



Sunday Services at 10:30 AM

www.uucgt.org

email: office@uucgt.org

**Unitarian Universalist
Congregation
of Grand Traverse**

6726 Center Road
Traverse City, MI 49686-1802
231-947-3117
office@uucgt.org
Fax: 231-947-0726
www.uucgt.org

Office Hours

Monday by appointment
Tuesday-Thursday: 9:00-4:00

Spiritual Leader

Rabbi Chava Bahle
rabbi@uucgt.org

Director of Lifespan Experience

Sarah Montgomery-Richards
dle@uucgt.org

Business Administrator

Sheri Novak
bookie@uucgt.org

Office Administrator

Susan Sherman
office@uucgt.org

Board of Trustees

Linda Fletcher, President
Phyllis Jessup, Vice-President
Loraine Anderson, Secretary
Kay Sturgeon, Treasurer
Gretchen Kronk, Trustee
Karl Love, Trustee
Don Pyne, Trustee

AUGUST Sunday Services

Sunday, August 7 – Mark Gustafson, UU Member
10:30 AM Service: “Reflections on TCFF Films”

The Traverse City Film Festival just completed its 12th year! Join Mark Gustafson for a close-up look at the five TCFF films listed below. If you were able to see any or all of them, so much the better! We will celebrate the fact that all five had female directors at the helm and examine each through the lens of our UU principles.

Suffragette
Sand Storm
Kings of Kallstadt
Death by Design
The Last Reel

Sunday, August 14 – Rabbi Chava Bahle

10:30 AM Service: “Name that Sermon! Why Preaching / Teaching Matters”

This service will be a playful chance for members to suggest sermon topics. Please place suggestions for sermons in the suggestion box in the lobby by no later than August 3!

Sunday, August 21 – Rabbi Chava Bahle

10:30 AM Service: “Good G-d! ... or Not So Much? How We Can Create Real Dialogue and Why We Should”

Our congregation, like all congregations, is home to a range of a/theologies. In this service we will explore the range of theologies we live and reflect on how we can live together in peace and mutual respect. We will share a technique for conversation Rabbi Chava learned at General Assembly presented by John Sarrouf of the Public Conversations Project, which fosters constructive dialogue in difficult debates. Rabbi Chava seeks 4 volunteers to model the technique in this service. Please contact her ASAP if you have a theological or atheological position you would be willing to explore as part of a service.

Sunday, August 28 – Lay Led Service

10:30 AM Service: “Collective Kindness”

UUCGT has always reached out in kindness to our wider community. Green Sanctuary, Safe Harbor, Quilts for Habitat For Humanity, Community Lunch and our financial donations are some of our collective acts of kindness. How do these actions nourish the essence of who we are?

BEACON Article Deadline:

No later than the 25th of the month
preceding the issue date

Stan Cain, Editor

(231) 938-1506
Send submissions to
beacon@uucgt.org

SEPTEMBER Sunday Services

Every endeavor begins with a first step, and encounters darkness and difficulty along the way. We know the darkness of ignorance, of fear, and of tyranny. Yet we know the dawning of the light, the beginnings of hope, and the renewal of life. – UU Charles Flag

Sunday, September 4 – Lay Led Service (Labor Day weekend)

10:30 AM Service: TBA

Sunday, September 11 – Rabbi Chava Bahle

10:30 AM Service: All Congregation Service - Resumption Sunday: "The Journey Begins!"

Resumption Sunday as it is called here at UUCGT is the kick off for our new year. This year it coincides with the Muslim holy days called the Hajj - a story telling journey in which Muslims make pilgrimage to Mecca to retell the sacred stories of their tradition. We also have "sacred" stories of our early days. Let's honor our founders, share our congregational stories and recommit to the journey together.

Sunday, September 18 – Rabbi Chava Bahle

10:30 AM Service: Recommitment to Community & Board Installation

This Sunday corresponds to a Jain holiday about recommitment to community. What better day to honor and install our Board leaders, hear their vision for the year and learn together about the deeper meaning of community.

Sunday, September 25 – Rabbi Chava Bahle

9:00 AM Service: Kick Off of "The Virtues Project" and "Call to Covenant" with breakfast. Please RSVP!

10:30 AM Service: "Looking Ahead to the Year"

This Sunday corresponds to the Pagan holiday Mabon, when we prepare for winter and the equinox. As the final part of our month of beginning, we will call in the directions and ready our sanctuary / meeting rooms for a new year.

UUA News from Rabbi Chava

Join the UU Movement - #WeDefy

Regional News

We are proud to announce that the Rev. Sharon Dittmar will be joining our MidAmerica Regional staff team this August! She will be filling the opening left when Nancy Heege retired this past December. Welcome, Rev. Sharon!

In addition, our region has passed a resolution on solidarity with Muslims. It concludes:

"The 2016 MidAmerica Regional Assembly expresses its love and support for Muslims in our communities and encourages congregations in the MidAmerica Region to build bridges of partnership with Muslim neighbors in our local areas; increase understanding of Islam within and beyond our local congregations; learn more about the realities of religious discrimination and the Syrian refugee crisis; and work to foster greater inclusion of all peoples, regardless of their religious, ethnic, national, or racial identity(s)."

