



What Does Leaving Well Mean?

A married set of friends of mine always picked a small fight before one or the other spouse left for an extended business trip. Once they realized they were struggling to say goodbye, they began creating a silly ritual of leaving jokes or word puzzles that required being back together for the answer. This awareness allowed them to turn the difficult into joy.

As our ministry together winds down, I keep asking myself: what does it mean to leave well? I am sad to be leaving.

How can I allow this heartache to reveal the love that lies behind it?

Here is what I know. Love does not diminish but multiplies. Loving each other does not mean there is not room for you to love the new interim minister. You will not be a traitor to me, nor will this new love diminish our ministry together. I hope you will be excited about all the gifts, skills, and possibilities this new leader will bring.

I will be writing, preaching, scheduling, and speaking more about what this wish to leave well might mean for all of us. I welcome your ideas and insights. We are doing this together.

I do see leaving well means giving each other the time to explore all the layers of separating. Together we can properly pass the baton and set up systems into which the next person steps. I will work with each of my areas of responsibility to leave them in shape so the new minister and the congregation can move forward with them (or drop them completely) as you see fit.

As when I first arrived, I aim to attend many committees and events to say farewell. I also plan to host "office" hours at church and local coffee shops should anyone want to drop by. I'll post the times and locations for June and July.

When I leave, we will revise our covenant with each other, the one we made when you called me. Our new covenant will create guidelines to ensure you have the time and space to fully embrace your interim as your minister.

Many ask me if they can see me or reach out to me once I am gone. I will still love you, but I will not be your minister. As a courtesy and following ministerial ethical guidelines, I will always check in with your minister to clarify boundaries. We will covenant together once he/she arrives. If you want to read the Unitarian Universalist Ministers Association's guidelines for departing ministers, there are two sections on the Standards of Ethical Practice on their website: www.uuma.org/general/custom.asp?page=guidelines#SoPPIV.F

Others have asked about my husband, Joe. He also will be making room for this congregation to embrace any family of your interim.

Sad and with joy,



The Rev. Cathey Edwards
cathey@hopeuu.org

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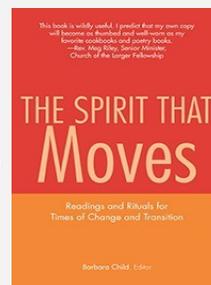
RECOMMENDED READING

Skinner House Books has published the collection of essays *The Spirit That Moves: Readings and Rituals for Times of Change and Transition*, edited by Barbara Child. The book's subject is ideal for Hope Unitarian Church as we enter more deeply into our transition to a new minister in August.

Additionally, the book includes an essay by Rev. Cathey, taken from a sermon she gave at Hope, "Become Love: Hospitality to Death & Change," on November 5, 2017.

You can listen to that sermon here: <https://www.buzzsprout.com/5663/589567-become-love-hospitality-to-death-change>

You can purchase the book online through **Amazon** (don't forget to use Amazon Smile to benefit Hope!) or **InSpirit**.



Sunday Services

June

Worship begins at 11:00 am

Wise View

June 2

The Rev. Cathey Edwards

The Noble Eightfold Path is the Buddha's instructions on cultivating liberation, and the fourth of the Four Noble Truths. Over the summer we will look at each one, beginning with the effort to seek a true understanding of how reality and suffering are intertwined.

Wise Intention

June 9

The Rev. Cathey Edwards

Wise Intention is the desire to act with correct intention. It means wishing to do no harm. Just as medical professionals take the Hippocratic oath to do no harm, we can judge each of our actions and decisions with similar scrutiny.

Wise Speech

June 16

The Rev. Cathey Edwards

As with most Buddhist teachings, Wise Speech is a bit more complicated than keeping your mouth clean. It's something to practice every time you speak or write. What would it mean to ask before communicating, "Is It True?" "Is It Necessary?" "Is It Kind?"

Wise Action

June 23

Sister Ellie Finlay

Sister Ellie Finlay will preach about Right Action. It is part of the "ethical conduct" portion of the Eightfold Path, along with Right Livelihood and Right Speech, guiding us to take care in our speech, our actions, and our daily lives, to do no harm to others, and to cultivate wholesomeness in ourselves.

