



# Island Passages

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## January 2010

SUN	MON	TUES	WED	THURS	FRI	SAT
					1	2
3 <b>10 am Service:</b> "Soap Box Sunday"  3-4:30 pm The Art of Listening	4 9-11 am Worship Com- mittee	5 7 pm <b>Book Group</b>	6	7 7-9 pm The Gifts Of Chaos And Death In An Evolving Cos- mos	8 9-11 am BOT	9 10 - noon Visual Arts
10 <b>10 am Service:</b> "Campaign Against Torture" 3-4:30 pm The Art of Listening 5:30 pm South End Dine-Out	11	12	13 7:30 pm Evensong	14	15	16 1-3pm North End Koffee Klatch
17 <b>10 am Service:</b> "Martin Luther King Jr. Talks to God"  3-4:30 pm The Art of Listening	18	19	20 10 am Membership Committee	21	22	23 1-4 pm UU101 Session 6:30pm Fun on Whidbey
24 <b>10 am Service:</b> "Awakening the Inner Mystic" 3-4:30 pm The Art of Listening	25	26	27 5:30 pm CRE	28 4-5:30 South End Koffee Klatch	29	30 7 pm Conversa- tion @ Kit's
31 <b>10 am Service:</b> "The Evolution of God" 3-4:30 pm The Art of Listening 7 pm Mid-Winter Concert						

For More Information on Listings - see pages 2 - 4

## From Our Minister



Dear Ones,

This worship year's theme of considering the great theological questions of humankind is exciting to me. It gives me a chance to clarify my own thinking, ask myself how my beliefs have evolved over time, and listen to what you think about things.

January's big question is the question about God: is there a God (or Gods)? What is the evidence for or against the theory of God? What do we call the power beyond human power? What is our relationship with that power? What does that power have to do with our behavior and values?

I have thought about this question nearly all my life, moving from the notion that God must look a lot like my dad except He could fly to discarding the Sistine Chapel depiction of God as an elderly white guy in the sky to seeing God in natural law and now to.....?

I'm looking forward to exploring this question for my own benefit and to offer to you my thoughts. Each of us has formulated answers to the question out of our own experiences; we have a wide variety of answers because of our wide variety of experiences and that's okay. So how do our Unitarian Universalist values fit into our concept of God and how do we deal with those whose answers are different?

There is no "one size fits all" definition of the Divine, of God, of the power beyond human power, especially among Unitarian Universalists. That's what makes our faith so exciting, I think. And it confounds those who can't understand how we can be a religion if we don't all say we believe exactly the same things!

Much love,  
Kit

PS. We'll be returning our Guest at Your Table

boxes on Jan.17th. Please count the money that has accumulated in your little box, write a check to UUCWI for the amount, with "GAYT" in the memo line, and bring it to services that day. We'll collect the funds and write a check to the Unitarian Universalist Service committee for the total amount collected.

## Calender Listings

### Jan. 3: "Soap Box Sunday"

Four UUCWI members will speak for 5 minutes each on topics of their own choosing. The speakers are: Celia B., 'If Lost - Lessons from Alzheimers'; Dave S., 'Expectations'; Libby R., 'The Hidden Wholeness of Paradox'; Juan G., 'World Issues'. These are always lively and diverse expressions from within our membership.

Bluegrass music will be by Ken M. guitar, Debbie Z., mandolin, Dave S., banjo and Linda G., fiddle.

*Worship Leader: Baird B.*

### Jan. 10: "Campaign Against Torture"

**Speaker: Tom Ewell**

Torture is a moral and legal issue. It violates the universal "ethic of reciprocity," also known as the Golden Rule. Those who commit torture reject the humanity of those they torture as well as their own humanity. The United States does not deny it has committed torture and broken international law, but it is reluctant to hold those responsible accountable, a necessary action if we are ever to establish firm anti-torture law and enforce it.

*Worship Leader: John L.*

### Jan. 13, 7:30 pm: EvenSong

This month's EvenSong theme is Hope. All are welcome to attend this quiet, contemplative service of readings, meditation, song, and prayer.

### Jan. 17: "Martin Luther King Jr. Talks to God"

**Speaker: Rev. Kit Ketcham**

There was a time when MLK Jr. and Coretta Scott King considered becoming Unitarians but eventually decided that they needed the backing of a more broadly Christian constituency. On this Sun-

day before MLK Day, Rev. Kit Ketcham will consider the nature of God as revealed in Martin Luther King Jr's life.

