



Unitarian Universalist Church of Davis (UUCD) Theme Journal February, Trust

“What does it mean to be a community of Trust?” The Soul Matters Theme, Trust, is perfect for this month that celebrates love. Trust is the framework that supports our most satisfying relationships.

We start February with a Sunday of riddles, trusting the answers will be found. Yes, a message accompanies our puzzling together. We'll also look at the anatomy of trust and how it exists in our community, with our friendships, working relationships, and romantic partnerships. February 24 is Music Sunday; we're invited to exercise trust together. If the final Sunday sounds mysterious, that's good!

All month, Members and Friends speak about their experiences of learning to trust community. Some have been surprised when their joy is amplified by sharing it. Others have been supported through unexpected, undesired life changes. There are people who discovered new skills and passions by trying something new. Many have felt a sense of hope by working together with others on issues of the environment, racial justice, and immigration. We are a community of many generations. There are opportunities to experience social service, worship and learning together. UUCD is a place for connection. Together We: Care Explore Worship Act Give

— Rev. Beth Banks, Senior Minister

I sometimes dread small talk. At parties, on airplanes or at the playground, inevitably someone will ask “What do you do?” I hear myself gasp for a moment and I wonder if people can see the flash of panic in my eyes. It's not that I don't love my job or I am not proud of it. I really do love being your minister. But, I never know how people will respond. “You know that Unitarian Universalist church out on the edge of town?” I ask. “Yeah, I am one of the ministers there.” Then, I wait. I wait because I never know how people will react.

The funny thing about being a minister (or minister-in-training) is that people put so much into that title. I've heard a colleague say that the little white tab on the collar is the world's smallest movie screen: everyone plays out their feelings about religion, authority, their hopes and fears. Often, people tell you exactly what they think about those things.

I can't say I have heard it all. I have heard a lot. I have heard people's criticism of organized religion. I have heard people's questions about God, life, death, morality. I have heard people's stories about when they got saved and when the church let them down. It is remarkable how quickly people put their trust in me: someone who had been a total stranger just a few moments before. I have sat next to people on planes who needed spiritual care. I have been with people on the playground who wanted help with a project they had been working on. I have had people at parties ask for help figuring out what to do with their lives. I have had people on the internet message me and ask for advice on finding a spiritual community. Just by saying those three words: “I'm a minister”, people have shifted their trust in me almost immediately. It is a heavy burden, especially when I am just trying to get to my next destination and I am strapped in a chair miles above the earth. It is also an amazing gift I receive. To be able to receive someone completely, in their vulnerability, and time of need, is amazing.

Sometimes, after that gasp of breath and flash of panic, I think “just say you are a community organizer, or work for a nonprofit, or you work with college students. Just say anything else.” I never know how people will react. Maybe this is a person who needed to sit next to a pastor for three hours to talk, to have a human connection, to find a stranger they can trust. In that case, the simplest answer is the right one, “Me? I am a minister.” — Alex Haider-Winnett, Intern Minister

Throughout Jewish and Christian scriptures there are many references to trusting God, such as Proverbs 3:5 “Trust in the LORD with all your heart and lean not on your own understanding.” For many UUs, we do rely more on our own understanding than on intervention from the divine. It is, in fact, something that has distinguished us from other faith traditions. But sometimes, I find we need more than our own understandings, even if we don't believe in God. What do you put your trust in? How do you find assurance that everything will be okay? I feel connected to the creative expanding of the universe. I don't believe there is a higher plan—made for me at birth—yet I do feel that all beings have something to contribute to our larger world. Whenever I am feeling unsure of a decision or uneasy about an outcome, I trust that I will continue to be a positive presence for all of creation and everything will be okay. — Rev. Morgan McLean

GENEROUS FUN ALL-CHURCH POTLUCK!

Sat., Feb. 2, 5-8pm, UUCD Social Hall

The Stewardship Team hosts a festive, fun evening, with tables themes chosen by the table captains. Captains chose themes: *Tiaras and Bow Ties*, *Mexico*, *Fairies*, *Singing Together*, *Board Games*, *Citrus Circle*, *Pokeman*, and more. At the end of the evening, everyone votes for the best table.

