

F E B R U A R Y 2 0 2 4 I S S U E

# UUCCI NEWSLETTER

H O W W E S H A R E O U R L O V E

**VOLUNTEER  
OPPORTUNITIES**

***Energy  
Saving  
Tips***

**OWL  
LEARNING  
SERIES**

**OUR HYMN-LEARNING PROJECT**  
BY LOUISE HILLERY

# TABLE OF CONTENTS

## *Upcoming Sunday Services*

---

03                      And A Special Guest!

## *Letter From The Minister*

---

04                      From Rev. Nic Cable

## *Splinters From The Board*

---

05                      by Carol Kostrzewsky

## *Music at UUCCI*

---

06                      by Louise Hillery

## *Children & Youth*

---

07                      A Month of Special Events

## *UUCCI Events*

---

11                      How to Find "Your People"

## *Interfaith Events*

---

13                      Celebrate Together



# SUNDAY SERVICES

Sunday Mornings at 10 am

FEB 4 *Singing in the Shower, Dancing in the Dark: How Music Invites Limbic Resonance and Reminds Us Who We Are, Together*

---

*With Rev. Nic Cable & Sondra Bolte*

Music represents and impacts so many facets of human existence. From history, culture, and religion, to identity, struggle, and social justice movements, music and its unique vibrations across time and culture holds the key to our interdependence and liberatory future. Rev. Nic concludes his three part series on how the artistic mediums of film, literature, and music with a focus on how music may bring us back to one another in the end.

FEB 11 *Celebrating the Worthiness of Every Body: Diet (Death) Culture, Social (Comparison) Media, and Our Obsession with (Hating) Bodies*

---

*With Rev. Nic Cable & Sondra Bolte*

With the overturning of Roe v. Wade, the topic of bodily autonomy is front and center more that it has been in decades. At the core of controlling, predominantly, women's and trans people's bodies is not only misogyny and transphobia, but the hatred and narrow defining of the value and purpose of bodies in general. Through an exploration of the influences on diet culture, social media, and ableism, Rev. Nic will offer a reflection on how our UU values call us to affirm the worthiness and sacredness of every body.

FEB 25 *Discussing Gender With Special Guest Rebecca Waletich, LCSW*

---

*With Rebecca Waletich, LCSW & Cynthia Scott*

Join us for a very special service. Details will be shared in future Friday Reminder emails.



KINDNESS

---

# LETTER FROM THE MINISTER

---

DEAR ONES,

As we enter February, I am pleased to see so many folks of different ages and backgrounds buzzing around Sunday mornings. There is a lot of energy and connection in our congregation. 2024 is off to a great start!

I'm very much looking forward to our Winter and Spring Sermon Series. On February 11, we will start a four week series on themes related to gender and sexuality, a reflection on the wholeness, fullness, and worthiness of our lives. The second series will be a bit longer, but for good reason. I want to spotlight what will be a seven-part series titled, Becoming Bridge Builders. The term bridge building is very important to those who are committed to the metaphorical work of building bridges across differences. Whether across religion, race, gender, sexuality, language, ability, etc., the work of bridge building is both difficult and essential to living in society today. UUCCI is primed to help guide the work of bridge building in our wider community. This is why this series will assist in our preparation for a culminating inaugural Bridge Builders Conference to be held on April 19-20 on the Columbus Interfaith Campus. More about that in a second, but first here is what you can look forward to this Spring:

The first three Sundays will focus on the theory and knowledge that will be helpful to engage in bridge building:

- "Bring Many Names" on March 10 will focus on the different ways religious traditions have understood god, divinity, and/or spirit.
- "Our Face is But a Single Gem" on March 17 will shed light on the rich ethical traditions of our interfaith partners.
- "Abide with Me" on March 24 will highlight the ways religion can help people through the ups and downs of life.

March 31 will be a special Interfaith Poetry Sunday which will lift up voices of wisdom throughout time and space.

The final three Sundays will build upon the knowledge gained in the first half of the series and turn towards the practical tools for interfaith community building:

- "Bridge Building 101" on April 7 will offer basic yet essential tools for nurturing a just society rooted in pluralism.
- "Navigating Interfaith Conflict" on April 14 will speak to the pitfalls and opportunities for conflict when engaging in the sometimes messy work of bridge building.
- "Social Impact of Bridge Building" on April 21 will conclude with a clarion call to join the legacy of interfaith social justice movements that have shaped society for centuries.