Wise Livelihood

June 30

The Rev. Cathey Edwards

Right livelihood seems so simple and unproblematic: don't earn money in a profession that brings harm to others. Yet it can be much more. Any means of livelihood is knotted into a vast system that impacts lives and landscapes thousands of miles away. We will explore together ethical tenets of right work.



"The first step to the knowledge of the wonder and mystery of life is the recognition of the monstrous nature of the earthly human realm as well as its glory, the realization that this is just how it is and that it cannot and will not be changed. Those who think they know how the universe could have been had they created it, without pain, without sorrow, without time, without death, are unfit for illumination."

- Joseph Campbell

This month's *Touchstones* makes the case that mystery is embedded in our tradition's religious foundation. It says: "The first source from which Unitarian Universalism draws is the 'direct experience of that transcending mystery and wonder, affirmed in all cultures, which moves us to a renewal of the spirit and an openness to the forces that create and uphold life.'

"This source is important because it reminds us that religion begins with experience, not with words. Annie Dillard writes, 'At a certain point you say to the woods, to the sea, to the mountains, the world, now I am ready. Now I will stop and be wholly attentive. You empty yourself and wait, listening.'"

Join us for the first Sunday in June and beyond to explore Mystery in words and experience together. The children and youth will spend the month looking at this theme as well. Join a small group monthly discussion of Mystery with InReach.

About Monthly Themes

Our monthly themes express Hope Unitarian 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. Hope Church is a questioning community. It is a safe place to bring doubt and new ideas. Join us!

Minister's Office Hours

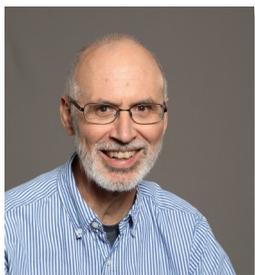
Make an appointment with the Rev. Cathey Edwards during the following times:

Tuesday afternoons 3:30 p.m.–5:00 p.m.

Thursday afternoons 1:00 p.m.–2:00 p.m.

Friday mornings 9:00 a.m.–10:00 a.m.

You can schedule a time to meet with **Rev. Cathey** by contacting **Molly Brower**, molly@hopeuu.org or with **Rev. Cathey** directly at cathey@hopeuu.org. You can also call the church office at **918-481-0999**.



Music Notes

I just returned from leading a group of university students on a two-week study tour of six cities in Italy as part of my course on Music and Italian Cinema. This rich experience was bookended by a tour of the

National Museum of Cinema in Turin and the famed Cinecittà film studios in Rome. The memory of people, places, monuments, art, film, and music links with a deeper understanding of the vivid and brilliant cultural and social history of Italy.

Famous film director Federico Fellini, who made many of his films at Cinecittà, once said, “Nothing is known; everything is imagined.” This encapsulates Fellini’s view of his own work as it relates to cinema, but also the music for his films, which was most often written by composer Nino Rota. I take this to mean that the power to create art, music, and even our lives, resides in our imagination, which goes far beyond the limitations offered by what we know. It is our imagination suffused with our ideals, goals and dreams for the future that creates the vision of our work at Hope. Albert Einstein concurred: “Imagination is more important than knowledge. For knowledge is limited, whereas imagination embraces the entire world, stimulating progress, giving birth to evolution.”

As we enter the prime summer months, we will continue to welcome to the Hill guest musicians and our own Hope musicians, sharing music of the imagination to encourage us to reach toward a renewed evolution.

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

Religious Education for Children & Youth

Need childcare for a church event? Please email your request to childcare@hope.org



A Typical Sunday
9:45 a.m. Community Building for all ages

11:10 a.m. Children’s Chapel and Religious Education focuses on this month’s theme.

Loving childcare is provided for infants through children three years old.

Most Sundays include outdoor activities. Please make sure your child is wearing sturdy shoes and clothing, so they enjoy being with nature.

Adult Forum

Sundays at 10:00 a.m. in the Sanctuary

Learning is the work of a lifetime. On Sunday mornings you are invited to attend our regular adult forum, which meets in the Sanctuary and covers a wide range of topics.

The first Sunday of every month Adult Forum features our Generosity recipient for the month.

Upcoming Adult Forums

June 2: Generosity recipient: Up With Trees

June 9: Charlie Dugan on Buddhism

June 16: Father’s Day Intergenerational Program, led by Tennille Wilson

June 23: Lindsey Stewart from A New Leaf

June 30: Minister Transition Update

For more information, see each week’s *Highlights* newsletter, which comes out on Fridays. If you don’t already subscribe to *Highlights*, you can sign up at <http://hopeuu.org/blog/newsletter/>.



