

### **Seven Principles of Unitarian Universalism**

- ~ The inherent worth and dignity of every person
- ~ Justice, equity and compassion in human relations
- ~ Acceptance of one another and encouragement to spiritual growth in our congregations
- ~ A free and responsible search for truth and meaning
- ~ The right of conscience and the use of the democratic process within our congregations and in society at large
- ~ The goal of world community with peace, liberty and justice for all
- ~ Respect for the interdependent web of all existence of which we are a part

### **The living traditions we share draw from many sources:**

- ~ Direct experience of that transcending mystery and wonder, affirmed in all cultures, which moves us to a renewal of the spirit and an openness to the forces which create and uphold life
- ~ Words and deeds of prophetic women and men which challenge us to confront powers and structures of evil with justice, compassion and the transforming power of love
- ~ Wisdom from the world's religions which inspires us in our ethical and spiritual life
- ~ Jewish and Christian teachings which call us to respond to God's love by loving our neighbors as ourselves
- ~ Humanist teachings which counsel us to heed the guidelines of reason and the results of science, and warn us against idolatries of the mind and spirit
- ~ Spiritual teachings of Earth-centered traditions which celebrate the sacred circle of life and instruct us to live in harmony with the rhythms of nature

**The UU Fellowship of McMinnville meets every Sunday at 10:30 AM, at the McMinnville Senior Center, 2250 NE McDaniel Lane.**

**Mailing address:** UUFM, PO Box 163, McMinnville, OR 97128.

**Email:** [admin@macuuf.org](mailto:admin@macuuf.org)

**Website:** [www.macuuf.org](http://www.macuuf.org)

**Facebook:** [www.facebook.com/uufmac](http://www.facebook.com/uufmac)

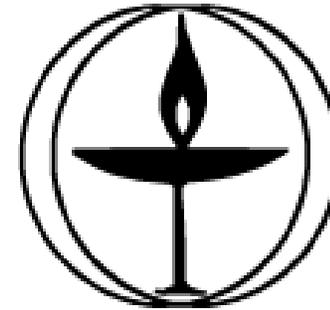
**Minister:** Mary Gear

**Church Board:** Kathleen McKinney, Chair; Susie Godsey, Vice Chair; Denise Patton, Treasurer; Vicky Wilbanks, Secretary; Wendell Kringen, John Braun, Sandy Coates, Members at Large.

## *Unitarian Universalist Fellowship of McMinnville*

*March 6, 2016*

*10:30 AM*



### *Our Vision:*

*We are joyous, open-hearted, spiritual explorers courageously loving all life. Led by the collective wisdom of our fellowship, we are building an inviting and compassionate home filled with music, laughter and wonder.*



*Worshipping together in community and diversity:*

*We are a welcoming congregation, welcoming people of all economic levels, religious orientations, sexual orientations, and all races and ethnicities.*

# Unitarian Universalist Fellowship of McMinnville

“Be ye lamps unto yourselves; be your own confidence...”  
(from Hymn No. 184)

10:30 AM, March 6, 2016

Gathering Bell	<i>Time to settle quietly.</i>
Prelude	<i>Please silently enjoy the music.</i>
Welcome	Mary Gear
Lighting of the Chalice	Mary Gear
Reading of the Covenant	Mary Gear
*Opening Song No. 188	<i>“Come, Come, Whoever You Are”</i>
Welcome to Those Visiting Today	Shanta Frisbee
Joys and Concerns	Shanta Frisbee
*Hymn No. 123	<i>“Spirit of Life”</i> <i>Spirit of Life, come unto me; Sing in my heart all the stirrings of compassion. Blow in the wind, rise in the sea; Move in the hand, giving life the shape of justice. Roots hold me close; wings set me free; Spirit of Life, come to me, come to me.</i>
Offertory	(This Month: <i>Homeward Bound</i> )
Offertory Music	<i>Brynn Hurdus</i>
Story for All Ages	
*Song for the Children, No. 118	<i>“This Little Light of Mine”</i> Children who wish to exit to the Card and Wellness rooms for childcare, may do so as we form an arch and sing.
Musical Interlude	<i>Brynn Hurdus</i>

## Speaker: Mary Gear, “Growth, Transition and Change, Oh My!”

Can we change without growth? Can we grow without change? How is transition different than change? And, what does it mean to be a fellowship in transition, anyway? We'll explore these questions and more!

