

UUCGT *Flash*

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Congregational Mission Statement



We are a Congregation
creating a better world by
nurturing the heart and
expanding the mind.

We provide a safe, caring
community where all can
freely explore diverse
religious thought.

We work for justice and
equality with the power of
compassion and
compassionate power.

Minister's Reflection...

Pastoral Care in a Time of Social Distancing

by Rev. Susan Frederick-Gray, UUA President

As we navigate these incredibly difficult times for our country and the global community, I continue to hold you and our wider UU community in my heart. I am so grateful for the ministry and care you offer and the example we, as Unitarian Universalists, are setting in putting community care and compassion at the forefront of our efforts and decisions.

We continue to recommend our congregations follow all directives from public health officials and suspend in-person gatherings. As of Wednesday, March 18, 2020, the federal government advises everyone to avoid groups of more than 10 people, and there are even greater restrictions and recommendations for particular areas. Overall, the message is to avoid any non-essential outings and follow strict physical distancing practices.

There is no script for these times.

*We are all learning as we go -
building skills of resilience and letting compassion,
connection, and ministry be our guide.*

Naturally, there is a lot of anxiety and fear. Pastoral care and connecting across physical distance will be ever more important. Here are a few things to keep in mind as you tend to your community:

- **Tend to the things that help reduce anxiety, particularly the acts of human connection that help calm us.** People will experience different levels of insecurity and anxiety, particularly as weeks pass. Many are reminded of previous trauma and are navigating those alongside present circumstances. Others are holding personal fears for their own health and that of loved ones. Existing challenges, whether physical, conditional, emotional, or relational may be exacerbated.
- **Be diligent about calling, texting, video chatting, and emailing messages to your loved ones and community members.** Practice

UUCGT Quicklinks

[Website](#)
[Calendar](#)
[Who We Are](#)



UUCGT *Beacon*

If you would like to receive our monthly newsletter the *Beacon* please contact office@uucgt.org

good listening. Offer compassion and a non-anxious caring presence. Look at organizing small groups to come together virtually more frequently or create calling circles to stay connected. We are fortunate there are so many ways to connect across distance.

- **Provide extra care to families processing death and navigating visitation restrictions.** One of the most heartbreaking challenges will be the restrictions around visiting at-risk members of our communities, especially those in nursing homes and hospitals. Personally, I had a family member pass away last week and the decisions around the memorial service were especially difficult. Feelings of guilt, fear, anger, and inadequacy will be normal. Ramping up pastoral care by telephone, Zoom, and text to tend to both loved ones and family members in these situations is vital. Follow the recommendations of hospitals and public health officials. Being in touch with the pastoral staff at care facilities may provide an alternate way of advocating for and being present to a loved one. Remind families that memorial services can happen later. Consider ways that virtual gatherings to mourn can also be helpful.
- **Offer care and attention to medical personnel, chaplains, first responders and their families.** These are the people on the front lines of combatting this pandemic and caring for the ill. Many will be isolated from their families, working excessive hours and may become sick themselves.
- **Provide specific ways people can help one another, the congregation, and larger community.** Having a task, knowing how you can help and serve is a gift right now. Create opportunities for people to minister to one another.

[Click here: The UUA has compiled some helpful resources for pastoral care in a time of physical distancing](#)

We care about you and are here to support you and help you find the resources you need. The UUA embodies the covenant that all our congregations support each other - it is why we are here. So remember you are not alone.

Many congregations are in the middle of stewardship campaigns right now. In a letter to stewardship leaders, the Rev. Lauren Smith, UUA Director of Stewardship and Development, offers important and immediate tips for fundraising in this moment:

[Click here: Stewardship In A Time Of Pandemic - What To Do Right Now](#)

Above all, I encourage you to **slow down and lean into your mission and the needs of your community.** There is no script for these times. We are all learning as we go-building skills of resilience and letting compassion, connection, and ministry be our guide.

I continue to be inspired by what our congregations are doing to care for one another. Many experimented with virtual worship. Others personally contacted all of their members. Others are creating more opportunities for

small groups. No one practice will work for all congregations and you don't have to do it all on your own. This is a chance to find strength in sharing across congregations and being creative. Be gentle with yourselves and your leaders as you find your way.

Now is a time when we need our religious communities and larger faith even more. Times of crisis and pandemic can bring out the worst in humanity, particularly when we let fear lead us. We have already seen this in xenophobic language seeking to blame groups of people or countries for this virus. But as Unitarian Universalists, we know we are deeply interconnected and love guides us. May we not turn on each other, nor stigmatize those who are ill or may become ill, nor our global neighbors who have been suffering as we are. Let us instead turn toward each other in stronger care and shared commitment.

I am with you all in this time, working to find my own way through, bit by bit.

Yours in love,
Rev. Susan Frederick-Gray
UUA President

P.S. Congregations are being targeted with email scams that include a message sent by what appears to be the minister asking for gift cards to support people with COVID-19. Be aware, do not respond.

Sunday Services - Join us on Zoom!

March 22 - 10:30 AM "Connection, Meaning, Hope in Uncertain Times"

Rev. Cathy Harrington, Misty Sheehan, coordinator

Renée Russell, Music Director

"Trying Out Zoom with Cathy" - FRIDAY, MARCH 20 at 11:00 AM

Join Zoom Meeting: <https://zoom.us/j/4896148527>

Orders of Service, Calendar of Online Zoom meetings & gatherings
and more information about using Zoom will be posted Friday!