*Worship Leader: Gladys H.*

## Please Return Guest at Your Table Boxes

### Jan 24: "Awakening the Inner Mystic"

**Speaker: Elizabeth Frediani**

As physical-spiritual beings we live in a constant state of oneness with the Infinite and, paradoxically, we also experience ourselves as fully individuated. Elizabeth will share her personal story of spiritual awakening. She will explore with us the idea of mysticism as an accessible part of daily life – and discuss the importance of cultivating inner stillness and receptivity to our bodies, our knowing, and the world around us.

Elizabeth Frediani's work with subtle energy began in 1972 and was an integral part of her life in the northern British Columbia. After ten years of formal study, she created a whole system of energy-based meditation practices and healing techniques. In 1984, she founded the Transformational Healing Institute in Boulder, Colorado and directed the school for seven years. Her book, *Where Body Meets Soul: Subtle Energy Practices for Physical and Spiritual Self-Care*, will be available after the service.

*Worship Leader: Sandy W.*

### Jan. 31: "The Evolution of God"

**Speaker: Rev. Kit Ketcham**

In the past several years, there has been a spate of books and essays arguing for and against the likelihood of the Universe's being controlled by a God or Gods. Rev. Kit Ketcham will consider how the concept of God has evolved over millennia and how we might think of it today.

*Worship Leader: Mark B.*

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### Jan. 3, 10, 17, 24, 31, Feb. 7; 3 - 4:30 pm: The Art Of Listening

Back by popular demand in January and February, a series of informal gatherings led by conductor Legh W. Burns are held over six weeks as he will help navigate through the components that make up The Art Of Listening.

Series tickets are \$95 per person or \$175 for two.

Each attendee will receive a complimentary ticket to a future SCO concert. Single tickets are available at \$20.00 per session.

Please call (360) 221-2353 or email us at orchestra@whidbey.com for more information.

### Jan. 5, 7 pm: Book Group

We will gather at the B.'s to discuss *The Tricking of Freya*, a first novel by Christina Sunley. This tells the story of a family and its carefully guarded secrets. It is described as "an intricate family travelogue, based in the present of Icelandic- Canadian life and the half-mythical world of her grandparents".

The Library has copies - all are welcome whether you have read the book or not. Let the B.s know you are coming.

Feb. book: *Timbuktu: A Novel*, Paul Auster

### Jan. 7, 7-9 pm: The Gifts Of Chaos And Death In An Evolving Cosmos

Join Michael Dowd and Connie Barlow, "America's Evolutionary Evangelists," for a richly illustrated talk and discussion that takes a fresh look at two emotionally charged human universals: chaos and death. They are bringing the 14-billion-year Epic of Evolution to south Whidbey Island, drawing upon mainstream sciences in offering inspiration and comfort for facing life's greatest challenges.

Michael Dowd is the author of *Thank God for Evolution*. Connie Barlow is a well-known science writer, whose books include a now-classic text in religious naturalism: *Green Space, Green Time: The Way of Science*.

Free admission. (Donations will be accepted).

### Jan. 10, 5:30 pm: South End Dine-Out

China City in Freeland. The more the merrier! Join us for Chinese and good conversation. Let Kit know you're coming, either by phone, email or at church that day.

### Jan. 16, 1-3 pm: North End Koffee Klatch

(Note change of date). This month we are meeting on the 3rd Saturday instead of the 2nd, but the locale is the same (Whidbey General Hospital cafeteria), and the food and coffee are still inexpensive and delicious. Join us for good times with great people.

## From the Pres



HAPPY 2010!

The beginning of a new year is, for many, a time of reflection, taking stock, and resolution. Do you make New Year's Resolutions? I admit I've never been terribly successful with the resolutions I've made in the past. But I do find the start of a new year to be a natural time to reflect on where I am with my life and what direction I want to take from here.

And what about our congregation? Is this a good time for us as a community to stand back and take a look at where we are – and where we are headed? What are we doing well, and what do we want to add or improve upon?

Do you know who our Board members are? Do you know who chairs our various committees? I encourage you to get acquainted with these folks and share with them your thoughts and wishes about what we are doing as a congregation. What are your wishes for UUCWI during the year 2010?

I wish you a joyous, healthy, peaceful 2010.



### Jan. 23, 6:30 pm: Fun on Whidbey

We are traveling to the Far East! No translators nor language lessons needed. First stop: The Cove (a Thai restaurant) for a wonderful dinner. It's on North Main Street in Coupeville. Going north on 525, turn right on Main Street. Coming down from the north lands, turn left on Main. The restaurant is on the left side of the street. 602 N Main, to be precise.

Carpool info: from Oak Harbor, meet at Applebee's at 6:00. From South Whidbey, meet at the UU at 6:00.