National News

As I told you some month ago, Martha and Rev. Waitstill Sharp, WWII Unitarians who secretly worked in Nazi-occupied Europe to rescue Jews, dissidents and refugee children, will be the subject of a 2016 PBS documentary by Ken Burns and Artemis Joukowsky. Today, Unitarian Universalists carry on their legacy.

This is an amazing opportunity for Unitarian Universalists in the fall of 2016. Across the United States and beyond, people will be talking about two historic UUs through the upcoming Ken Burns documentary "*Defying the Nazis: The Sharps' War*". The film tells the story of how Waitstill and Martha Sharp, a Unitarian minister and spouse, helped people escape Nazi-occupied Europe at great personal sacrifice. Together, UU's can honor the Sharps' legacy by defying hatred, fear and discrimination today and take action for freedom, justice and solidarity.

I have obtained the outreach and action guide which will help us to carry on the Sharps' spirit and legacy. There are suggested actions, inspirational stories, and the tools we need to make it succeed. The toolkit has been made possible through financial support from Artemis Joukowsky through a grant from the UU Congregation at Shelter Rock. Learn more here: <http://www.uua.org/action/defying-nazis-sharp-story>.

Rabbi Chava's Column



Reflection... Living the Six Sources of Unitarian Universalism

“Pluralism is not just tolerance, but the active seeking of understanding across lines of difference.”

Diana Eck, Harvard University

Friends, I write this article as the national conventions of two major national political parties are or have been taking place. Does the world seem a little off kilter to you sometimes? We want UUCGT to be a place where we both have refuge from the craziness, but also a place where we can create opportunity to LEAD in creating a world that is a little more sane!

Last year in our Sunday services, we held a focus on the seven principles of Unitarian Universalism. Our spirituality is unbounded, drawing from scripture and science, nature and philosophy, personal experience and ancient tradition as described in our six Sources. Rev. Kathleen Rolenz said, “Throughout history, we have moved to the rhythms of mystery and wonder, prophecy, wisdom, teachings from ancient and modern sources, and nature herself.” This year we will focus on the six sources of Unitarian Universalism and create Sunday experiences that are informative, comforting and ask us to reach outside ourselves.

At our General Assembly this year, UUA President Rev. Peter Morales said, “Inward looking congregations tend to decline. Congregations that look beyond their walls and their immediate members tend to grow. They grow because they feed a deep need human Spirit. We are relational creatures. We must be relentlessly useful. Congregations that see themselves as a tight-knit family do not succeed, but those who see themselves as a beacon in a broader community do.”

This year our goal in Sunday services is to be such a beacon.

Professor Diana Eck further said, “Pluralism is based on dialogue. The language of pluralism is that of dialogue and encounter, give and take, criticism and self-criticism. Dialogue means both speaking and listening, and that process reveals both common understandings and real differences. Dialogue does not mean everyone at the “table” will agree with one another. Pluralism involves the commitment to being at the table — with one’s commitments.”

This year we hope to create meaningful Sunday services (worship? gathering? community time?) that create deeper opportunities for dialogue with our broader local community. This year

we will partner with local Humanists, Baha’is, Pagans, Christians, Jews, Muslims and others as we create meaningful Unitarian Universalist gatherings and learning opportunities.

Beginning in September, our 9:00 AM programming will parallel these explorations through “Deepening the Virtues - Unpacking How We Live in Covenantal Community”. I am eager to lead our congregation in an organic, lay and clergy led Virtues Project™ which is a global grassroots initiative to inspire the practice of virtues in everyday life, sparking a global revolution of kindness, justice, and integrity. I am deeply grateful to be a member of the Area Council on Religious Diversity (ACORD), where our multi-year conversation brought this project to light.

To accomplish this, we will use our congregation’s own Covenant as the core text – the words and ideas that have come from you, our members – as the launching point to explore our values and become a beacon for members of the broader community who long to plug into a community whose values resonate with their own. We’ll use a range of secular and UU-source based literature to delve deeply into topics like: “good intentions” | “listening” | “promoting good in the world” | “forgiving easily”, etc.

For example, the very first word of Covenant is “mindful”. We’ll spend a couple of our sessions (or as many or few as we want) exploring what “mindful” means to us in text, song and most importantly in discussion with each other. We’ll use the same model our successful 9:00 AM gatherings have used where some material is prepared and presented and then we move into hearing from and reflecting with each other. Eventually, we will collect participants’ own comments and reflections into a small book on our Covenant, a tiny Talmud if you will, of consideration, opinion and observation on how to live as UUCGTers, together.

Looking forward to a great year and beyond, beloved ones.