You're invited to dress for your table's theme. That may mean adding a small item: a hat, a sash. Or it could be full regalia. If dressing up isn't your thing, please participate in a way that brings you joy. What's really important is your presence: YOU and the spirit you bring to this evening.

We'll take a "behind the scenes at UUCD" snapshot, discover what this church means to others, and learn about the focus for our pledge drive this year. There's a short program and (if you've not already done so) an opportunity to pledge.

Please sign-up in the Social Hall on Jan 27 to make planning easier for our coordinators (Sarah Larkin and Jill Pickett). Those who don't have a chance to register will be welcomed with enthusiasm.

RSVP: jill.pickett@gmail.com, 530-400-1829

*Unicorn image from Evite: <http://evite.me/nhHa7NN6V8>



Sunday Worship, 9:30 & 11:15am

Hymn of the Month, *Love Has Already Won*, by Jason Shelton. Inspired by clergy and other witnesses protesting in Charlottesville, August 2017, linked arm in arm, facing a line of armed militia, chanting "Love has, love has, love has already won!" Jason wrote, "I loved the classic Universalism of the idea, and I think a return to our theological core is a key to having a resistance with depth and heart rather than simple reactivity."

Want to hear over 100 UU Music Directors singing it? Alison and Beth were at the 2018 UU Musicians' Network Conference in Portland, OR. Look for Alison! She's on camera in the crowd. <https://www.youtube.com/watch?v=2in4DTzIRzA>

February Offering: Empower Yolo, empoweryolo.org receives 1/2 Sunday offering. Promote safe, healthy, resilient communities: 24-hour crisis intervention, emergency shelter, confidential counseling, training, legal assistance, and other services for those affected by domestic violence, sexual assault, stalking, human trafficking, and child abuse. Services provided in a manner that appreciates, enhances, and utilizes the strengths of Empower Yolo's clients, and honors their cultural practices and traditions. Nominated to honor Julia Lund, UUCD's new volunteer water operator, who has volunteered to donate 1000s of dollar a year of her time and expertise to keep UUCD's water system safe and legal. She started in early 2018. Check UUCD; memo: Offering.

Feb 3, 9:30 & 11:15am, *Stewardship Sunday: When it passes out of sight, that's when its power begins*; Rev. Beth Banks, Rev. Morgan McLean, Alex Haider-Winnett, Aimee Crawford, Matt Seelke. We search for the answers to riddles. The clues are found in these questions: *What moves in a circle and changes form as it travels? What must be consumed to continue to exist?* We'll reveal the answers in the service and experience them. It is a message for us to share in our families, especially with the children of our community. *If you have not made your annual pledge to support this congregation, there is an opportunity in this service. The financial contributions we make by pledging are the main support for our budget.*

Feb 10, 9:30 & 11:15am, *The Song of Trust*; Rev. Beth Banks; Steve Burns, Worship Associate. Whether the relationships you celebrate on Valentine's Day are friendships, romantic, or family, trust is at the foundation of love. Research has shown that it is also important for neighborhoods, community organizing, and nations. It's created slowly, but can crumble in one moment of thoughtlessness. This Sunday is about relationships that last.

Feb 17, 9:30 & 11:15am, *It's You I Like*; Alex Haider-Winnett; Grainne Grant, Worship Associate. Mr. Rogers was a great man whose faith shaped his work. His message of love and kindness is still greatly needed. Quilt Blessing.

Feb 24, 9:30 & 11:15am, *Celebrating Music*; Rev. Beth Banks, Alison Skinner, Barbara Meixner, Linda Birse, Andrei Baumann. The staff musicians present a morning of music. We honor the power of music in our lives and share how it touches others. We celebrate the talents of the many volunteer singers and ringers who create the vibrant musical community at UUCD. Trust runs deeply in collaborative music-making. You'll be asked to participate too.

Soul Matters Spiritual Practice: The Trust Formula: Trust and love are found in friendships and romantic relationships. Psychologist and researcher, John Gottman, claims that small gestures—such as putting down your phone when they're talking or remembering that they have a big presentation next week—make a big difference. Gottman created a formula: Try to average five small positive interactions to every one negative or failed one. This month, watch this video to learn about Gottman's theory. Then commit yourself to five of these small gestures a week (or even a day!) and see what happens! https://www.youtube.com/watch?time_continue=58&v=QHN2EKd9tuE