

## From the Minister



As Hope's leadership rotates, **Deborah Whittaker** and **Tara Saylor** are now co-chairs of a growing Caring Committee. **Carmen Kinsey** has done a wonderful job for the past few years in this role. The team supports the church in taking care of its own. It supports each one of us in helping others. They help us ask, "Is there anything I can do?"

Recently I found this list compiled by a woman with cancer revised by author Katy Butler, *Knocking on Heaven's Door: The Path to a Better Way of Death*. Put it on your computer. Use it to help a friend. If you're in need, send it out to whoever asks.



### Practical Things

- Mow our lawn
- Make me dinner
- Come over & clean something in my house.
- Invite me to something fun you are doing
- Take me to a movie
- Meet me for coffee
- Send me a card of encouragement
- Leave some organic fruit in a basket on my doorstep.
- Share a veggie from your garden
- Plant something in my veggie garden
- Send me a text when you are grocery shopping and ask if I need anything
- Find out when I have to go for treatment and drive me or visit me there
- Visit my elderly parent(s) when I am too sick to see them
- Take my dog for a walk
- Hire a housecleaner for me

### Kindnesses that take little effort but that can be powerfully uplifting—

- Give me a hug. Tell me you love me
- Write me a note telling me why I matter
- Tell me you have said a prayer or sent positive vibes into the universe for me
- Send me an email or text every now and then just to say you are thinking of me... and don't expect a response
- Share a memory of me that is special to you
- Talk to me like a normal person, not a diagnosis. Let me enjoy time when illness is not the first or main topic of conversation
- Let me know you care —my disease or treatment need not be the first thing you ask about, but acknowledge the reality of what I am going through.
- Do something for my family, who supports me so beautifully.

Emotional support for someone and their caregiver(s) is powerful. Feeling understood, acknowledged and loved goes a long way to creating a healing environment.

Joyfully,



The Rev. Cathey Edwards

Volume 22

No. 9

September  
2016

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## Sunday Mornings September 2016

Sunday Religious Education  
for Children and Youth  
10 am - RE Wing

Sunday Adult Religious  
Education  
10 am - Sanctuary

Sunday Worship  
11am - Sanctuary

**Sunday, September 4**  
“Deliberate Acts of  
Kindness”

The Rev. Cathey Edwards

**Sunday, September 11**  
“Justice Rains Down  
Like Waters”

The Rev. Cathey Edwards

**Sunday, September 18**  
“Who Defines Normal?”  
The Rev. Cathey Edwards

**Sunday, September 25**  
“At-one-ment”  
The Rev. Cathey Edwards

## September Theme



September's theme is Kindness. The practice of kindness is the daily, friendly form of love. It is both humble — a student bringing his teacher a flower — and exalted — a fireman giving his life to save someone else's.

Together this month we will explore how kindness is love with hands and hearts and minds. It is both whimsical — causing our faces to crack into a smile — and deeply touching — causing our eyes to shimmer with tears.

Kindness is twice blessed. It blesses the one who gives it and the person who receives it. Join us as we give and receive kindness during worship, classes, and being together.

### About Our Monthly Themes

Hope Church is a questioning community. It is a safe place to bring doubt and new ideas.

Our monthly themes express Hope Church's openness to theological exploration. They are not an endorsement of any particular creed or belief. Instead, they provide a monthly opportunity to examine in common a religious doctrine or idea.

If you are not receiving *Touchstones*, the electronic newsletter on the monthly theme, please let our administrator, Maggie Scott, know at [hopeuu@hopeuu.org](mailto:hopeuu@hopeuu.org).



## Children and Youth Programs

Susan Spooner, Director, [susan@hopeuu.org](mailto:susan@hopeuu.org)

CYP Committee Members: Laura Reiman, chair, Paula Haight, Kerri Vandiver, Ann Lee, Susan Farma Hai

*Childcare is available during all church events, committee meetings and Board meetings. If you need childcare during a church activity, please email [childcare@hopeuu.org](mailto:childcare@hopeuu.org) at least 2 business days before the event.*

### Religious Education for Children and Youth

**Sundays 10:00 am—12:00 pm**

Religious education is focused on the theme of the month as well as curriculum designed to help Hope’s young ones discover answers to life’s big questions. The curriculum includes chapel, religious education about Unitarian Universalism and other faiths, art, nature and outdoor experiences. Parents are always welcome to join their children in our religious exploration.