As mentioned above, the first annual Bridge Builders Conference will be held Friday evening, April 19 and Saturday, April 20. The theme of the 1.5 day conference is Love Over Hate and will include guest speakers from both Carmel and Muncie, Indiana. There will also be a special viewing of the Academy Award nominated documentary, Strangers at the Gate, that focuses on the power of love to overcome hate. The subjects of this documentary will be present for the conference, along with other interfaith leaders to offer workshops and engagements both Friday and Saturday. All registrants will also receive a free copy of The Peacemaker's Path: Multifaith Reflections to Deepen Your Spirituality, by Rev. Jerry Zehr who will be a special guest to the conference, as well. Stay tuned to registration launching in a couple weeks.

There is a lot of exciting programs to look forward to this winter and spring and I hope you will take full advantage of these offerings.

With Gratitude,



REV. NIC CABLE  
UUCCI Minister

---

# SPLINTERS

## FROM THE BOARD

---

The dark and cold weeks of January have not deterred the Board from doing some good work already this year, starting with an orientation for all 9 of us, including our three new members, Nicole Wiltrout, Brandy Wills, and Cynthia Scott. It's going to be an exciting year with a lot to look forward to.

Early in February the Board will meet to begin to take the stories, wishes, ideas and hopes for UUCCI that were captured in the small group sessions many of you participated in over the last few months, and distill the essence of them to create new Ends for our congregation. These Ends will be presented to the congregation in March. Stay tuned!

Mary Harmon and Kathleen Leason, along with the Building and Grounds Committee, arranged for David Doup, President of Taylor Bros. Construction Co., to tour our building and help us begin to plan

for necessary maintenance and improvements of our facility. The board will be able to take these recommendations to assist with future planning and budgeting. The Board approved funds (up to \$7,000) to be used to extend the sidewalk from the UUCCI building to the Hindu Temple, sharing the cost with them to create a safer path to walk between the two buildings.

The Board formed a committee, including members of Sha'arei Shalom, to apply for a FEMA Safety and Security Grant.

Please let me or any members of the Board know if you have any questions. We are always open to listen and receive feedback.

Carol Kostrzewsky  
President, Board of Trustees

# MUSIC AT UUCCI



## Our Hymn-Learning Project

Several months ago, some members of the Sunday Service Team brought up the issue of hymn-singing, saying they are uncomfortable when we sing hymns that are unfamiliar to them.

Rev. Nic and I brainstormed ways to ease that discomfort and allow more people to enjoy the emotional lift that comes from singing together in a large group. We brainstormed several strategies and decided

to implement all of them:

- Make a tally of the hymns we have sung in the past year. There were 72 different hymns, not counting holiday music.
- Select the hymns among those 72 that we have sung more than once. There were 34 of those.
- Choose the hymns for our services from those 34 familiar hymns, when possible.
- Introduce new hymns gradually by repeating them for several Sundays in a row. Sort of a “Hymn of the Month” idea.
- If a new hymn is difficult or unusual, Rev. Nic will teach it in the service, rather than simply saying “Let’s sing.”
- When Rev. Nic is not here, song leaders will be help with unfamiliar hymns.
- We looked at our library of hymns pre-recorded in audio or video format by our choir members during the days of Covid. The choir held 2 marathon recording sessions with videographer Jeff Jones, to record additional hymns that were missing from our existing recordings. These were made available as a “Hymn Preview” in the Friday Reminder, which allowed readers to click a link and hear the hymns to be sung on the coming Sunday.
- When a new hymn may be less familiar, Rev. Nic suggests looking at a hymnal rather than reading from the screen. Even if you don’t read music, you will find that you can follow what’s happening more easily in the hymnal after you’ve tried it a few times.
- We offered an 8-week course in “Music Reading for Singers,” which 7 members completed.

Now what’s your part in this project? You can:

- Let us know which of these strategies have been helpful to you.
- Use the hymnals when singing an unfamiliar song.
- Sign up for the Music Reading class – it will begin when we have 3 enrollees, and we already have 2!
- Just “talk” the hymn instead of singing if you don’t know the tune. Many famous non-musical actors do it. It’s a perfectly legitimate way to participate, and we’ll appreciate your efforts.

Contact Louise at [music@uucci.org](mailto:music@uucci.org).



# VOLUNTEER OPPORTUNITIES

Many of us are looking forward to warmer weather. Good news! There are a few fun filled events ahead! We are in need of volunteers to make these community gatherings a success. Please contact Adrienne Summerlot children@uucci.org if you would like more information or to volunteer.

