

# Unitarian Universalist Church of Davis (UUCD)

## Theme Journal – February – Resilience



*“While resilience has a lot to do with what is inside us, it equally depends on what happens among us.*

*So, forget doing a solo act; think community choir! We survive our pain by having the strength to tell others about it. We find the courage to make our way through the dark only when we sense we are not alone. Internal and individual grit only gets us so far; empathy, assurance and love from others gets us the rest of the way. Resilience has everything to do with the water within which we swim and the web of connections that surround us. Resilient people arise from resilient relationships!” – Soul Matters*

The quality of our relationships determines our ability to take whatever life gives us, (great events and hard ones, too) and create something new. That’s resiliency. Central to good relationships is our ability to live with the spiritual practice of generosity.

When intentional heart-felt giving is central to a community, every person’s sense of connection benefits. Whether the members are giving through compassionate listening, sweat equity on a project, or donating money to support a vision that changes lives, all are a part of growing the spiritual resiliency of individual people and a whole community like UUCD.

To become more resilient, strengthen your web of relationships. This month, you can experience many activities that take you from life-as-a-solo-act to singing- about-life-in-a-chorus.

- ◆ Sing with the Sparkler Choir (and make a joyful noise)!
- ◆ Participate in a Social Justice Project: *multiply the effect of each solo effort to bring good to the world.*
- ◆ Join a Deep Listening Group.
- ◆ UUCD’s Stewardship Team and Board of Trustees are collaborating on ways we can all participate in Deepening Our Connections, Strengthening our Community. Attend Stewardship Events: they’re designed to connect us
- ◆ Gather with others for the Multi-Generational Grounds Day on February 22 (tasty treats).
- ◆ *If you’re among the 1/3 of the congregation contacted by a Visiting Steward, please say, “Yes, I’d love a visit.” They’re taking intentional time to check in with you about many things.*
- ◆ *Save the Date for An All-Congregation Party (a “Generous Fun Event”) the evening of March 14.*

– Rev. Beth Banks, Senior Minister

# February–Resilience ♦ Sunday Worship, 9:30 & 11:15am

**Hymn of the Month** *We Resist* by Mark Miller. Miller has shared that songs of resistance have an ability to foster resilience and that no one should let hatred decide how we live. *We Resist* shares the Christian message that we pray for our enemies, welcome the stranger, and show love to our neighbor. He intends that this get our blood flowing: singing with conviction about something as difficult as praying for our enemies.  
Hear the song: <https://oneworldhouse.net/2017/04/08/we-resist-an-anthem-for-our-time/>

**Offering:** Empower Yolo receives 1/2 Sunday offering. 24-hour crisis intervention: For those affected by domestic violence, sexual assault, stalking, human trafficking, child abuse. Services utilize clients' strengths and honor their cultural practices. ♦ Nominated to honor Julia Lund, UUCD's Volunteer Water Operator, keeping UUCD's water system safe and legal. Check UUCD; memo: *Offering*.

**February 2**, 9:30 & 11:15am, Youth-led Service; Rev. Morgan McLean.

**Evensong, Resiliency; February 2**, 6:45–7:45pm, Rev. Beth Banks. Transition from day to evening and weekend to week. Invite friends to slow down and witness beauty. Small Group Ministry groups can use the service as a special evening together. Participate or let the music flow around you. Candlelight, repetitive singing, readings, and ritual. Who attends? Anyone who wants to press 'pause' for 45 minutes in their week.

**February 9**, 9:30 & 11:15am, *Living Like the River Flows, Including Rapids & Boulders*; Rev. Beth Banks; Meghan Kelly, Worship Associate. Messages of hope, well-being, and integrity are needed in "an age of overwhelm." We'll draw from two theories about balance and living during rocky political times. Both recommend ways to feel good on the journey.

