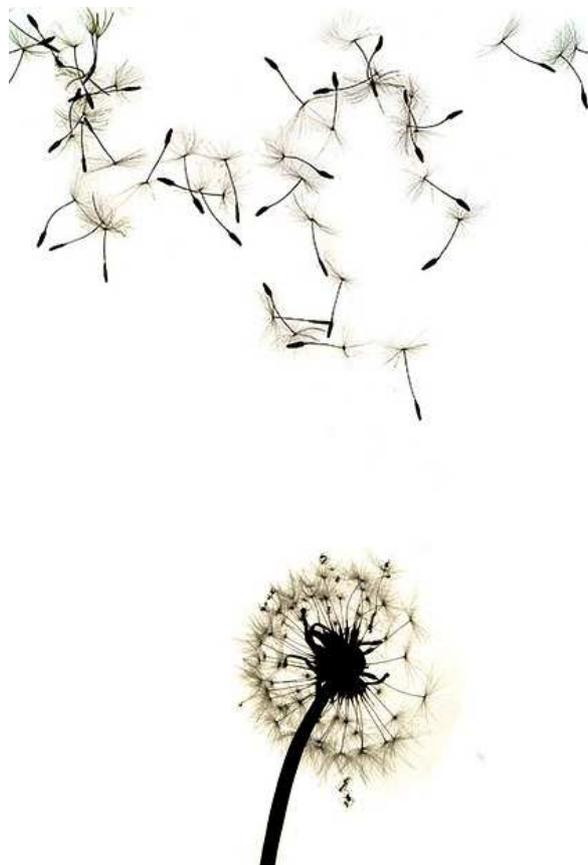


Unitarian Universalist Church of Davis (UUCD)
Theme Journal – May, Transcendence

“To live on a day-to-day basis is insufficient for human beings; we need to transcend, transport, escape; we need meaning, understanding, and explanation; we need to see over-all patterns in our lives. We need hope, the sense of a future. And we need freedom (or, at least, the illusion of freedom) to get beyond ourselves, whether with telescopes and microscopes and our ever-burgeoning technology, or in states of mind that allow us to travel to other worlds, to rise above our immediate surroundings.”

Oliver Sacks, "Altered States—Self-Experiments in Chemistry," *The New Yorker* magazine, August 27, 2012.



Reflect: The Committee on Ministry (*Lucas Frerichs, Stefan Harvey, Hiram Jackson, Lisa Oakes, Susan Steinbach, Karen Urbano*) invites you to make the theme part of your spiritual practice.

*In these challenging times, as noted by Rev Fred Small on April 10, where do you find transcendence?
Where does your radical hope come from?*

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Transcendence can mean a lot of things. Usually it has something to do with going beyond mundane reality. It is a movement word: to climb across or go beyond. I like to think of transcendence as finding a bigger perspective, like when we look out from a tall building or mountain at the world below. It is the same world, but it feels different. Our problems and concerns might seem very small. Perspective might happen when the bustle and grime of a city suddenly seem like a grand symphony. Maybe for a moment the family stresses really look like all the ways we love one another.

*The Tao of Sobriety**, a great little book, not just for sobriety but all kinds of overwhelm in life, encourages us to think of ourselves as a theater space. "We are not simply the contents of any particular show or story line, but the place where all of our stories play themselves out. Different plots come and go, but the theater itself remains a constant" (p.29-30). This perspective on our minds can give us the space we need to get ahold of the contents of our lives.

We all need some way to transcend, to get perspective, take a break, feel like part of a greater whole. The much needed reframing, rest, or inspiration feels really good! Many of us, given the chance, would hang out in a blissful state of transcendence for a long time.

Yet this cannot be the end of the story. Life's problems, pollution, and conflict are still there. On the relative level, they didn't go away. As *The Tao of Sobriety* would suggest, achieving insight is not enough. Just because we can look at our life with new perspective, we ought not forget to live. When we use that perspective to come back to our lives with new skills or compassion, then we have truly climbed across the stumbling blocks of life.

- Adrean Dills, M.Div., Interim Director of Lifespan Learning

* *The Tao of Sobriety: Helping You to Recover from Alcohol and Drug Addiction* by David Gregson and Jay S. Efran, Ph.D.