**Susan Spooner**



*Thank you for sharing yourselves, beloved youth, children and adults who volunteered “helping hands”!*



Interested in more about parenting support and loving a child?  
Send a friend request to Hope Unitarian Church: It Takes a Village.

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## Music Notes



September is the month when Hope's activities and programs start up for the year. Our monthly theme for September is "Kindness." What better way to extend kindness is there than to offer a warm welcome to returning members and visitors, and to all of us as we "return" from the summer season into the new season of church programs and activities? September 11 is our official "Homecoming" Sunday, and the Hope Singers will sing music through the month focusing on "Welcoming" and "Kindness," which go hand in hand with thriving community.

We also welcome our new choir members and any who would like to join us in the coming year. If you love to sing, want to learn how, or suspect you have a singing voice that is itching to come out, the Hope Singers (Hope's adult choir) would like to invite you to join them. We rehearse every Wednesday evening from 7 pm to 9 pm, and on Sunday mornings from 9:30 am to 9:55 am for the morning service. An audition is not necessary. All you need is a willingness to learn and to sing. If you cannot commit to the choir at this time, but can play an instrument or sing and would like to participate in the Sunday services in some other way, please let us know.

**Joseph Rivers**, Director of Music  
joseph.rivers@hopeuu.org

## Sunday Coffee Hour

**Lynn Walters** will now be heading up this team, taking over from **Elke Johnson**. Many thanks to Elke for her years of dedication to our cookie supply!

## Lost and Found

Did you leave something behind at Hope. Your favorite water bottle? Hat? Umbrella? Jacket? We have all these and more. Please check the Lost and Found Box (near the coat racks). Unclaimed items will be donated to the Tulsa Day Center for the Homeless.

## Activity Fair

**September 18, 10:00 am during Adult Forum in the Sanctuary**

- ◆ Do you want to volunteer at Hope?
- ◆ Do you want to know more about all the areas where you can help?
- ◆ Do you want to know more about Hope events?
- ◆ Do you want to meet Board members, Committee and Team members?

Join us in **Adult Forum** and find out about Hope's Committees, Teams, Activities and more. Afterwards, you will have the opportunity to sign up for areas where you would like to help.

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## ***Notes from the Board***

### **Meeting 8/23/16**

The church holidays and church closure policy was voted upon and approved.

The board received several handouts about policy information, proposals and other subjects for discussion at next month's board meeting.

There was discussion on whether board members should be allowed to serve on the Personnel committee. The vote passed that board members should not serve on the personnel committee.

**Larry Sharp** was given the task of scheduling a time for church security issues to be addressed. Each board member is to email him the issues they would like to see covered.

The board had a productive retreat over the weekend of August 19/20 and board goals were established. At the board meeting individual board members volunteered to take responsibility for working on each of those goals.

**Rev. Cathey** gave an update on the progress of the new website. She is hopeful it will go live in September.

We handed out material from the recent Dwight Brown Leadership conference, about how church size affects all aspects of church life. Board members can become familiar with vocabulary of church size.

**Anita Ward**, President, Board of Trustees

## ***Wanted! Hope Key People***

Would you like to join our team of key people and help with opening and closing the church for Sunday services, events and rentals? You would work with a team and take a one week turn. Frequency depends on numbers of key people. If you would like to find out more about this very important volunteer opportunity, talk to one of the Key People listed below on a Sunday or contact Maggie Scott [hopeuu@hopeuu.org](mailto:hopeuu@hopeuu.org)

**Fred Pottorf, Eric Reiman, Jim Sleezer, Sherrill Womeldorff**

## ***Adult Forum***

### **Sundays, 10:00 am, Sanctuary**

#### **September 4: Generosity Sunday**

Our guest speaker will be **Kathy Rad**, Program Manager and Master Teaching Artist at **Harmony Project Tulsa**, our generosity recipient for September.

#### **September 11: Hispanic Outreach: Bringing together Police and a fearful Latino community**

Officer **Jesse Guardiola**, TPD'S Director of Hispanic Outreach, will speak about disadvantages faced by the Latino population.

#### **September 18: Activity Fair**

Find out about Hope's committees/groups/activities. Afterwards, there will be opportunity to sign up for areas where you would like to help.

#### **September 25: The Art and Science of Living**

Another sermon from the UUA General Assembly.