Please email Judy K. by January 20th if you plan to attend. Children are welcome.

### Jan. 24, 5:30 pm: North End Dine-Out:

at the San Remo Grill (421 Midway) in Oak Harbor, for good food and even better camaraderie. Let Kit know you're coming, either by phone, email or at church that day.

### Jan. 28, 4-5:30ish pm: South End Koffee Klatch

at Living Green in Langley. Join us in the living-room-like environment in Living Green's café for coffee drinks, snacks, and terrific conversation.

### Jan. 30, 7-9 pm: Conversation at Kit's

We'll have a conversation about the question "what is the driving force in the Universe?". In other words, what is your concept of "God" or the power beyond human power? Refreshments at 7; conversation at 7:30.

### Jan. 31, 7 pm: Mid-Winter Classical Concert

The Seattle Freelance Soloists will play Bach, Chopin, Chausson, Chaconne, & Mozart. You won't want to miss these exciting, talented musicians from Seattle, playing a benefit concert for UUCWI-supported charities and the island's own Good Cheer Food Bank.

Tickets: \$15/adult; \$8/children 6-12; \$25 family. Available at: Angel Chocolates, Langley; Pickles Deli, Clinton; and BookBay, Freeland.

## Announcements

### Choir to take Month Break

The UU choir will be taking January off, and start up again in Feb. with Frank leading. We'll rehearse Feb. 7, and rehearse and perform on the 14th. Nola will lead in March and Peggy in April. Linda will lead in May. We'll take summer off and start again Oct. 2010. Thanks for participating. Let's all have a musical new year!

### Men's Group

The UUCWI Men's group meets the 1st and 3rd Wednesday of each month at the church at 10 am. Any interested man is welcome to join us. For information, call Mark B. No experience necessary.

## Guest At Your Table

Return your Guest at Your Table boxes during the service on January 17th. Please count out the money that has accumulated (lots of it, we hope!), write a check to UUCWI for the amount, with GAYT in the memo line, and bring it to services that day. We'll collect the funds and write a check to UUSC for the total amount collected. Thank you for your generosity! The Unitarian Universalist Service Committee uses this money to provide humanitarian services all over the world and in our own country.

## WA UU Voices For Justice Prepares For 2010 Legislative Session

Washington's Legislature convenes January 11, facing the need to provide services for the most vulnerable in the state even as it deals with a \$2.6 billion revenue shortfall. Washington Unitarian Universalist Voices for Justice will be working to minimize the impact of budget cuts on essential programs as it advocates for additional revenue sources.

WA UU Voices urges all UUs to join them in speaking out on the critical needs in this state by asking legislators to adopt a budget – a moral budget – that is just, compassionate, and equitable. WA UU Voices for Justice's three legislative priorities for the 2010 session – restorative justice, environmental protection, and tax equity – reflect those values of justice and compassion. For more information on these priorities, go to [www.uuvoiceswa.org](http://www.uuvoiceswa.org), where you can sign up to receive regular updates during the legislative session.

## "Full-Spectrum Joyfulness"

This seven-session adult class, will be on Monday evenings 7-9 pm, at UUCWI, beginning March 1. This is a simple but rich program that helps you learn, practice, and remember easy ways to become more joyful in your everyday life. It includes small- and large- group activities, weekly joyfulness assignments, and a lot of support for venturing forth into new realms.

The Rev. Amanda Aikman will lead the class. She has written a brand-new book, *Full-Spectrum Joyfulness: Easy-to-Remember Games, Songs and Practices for Creating More Joy in Your Everyday Life*. The book and the class are based on current happiness studies and have a unique, UU-flavored approach to

incorporating joyfulness practices into everyday life. Amanda has offered this course at the UU churches in Juneau, Edmonds, and Woodinville.

The fee is \$70 for the series (payable at the first session), which includes a workbook and all materials. Some financial assistance available on request. Please register by emailing Amanda directly: [revaikman@gmail.com](mailto:revaikman@gmail.com).

## Committee News

### Art Gallery News

The teachers and students of the UUCWI Religious Education (RE) program will be sharing their artwork during the months of January & February. In addition to seeing some examples of their work, you will also receive a peek into the curriculum of the different classes. The Wonder Play class is for children from birth to kindergarten. The Spirit Play class is for students in 1st through 5th grade. And our Youth program is for middle and high school students. The Visual Arts Committee looks forward to presenting this UUCWI RE Program exhibit and hopes that their show will provide all with a more complete picture of Religious Education at UUCWI.

