuu.org/COVIDResponseTeam (Meeting ID: 920 7967 1865; Passcode: 814780)