In Blessing,

Rabbi Chava Bahle

Announcements

UUCGT Little Spiritual Book Group: Simple Conversations to Restore Hope

Meg Wheatley writes, "We have to slow down. Nothing will change for the better until we do. We need time to think, to learn, to get to know each other. We are losing these great human capacities in the speed-up of modern life, and it is killing us. The cure for despair is not hope. It's discovering what we want to do about something we care about." (Margaret J. Wheatley, *Turning to One Another: Simple Conversations to Restore Hope to the Future*)

The monthly Little Spiritual Book Group is a chance to sit in deep conversation and true communication with others who wish to think deeply about the issues of the day through the lens of texts that support of vision for a more just and peaceful world. Books are available at a discount at Horizon Books in Traverse City. They can also be ordered through Brilliant Books.

- **Tuesday, August 23, 12:00 to 1:00 PM**
Nonviolent Communication: A Language of Life
by Marshall Rosenberg

Please note change of days:

- **Thursday, September 22**
The Places that Scare You by Pema Chodron
- **October** - no meeting
- **Thursday, November 10**
Sabbath: Finding Rest, Renewal, and Delight in Our Busy Lives by Wayne Muller
- **Monday, December 10**
The Art of Forgiveness, Lovingkindness and Peace
By Jack Kornfield

– Rabbi Chava Bahle

More Announcements

UUCGT to host Safe Harbor

Our very own UUCGT will be hosting Safe Harbor in our building from Saturday evening, **November 26** until Saturday morning, **December 3**. Safe Harbor is a seasonal shelter that provides overnight housing and meals, in area churches, to people experiencing homelessness. *Volunteers are needed!*

Anyone interested in serving on a planning task force for this effort, please contact Mike or Sandra McDonald at (231) 935-3759.

Mike McDonald
m_mcdonald@charter.net

Community Needs Committee

The Local Community Needs Committee met to distribute money donated at Sunday Services for those in need.

Sherri Fenton, of the **Traverse Health Clinic**, spoke to us. Previously they were known as the Free Clinic and while they still provide services to those without insurance, they can now also bill insurance companies. The Traverse Health Clinic serves the poor and working poor and provides services to children in addition to adults and older adults. There is also a full time mental health professional on site. The clinic is moving into a larger space in the fall. We made a \$1000 donation to their Immunization Fund.

Other agencies we made donations to include:

Grace Episcopal Food Pantry - \$500;
Fresh Food Rescue - \$500;
Backpacks for Kids (Sunrise Rotary) - \$350;
Blessings in a Backpack (Father Fred) - \$350; and
The Laundry Project - \$350.

As always, thank you for your generosity and please feel free to send us a donation request form.

Liz Bruning, Chair
bruningpl@charter.net

UU Book Club

Summer seems to be flying by! Cherry Festival and Film Festival are over and August has arrived. Thoughts turn to school clothes and that last family camping trip. And, hopefully, thoughts turn to our fall meetings of our UU Book Club.

The August book, "**Americanah**" by **Chimamanda Ngozi Adichie** will be presented by Misty Sheehan. Our August 14th gathering will take place at the home of Bonnie Mathias (810 Cottageview Drive, #202) at 2:00 pm. You can RSVP to Bonnie at 392-6953 or bonniemathias5@gmail.com.

Start thinking about a book you would like to offer for next year. Mark Gustafson will head up the choosing of next season's books at our November 13th meeting which will be held at Mark's condo.

Enjoy our August book and get August 14th on your calendar!

Your UU Book Club Communicator,

Karen Mars
karen.mars.tc@gmail.com



Program Council News

August

The UUCGT Program Council is comprised of committee chairs or co-chairs, or their designees. All are welcome to attend our meetings. On July 17, 2016, 13 of us gathered for an excellent discussion on a variety of topics as we get organized and determine exactly what role the Program Council needs to play to ensure all programs at the UUCGT run smoothly.

A discussion on the minutes resulted in a general consensus that a summary (such as this) would be published in the Beacon monthly, and the complete minutes would be stored electronically. Tom Darnton will look into where and how we should store approved minutes and report back at our next meeting.

The need to fill a variety of volunteer committee leadership positions was discussed extensively. Historically, this has been a problem. A variety of ideas were presented and the general consensus was that the Program Council was not responsible to find volunteers for the various positions. It was recommended that we request the LDC to study how we recruit and fill committee and leadership positions. This is a long range process solution.

However, we do need to have **VOLUNTEERS NOW** to fill several positions in order for the UUCGT to continue with some of the current programs.

WE NEED:

- **A Hospitality Coordinator or Co-Coordinators** to coordinate preparation of coffee following our Sunday services.
- **A Thanksgiving Feast Coordinator or Co-Coordinators**
- **Additional volunteers to staff Friday Night Out** child care so our younger family parents can have a night out.

Without volunteers stepping up to help with these positions, these activities may not occur.

Linda Fletcher reported that the Healthy Reconciliation Task Force listening program is moving ahead. Linda asked that all members of Program Council participate and engage 3 others from their committees. Please do this ASAP since this committee wants to compile and summarize for the Board in September. This invitation to be heard is for ALL MEMBERS of the UUCGT congregation.