**Meditative Moment** Mary Gear

**Dialogue** Mary Gear

\*Hymn No. 346 *“Come, Sing a Song With Me”*

## Announcements

### Extinguishing of the Chalice and Closing Words

*We extinguish this flame, but not the light of truth, the warmth of community or the fire of commitment. These we carry in our hearts until we are together again.*

\*Hymn No. 413 *“Go Now In Peace”*

## Postlude

(\*Please stand as you are able.)

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Please join us after the service and  
enjoy a cup of coffee or tea and conversation.  
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### Today's Worship Team

<b>Minister:</b>	Mary Gear	<b>RE Teachers:</b>	Sarah Tellekson, Brin MacDonald
<b>Celebrant:</b>	Shanta Frisbee	<b>Child Care:</b>	Adrian Martin
<b>Song Leader:</b>	Mary Gear	<b>Pianist:</b>	Brynn Hurdus Mariah DeMarco
<b>RE Coordinator:</b>	Dominique Bjorlin	<b>TAO Leader:</b>	Dominique Bjorlin
<b>Greeters:</b>	Marilyn MacGregor Suzanne Teller	<b>OWL Leaders:</b>	Jay Teller Jamie Corff

### *Upcoming Services*

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*March 13—Simplified Service: Zen Tangle (Cathy Ramsay)*  
*March 20—Mark Gallagher*  
*March 27—Simplified Service: Organic Living/Zero Waste*  
*April 2—Mary Gear*

## ***What You Need to Know***

**Remember March 20<sup>th</sup> is our business meeting** after the service. We will vote on bylaw changes and whether we will continue with a minister or not. All are welcome, but only members can vote. We will have our annual meeting on May 15th to vote on new board members and the budget for the next fiscal year.

**Zen Tangle for Simplified Service on March 13.** Zen in a pen. Join Cathy Ramsay, Certified Zentangle Teacher, and discover an easy to learn, relaxing and fun way to create beautiful images by drawing structured patterns. The Zentangle method is an art form, a life skill, a tool, a perspective and an approach to mindfulness. Creating beautiful art, and no artistic skills are necessary! Your results will include relaxation and feeling good. Explore this idea at [www.zeninapen.com](http://www.zeninapen.com) or [www.zentangle.com](http://www.zentangle.com). Everything you need will be provided in your personal take-home supply kit!

**The RE Committee is on the hunt for a new Littles Teacher.** If you know someone who has teaching experience with this age group, and can pass a background check, please pass them our way! Questions and resumes along with references can be sent to Dominique at [OpalLeaves24@gmail.com](mailto:OpalLeaves24@gmail.com)

**Spring Equinox Family Celebration on Saturday, March 19** from 4pm to 7pm. Potluck starts at 5pm. Egg Hunt, Games, Crafts, Planting seeds, Drumming and Singing. Hosted by Shanta Frisbee at 1910 SE Three Mile Ln, McMinnville. 503-539-9259

**Goddess Festival on Saturday, June 24<sup>th</sup>.** Interested in volunteering? See Shanta Frisbee. Celebrating the female archetypes, stories, singing, and honoring the goddess within. Call 503-539-9259 or email [ladyfrisbee@gmail.com](mailto:ladyfrisbee@gmail.com)

**Understanding Trauma and the Healing Process Workshop** on Friday, April 8 at 5pm-6pm at the McMinnville Library, Carnegie Room. FREE. Also on Saturday, April 9 at 10am-12pm at All Peoples Yoga, Newberg. \$25. Includes Yoga Session. An Interactive Discussion on the different types of Trauma and how the healing process begins. An informative discussion for individuals and professionals, whether you are personally traumatized or know others who are. Please join us in a safe environment to become more informed and empowered. Discussion is co-facilitated by Lisa Roy, MA & Shanta Frisbee, MA. Both bring their personal and professional experiences to be of service to others on the pathway to change.