Care Team Corner

Support for the LBGTQ+ Community

We, our children, grandchildren, and family members have access to established organizations of support in Oklahoma. The Dennis R. Neill Equality Center and Parents and Friends of Lesbians and Gays (PFLAG) have a wide variety of programs to assist youth and their families with gender issues. These organizations can provide needed support and a broad range of programs.

PFLAG: www.pflag.org

OKEQ - Oklahoma’s resource for LGBT persons and their families: www.okeq.org/



Gather around 5:30 at Boston Ave. United Methodist Church OR meet up at Hope to carpool at 4:30. Parade step-off is at 6.

Wear your Hope tie-dye t-shirts!

PRIDE PICNIC IN THE PARK

Sunday, June 2
12-6 p.m.

Guthrie Green
111 E. M.B. Brady St.

Pride Events

Tulsa Pride™ is the longest running Gay, Lesbian, Bisexual, and Transgender Pride festival in Oklahoma. In 2019, Tulsa Pride™ Celebrates its 37 years with a whole weekend of pride, with the Tulsa Pride™ Parade, Tulsa Pride™ Celebration, and Picnic in the Park.

BLOCK PARTY

Friday, May 31st
5 p.m. to 11 p.m.
Dennis R. Neill Equality Center
621 E. 4th St., Tulsa

PRIDE PARADE

Saturday, June 1 – festivities start at 12 p.m.
Parade starts at 13th and Boston



Hope's Annual Garage Sale
June 7-8

All right, folks! It's time to gather up all that stuff you need to move out. Let us help you downsize! We need your stuff to sell at Hope's Annual Garage Sale.

Here's what we can take:

Books... Working electronics and appliances... Furniture... Dishes... Toys... Other items

No clothing or shoes, please.

We ask that you begin bringing stuff to the church on **Sunday, June 2**. We will be tabling and pricing all week. We definitely need help with this chore, but trust us, it's fun!

The actual sale will take place on Friday, June 7, and Saturday, June 8 from 9:00 a.m. until 4:00 p.m. We will need help to staff these two days.

Contact **Janet Nobles** or **Anita Ward** for more information.



Outreach

Generosity

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 efforts to expand beyond our community.

The Outreach Committee would welcome suggestions from church members of not-for-profit groups for Hope Church's Generosity recipients. Contact **Mary Newman** or **Anita Ward** to offer suggestions. Thank you for being the generous church that you are!

**The next Feed the Homeless date is
Saturday, June 15**

Volunteers Needed!

We still need people to cook at Hope at 2:30, and to help serve at 5:00 pm at the Tulsa Day Center for the Homeless. You can sign up in the white binder on the Administrator's desk or call the church at **918.481.0999**.

June Generosity Recipient

UP WITH TREES

Our June Generosity recipient is **Up With Trees**. The mission of Up With Trees is to beautify Greater Tulsa by planting trees and to create urban forestry

awareness through education. Up With Trees has planted at more than 70 schools, 60 parks, 15 neighborhoods, 20 private properties, and 600 public street and highway locations in Tulsa County.

Breakfast on the Hill

Breakfast on the Hill is on summer break. We will resume in October. If you or your group would like to prepare and serve breakfast in October or after, contact **Christy Levine**.

Green Sanctuary Team

Tulsa's Ready for 100 (RF 100) campaign goal is to add the City of Tulsa to a national list of over 100 cities committed to transitioning to 100% clean renewable energy. The Hope Outreach Committee's plan to help them succeed is to reach out to Tulsa faith organizations for community support.



Feed the Homeless Program

Last month we served **143 people** at the Tulsa Day Center for the Homeless.

Thank you to our shoppers, **Mary & Joe Newman**, and our Friday cook, **Maggie Scott**.

Our Saturday crew, cooks and servers alike, braved stormy weather and a lot of water (on the streets and in the storeroom at Hope!) to get the meal done this month. Torrential rains and tornado warnings didn't deter them!

Thanks to our Saturday cooks, **Brandy Morgan, Rich Jackson, and Eddie Humphreys**, led by **Maggie Scott**.