Rabbi Chava sent messages that with reduced staff hours, all UUCGT members or committees need to be aware that project requests that will require staff time need to be well planned with time estimates so the Operations Team can review them. Also, the **LGBTQ group** has developed a safety plan that has been presented to the Safe Congregation Response Team.

Others topics or requests are:

- All committees should update and publish its mission statement on the web site.
- All committees should give the office administrator a committee membership list including chair or co-chairs of the committee.
- **The Men's group** likes the idea of Membership friends and wants to be involved in the sponsoring and welcoming of new members.
- **The Green Sanctuary Committee** reported that their focus this last year has resulted in the UUCGT being recognized as a Green Sanctuary congregation. Thanks to Misty Sheehan, Mary Van Valin and the Green Sanctuary committee for all your diligent work to achieve this.

Our next meeting will be Sunday, August 14th from 9:00 to 10:00 before the Sunday Services.

Rick Walter
Program Council Coordinator
rick9709@sbcglobal.net

ALL ABOUT US

We hold in our hearts...

Gary Harris who is recovering at home now after a week in the hospital with a very serious (septic) infection.

Barb Berry who is doing fine now after her trip to the ER for a scalp cut when she slipped and fell at home.

Solveig Gustafson who lost her brother last month.

We continue to be mindful of those in care...

Nancy Landfair, Gene Rundell, Ron Yatich and Carol Still

Congratulations to:

Nick Eber for earning his PhD last month from Walden University.

Judith Briggs
jbriggs002@centurytel.net

6 Symptoms of Women's Heart Attacks

By Lisa Fields

WebMD Feature

Reviewed by James Beckerman, MD, FACC

When a heart attack strikes, it doesn't always feel the same in women as it does in men.

Women don't always get the same classic heart attack symptoms as men, such as crushing chest pain that radiates down one arm. Those heart attack symptoms can certainly happen to women, but many experience vague or even "silent" symptoms that they may miss.

These six heart attack symptoms are common in women:

- 1. Chest pain or discomfort.** Chest pain is the most common heart attack symptom, but some women may experience it differently than men. It may feel like a squeezing or fullness, and the pain can be anywhere in the chest, not just on the left side. It's usually "truly uncomfortable" during a heart attack, says cardiologist Rita Redberg, MD, director of Women's Cardiovascular Services at the University of California, San Francisco. "It feels like a vise being tightened."
- 2. Pain in your arm(s), back, neck, or jaw.** This type of pain is more common in women than in men. It may confuse women who expect their pain to be focused on their chest and left arm, not their back or jaw. The pain can be gradual or sudden, and it may wax and wane before becoming intense. If you're asleep, it may wake you up. You should report any "not typical or unexplained" symptoms in any part of your body above your waist to your doctor or other health care provider, says cardiologist C. Noel Bairey Merz, MD, director of the Barbra Streisand Women's Heart Center at Cedars-Sinai Medical Center in Los Angeles.
- 3. Stomach pain.** Sometimes people mistake stomach pain that signals a heart attack with heartburn, the flu, or a stomach ulcer. Other times, women experience severe abdominal pressure that feels like an elephant sitting on your stomach, says cardiologist Nieca Goldberg, MD, medical director of Joan H. Tisch Center for Women's Health at NYU Langone Medical Center, New York.
- 4. Shortness of breath, nausea, or lightheadedness.** If you're having trouble breathing for no apparent reason, you could be having a heart attack, especially if you're also having one or more other symptoms. "It can feel like you have run a marathon, but you didn't make a move," Goldberg says.
- 5. Sweating.** Breaking out in a nervous, cold sweat is common among women who are having a heart attack. It will feel more like stress-related sweating than perspiration from exercising or spending time outside in the heat. "Get it checked out" if you don't typically sweat like that and there is no other reason for it, such as heat or hot flashes, Bairey Merz says.
- 6. Fatigue.** Some women who have heart attacks feel extremely tired, even if they've been sitting still for a while or haven't moved much. "Patients often complain of a tiredness in the chest," Goldberg says. "They say that they can't do simple activities, like walk to the bathroom."

Not everyone gets all of those symptoms. If you have chest discomfort, especially if you also have one or more of the other signs, call 911 immediately.

What **NOT TO DO** if you feel heart attack symptoms:

- **Don't delay getting help.** "Women generally wait longer than men before going to the emergency room," says Rita F. Redberg, MD, MSc, FACC, director of Women's Cardiovascular Services for the UCSF Division of Cardiology in San Francisco. Even if you think your symptoms aren't that bad or will pass, the stakes are too high.
- **Don't drive yourself to the hospital.** You need an ambulance. If you drive, you could have a wreck on the way and possibly hurt yourself or someone else.
- **Don't have a friend or relative drive you, either.** You may not get there fast enough.
- **Don't dismiss what you feel.** "Don't worry about feeling silly if you're wrong," Goldberg says. You have to get it checked out right away. "People don't want to spend hours in an emergency room if it isn't a heart attack," Bairey Merz says. "But women are actually good at deciding what is typical for themselves and when to seek health care"

(Reprinted here at the suggestion of The Congregational Care Team)



Membership News

AUGUST - We've made it through the National Cherry Festival, Garden Walks, Concerts, the TC Film Festival and all that this beautiful area has to offer. Continued Summer Enjoyment and Greetings From.....