Commissioning Our 2020 Visiting Stewards: *They'll be introduced to the congregation, and we'll covenant to support our congregation together.*

**February 16**, 9:30 & 11:15am, *Deepening Our Connections: Love is Love is Love is Love*; Rev. Beth Banks, Rev. Morgan McLean, Members of the Stewardship Team and Board; Emily Burstein, Worship Associate. Valentine's Day with a twist: our connections will become visible as we live the Stewardship message: *Deepening Our Connections, Strengthening our Community*. Our multigenerational choir debuts with heart-thrumming music selected by Music Director, Alison Skinner (also Davis Chorale Artistic Director), and supported by Accompanist, LuAnn Higgs (also Davis Children's Choral Director—how lucky we are to have them both at UUCD!).

**February 23**, 9:30 & 11:15am, *Unitarian Namesakes*; Rev. Morgan McLean; Steve Burns, Worship Associate; 3 Davis Junior High Schools are named for Unitarians: Ralph Waldo Emerson, Frances Ellen Watkins Harper, Oliver Wendell Holmes. We'll look at their lives and their times and see the resilience of their character and faith.

**Deep Listening Question:** What makes your resiliency unique?

**Soul Matters** Chalice Lighting: Resilience: Use this as a quick meditation with groups important to you: meetings, small gatherings, Deep Listening Circles. You'll hear it at worship. The words may become familiar and take on new meaning.

The Flame Arising from Us

*We gather  
knowing that the light can't reconstitute itself.  
Without each other  
the cold of winter finds us.*

*Leaning on each other,  
trusting each other  
challenging each other -  
Only from this does the flame emerge.  
Today, may it rise again!*

**Listen**

Edited Sunday services at <http://uudavis.org/worship-2/past-worship-services/>

Special thanks to Kirk Ridgeway, who edits and posts all of these worship services!

## Deepening our Connections, Cultivating our Community

The Annual Giving Drive enables our church to fulfill our mission “to welcome each and all, cultivating the Spirit, serving others, in our quest for justice.” The drive begins February 1st and we hope to wrap up by April 11th.

We are using this time to reconnect with each other. Last year we, meaning 24 "visiting stewards", attempted to contact 64 members and friends. This year we hope to visit 86 more. Our goal is to visit all of the congregation over a 3-year period. Who knows? This might be your lucky year!

**Save the dates!!**

In the spirit of stewardship, we will have

an **All-Church Grounds Day Party** on the morning of **February 22\***

and An **All-Congregation Party** (a “**Generous Fun Event**”) the evening of **March 14.**



Photos by Jim Coulter

## All-Church Grounds Day Party

**Saturday, February 22, 9am-noon**

Start your Saturday with hearty morning treats, hot coffee, tea, and cocoa, and Outside FUN!

Many of us have a relationship with the UUCD grounds.

At the September Water Communion Service, we invite people to bless the grounds with the water they brought from their summer journeys. All ages bless their favorite places on the grounds with earnestness and enthusiasm.

Here's another All-Church opportunity to connect with our beautiful six acres and with each other! February 22, kick your day off with a party! There will be opportunities for all ages. Rake pine needles, trim bushes, spruce-up specific areas on our church campus. Some indoor tasks will be available, too.

Louise Conrad and her family attending the 2018 All Church Grounds Party, *"I loved weeding alongside my kids while chatting with other volunteers. It made us all feel more connected to the Church grounds, and my kids took advantage of tree climbing, running, and stick-collecting opportunities!"*

Look for the pop-up tent for the task list and tools for the jobs. Be a part of blessing the grounds together.

Things to bring: A sunhat, sunscreen, water bottle, and—if you have them—gloves, tools to do the work you'd prefer (a rake, pruning shears . . .). Gloves and tools available to borrow as well.

*This effort is supported by our Facilities Manager, Chris Hendrix-Chupa, Chair of our Grounds Team, Gail Jankowski, the First Saturdays Grounds Team—which includes Craig Labbé-Renault and Walt Swain—the Stewardship Team, Guardians of the Grounds, and Clergy!*