### Social Responsibility Council

The Council is pleased to note that, during the first half of this church year, UUCWI has contributed over \$4,000 to non-profit groups SRC has identified for consideration. These include: Habitat for Humanity (\$3,000), South Whidbey Youth Connection (\$335), American Red Cross (\$252), Veterans Resource Center (\$338) and Kids First (\$277).

Contributions are collected through a dedicated offering at one Sunday service each month. The next such offering will be on January 10 for the benefit of the National Religious Campaign Against Torture. Tom Ewell will speak at that service.

Believing that our shared gifts of money as well as labor and love can make a difference, locally or worldwide, SRC will continue to encourage generosity among UUCWI members as proof of our commitment to what matters to us and our principles.

SRC will resume its monthly meetings in January. These meetings are held on a Sunday following the worship service. All are invited to attend - and may bring a dish to share with others.

## From the Religious Education Director

What a time of anticipation! You can see it on the faces of adults who are looking forward to the return of the sun and a little more light in this season of darkness. You can see it on young children's faces throughout the holidays and especially as the countdown approaches when Saint Nicholas will leave surprises around beautifully decorated trees. And, of course, parents have the added pleasure of experiencing this season again through their children's eyes. My husband and I are full of our own anticipation of the arrival of our second child sometime near the end of February. Even Leon, our two year old son, is anxiously awaiting the baby that is coming – both his and mine (since he has informed us that he has a baby in his belly, too.) It is such an incredible time of joy.

How do we foster this joy in ourselves and our children in a way that also honors this time of inner reflection? It is so easy to get caught up in the cultural expectation of shopping, socializing, and bright lights throughout this holiday season. But, there are other simple ways of creating community and establishing family traditions that nourish you and your family during this season of darkness. I recall the winter we had in 2006, when most of the South End lost power for days on end. What a gift to be forced to slow down and really be together in the darkness. So many nights were shared by fires and candlelight, laughing, telling stories, and playing games. One possibility is to create a time each evening to turn the lights off and recreate this time of candlelight and community. Other ideas are family walks, baking cookies with friends, and even giving yourself a little time alone to reflect on the year that is ending and make plans for the year ahead. My hope for myself in the next couple weeks is to slow down, breath, and remember the gifts that surround me everyday. It is my wish for you, too.

Happy Holidays and New Year!  
Vanessa K.



## Community Voices

*This poem won first place in the 2009 Whidbey Island Writer's Association's Spirit of Writing contest. Along with the other winners (in poetry, fiction, essay, and children's fiction) Dallas will read at the Freeland and Langley libraries and Clinton Community Hall in January and February.*

### The Sound

A clam shell  
dropped by a crow  
clunks and rattles off my tin roof,

an eagle's childlike cry echoes  
in the morning silence.  
Raucous cries, red flashes

as one, then another blackbird  
vies for the affection  
of a leaden-hued mate.

I press my ear to my pillow  
to block all sound until  
I hear my heartbeat.

Rain strikes the roof  
like bushels of corn  
hitting the crib floor.

How much runs off and is lost?

I strain to hear the tide  
drag pebbles at the water's edge,  
drag thoughts to the surface.

Even the stealth of rabbits  
in spring-wild grass  
is detected by eagles.

Over blackbird song  
over drenching rain  
over my own heartbeat

how much is captured?

Dallas H.

**UUCWI 2009-2010 Board of Trustees**

Lois C., President

Tom B., Treasurer

Joann R., Secretary

Roy B., Trustee

Mark B., Trustee

Sally Ann E., Trustee

Helen K., Trustee

If you wish to contact any of the Board members, call UUCWI voice mail at 360-321-8656.

**Minister:** Rev. Kit Ketcham 360-331-2163

**Chaplain:** Sally Elder 360-675-3314

Our minister and chaplain are available for rites of passage ceremonies (including ceremonies of commitment or union) and pastoral visits.

Director of Religious Education: Vanessa K.

**Newsletter Information:**

News, announcements, events, and other items of interest to members of the congregation should be submitted in writing by the deadline to editor Celia B.

Items submitted after press time will appear in the following month's newsletter if appropriate.

Time-sensitive late items will be posted with the announcements and/or on the calendar on our web site.

Current and past issues of this newsletter are available online at:

[www.whidbey.com/uucwi/newsletter.html](http://www.whidbey.com/uucwi/newsletter.html)

Last names, phone numbers, and addresses are deleted from the online version for members' privacy.

**Communications Committee:**

Celia B., Newsletter Editor

Mavis C., Church Administrator

Dean E., Webmaster

**UNITARIAN UNIVERSALIST CONGREGATION  
OF WHIDBEY ISLAND**

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