

Sunday Services, August 2023



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August 6—Discussion Sunday: Ableism And Its Consequences with Liz Conejo

Many of us chafe against the word "privilege." How can we be labeled with such a word when we have worked and struggled so much? But privilege needn't be an insult or a weapon; we just need to be aware when we have it. Today, downstairs in Friendship Hall, we discuss Ableism, the privilege enjoyed by people whose bodies function in all the standard ways but who aren't cognizant of the needs of people whose bodies don't. No one is on trial here—just think of this discussion as an opportunity to level up your awareness. Like all First Sunday discussions, this one will be followed by a potluck.

August 13—Breaking the Wheel: Leadership Tips from "Game of Thrones" with Bruce Craven

In the UU world, we emphasize the importance of the democratic process, but in George R.R. Martin's "Song of Ice And Fire" series, former chattel Danaerys Targaryen breaks her chains to become, as one character puts it, "the Queen we chose." Author and educator Bruce Craven discusses the perils of leadership in a vacuum and faulty advice, but also the roles courage and personal transformation play in increasing followership.

August 20—Generating Compassion with Mary Madill

In our culture, people find it difficult to direct loving-kindness to themselves. We may feel that we are unworthy, or that it's egotistical, or that we shouldn't be happy when other people are suffering. Let's spend sometime today generating compassion for ourselves and those around us. Everyone can use a little bit more happiness.

August 27—Redefining "Public Safety" with Steve Dunwoody

Iraq War veteran and community advocate Steve Dunwoody talks common-sense gun laws, the Second Amendment, mental health, and how an incident in Hollywood made him feel more unsafe than he did in Iraq.

From the Board President

Hello everyone!

July was another busy month at UUVerdugo. I thought that things might slow down with people away with summer vacations but that was not the case. The Urban Homeschoolers held multiple summer camps, including RockBand, D&D, and Model United Nations. A youth orchestra practiced in the sanctuary and the UU The Vote group continued their Stop Gun Violence postcard writing.

We also continued to support the local community in new ways. First by hosting the Crescenta Valley Chamber of Commerce mixer. Pattee of the local food bank Making it Happen also spoke at a Sunday service where she shared her own inspiring journey through homelessness.

Our first board meeting of the 2023-2024 was well attended. Gary, our Treasurer, reported we are still in ok shape although we did have to draw down from the Investment fund to meet all the expenses this past year. Enthusiasm was high for renewing the Bylaws and Continuity (Building improvements) committees with several people volunteering.

The UUVerdugo leadership is gathering on August 15 for a half day planning session to help set priorities for this next year.

In July, we started our new Sunday Discussion services with a thoughtful discussion of "woke." I had no idea the concept has been around since the 1930s. Stay Woke originally meant you were alert to prejudice and discrimination. In the 2010s it expanded to include gender and marginalized identities. Today it seems some social media has assigned "woke" a meaning of....you are only this or that. Myself, I like to consider how the world looks different to different people based on their personal experience. More of a 360 view concept that goes along with the UU principle of Searching for the Truth. I have learned a lot by listening to my fellow members 'views. It has brought me a deeper richness to life.

I am looking forward to the August topic of Ableism. It asks you to look at your physical surrounding from an ableism point of view. I think it will be another mind expansion opportunity. A practical one too, as my knees don't like stairs as much as they used to...

I hope you are staying safe in the summer heat. I think the Continuity committee will be looking at our aging AC to help keep us comfortable at UUVerdugo.

—Mary Madill

Social Justice

1. Ukrainian Families Fundraiser

Please help support two Ukrainian families of women and children who have recently taken refuge in the USA, sponsored by Prairie UU Church in Parker, CO.