Attend Diving Deep **Transcending Our Differences: Exploring Islam**, Rev. Beth Banks. Salam Islamic Center. May 27, 6:30pm, UUCD is invited to be in community with our Muslim neighbors at a family worship service and dinner. The Imam invites you to bring questions. You can expect questions about Unitarian Universalism. Those who sign up will receive instructions for appropriate dress. Limit 20. Sign-up: <http://tinyurl.com/UUCD-Salam>

Memorial Day Campout May 29, 6pm to Monday mid-morning. All are welcome! Camp out by the fire (you can sleep in Social Hall). re@uudavis.org

Listen Download or stream edited Sunday services at www.uudavispodcast.org

Sunday Worship May 1, Flower Communion & Celebration; Rev. Beth Banks, Laura Thompson, Intern & Campus Minister; Alex Lee-Jobe, Worship Associate. Norbert Capek's Flower Communion is the centerpiece of both services. Creating a bouquet of flowers together is a powerful ritual of the strength and resiliency of community.

Each Person Is Asked to Bring a Flower to the Service.
Place your flower in a vase at the entrance to the sanctuary.

🌻 **9:30-10am** Following our annual Flower Communion, congregation members are invited to a walking meditation at our pine grove stone labyrinth. For those who would like to enact the message of service and community, help prepare vases for our home congregation who cannot attend church.

Flower Communion Outreach: *Would you like to deliver a vase of flowers to someone in our home congregation? We'll create bouquets to travel; all they need is a friendly visitor to make a contact and bring some cheer. Sign-up: RevBanks@uudavis.org*



🌻 **11:15-11:45am** **FIRST SUNDAY** includes children and youth, Sparks Choir, and Juuliebells. We end with a processional to the **Maypole Celebration** (for families with children) and **The Grand Cottage Re-Dedication**, where we offer blessing, recognition of those who re-created it, before and after photos, tours, and live music by *The Front Porch Bluegrass Band*. Bring a picnic (a little extra to share) and a table cloth. Ann-Catrin Van, Board Chair, and Mari Perla, Board Vice Chair will be present with the 2016-2017 Board and Nominating Committee nominees.

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May 8, 9:30 & 11:15am, Honoring Mother's Day: The Blue Bowl, Rev. Beth Banks; Amanda Caudle, Worship Associate. Rummaging in her mother's home, Alice Walker comes upon a cracked blue bowl. It brings a flood of memories. Congregants share their own blue bowl stories of their mothers: imperfect and sustaining human beings. Bring your mother, or the memory of your mother to this service.

Child Naming: Liz and Michael Kleinman with Max Alexander Bear Kleinman.

May 15, 9:30 & 11:15am, Transcendence, Rev. Beth Banks; Stacie Frerichs, Worship Associate. People can search their whole lives to achieve a feeling of belonging, one with their surroundings. Daniel James Brown, author of *Boys in the Boat*, describes this feeling of transcendence as: when the power within you has left this planet and extends up among the stars. When have you felt it? How do we experience that extreme feeling of connection?

Child Naming: Aimee and Peter Crawford with Cyrus Crawford

Special Collection: GA Scholarships Support UUCD congregants who need financial help to attend General Assembly (special emphasis on delegates & young adults). *Checks to UUCD, memo GA.* <http://tinyurl.com/DonateUUCD>

SoUUPER Sunday: 12:30pm. Fellowship and lunch. All are welcome! \$3-5 suggested donation.

May 22, 9:30 & 11:15am, Into the Mystic, Laura Thompson; Donna Sachs, Worship Associate; guest musicians, Vocal Art Ensemble. Mysticism is the belief that union with or absorption into the Deity or the absolute, or the spiritual apprehension of knowledge inaccessible to the intellect, may be attained through contemplation and self-surrender. Mysticism is a present in many world religions, including Unitarian Universalism. Sufi poetry will be featured.

Bike Blessing Sunday: Bring your bike for a special blessing. Details TBA.

Bike to Church Day: Join UUs across California: ride your unicycle, bicycle, tricycle, and let's join the fun!

May 29, SUMMER SCHEDULE BEGINS: 10am ONLY, Memorial Day. Sparks Choir performs at both services.