**Chris Anrig**, Adult RE Chair

[cmanrig@hotmail.com](mailto:cmanrig@hotmail.com)

## ***Tulsa Food Security Council***

### **Organizer of Oklahoma Food Security Summit**

**Workshop—Friday, October 14 , 9-4 at TCC, 3727 E Apache St, Tulsa OK 74115**

Bringing together National, State, tribal, local food policy experts and community members to assess current conditions leading to food insecurity, create solutions and take action.

This year's topics include State Q 777 Right to Farm, Tribal Food Sovereignty, Upstream Healthcare, Plants as Medicine, Food Access, Food Recovery, AG as a Classroom, Healthy Living Program, Food Forests, Foraging, Future of Horticulture, Poster Project Gallery and Local Chef Tasting.

<https://www.eventbrite.com/e/oklahoma-food-security-summit-tickets-27237120962?aff=efbneb>

## Garden and Grounds



Summer is winding down, days getting shorter, heat diminishing - heading into my favorite season. Yes leaves will come down and need to be cleaned up in some human-used places, but I love the bare trees and the calmness that happens in the fall. You can hear things better without all the muffling of the fully dressed woods.

As always, special thanks to the many garden volunteers who show up and water and trim, dead-head and pick up debris from gardens and trails. Special recent thanks to **Warren Cox** who has been working on the south side of the road, uncovering iris, trimming back debris and minimizing the ever-present briar. Like me, he starts early in the morning and quits before the heat gets too dreadful. I know many folks do not even notice that area, unless the trees are really overhanging the road, but it takes work to keep it (semi) tidy. Thanks Warren.

Our milkweed is thriving in several locations, but I have seen no caterpillars and the butterfly populations nationwide have been disappointing - way down from last year. See [Oklahomamonarchmigration.com](http://Oklahomamonarchmigration.com) and [Monarchwatch.org](http://Monarchwatch.org) for more info. Migration from the northeast started in mid-August. We will keep

watching, but the population migrating south is (usually) not reproducing so these are just headed to their wintering grounds in Mexico.

A little research showed that the most common lizard on the hill is (probably) the American five-lined skink (*Plestiodon fasciatus*). It is small to medium-sized, growing to about 4.9 to 8.5 in total length and has a number of color variations. The young are dark brown to black with five distinctive white to yellowish stripes running along the body and a bright blue tail. The blue color fades to light blue with age, and the stripes also may slowly disappear. The dark brown color fades, too, and older individuals are often uniformly brownish with males developing reddish or orange coloration on the head. They scurry everywhere on the hill. Same critter – different iteration.

Janet Williamson  
Garden and Grounds Chair

## Family Movie Night!

Friday, September 16  
7:00 P.M.



Please join us in the sanctuary for a family-friendly movie.  
Pajamas, pillows, and blankets encouraged!

More details coming soon!

## Hope Outreach

### Generosity Offering

Each Sunday, we give away ALL of the undesignated funds from our Offering. The Outreach Committee chooses organizations that support the mission of Hope Unitarian Church.

**In August we raised:**  
**\$992.00 for Assistance League of Tulsa and**  
**\$532.00 for Louisiana Flood Relief**  
Here are the totals raised in previous months:  
Thank you for your generosity.

Month	Organization	\$ Amount
July	Lindsay House	\$1020.75
June	Mental Health Association of Oklahoma	\$899.20
June	Equality Florida	\$648.00
May	Wing It	\$1288.82

## Generosity Recipient September



### Giving music and changing lives

Harmony Project Tulsa is a music-based mentoring program that provides daily academic tutoring, instruments and music lessons to local at-risk students. It is one of seven affiliates of Harmony Project of Los Angeles, that city's largest nonprofit organization solely dedicated to music education for youth in low-income communities. It has been recognized as one of the most effective arts-based youth interventions in the nation.

They currently offer after school instruction serving over 50 Pre-K - 6th grade students, who alternate 45-minute sessions for violin or cello lessons and academic tutoring by Kendall Whittier teachers. The hope is to serve these children and have the opportunity to serve many more, through high school graduation.

## Feed the Homeless Program

Volunteers from Hope prepare and serve a meal for clients at the **Tulsa Day Center for the Homeless** the third Saturday of every month.



Thanks to the following people who helped in August.

