



the UNIGRAM

Soul Matters

Soul Matters themes for May and June are Pluralism and Renewal. Please find below some words of inspiration, questions, and a spiritual exercise on each of these themes from the Soul Matters packets for small groups. May you find them a source of wisdom and insight.

May: Pluralism

Diversity is not just about the differences you like.

~Eboo Patel

Pluralism isn't easy. It's a constant willingness to self-challenge and to look at where we might be wrong, or limited; even with regard to pluralism itself. It requires a capacity to detach ourselves from our agendas, our beliefs, our commitments, and to recognize that there may be other ways. And it also requires us to recognize that we can never wholly achieve that.

~Mick Cooper

You have your way. I have my way. As for the right way, the correct way, and the only way, it does not exist.

~Friedrich Nietzsche

When we lose the right to be different, we lose the privilege to be free.

~Charles Evan Hughes

Questions about Pluralism

1. What were you taught in your family of origin about pluralism and welcoming difference? How does that still impact you today?
2. Has an experience of being included permanently left a mark on you?
3. Whose refusal to conform made it possible for you to add your uniqueness to the diversity of the world?
4. If you could go back and change a moment of being excluded or excluding someone else, what would it be?

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Sunday Mornings at Our Church in the Woods

Lifespan Religious Education Hour – Sundays at 9:30 am

Join us for our Lifespan Religious Education Hour, every Sunday at 9:30. We have three weekly offerings: Religious Education for Children & Youth, Adult Discussion Group, and Friends & Fellowship. We will also have additional groups and special offerings.

Religious Education for Children & Youth – Yellow / Blue classrooms

Youth RE will take place in the Yellow classroom during the LRE Hour at 9:30. Adult RE programming will also be available, but a child's grownups are always welcome to attend class with their children! When Youth RE is over, the group will move to the Blue classroom for snacks and fellowship while they wait for their grownups to pick them up. During the 10:45 service, all children will be in the Sanctuary with their grownups and church community. Families are invited to sit wherever they are comfortable. We have an area designed for young families with pillows, books, a variety of manipulatives, and a tent at the back of the sanctuary near the tables. A nursery for infants and toddlers up to 23 months is available starting at 9:30 am.

For more information about our Religious Education Program, please contact our Director of Lifespan Religious Education, **Jesse Daniel**, jesse@uuchurchmuncie.org.

Adult Discussion Group – Indigo classroom and via Zoom

This group is a chance for people with various personal beliefs to get together and openly discuss a variety of topics. You'll find weekly topics in the eBlast each Friday. Zoom check-in at 9:15, discussion at 9:30 am
<https://zoom.us/j/4326211304> Passcode: UUcm#1859 (case sensitive)

Friends & Fellowship – Sanctuary

Sip some fresh, hot coffee and share in some conversation with friends, new and old, in the Sanctuary. Work through a puzzle together, catch up about the week, or enjoy getting to know someone new each Sunday at 9:30 am.

Sunday Service – Sanctuary and via Zoom

Multi-Platform Worship 10:45 am Online Service: <https://bit.ly/UUCMSundayservice>

June's Dedicated Offering recipient is Home Savers of Delaware County. The offering will be collected June 2nd & 9th. Check out the Friday eBlast for information about each month's Dedicated Offering.

June 2 – “Perpetual Welcome” Rev. Joel Tishken

June 9 – “Article II: Pros & Cons” Rev. Joel Tishken

June 16 – Kelsey Timmerman

June 23 – UUA General Assembly Service Rev. Julia Corbett-Hemeyer

June 30 – Derek Parker

July 7 – “Race and Freedom Narratives” Rev. Joel Tishken

July 14 – “Quantum Processes and the Eternal Now” Chris Nelson & Kevin Purrone

July 21 – Rev. Joel Tishken

July 28 – Rev. Joel Tishken

[Please note that topics are subject to change. Be sure to check the Friday eBlast for more detailed information about the upcoming Sunday service.]

What's Happening in Lifespan Religious Education (LRE)?

Jesse Daniel, Director of Lifespan Religious Education

As I reflect on my first year as your DLRE, I'd like to start off with some shout-outs to the incredible volunteers who have helped to make this year run smoothly for me.

- To my Youth RE teachers, **Elsbeth Fritz, Susan Taylor, and Aryn Sweeney**, thank you for your flexibility, generosity of time, and patience with me. You are all RE rockstars!
- To my OWL volunteers, **Denise & Ben Ewing** and **Falisha Lewis**, thank you for showing me the ropes, answering all my questions, and letting me color coordinate all the things without judgment. I'm excited to support you as we grow this program.
- To **Judy Lowe** and **Lisa Weeks**, thank you for your leadership and commitment to the Adult Discussion Group. I'm grateful for the organization and knowledge you bring each week.
- To **Chris Nelson**, for creating and running a new Adult RE program, and to **Bea Sousa, Cindi Marini**, and the rest of the Charity Quilt Task Force for their willingness to join LRE.
- To all the grown-ups who have trusted us with their children during a Parent's Time Off event, from Fairy Gardens, to Lunar New Year, to National Panda Day. We've had a blast hanging out with your kiddos, creating community and making masterpieces.