SPOTLIGHT on New Members Joined on June 12, 2016:

Paula Jo Kemler became interested in UUCGT after moving to Traverse City with her husband, Jamie (also a new member) in February this year. They were previously involved at First Church Boston. Paula has worked as a Professional Organizer, and would enjoy using those skills at our church. She is also interested in Art, Community Needs and Social Justice issues. She loves movies and books, and has been a regular participant at the Little Spiritual Book Club. When not reading, going to movies or traveling Paula enjoys hiking, kayaking, photography, cross country skiing and walking. An interesting recent trip was to Milwaukee across Lake Michigan on the SS Badger. Paula is happy with our congregation's welcoming, friendly nature and looks forward to continuing her spiritual journey here.

Carol and Alan Ritter moved here several years ago from New Bern, NC where they were involved for 12 years in the Unitarian Universalist Fellowship there. They have three adult children and two grandchildren. Carol worked previously as an accounting technician. Alan is retired USAF and currently works at Sam's Club in Traverse City. They both enjoy a lot of outdoor activities. Carol likes hiking, canoeing, archery and snowshoeing while Alan enjoys boating, fishing, canoeing, hiking and snowshoeing. A recent book enjoyed by both of them is Tibetan Peach Pie by Tom Robbins. Alan recently enjoyed a trip to Craig Lake State Park in the Upper Peninsula and Carol enjoyed going to Mackinac Island for the first time. Carol was longing for connection and has felt very comfortable here in our congregation. Having enjoyed their previous fellowship in North Carolina, Alan was moved by the UUCGT Christmas Eve service at the State Theatre. They both look forward to friendships here.

Heartfelt Welcome to the Kemlers and the Ritters! We are glad you are here!

The Membership Team is taking a Meetings Break for the Summer. We will resume meeting in September and any member of the congregation is welcome at our meetings. You will find us taking turns staffing the Welcome Table in August and September, and serving as Greeters. See you in church!

Chris and Rick Walter
Co-Chairs, Membership Team
chris9709@sbcglobal.net or 989-430-4776
rick9709@sbcglobal.net or 989-430-5174

The entire Membership Team — Cathy Annelin, Sherry Davis, John and Pinkie Hoffman, Penni and Bryan Newlun, Sue Pyne, Charlotte Shea, Chris Walter, Rick Walter, and Jane Watts — who continue to Welcome, Greet, Facilitate into membership, and Nurture (in Partnership with other groups at UUCGT) prospective, new and current members.

GREETER OPPROTUNITIES:

We are Very Thankful for all the regular, tried and true Greeters, who are faithfully here every Sunday. We'd LOVE to see some new faces serving in this important role, too - a Friendly Ministry actually, not just another "job" that has to be done. What could be more enjoyable than smiling and saying "Welcome!"? It's easy - just sign up on the bulletin board near the office or call coordinator, Charlotte Shea, 883-9357.

UUs In The News:

How well do you know your fellow UUCGT Members? A new item in this column from time to time will be to highlight some of our members who have been featured in the Traverse City Record-Eagle (TCR-E) or other publications. As always, you can also visit the large bulletin board in the back hallway near the Member Name Tags Alcove to read about our members in the News. Our faithful member, Jane Watts, keeps the selection up-to-date. Thank you Jane!

1. When City Commissioners engaged in performance reviews for the city manager and attorney in June, who served as a consultant on this task?
2. Who wrote a Forum article in the June 26, 2016 edition of the TCR-E describing the work of the Thomas Judd-Care Center (HIV/AIDS clinic) at Munson Medical Center which this person manages?

(Answers can be found on Page 9)

Social Justice and Action

Friends, as you know this is normally the space where our Social Justice Action leader Emmy Lou Cholak's article would appear, and she will back with bells on next month. She graciously agreed to let us report the very latest from the UUA Social Justice actions. Thanks Emmy Lou.

Although some of the issues are not ones we address directly in Northern Michigan, it is good to be aware of where the denomination's thinking is currently.

-- Rabbi Chava

UUA Social Justice Update from the UUA

What a General Assembly we had with such a strong focus on racial justice!

Raising our faithful voices is needed now more than ever. If you were at the Public

Witness rally you know it was more like a revival! It was a prophetic call for action.

The presidents of the UUA, United Church of Christ, the Union for Reformed Judaism, and the Islamic Circle of North America stood together saying "Enough!" and pledging their support to work together for justice.

Rev. William Barber, II, Moral Monday and Forward Together architect, and Black Lives Matter organizers called on us to step up. UUMA President Rev. Cheryl Walker closed us out with a call for UUs to pledge to be part of this growing multi-faith movement for justice in support of black-led organizing.