12-4pm

**INTERFAITH SOLAR ECLIPSE VIEWING PARTY**

Monday April 8, 2024

ALL AGES  
Crafts  
Games  
Fun & Friends

Bring a Picnic Lunch  
Solar Eclipse Glasses  
for the first 100

Are you excited about the upcoming solar eclipse? We are inviting our Columbus Interfaith Partners to join us at UUCI for this awe-inspiring celestial event. The Earth, Sun, and Moon are all lining up, now it is up to us to get volunteers lined up. We are seeking volunteers to help orient guests to our grounds, lead some outdoors games, crafts, and helping to ensure safety. If you have additional ideas, we welcome them and YOU to join us!

Unitarian Universalists value the interconnected web of life and our responsibility to be good stewards of our Blue Boat Home. In celebration of Earth Day, we invite folks to share their favorite earth friendly swaps, help us brush up our knowledge, reduce pollution in the textile industry via a clothing swap, and improve our green thumbs with a plant swap.

**How would you like to be involved?**

**EARTH DAY**

Sunday, April 28th 11:30am - 1 pm

Clothing Swap

Brush up on your habits to  
Reduce, Reuse, and Recycle

Plant & Seed Exchange

## Volunteer for Interfaith Peace Camp June 10th-14th ☮ 9am-4pm



Last June we welcomed the return of Peace Camp with 50 kids from our Interfaith Columbus partners spending the week together focused on peace, learning together, and building community. Do you have fond memories of camp? Do you have a skill or passion to share? We need MANY helping hands to help make camp possible. 1 hour, 1 day, or the entire week. We have many ways you can be involved, including behind the scenes!

We invite you to join us for opportunities to dance, sing, play, laugh, and connect with children in our community!

**VOLUNTEER HERE** ↘

**OR**

**SCAN HERE** →



**<https://bit.ly/VolunteerPeaceCamp2024>**

# FEBRUARY

## CHILDREN AND YOUTH MINISTRY PROGRAMMING

**UUth Group (5th grade +)** is excited to be leading service on Sunday, March 3rd! They are meeting each Sunday to connect, share, and plan.



**UUth Group will have rehearsal from 11:30-1pm on Sun. Feb 25th**

### PreK-4th Graders Classes- Sunday Mornings after Wonderbox

**February 4th-** we will learn about and explore covenant through appreciative inquiry, a creative art activity, and a building blocks game.

We will be cooking up some fun this month! Join Adrienne in the kitchen.

**February 11th- Yogurt Parfaits & Nut Free Granola**

**February 18th- Tacos**

**February 25th- Soup & Corn bread**



### OWL LEARNING SERIES -SUNDAYS 11:30am-1 PM

Our Whole Lives is a comprehensive, holistic approach to sexuality education through the lifespan.

**Feb 11th is geared toward PreK families.** We will spend an hour together using some children's picture books to talk about consent, empowering children to have body autonomy and agency and more!

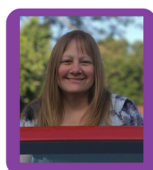
**Feb 18th we will have time for 4th-6th graders** to have a peer learning group while parents also explore issues together.

**February 25th** we will support parents in their roles as sexuality educators.

**Registration is highly encouraged** so we can prepare materials, arrange childcare and children's programming. Click Registration Icon below, Scan QR Code, or email Adrienne. Drop ins are welcome!



We are here to help and support children, youth and families. Please reach out!



**Sunny Currier**  
Youth Coordinator  
youth@uucci.org

**Adrienne Summerlot**  
Children's Ministry Coordinator  
children@uucci.org





June  
10th-14th  
9am- 4pm

ages 5-12 years

# INTERFAITH PEACE CAMP

Questions:  
Adrienne Summerlot  
children@uuccl.org

COST:  
Sliding Scale:  
\$50-\$125



REGISTER:



[bit.ly/2024PeaceCamp](https://bit.ly/2024PeaceCamp)



Music, Singing, & Friends!



Nature, Bubbles  
& Outdoor Fun!



Special Guests!

OPTIONAL  
Friday Night June 14th



Family pitch In  
& Camp out



Did you know that if your TV, computer and other appliances are plugged in, they are quietly draining electricity - all day, every day - even when they are turned off? Electric power consumed by products when they are switched off or in a standby mode is known as standby power. While it may not be readily noticed, standby power is a big issue. It accounts for 5 percent to 10 percent of residential energy use, and could cost the average U.S. household as much as \$100 per year.