While accepting monetary donations of any amount, we are offering a GIVEAWAY DRAWING for a 5-night vacation stay in a family-owned Winter Park, Colorado condo! Entries close August 30, 2023; the winning name will be drawn shortly after. See the linked website for additional details. Thank you for your generous help! Please let Christine know if you have donated to this fund. (<https://auctria.events/Support2UkrainianFamilies>)

2. ASCENCIA

Cooking and Serving for Homeless Shelter: every 2 nd Friday. We supply one dinner each month on 2 nd Fridays. We need volunteers to cook in late afternoon, and servers at Ascencia, from 5 pm – 6 :30 pm Contact Ascena/com

3. Making It Happen Mondays

We will be donating to the food bank at Making It Happen in Sunland. Please bring your non-perishable food items and personal care items to church on Sundays (or before). We start Making it Happen Mondays in August. Marty will be meeting the kind folks from MIH at church on Mondays when they will pick up our donations and deliver them to their facility in Sunland. We will also contribute to Bailey when we have a volunteer. Please notify Christine if you would like to deliver to Bailey so she may schedule you into the calendar on an alternate week.

5. Social Justice/ UUTHEVOTE

We are still working on the campaign to support gun safety.

Next SJ Meeting and discussion: Friday August 18 at 1:00 pm (after 3rd Friday Potluck Luncheon) Please RSVP: arpeggiata@yahoo.com

6.. CDC, STATE AND COUNTY GUIDELINES: For a healthy environment we have updated our guidelines to reflect lowered covid risk, and continued safe practices. Please note the guidelines which are posted in the building. Wash your hands, use hand sanitizer, distance, and ventilate. Thank you!

Respectfully submitted,
—Madeline Dow, SJ Chair

**REALLY IMPORTANT TO ALLOW
THE GHOSTS TO HAVE SOME FREE TIME**



PROF. SCOTT MEMMER

**TOM BISHEL ENTERTAINS THE
CHAMBER OF COMMERCE MIXER**



PATTEE COLVIN OF MAKING IT HAPPEN

Outreach & Sunday Services

MARTY BARRETT

Hey Pals,

Recently we hosted a service about the kindness of the singer/songwriter John Prine presented by professor and musician Scott Memmer. Prof. Memmer covered everyone from Bob Dylan to Victor Frankel in his speech, and even performed Prine's "Hello in There" on guitar. It was a great morning.

But it wasn't a non-representative morning. We've had some fantastic guest speakers and home-grown presentations, in addition to all sorts of great events during the week. It's a happening place, this little fused-together collection of buildings collectively known as UUVerdugo.

Anyway, I opened my Facebook later that day (since I am over 40) and, as I was scrolling through looking for UFO abductions in the area as is my wont, found the post of one of our new members containing a picture of the morning's service accompanying a post reading (something like) "I love my new cool church." It made me happy to see, and I hope that our other members will feel inspired to share on their MySpace, LiveJournal, Friendster, FourSquare, or even Facebook and Instagram pages that UUVerdugo is here and worth visiting.

In addition to Sunday services touching on all our principles (in addition to dragons), please join me for our regular Sunday Service Squad planning meeting on the 17th and for Movie Night, screening the delightful "Amelie," on the 23rd.



August 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30 ZOOM SERVICE MEETING ROOM: 897 9181 4237 // PASSWORD: 935066	31	1	2	3	4	5
6 SUNDAY SERVICE 10:30 FIRST SUNDAY POTLUCK	7	8	9	10	11 ASCENCIA FOOD PREP 2-6	12
13 SUNDAY SERVICE 10:30	14 MAKING IT HAPPEN MONDAY (FOOD/CLOTHING DONATIONS)	15	16	17 SUNDAY SERVICE SQUAD! 6-8	18 THIRD FRIDAY POTLUCK-NOON SOCIAL JUSTICE-1 P.M.	19
20 SUNDAY SERVICE 10:30	21	22	23 MOVIE NIGHT! "AMELIE" 6:00/\$5 DONATION	24	25	26
27 SUNDAY SERVICE 10:30	28 NEWSLETTER SUBMISSIONS DUE	29	30	31	1	2
					NOTE: PRIVATE RENTALS ARE NOT LISTED ON THIS CALENDAR.	

A NIGHT OF WORLD PREMIERES

THE
VERDUGO
HUUT!

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**SATURDAY, SEPTEMBER 16 AT 7 P.M. | THE SANCTUARY AT UOVERDUGO
4451 DUNSMORE AVE., GLENDALE 91214
VERDUGOHUUT.COM | \$15/GENERAL | \$10/STUDENTS & SENIORS**