We will always need more RE volunteers, for both Youth RE and Adult RE programming. This can be a short term commitment, like helping run a single Parent's Time Off event, or something more long-term, like teaching Youth RE or leading an Adult RE class.

We've all heard the saying that one man's trash is another man's treasure, and I'm sure we all try to live by the rules of "Reduce, Reuse, and Recycle." While there are many treasures I've uncovered during my cleaning in the past year, there are some that stand out from the pack. I'm including a short list of those today because, while I am sure that these were purchased for a specific purpose, I have not been able to discover that purpose. My hope is that maybe these will spark an idea for an LRE program you would like to put together, short or long term. I look forward to hearing your plans for how we can repurpose and recycle these things:

- 6 Johnson "Blues King" harmonicas
- 20+ blank journals, of various sizes and lengths
- 1 large stack of blank postcards, postage already included
- 16 canvasses, each 16x20"
- 50 shatter-proof, clear plastic ornaments
- 11 books and a variety of supplies for mindfulness practices with zentangle and origami
- Several seasons of The Simpsons, along with UU discussion guides for each episode

If something on this list sparks an idea for you, even if it's just the beginning of an idea, reach out to me! I would love to help you plan something.

~Jesse

Soul Matters

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5. Have you ever been treated like a category rather than a person?
6. If you weren't afraid of being judged or rejected, what part of your diverse self would you let out into the world?
7. What part of your pluralistic self do you have the hardest time acknowledging or embracing with compassion? Your judgmental self? Your lazy self? Your vulnerable self? Your bitter self? Your easily frightened self? Your quick-to-anger self? Your jealous self? Your petty self? Your selfish self?
8. What aspect of your life partner, child or close friend do you need to do a better job of embracing and welcoming in?
9. When it comes to age, our society is not as pluralistic as it thinks. Have you been ignored or cast out because of your age? Was it more emotionally challenging to accept than you expected?
10. Is it possible that the aspect that so annoys you about that other person echoes a similar part of yourself you deny?
11. It's said that we exile the parts of ourselves that were once humiliated in our past. Which tender part of your younger self is whispering, "Please let me back in."
12. It's said "Whoever is underrepresented in your life, will be overrepresented in your imagination." So who is underrepresented in your life? Are they overrepresented in your imagination?
13. Most on-going disagreements are sources of pain, division and discomfort. But ironically some disagreements feel "fruitful" ;They somehow enrich us and our relationships. How has a precious "fruitful disagreement" changed you? Is there wisdom from this fruitful disagreement that could be applied to other areas of your life?
14. Our friends and family each carry/believe/tell a different story about who we are. Whose version of you most closely matches your authentic self?

Whose version do you disagree with most strongly?
Whose version challenges you to be your best self?
Whose do you hope to someday become?

Spiritual Exercise: Your Personal Pluralism - Mapping Your Many Identities

Pluralism is most often applied to conversations about communities. But it's just as relevant to individuals. We don't have an identity; we have identities. As Walt Whitman famously said, "I am large, I contain multitudes!" But we rarely - if ever - step back to reflect on how those multitudes influence us and interact with each other. And without that reflective distance, our many identities end up sneaking into the driver's wheel. So this month spend some time getting to know your many selves, your pluralism within.

1. Start by mapping/listing as many of your identity markers as you can. We've put together a [chart](#) with various identity categories to help.
2. Reflect on your list of identities using [this set of questions](#).
3. Discuss your answers with a friend or family member. While doing this activity and reflection on your own is fine, you will get more out of it by pairing up with someone close to you. Your insights will go deeper by having to explain your answers to someone else and the discussion will help deepen the relationship between the two of you. Be sure to have your discussion partner complete the Identity Mapping Chart and questions before your discussion.

June: Renewal

A day when one has not pushed oneself to the limit seems a damaged, damaging day, a sinful day. Not so! The most valuable thing one can do for the psyche, occasionally, is to let it rest, wander, live in the changing light of a room.

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Soul Matters

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~May Sarton

Each person deserves a day away in which no problems are confronted, no solutions searched for. Each of us needs to withdraw from the cares which will not withdraw from us.

~Maya Angelou

There is deep power in taking a break, honoring your body and actively participating in your deprogramming from grind culture. We have been brainwashed to be violent towards our own bodies by pushing it to exhaustion... Rest is a form of resistance because it disrupts and pushes back against capitalism and white supremacy.