Thanks also to our servers, **Anita Ward, Cynthia Heifner, Gail Hawk, Marge Garrison, and Judy and Guy Sims**.

A second very helpful meeting with Tulsa Metropolitan Ministry Executive Director Aliye Shimi took place May 7. Attendees were RF 100 leader Gary Allison, Hope Outreach Committee co-chairs **Mary Newman** and **Rich Jackson**, and All Souls Green Team Chair Karen Harris. The purpose of this meeting was to assure mutual understandings of personal responsibilities in support of a November 7, 2019 TMM sponsored seminar about RF 100.

To assure the greatest possible attendance by Tulsa faith organizations, the seminar will be publicized in TMM's weekly newsletters starting in late June. A new unique email address has been set up for RSVPs to Rich. He will forward RSVPs to TMM for backup, and will enter names of those who intend to attend in a list that will be shared with TMM, RF 100, and All Souls Green Team.

A location that can accommodate a sizable audience with room for group tables is being sought, preferably in a faith organization or facility. Venue suggestions to Mary or Rich will be welcomed.



Cereal Sunday—Sunday, June 9

Please bring a box or two of cereal (preferably not Cheerios) for the homeless. There's a cereal basket in Fellowship Hall. This cereal, along with several gallons of milk, is taken to the **Tulsa Day Center for the Homeless** on the third Saturday in the month when we serve their meal.

Hope's June Events

Need childcare? Email childcare@hopeuu.org at least 48 hours in advance to secure a spot.

NO Breakfast on the Hill

Breakfast on the Hill is on summer break! We'll start back up in October.

Threads of Hope

Threads of Hope is on summer break too! Catch up with us again in the fall.

Movie Night

Movie Night is also taking a summer break for June and July. Join us again in August!

Brown Bag Lunch

Thursdays, 11:30 am–1:00 pm

This group gathers for fellowship, exchanges of ideas, and lunch each Thursday at 11:30 to 1:00 p.m. Free during the day? Looking to make new friends? Share your thoughts. Laugh? Dispel loneliness? This is the church event for you!

The subject for the first Thursday of this month, June 6, is from Hannah Gadsby, who had a groundbreaking comedy special, *Nanette*. In this talk about truth and purpose, she shares three ideas and three contradictions. Or not. You will laugh and learn, no doubt.

Saturday, June 1



Pride Parade

Meet at Hope at 4:30 OR at Boston Avenue Methodist Church at 5:30

(See p. 4 for more information)

Sunday, June 2

Diaper Shower

12:30 p.m.

For Zeke (son of the Rev. Gary and Mariah McAlpin) and Ripley (daughter of Joey Dewiel and Michelle Murray).

Tuesday, June 4

Quarterly Programs Council Meeting

7:00 p.m.

This meeting is for lay leaders of programs and committees.

Thursday, June 6

Women of Hope: Salad and Dessert Supper
Social time 6:00 pm • Potluck 6:30 pm

Women of Hope meets on the first Thursday of the month. During the summer, Women of Hope takes a

break from regular programs and has potluck salad and dessert suppers at someone's home.

Our next one will be at the home of **Diane Dudley**. Bring a salad or dessert to share. Wine is available for \$2.00.

Diane's address is 9709 S. Maplewood, Tulsa. Her cell number is 918-850-2204.

Please remember to bring your donations of feminine hygiene products for the ladies at the homeless shelter. They are very much needed and appreciated.

June 7–8

Hope Garage Sale

9:00 a.m. to 4:00 p.m. both days

See p. 4 for more information.

Wednesday, June 19

Lunch Bunch

11:30 a.m.

We plan to visit the Gathering Place at 10 a.m. and then have lunch about 11:15 at the new Vista Restaurant.

We will meet at Coe McGinley's house at 9:45 and carpool from there. Please let Lynn Walters know if you plan to come: lfwalters@aol.com or 918-893-2655.



June 10–14

Summer Nature Camp – Borrowers Summer Camp

There's still time to sign up for this delightful nature camp for kids ages 5-12! Kick off your child's summer with an inspiring week of hiking, learning, play, art, and music. Hope (and also All Souls and Church of the Restoration) members get a discount, and we also still need some CITs and youth counselors.

Visit naturecamps.hopeuu.org for more information or to download a registration form.

June 24–28; July 1–5

Little Camp on the Prairie

Sponsored by **Under the Canopy** and hosted by Hope.