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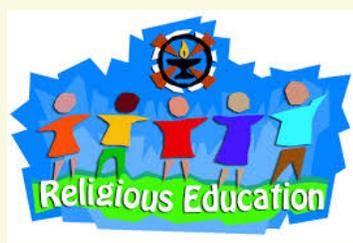
Soul Matters Packets are available

- Resilience -

- Wisdom -

PDF and/or Word packets are available by request

Contact office@uucgt.org for yours!



Children & Youth Religious Education

Weekly RE check-ins via Zoom will begin on Sunday!

I'm looking forward to hearing how everyone is doing and to "meeting" everyone's pets! We will keep things simple, short, and fun. We will meet at 10:00 AM for approximately 15 minutes, which will leave families plenty of time to log in to the main service at 10:30. More information and a Zoom invitation will be sent out on Friday.

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### RE At-Home Resource Packets

I have sent out packets to most of our regularly attending families. If you have not received these and would like to, please send an email to [dre@uucgt.org](mailto:dre@uucgt.org) and I will add you to the list.



### Worship-At-Home Kits

Kits can be delivered to your home with the following included:

- Materials to make a flowerpot chalice
- LED candle
- Altar cloth
- Stone for Joys and Concerns

Please email [dre@uucgt.org](mailto:dre@uucgt.org) if you would like a kit delivered. All sanitary precautions will be taken before assembling the kits for you.



## *Music Corner*

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"Who hears music feels his solitude peopled at once."

- Robert Browning

We are never alone, and music reminds us in an emotional and visceral way that we are connected through every breath and every experience.

During this time of transition and unknowing, I encourage you to lean into the music that heals, opens, comforts, and connects you. We are all of us music makers who were meant to make music simply for the joy of making. Now is a wonderful time to let your voice ring through the kitchen and the yard, pick up that old guitar, dust off the piano, give it a go. Remember, it's not about the ability, it's about the creation process. As we create we find our way into the joy of living.

I've set up a youtube channel for us to share our moments of creation or expression if we so choose. Just take a video on your phone and email it to me and I will happily share it with our congregation as we continue to look for ways to connect and engage outside the box.

Here's a short video of me celebrating one of my favorite holidays as it connects me to my ancestors. For live concerts to fill you with inspiration check these out, too!

Renée Russell, UUCGT Music Director - musicatuucgt@gmail.com

UUCGT Annual Meeting is postponed until further notice

A new date will be scheduled as more information is available

Please rest assured that UUCGT members will have an opportunity to vote on any Annual Meeting decisions even if it becomes necessary move to online or mail-in ballots, and/or a virtual meeting.

UUCGT Bulletin Board

[Link to March 2020 Beacon here](#)

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[Click here: UUCGT Financial Statement as of February 29, 2020](#)



Safe Harbor remains OPEN with additional precautions in place [Volunteers under age 60](#) are needed for March 30-31

Dinner, evening hosts and overnight volunteers are needed on **Monday, March 30**, and breakfast on **Tuesday, March 31**. Questions should be directed to Mike McDonald (231)342-0768 or Rich Faller (231)342-9695. Thanks for your support!

Donated Dinners

Dates for scheduled Donated Dinners are subject to change. However, you may still mail your payment to UUCGT and identify it as a "*Donated Dinner*". Contact [Lauren Keinath](#) or [John Hoffmann](#) if you have questions.

UUCGT Men's Group

Monday, April 6, 5:30pm @ Minerva's
-- Check back for possible cancellation --

* Articles are available for pick-up in the outer entryway



[Community Needs Request form](#)



NEWS RELEASE
STATE EMERGENCY OPERATIONS CENTER

Scammers Are Spoofing Health Department Phone Numbers Seeking Medicaid/Medicare Information
Incoming Calls Impact Local Response to COVID-19

Michigan Attorney General Dana Nessel is warning that scammers are spoofing phone numbers of at least one local public health department and calling residents to offer medication while asking for their Medicaid and Medicare numbers for billing purposes. Incoming calls to the local health department are then jamming up phone lines and delaying official business in responding to the coronavirus disease 2019 (COVID-19).

Scammers are also targeting congregations with email scams with a message sent by what appears to be the minister asking for gift cards to support people with COVID-19. Be aware, do not respond.



In a pandemic, especially, everyone needs good medical care
This is the time for inclusiveness
Please sign: <https://unitedwedreamaction.org/covid/>

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Social Justice Action
Emmy Lou Cholak
sjatcmi@gmail.com

UUCGT Calendar of Events

[Click here](#)

To schedule meetings & events, please contact office@uucgt

In keeping with advice from the CDC (<https://www.cdc.gov/>) and the State of Michigan (<https://bit.ly/2J3flaN>), regularly scheduled meetings and gatherings in the UUCGT building are cancelled until further notice.

However, online Zoom meetings are being scheduled and are available to everyone. If you are new to Zoom, please go to zoom.us for tutorials or click on the following - How to Join a Zoom Meeting: <https://bit.ly/2TWsxtp>

More information will be forthcoming!

An Invitation to Ponder...

Today is the Spring Equinox...

when the length of day and night is nearly equal
in all parts of the world,
when a balance of light and darkness is manifest,
when we experience this movement through the universe
as one humanity...

In these challenging times, nature offers a respite...
of beauty, of peace, of calm, of wonder
click here: <https://bit.ly/2IZ5Zlv>



UUCGT office hours will be limited until further notice

**Please feel free to email office@uucgt.org
or contact Rev. Cathy at revharrington@mac.com
Stay up to date on Facebook & UUCGT website**

Thank you!

231-947-3117

www.uucgt.org