If you want to be part of The Revivals being led by Rev. William Barber, II, in cities across the country, if you want to get connected with the Movement for Black Lives, and connect with Black Lives of UU and our Standing on the Side

of Love Campaign sign up here. We will keep you in the loop about national developments and help you connect on the ground locally. We will let you know about local organizing you can plug into for The Revivals. We'll send you the Movement for Black Lives national platform being released later this month and we'll let you know about Black Lives of UU initiatives. You'll be the first to hear about the new multi-faith We Say Enough! Campaign launching after the conventions.

We need to be part of building the movement for racial justice in our communities and our congregations and beyond. To learn more about these initiatives see www.uua.org/love.

FINANCIAL SUMMARY

Financial Summary As of June 30, 2016 (100% of fiscal year)

	Current Year		Prior Year	
Budgeted Income Received YTD	\$288,827	90.0%	\$282,460	108.1%
Budgeted Expenses Paid YTD	\$289,183	90.2%	\$266,623	102.0%
"For Those in Need" YTD	\$ 19,143		\$ 20,760	

Budgeted income includes the total of all pledged and unpledged donations and miscellaneous income including building rent, etc. "For Those in Need" collections are in addition to Budgeted Income Received and are disbursed quarterly to worthy causes. The percentage reflects the portion of the total amount of income or expense budgeted for the fiscal year.

We closed the fiscal year with a loss of \$356. In an overall budget of \$320,632, this loss is statistically insignificant. Many thanks to our staff and committees that controlled expenses in the second half of the fiscal year when a revenue shortfall became apparent.

Questions can be directed to your Finance Committee Chair, Mike McDonald (m_mcdonald@charter.net) or to other members of the Finance Committee.



Lifespan Experience

Greetings Friends

It's been a wonderful summer thus far! Remember, to make sure you are in the right place at the right time, and to ensure that you don't miss anything, please consult your FLASH and the website calendar carefully and frequently.

Our Specialty Class Summer continues for children preK-5th grade! This is a great opportunity for children to learn, explore, and have fun in the summer. Some of the classes in August will include beekeeping (with everything but the actual bees), watercolor, a walk outdoors and more!

Believe it or not, but we are already busily planning for the 2016-2017 programmatic year! Our Sunday programming for Children and Youth will complement the Sunday Services, in our efforts to move closer to congregational thematic ministry. This thematic calendar will be exploring the source traditions, and considering wisdom from around the world. It will be an exciting year! Many opportunities will also be created for adults, stay tuned!

With all this programming planning, we are also beginning our search for volunteers for the 2016-2017 program year! Without volunteers, programming for all ages will not be possible.

PLEASE consider volunteering even once or twice/month in our various programs – especially in our classrooms on Sunday mornings! Our classrooms span from preschool-12th grade, and there are lots of options for you to choose from.

Please contact me as soon as possible to get involved – we currently have less than half of the volunteers needed to staff just our existing Sunday morning programs for children and youth. This does not factor in anything new that we would like to offer. This is important work, and it will take everyone's assistance to make it a success!

As always, be kind to yourselves, kind to each other, and send loving kindness out into the universe.

In Peace,

Sarah Montgomery-Richards
Director of Lifespan Experience
dle@uucgt.org

UUs In The News from page 7

Answers:

1. Mary Grover
2. Nick Erber

September 2016 (Continued from page 10)