- Shopper: **Keith Hamilton**
- Friday cooking: **Mary Newman**
- Meal prep and cooking: With team leader, **Linda Tracy: Emma Tracy, Susan Farma Hai, Rich Jackson, Jay Stewart, and Eddie Humphreys**
- Serving at the Day Center with team leader **Mary Newman: Debby Baker, Lana Larkin, Susan Farma Hai, Jay Stewart, Joe Newman and Tara Saylor** and her 6 year old daughter **Evelyn**.

## Next Feed the Homeless date is:

**Saturday, September 17**

**2:30 pm at Hope to help cook and prepare food.**

**5:00 pm at the Tulsa Day Center for the Homeless to help serve the meal.**

***You can sign up for the months ahead. Sign up sheet is in the folder on Administrator's desk.***

## Cereal Sunday

**Sunday, September 11**

Please bring cereal for the homeless. This cereal, along with several gallons of milk, is taken to the **Tulsa Day Center for the Homeless** every month when we prepare their meal. The collection basket is in Fellowship Hall. They are also in need of fresh fruit and snack items (soft granola bars and crackers)

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## **Outreach Committee News**

### **Partners in Education**

The Outreach Committee has selected a different school to be our partner in education this school year. Our new partner, MacArthur Elementary School, located at 2182 S. 73<sup>rd</sup> E. Avenue (close to 21<sup>st</sup> and Sheridan), serves many children from low income backgrounds and has only four other partners. Last week **Paula Haight** and **Mary Newman** met with the principal, Twyla Waterson, and three of their partners. The meeting was very productive and outlined many volunteer opportunities for us.

At this time Reading Partners ([readingpartners.org](http://readingpartners.org)) is actively recruiting volunteers for MacArthur. You can volunteer one hour or more a week. Volunteers are trained and follow a highly effective, structured, and easy to use curriculum. If you are interested in the reading partners program or other volunteer opportunities at MacArthur please call or email Mary Newman at 918-810-0953 or [try4peace@gmail.com](mailto:try4peace@gmail.com)

### **Gap Pack Program**

Thanks to your generous contributions, we have purchased 250 Mylar blankets for this program. They have been delivered to Women in Recovery and will be packaged into Gap Packs and handed out sometime in September.

### **Feed the Homeless Help Needed**

The Feed the Homeless team is looking for someone who would be interested in volunteering to help with transporting the food and supplies from Hope to the Tulsa Day Center for the Homeless in downtown Tulsa. **Anita Ward**, who usually coordinates this, is on occasion unable to do so. We are hoping to find someone to be her backup. Please call **Anita** at 918-664-2129 if you have any questions or interest in doing this.

**Mary Newman**

Chair, Outreach Committee

## ***ACTION News***

### **Our New Name**

“Political But Not Partisan!” is but one description of our newly-named ACTION group (**Allied Communities of Tulsa Inspiring Our Neighborhoods**) formerly the Tulsa Sponsoring Committee.

### **Adult Forum— October 23**

Please mark your calendars for the October 23rd Adult Forum. We will group by Oklahoma House and Senate districts to share information with each other about the candidates. As the past year’s events have proven, state politicians and the decisions they make, affect us directly in the quality of our schools, infrastructure, social safety net, criminal justice system, and in many more ways. Research those running in your district and share what you know about your incumbent and/or his/her challenger. Or come with your questions.

Prior to October 23rd, please stop by the house and senate district maps in the Fellowship Hall and place a pin to mark your house and senate districts. You can find this information on your voter ID card. And throughout this process, keep in mind the biggest pressures that affect ourselves and our families that were brought out in the House Meetings in February.

**Lynn Rivers**, Chair, ACTION

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## Hope Events

### Breakfast on the Hill

Sunday, September 4, 9:00 am



*Breakfast on the Hill is back!* Join us for breakfast before the service. **Claudia Vandiver** is chief cook. A donation of \$5.00 per adult is requested. Children eat free.

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### Brown Bag Lunch

1st & 3rd Mondays at 11:30 am in RE Wing

Bring your lunch and join us for lively discussions on current topics.

Claudia Vandiver [cvgardnr@sbcglobal.com](mailto:cvgardnr@sbcglobal.com)

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### Women of the Thread

2nd and 4th Tuesdays, 11:30 am in the log cabin

You are invited to join this informal creative group working on our Threads of Hope. We work together to supply lap blankets, shawls, and baby blankets for our church community or you are welcome to bring a personal project. Please join us.