**Save the Date - Solve Beach Cleanup on March 26<sup>th</sup>!** Join UU's from around the greater Portland area to help clean up our beaches. We will be joining fellow

UU groups at the Camp Meriwether Beach south of Tillamook around 10:00am (leaving McMinnville around 8:30). Following we will have a potluck lunch with everyone at the Cape Lookout State Park. Come join in helping to keep Oregon beaches clean. Let's have a great showing from UUFM. More information about sign-ups, Solve waivers, and carpool arrangements will come as the date gets closer. If you have questions you can contact Cheryl Martin at [cheryl@martin-iti.com](mailto:cheryl@martin-iti.com).

**Mary will hold office hours today** and also the next two Sundays at Cornerstone Coffee on 3rd Street from 1-3 pm. Feel free to stop by!

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## **UUFM COVENANT**

**From our desire to nurture our beloved community and to be accountable to each other and to something greater, we covenant:**

- ~ **To LISTEN** to every voice for good intent and the possibility each one of us has to offer
- ~ **To HONOR** the diversity of our beliefs and all of the ways we are different
- ~ **To SHARE** generously our gifts and strengths
- ~ **To ENGAGE** with each other in a joyful spirit of respect, equality, trust and cooperation
- ~ **To ACCEPT RESPONSIBILITY** for our words and actions and when we fall short, to begin again in love and trust

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## ***Religious Education***

**The Littles** (Pre-K – Kindergarten) will be meeting in the Personal Services Room with Sarah and Adrian.

**The Middles** (1<sup>st</sup> – 5<sup>th</sup> Grades) will be meeting in the Wellness Room with Brin and Mariah.

**Together As One (TAO)** (6<sup>th</sup> – 12<sup>th</sup> Grades) who are not participating in the OWL session will meet in the foyer with Dominique Bjorlin.

**Our Whole Lives (OWL) Participants** (7<sup>th</sup> – 9<sup>th</sup> Grades) will meet in the Card Room with Jay and Jamie

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**DEADLINE for  
March 20<sup>th</sup> Sunday Bulletin:  
5:00 PM Thursday, March 17<sup>th</sup>, to Google Drive  
or to [suzteller@gmail.com](mailto:suzteller@gmail.com). Thanks!**



## ***From Our Minister***

“Change is good...You go first. ”

This phrase is on bumper stickers, t-shirts and is the title of a book about leadership. It expresses our ambivalent relationship with change: we know it's inevitable and necessary, and we know it can be hard. Even the changes we want and initiate can be hard. And, we have different tolerances for change; some of us thrive on novelty and others are most comfortable with routine. Most of us have some of both depending on what the type of change is.

This year has been one of change for UUFM. Hiring a minister was a big step and we have been in transition all year as we've learned shared ministry together. For some, the change has been hard and we've reached their limit of tolerance for things being different. Others are looking for what the next new things might be.

This week I let you know that I will not be available to serve you next year in the event that you would want me to. This is another change for the fellowship. Even as we have settled into some routines and gotten somewhat comfortable with each other, we'll say goodbye sometime this Summer.

It is in times of change that we most need each other, to listen as we process what has happened, to help us make meaning in what has occurred, and just to be with us as we adjust to the new. For these next few months, we'll be together in community as we clarify the lessons learned this year, make decisions about the future of the fellowship, and begin to adjust to whatever is to come. I look forward to this time with you.

Namaste.

*Mary Gear*

[marygear@gmail.com](mailto:marygear@gmail.com)

971-266-4327



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