01	Thu	Congregational Care Team	Pat Light	1:00 PM	12	Mon	Open Gay AA Meeting	7:00 PM
01	Thu	Peacemakers Needleworkers		1:30 PM	13	Tue	Community Lunch	12 noon @ Friends Church, 5th & Oak
01	Thu	Vocal Ensemble		7:00 PM	13	Tue	CUUPS Sarah Montgomery-Richards	That's a Pizza 12-2:00
					13	Tue	Staff Resources Committee	Karl Love 1:00 PM
04	Sun	Sunday Service 10:30 AM			13	Tue	Bridge Group	Paul Christ 1:00 PM
04	Sun	Mindfulness Meditation	Fleda Brown	2:30 PM - 6:30 PM	13	Tue	Finance Committee	Mike McDonald 5:30 PM
04	Sun	LGBTQ Support Group	Rebekah Fuller	5:00 PM	14	Wed	Meditation	Rabbi Chava 10:00 AM
05	Mon	Labor Day - Office closed			14	Wed	Stretch & Strengthen	Judith Briggs 11:00 AM
05	Mon	Open Gay AA Meeting		7:00 PM	14	Wed	Wednesday Supper - \$5 donation	Sandra McDonald 5:30 PM
06	Tue	Community Lunch	12 noon @ Friends Church, 5th & Oak		14	Wed	International Folk Dances	Richard Fidler 7:00 PM
06	Tue	Bridge Group	Paul Christ	1:00 PM	15	Thu	Congregational Care Team	Pat Light 1:00 PM
07	Wed	Meditation	Rabbi Chava	10:00 AM	15	Thu	Peacemakers Needleworkers	1:30 PM
07	Wed	Stretch & Strengthen	Judith Briggs	11:00 AM	15	Thu	Vocal Ensemble	7:00 PM
07	Wed	Sunday Srvs Committee	Nancy Cotcamp/Hal Gurian	1:00 PM				
07	Wed	Wednesday Potluck	Sandra McDonald	5:30 PM	18	Sun	Sunday Service 10:30 AM	
07	Wed	International Folk Dances	Richard Fidler	7:00 PM	18	Sun	LGBTQ Support Group	Rebekah Fuller 5:00 PM
08	Thu	Peacemakers Needleworkers		1:30 PM	18	Sun	Mindfulness Meditation	Fleda Brown 5:00 PM - 7:00 PM
08	Thu	Vocal Ensemble		7:00 PM	19	Mon	Stretch & Strengthen	Judith Briggs 11:00 AM
09	Fri	Facilities Committee	Dave Halsted	10:00 AM	19	Mon	UUCGT Board Meeting	5:30 PM
09	Fri	Friday Night Out	Sarah Montgomery-Richards	5:30 PM	19	Mon	Open Gay AA Meeting	7:00 PM
					22	Tue	Community Lunch	12 noon @ Friends Church, 5th & Oak
11	Sun	Resumption Sunday 10:30 AM			20	Tue	Bridge Group	Paul Christ 1:00 PM
11	Sun	UU Book Club @ Barbara McClellan's		2:00 PM - 4:00 PM	20	Tue	Committee on Ministry	Rabbi Chava 5:30 PM
11	Sun	LGBTQ Support Group	Rebekah Fuller	5:00 PM	21	Wed	Meditation	Rabbi Chava 10:00 AM
11	Sun	Mindfulness Meditation	Fleda Brown	5:00 PM - 7:00 PM	21	Wed	Stretch & Strengthen	Judith Briggs 11:00 AM
12	Mon	Stretch & Strengthen	Judith Briggs	11:00 AM	21	Wed	Leadership Development	Tom Darnton 4:30 PM
12	Mon	UU Men's Group	Dave Halsted	Minerva's 5:30 PM	21	Wed	Wednesday Potluck	Sandra McDonald 5:30 PM
					21	Wed	International Folk Dances	Richard Fidler 7:00 PM
					22	Thu	Little Spiritual Book Lunch	Rabbi Chava 12 noon
					22	Thu	Peacemakers Needleworkers	1:30 PM
					22	Thu	Vocal Ensemble	7:00 PM
					25	Sun	Sunday Service 10:30 AM	
					25	Sun	LGBTQ Group	Rebekah Fuller 5:00 PM
					25	Sun	Mindfulness Meditation	Fleda Brown 5:00 PM - 7:00 PM

Unitarian Universalist Congregation
of Grand Traverse
6726 Center Road
Traverse City MI 49686-1802

RETURN SERVICE REQUESTED

the BEACON

PUBLISHED MONTHLY

Volume 53, Issue 8

August, 2016

Calendar

All events and programs take place at UUCGT unless otherwise noted and are open to everyone.