**Carrie Muzika**

[proenviomom@cox.net](mailto:proenviomom@cox.net)

**Deborah Whittaker**

[debsharmony@yahoo.com](mailto:debsharmony@yahoo.com)

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### Hope Book Club

Now meeting the first Monday in the month. No meeting in September. Next meeting is October 3 6:30 pm in the Log Cabin

The book is "The Prophet " by Kahlil Gibran. For more Information, contact **Chris Anrig**  
[manrig@hotmail.com](mailto:manrig@hotmail.com)

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### Women of Hope

Thursday, September 1

Social hour 6:00 pm, Potluck 6:30, Program 7:00

Kicking off the new season with, "A Trip to the End of the World", presented by our own **Larry Vandiver**. Plan to bring a favorite food item. \$2.00 donations are always appreciated, and wine will be available.

**Jane Brumley**, W.O.H. Program Chair

[murphyb3@cox.net](mailto:murphyb3@cox.net)

### Surprise Supper Club Potluck at Hope

Saturday, September 10 at 6:00 pm

Come join the Surprise Supper Club Potluck and bring your favorite dish (that will be the surprise) we'll provide beverages and serve-ware.

You can sign up for the Supper Club season and choose a month to host/hostess. Oct. 8, 2016, Dec. 10, 2016, Jan 14, 2017, Feb 11, 2017, April 8, 2017, May 13, 2017. Always the second Saturday of the month.

Childcare will be provided. Please make reservation by emailing [childcare@hopeuu.org](mailto:childcare@hopeuu.org) at least 2 business days before the event

Coe McGinley

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### Movie Night

Tuesday, September 13, 7:00 pm

Our September movie, is *The Candidate*, (1972 ) an American, satirical, comedy-drama film starring Robert Redford and Peter Boyle, and directed by Michael Ritchie. The Academy Award-winning screenplay, which examines the various facets and machinations involved in political campaigns, was written by Jeremy Lerner, a speechwriter for Senator Eugene J. McCarthy during McCarthy's campaign for the 1968 Democratic presidential nomination.

As always the movie, popcorn, and soft drinks are free. We will have discussions before and after the movie.

Childcare will be provided. Please make reservation by emailing [childcare@hopeuu.org](mailto:childcare@hopeuu.org) at least 2 business days before the event

Larry Vandiver [geolarry@sbcglobal.com](mailto:geolarry@sbcglobal.com)

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### Hope Lunch Bunch

Wednesday, September 21 at 11:30 am

The Hope Lunch Bunch will meet at Napa Flats Wood-Fired Kitchen, 9912 Riverside Pkwy. Call or email **Lynn Walters** if you can join us this month 918-893-2655 or [lfwalters@aol.com](mailto:lfwalters@aol.com)