Walking Meditation

Sunday, June 30

9:00 a.m.

One of the most useful and grounding ways of attending to our body is the practice of walking meditation. Walking meditation is a simple and universal practice for developing calm, connectedness, and embodied awareness. On the last Sunday of the month we gather by Hope's cabin before church begins, when the woods are quiet, for walking meditation.



Key Person Schedule To be determined

Please call the church to find out who is on key duty for your event.

Policy for function organizers

1. First, determine if someone attending your function can open the building.
2. Find out if the 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 a Key Person or the church a few days in advance of the event.

Special Thanks

Early on Sunday, May 26, strong winds damaged or destroyed many of our beautiful trees. While we are sad to lose them, we're glad it happened overnight instead of while people were in the church or on the Hill. On Sunday morning, several people took charge and cleared fallen trees, limbs, and debris from the road and parking lot so that everyone could get up the Hill. Special thanks to **David Lynn, Robert Billings, Cate Potter, Ryan Tracy, Michael Simpson, Joe Perrault, Sherrill Womeldorff, and Anita and Jim Wood** for all the hard work they've done to keep us safe at church!

Members' Birthdays June

Katharine Dillsaver	8th
Laura Ezell	13th
Cheri Anrig	15th
Julia Harris	16th
Cathy Sleezer	16th
Anita Wood	16th
David Tracy	17th
Mary Gregory	22nd
Fred Pottorf	25th
Vivianne Reiman	30th

End-of-Life Forms

When Hope Church members fill out the End-of-Life form stating wishes for the type of Celebration of Life service they wish to have, those papers are filed securely at the Administrator's desk. They will stay safely with the church during the transition to the interim minister or any future leadership changes.

To make sure we have the most current wishes, **the Rev. Cathey Edwards** along with our Administrator **Molly Brower** and the Care Team are seeing how complete these files might be.

Expect a letter from the church either confirming we have something for you on file or asking if you want to turn in a form. We will include a new form if we have nothing for you. There is no obligation to put your wishes on paper, but it is a great gift to family and friends who are grieving not to have to guess your wishes guessing.

If you have questions or want help filling out the form, feel free to make an appointment with Rev. Cathey.

Are you receiving our communications?

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

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

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

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

For current events, visit the Hope Calendar at:

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

or our Events page on Facebook:

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

Focus Submissions

Send all input with "**Focus**" in the subject line. For the July *Focus*, the last day of consideration for submissions is **June 19**. Exceptions may be made when more information is needed.

Submissions may be made in the body of an email, or in Word or a similar text format—no PDFs, please. Please remember to keep the content short enough to fit on half a page or less within a newsletter. All content is subject to revision and formatting. Send submissions to **hopeuu@hopeuu.org**.

Thanks to all of our terrific *Focus* contributors! It wouldn't exist without you!



8432 S. Sheridan Rd
Tulsa, Oklahoma 74133-4137
(918) 481-0999
hopeuu@hopeuu.org

FOCUS v.25,no.6, June 2019 by Hope Unitarian Church,
8432 S. Sheridan Road, Tulsa OK 74133-4137

TO:

Hope Unitarian Church is an inclusive, affirming congregation

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

The Rev. Cathey Edwards, Minister, cathey@hopeuu.org
Molly Ives Brower, Administrator, molly@hopeuu.org
Tennille Wilson, Director of Religious Education, tennille@hopeuu.org
Joseph Rivers, Director of Music, joseph.rivers@hopeuu.org
Rebecca Jones, Accountant (off site), rebecca@hopeuu.org
Chris Powell, Pianist
Susan Michael, Nora Potter, Childcare, childcare@hopeuu.org

Our 2018-2019 Board Members and Trustees

Cate Potter, President
James Donovan, President Elect
Rick Eagleton, VP of Finance
Christy Levine, VP of Programs
Marcia Schaefer, Treasurer
Joan Scheulen, Secretary
Ken Jones, Past President
Trustees: Rick Paschal, Annie Simpson, Lynn Walters, Ryan Saylor

Hope Unitarian Church
8432 S. Sheridan Road
Tulsa, Oklahoma 74133
(918) 481-0999
www.hopeuu.org
hopeuu@hopeuu.org
www.facebook.com/HopeUnitarianChurch

Office Hours
Mon–Fri 9 a.m.–3 p.m.