August 2016

- | | | | | | | | | | |
|----|-----|--|---------------------------|-------------------------------|----|-----|---|---------------------------|-------------------|
| 01 | Mon | Stretch & Strengthen | Judith Briggs | 11:00 AM | 16 | Tue | Committee on Ministry | Rabbi Chava | 5:30 PM |
| 01 | Mon | Open Gay AA Meeting | | 7:00 PM | 17 | Wed | Meditation | Rabbi Chava | 10:00 AM |
| 02 | Tue | CUUPS Sarah Montgomery-Richards | That's a Pizza, | 12 noon | 17 | Wed | Stretch & Strengthen | Judith Briggs | 11:00 AM |
| 02 | Tue | Community Lunch | 12 noon @ Friends Church, | 5th & Oak | 17 | Wed | Leadership Development | Tom Darnton | 4:30 PM |
| 02 | Tue | Bridge Group | Paul Christ | 1:00 PM | 17 | Wed | Wednesday Potluck @ Ann Dressel's | | 5:30 PM |
| 03 | Wed | Inner Practice | Rabbi Chava | 9:30 AM | 17 | Wed | International Folk Dances | Richard Fidler | 7:00 PM |
| 03 | Wed | Meditation | Rabbi Chava | 10:00 AM | 18 | Thu | Congregational Care Team | Pat Light | 1:00 PM |
| 03 | Wed | Stretch & Strengthen | Judith Briggs | 11:00 AM | 18 | Thu | Peacemakers Needleworkers | | 1:30 PM |
| 03 | Wed | Sunday Svcs Committee | Nancy Cotcamp/Hal Gurian | 1:00 PM | 18 | Thu | Piano Recital (outside group) | Marilyn Tilley | 7:00 PM |
| 03 | Wed | Wednesday Summer Potluck @ Connie Armstrong & Chuck Grabiels | | 5:30 PM BYOB & place settings | 21 | Sun | Sunday Service 10:30 AM | | |
| 03 | Wed | International Folk Dances | Richard Fidler | 7:00 PM | 21 | Sun | LGBTQ Support Group | Rebekah Fuller | 5:00 PM |
| 04 | Thu | Congregational Care Team | Pat Light | 1:00 PM | 21 | Sun | Mindfulness Meditation | Fleda Brown | 5:00 PM - 7:00 PM |
| 04 | Thu | Peacemakers Needleworkers | Bonnie Mathias | 1:00 PM | 22 | Mon | Stretch & Strengthen | Judith Briggs | 11:00 AM |
| 05 | Fri | Facilities Committee | Dave Halsted | 10:00 AM | 22 | Mon | POM HOA Annual Meeting (outside group) | Jill Little | 6:00 PM |
| 07 | Sun | Sunday Service 10:30 AM | | | 22 | Mon | Open Gay AA Meeting | | 7:00 PM |
| 07 | Sun | Mindfulness Meditation | Fleda Brown | 2:30 PM - 6:30 PM | 23 | Tue | Friendly Garden Club Board Meeting | Dottie Cain | 10:00 AM |
| 07 | Sun | LGBTQ Support Group | Rebekah Fuller | 5:00 PM | 23 | Tue | Little Spiritual Book Lunch | Rabbi Chava | 12:00 PM |
| 08 | Mon | Stretch & Strengthen | Judith Briggs | 11:00 AM | 23 | Tue | Community Lunch | 12 noon @ Friends Church, | 5th & Oak |
| 08 | Mon | Open Gay AA Meeting | | 7:00 PM | 23 | Tue | Bridge Group | Paul Christ | 1:00 PM |
| 09 | Tue | Community Lunch | 12 noon @ Friends Church, | 5th & Oak | 24 | Wed | Meditation | Rabbi Chava | 10:00 AM |
| 09 | Tue | Bridge Group | Paul Christ | 1:00 PM | 24 | Wed | Stretch & Strengthen | Judith Briggs | 11:00 AM |
| 09 | Tue | Staff Resources Committee | Karl Love | 1:00 PM | 24 | Wed | Wednesday Potluck | TBA | 5:30 PM |
| 10 | Wed | Meditation | Rabbi Chava | 10:00 AM | 24 | Wed | International Folk Dances | Richard Fidler | 7:00 PM |
| 10 | Wed | Stretch & Strengthen | Judith Briggs | 11:00 AM | 25 | Thu | Peacemakers Needleworkers | | 1:30 PM |
| 10 | Wed | Wednesday Potluck | TBA | 5:30 PM | 25 | Thu | Vocal Ensemble | | 7:00 PM |
| 10 | Wed | International Folk Dances | Richard Fidler | 7:00 PM | 28 | Sun | Sunday Service 10:30 AM | | |
| 11 | Thu | Peacemakers Needleworkers | | 1:30 PM | 28 | Sun | LGBTQ Support Group | Rebekah Fuller | 5:00 PM |
| 12 | Fri | Friday Night Out | Sarah Montgomery-Richards | 5:30 PM | 28 | Sun | Mindfulness Meditation | Fleda Brown | 5:00 PM |
| 13 | Sat | Singing Sisters | Linda Hebert | 10:00 AM - 2:00 PM | 29 | Mon | Stretch & Strengthen | Judith Briggs | 11:00 AM |
| 14 | Sun | Program Council | Rick Walter | 9:00 AM | 29 | Mon | Open Gay AA Meeting | | 7:00 PM |
| 14 | Sun | Sunday Service 10:30 AM | | | 30 | Tue | Community Lunch | 12 noon @ Friends Church, | 5th & Oak |
| 14 | Sun | UU Book Club @ Bonnie Mathias' | | 2:00 PM - 4:00 PM | 30 | Tue | Bridge Group | Paul Christ | 1:00 PM |
| 14 | Sun | LGBTQ Support Group | Rebekah Fuller | 5:00 PM | 31 | Wed | Meditation | Rabbi Chava | 10:00 AM |
| 14 | Sun | Mindfulness Meditation | Fleda Brown | 5:00 PM - 7:00 PM | 31 | Wed | Stretch & Strengthen | Judith Briggs | 11:00 AM |
| 15 | Mon | Stretch & Strengthen | Judith Briggs | 11:00 AM | 31 | Wed | Wednesday Supper & Brewing @ The Workshop | | 5:00 PM |
| 15 | Mon | UUCGT Board Meeting | | 5:30 PM | 31 | Wed | International Folk Dances | Richard Fidler | 7:00 PM |
| 15 | Mon | Open Gay AA Meeting | | 7:00 PM | | | | | |
| 16 | Tue | Community Lunch | 12 noon @ Friends Church, | 5th & Oak | | | | | |
| 16 | Tue | Bridge Group | Paul Christ | 1:00 PM | | | | | |

(Calendar continues on Page 9)