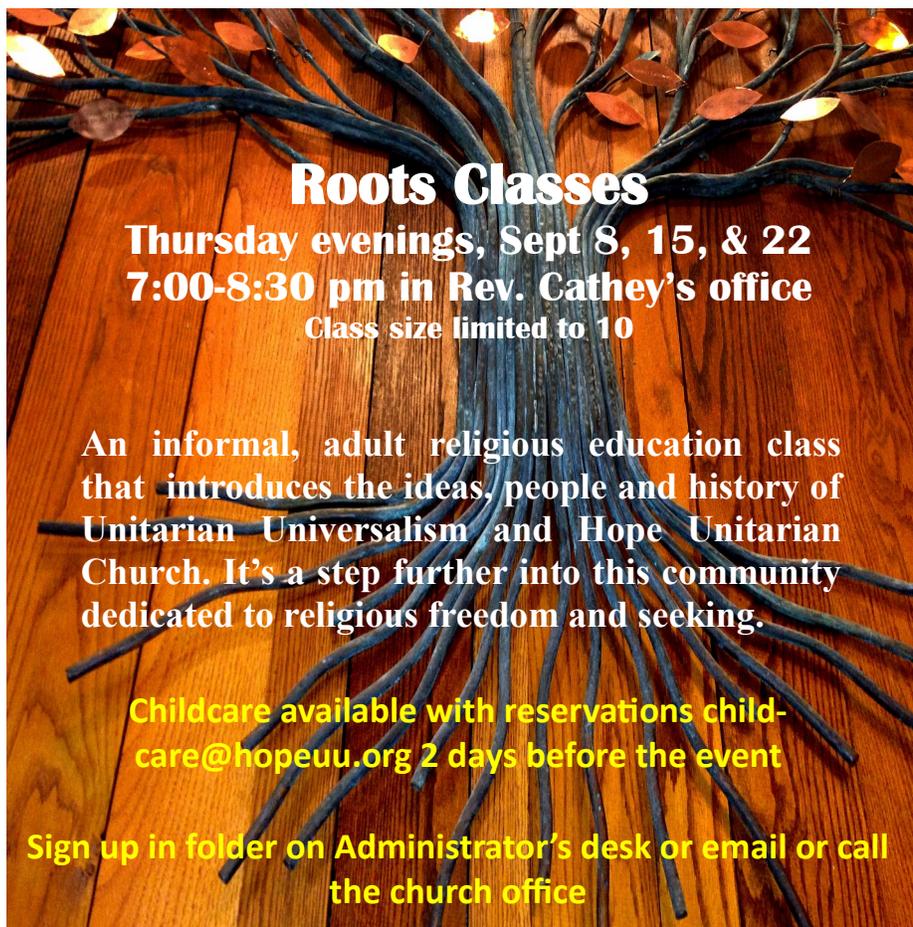
# Homecoming Sunday

September 11, 2016

Kick Off New  
Church Year

Return  
Renew  
Restore  
Recharge  
Revitalize  
**REFRESH!**

- |             |  |
|-------------|--|
| 9:00 am     | It Takes A Village, Log Cabin  |
| 10:00 am    | Adult Forum  |
| 11:00 am    | Water Communion Worship for All Ages   |
| 12:00 pm    | All-church Photograph—wear your Hope T shirt!  |
| 12:00-12:30 | Playground supervised and open for all   |
| 12:15 pm    | All-church potluck—please bring a salad or dessert. Iced tea and lemonade will be provided. Enjoy fellowship with good food. |



**Roots Classes**  
**Thursday evenings, Sept 8, 15, & 22**  
**7:00-8:30 pm in Rev. Cathey's office**  
 Class size limited to 10

An informal, adult religious education class that introduces the ideas, people and history of Unitarian Universalism and Hope Unitarian Church. It's a step further into this community dedicated to religious freedom and seeking.

Childcare available with reservations [child-care@hopeuu.org](mailto:child-care@hopeuu.org) 2 days before the event

Sign up in folder on Administrator's desk or email or call the church office

### September Birthdays



Don Miller	3rd
Della Blankinship	4th
Laura Reiman	11th
Jennifer Caskey	12th
Kim Rauh	13th
Robert Billings	15th
Sue Forney	15th
Eddie Johnson	16th
Joseph Rivers	17th
Carol Kamp	19th
Meredith Miller	26th
Carrie Muzika	28th

### Key People

When no one is at the church, the building is locked and the security system is on. A committee of key people have keys and security clearance to open and close the building for church events. Each takes a one-week turn

#### August 29—September 4

**Barbara Witt**  
918-812-3450

#### September 5—10

**Fred Pottorf**  
918-812-3450

#### September 11

**Sherrill Womeldorff**  
918-638-7610

#### September 12—18

**Eric Reiman**  
918-407-0924

#### September 19—25

**Jim Sleezer**  
918-760-9711

#### ***Policy for function organizers***

1. First, determine if someone - attending your function can open the building.
2. Find out if church will be open/closed for another event at the same time as yours.
3. If no one is available and you need entry, contact above - volunteer Key Person **a few days in advance of your event.**

**For Hope's September Calendar**  
 see Hope's website  
[www.hopeuu.org](http://www.hopeuu.org)

### Focus Deadline

Submissions for Focus should be sent to [hopeuu@hopeuu.org](mailto:hopeuu@hopeuu.org) with "Focus" in the subject line and are normally due **9 am the 4th Wednesday in the month.** Submissions are subject to editing for length and content.

The next Focus will be published October 5, 2016 . Next Deadline: 9 am, Wednesday, September 28



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PERIODICAL POSTAGE  
PAID AT TULSA

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TO:

**Hope's Vision**

Seeking Truth, Sharing Love  
Within - Among - Beyond

**Hope's Mission**

Supporting the free and responsible search for truth and meaning;  
Teaching the history and traditions of Unitarianism;  
Promoting and defending freedom of thought;  
Celebrating life's passages;  
Serving the larger community with justice and compassion.

**Hope's Values**

Reason - Integrity - Tolerance



***Our Staff***

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**Office Hours**

Mon - Fri 9:00 am - 3:00 pm