~Tricia Hersey

Questions about Renewal

1. Whose way of being in the world renews your faith in humanity?
2. How does your body tell you it is in need of renewal? What is it telling you now?
3. Which of your senses most reliably leads you to renewal? What might you do this week to make room for its gift?
4. If one were to propose that you make room for a day in which you produce nothing, don't check a single thing off your to-do list, confront no problems and search for no solutions, what would your first reaction be?
5. Which summer of your life renewed you the most?
6. How would your life change if you saw rest as "a form of resistance"?
7. How would your life be renewed if you put presence before productivity?
8. Have you ever been renewed by failure?

9. Have you ever been renewed by vulnerability?
10. Has an animal ever renewed your relationship with life?
11. If rest could speak, what do you think it would say to you?
12. If someone gave you a box of everything that has renewed you, what is the first thing you would look for?
13. Renewal often happens through becoming lighter. So, what might your inner wisdom be nudging you to shed, let go of, or give up this summer?

Spiritual Exercise: Take a Few "Weird Walks"

"Weird walks" are an entirely different take on strolling. Instead of heading out with the goal of getting in steps or tapping into mindfulness, "weird walkers" go until they stumble on something weird. It's all about being renewed by playfulness and curiosity.

So, this month turn your strolls into strange little scavenger hunts! (Be sure to take your cell phone or camera to document and show your group members the weird things you stumble upon.)

Here's a couple of links with a bit more guidance:

- <https://www.bustle.com/wellness/sunshine-guilt-tiktok>
- <https://ca.style.yahoo.com/why-people-taking-weird-walks-125811943.html>

And here are a few weird walk examples:

- [weird walk 1](#)
- [weird walk 2](#)
- [weird walk 3](#)

June / July 2024 UUCM Calendar

Online calendar: <http://www.uuchurchmuncie.org/members/calendar/>

Regular Weekly Events

Adult Discussion Group: Multi-Platform	Sundays	9:30 am
Worship Service: Multi-Platform	Sundays	10:45 am
LRE Classes & Activities	Sundays	9:30 – 10:30 am
Coffee Hour	Sundays	After the service

June / July Meetings & Events

Service Auction: Thursday, May 30, 9am – Sunday, June 1, 6pm			
Service Auction Reception	Sunday	June 2	12:00 pm
Staff Meeting	Tuesday	June 4	2:00 pm
Board of Trustees	Tuesday	June 4	7:00 pm
Worship Associates	Wednesday	June 5	7:00 pm
Roots & Wings New Member Class	Sunday	June 9	12:00 pm
Social Justice Committee	Monday	June 10	7:30 pm
Potluck Cookout (at Guillaud home)	Tuesday	June 11	6:00 pm
UU Book Club	Thursday	June 13	7:00 pm
Aubrey Gouveia Celebration of Life	Saturday	June 15	1:00 pm
Pastoral Associates	Sunday	June 16	12:00 pm
Membership Committee	Wednesday	June 19	7:30 pm
Church office closed for summer break: June 21 – 30			
Parents Time Out	Saturday	June 29	1:00 – 3:00 pm
Worship Associates	Wednesday	July 3	7:00 pm
Chuck Austin Celebration of Life	Saturday	July 6	Time TBA
Social Justice Committee	Monday	July 8	7:30 pm
UU Book Club	Thursday	July 11	7:00 pm
Parents Time Out	Saturday	July 13	9:30 – 11:30 am
Membership Committee	Wednesday	July 17	7:30 pm
Pastoral Associates	Sunday	July 21	12:00 pm
Camp OWL (K-2): July 22 – 26, 9am – 1:00 pm			
Unigram Submissions Due	Wednesday	July 24	9:00 am
Kitchen Cleaning	Saturday	July 27	10:00 am



UUCM Summer Office Schedule

Monday

1:00 – 4:00 pm

Tuesday- Thursday

9:00 am – 4:00 pm

Closed Fridays

Sunday Office Hours

Our next Sunday office hours will be June 2, 9:00 am – 1:00 pm.

The office will be closed for summer break June 21-30.

Rev. Joel's Office Hours

1st Tuesdays 12-7:00
All other Tuesdays 9-5:00

Jesse's Office Hours

Tuesdays 10-3:00

Items for the eBlast are due by 9:00 am each Thursday. Please use the [Publicity Form](#) to submit your announcements. *Please note that submissions for the June 28th eBlast must be submitted by June 20th due to summer break.*

Articles for the Aug / Sept Unigram are due Wednesday, July 24. Please send as attached Word or Google docs to uucm@uuchurchmuncie.org

UUCM Staff & Leadership

Staff

Rev. Dr. Joel Tishken, Developmental Minister
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Office Hours: Monday 1:00 – 4:00 pm | Tuesday – Thursday 9:00 am – 4:00 pm | Closed Friday

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