**I often hear resilient used to mean "tough."** I prefer thinking of resilient to mean elastic. When a person is resilient, being tough might mean being short-tempered, being rough or rugged, putting up with a lot of stuff. Being elastic is different. Moving, stretching but maintaining your own shape. Many experiences in our lives are difficult to respond to. Experiences that challenge who we are. Experiences in our childhood that we couldn't control but made lasting impacts on our ways of being. What if these experiences made us elastic rather than tough? When an object encounters something tough, that object is stopped in its tracks. The tough substance is left both unchanged and unmoved. But when an object encounters something elastic, it bounces off into a new (maybe more productive) direction. And the elastic substance is unchanged but not unmoved. For a moment it was stretched to a new possibility, a new way of being, although it didn't have to stay there. That's a good lesson for us, a willingness to be stretched but with the ability to spring right back into shape. There are lots of tools we can use to build our elastic resiliency like spiritual practices, mental health, personal reflection, and intentional time for rejuvenation. What tools do you use? What tools do you want to develop?  
– Rev. Morgan McLean, Congregational Life Minister

### **Resilience and The Climate Crisis: No Time for Normal** by Robin Datel, rddd@dcn.org

“Resilience” initially referred to physical objects or materials that could return to their former shapes when stressed, that could “spring back.” Later, it came to be applied in the realm of human behavior; someone who was resilient could recover from difficult and even traumatic life events, avoiding shattering damage. Today, resilience is a term also used to describe entire communities or systems that can absorb major blows without being destroyed or gravely degraded.

Scientists have sketched the dreadful scenarios that lie ahead for a climate-changed world. Avoiding the worst requires enormous human cooperation and change over a short time. Every step we take toward resilience can put us in a better position to absorb the climate change blows that do come. We can prevent some flooding, if not all. We can continue to fund the search for a cure for malaria, even as it spreads along with warmer weather. We can preserve some species, even as many disappear. There will be less climate-change-driven suffering in a more prosperous, fairer, better-housed, better-fed, better-educated, healthier, less violent, more welcoming, and more loving society.

I feel that our church is falling short on its engagement with the climate crisis, which Bill McKibben (climate change activist, writer, and practicing Methodist) rightly calls the great challenge and emergency of the 21st century. I agree with McKibben that the world needs powerful and yes, disruptive, collective action. Churches cannot behave as they normally do; they need to offer relentless moral leadership for climate resilience.

Our church has a history of involvement in environmental issues. I invite you to imagine how you would like our church to respond to the climate crisis and enhance climate resiliency. Jot down your ideas and/or draw pictures that illustrate them. Imagine what role(s) you yourself can commit to play in our effort. Write or draw yourself, and others in the church, into the future actions you imagine. Watch for upcoming opportunities to share your visions.

Resources: <https://www.cooldavis.org/>

UUA 2019 Action of Immediate Witness <https://www.uua.org/action/statements/build-movement-green-new-deal>

Davis City Council Resolution <https://www.cooldavis.org/2019/05/15/climate-emergency-resolution-city-of-davis-adopted-march-5-2019/>

UU World, Winter 2019. <https://www.uuworld.org/articles/extinction-rebellion>

McKibben, Bill. “Note to churches: No time for normal.” Reflections (magazine), 2019.

<https://reflections.yale.edu/article/crucified-creation-green-faith-rising/note-churches-no-time-normal>

**Soul Matters Spiritual Practice:** Play That Resilient Tune: The perfect song, played at the perfect time, gives us the strength to hold on, keep going, struggle back toward joy. Revisit a song that got you through hard times, share it with friends and then tell them how it propped up your resilience. Soul Matters resilience playlist: <https://spoti.fi/2unjNIT>

**Sparks and Sparkler Choir:** Communities that sing together, experience joy together. If you're interested in singing with others and can practice one hour, one Sunday a month, consider Sparklers Choir. Sparklers is designed for families who want to sing together and for adults who want to sing with others. Alison Skinner and LuAnn Higgs are creating a fun, fulfilling experience for all singers! We plan on about five performances a year. Join us Sunday, Feb. 2 (Practice only) & Feb. 16 (Performing); Sunday, March 15 (Practice only) & 29 (Performing).

★ Sparks Choir/Adults 10-10:30am

★ Sparklers/Families & Children 10:30-11am

You can just show-up at rehearsal. If you sign up, we'll send a reminder and prep materials. Alison, [music@uudavis.org](mailto:music@uudavis.org)