Here are three easy tips that you can take action on right now to reduce your standby power loads and save money.:

- Use a Power Strip with Switches. You can use a power strip with on/off switches to plug in your appliances. Surge protector power strips typically have such switches and help protect your appliances and electronics. If you plug all of your products into a power strip and flip off the power strip when these items are not in use, they are truly off.
- Unplug Your Products. Another sure way to reduce your standby power load is to just unplug your products. Now, there are some products that you will want to keep plugged in, such as the digital alarm clock in your bedroom or the refrigerator. But there are many appliances that you may not need to have plugged in, such as a toaster oven.
- Consider using ENERGY STAR® products. Many ENERGY STAR products
- are energy efficient and have lower standby power than comparable non-ENERGY STAR products.

So, there you go -- three simple ways to reduce or eliminate your standby power, and save some money too!

# UUCCI PROGRAMS

---

FEBRUARY 2024

---

## **Sunday Services Team Meeting**

**Friday, February at 10:30 am**

The Sunday Service Team organizes meaningful services for our congregation each week.

## **Cooking Across Cultures**

**Friday, February 2 at 5:30 pm**

Our first 2024 Cooking Across Cultures event is fast approaching! On Friday, Feb. 2nd at 5:30 pm, at UUCCI, Elaine Hilber will share her favorite family recipe for a Chinese Hot Pot Meal with us. The start time is a little earlier than normal because, well, sometimes good things take time. Elaine will have 4 different cooking pots and we will gather round to cook our food together. She asks that you specify vegetarian, meat, spicy, not spicy to facilitate her planning. As always, we will collect donations to cover Elaine's costs. Space is limited, so RSVP to Kathleen Leason ([kmleason@gmail.com](mailto:kmleason@gmail.com)) as soon as possible.

## **Pastoral Care Team Meeting**

**Wednesday, February 7 at 2 pm**

Our Pastoral Care Team helps us to stay connected with the members of our congregation. If you would like to share a special announcement, birthday, a joy, or a sorrow in our Friday Reminder email, please reach out to Marcia Walker at [mwalker@epowerc.net](mailto:mwalker@epowerc.net).

## **Band Practice**

**Wednesday, February 7 at 7 pm**

During band practice, our musicians will rehearse songs for upcoming services. Please contact Louise Hillery if you are interested in joining: [music@uccci.org](mailto:music@uccci.org)

## **Spiritual Living Circle**

**Monday, February 12 at 12:30 pm**

Spiritual Living Circle meets the 2nd Monday of each month from 12:30pm until 2:00pm in the library at UUCCI. Join us for a time of meditation, reflection, and discussion. We use the Spiritual Living Magazine and a metaphysical book of group choice as our source materials.

## **Choir Practice**

**Wednesday, February 14 at 7 pm**

During choir practice, our singers will rehearse songs for upcoming services. Please contact Louise Hillery if you are interested in joining: [music@uccci.org](mailto:music@uccci.org)

## **Womens Chalice Circle**

**Thursday, February 15 at 10 am**

Chalice Circles are facilitated, small group gatherings, which meet once a month at UUCCI. The gatherings foster conversation on Monthly Themes and build community in a small setting. New for this year is an all woman's Chalice Circle. Please contact Sharon Mangas for more info at [docmangas@comcast.net](mailto:docmangas@comcast.net)

## **Choir Practice**

**Wednesday, February 21 at 7 pm**

During choir practice, our singers will rehearse songs for upcoming services. Please contact Louise Hillery if you are interested in joining: [music@uccci.org](mailto:music@uccci.org)

# UUCCI PROGRAMS

---

FEBRUARY 2024

---

## **Chalice Circle**

**Thursday, February 22 at 5:30 pm**

Chalice Circles are facilitated, small group gatherings, which meet once a month at UUCCI. The gatherings foster conversation on Monthly Themes and build community in a small setting. Please contact Mark Kevitt for more info at [markkevitt@comcast.net](mailto:markkevitt@comcast.net)

## **Fourth Friday Fun Night- Game Night!**

**Friday, February 23 at 6pm**

Bring the whole family for a night of pizza, games, fun, and friends!

## **Building & Grounds Team Meeting**

**Wednesday, February 28 at 5 pm**

If you're wanting to volunteer, this is a great place to start! If you are interested in joining the Building and Grounds team or lending a hand, please contact Donna Stanley at [dstan52@frontier.com](mailto:dstan52@frontier.com) or Jon Fischer at [farmbrewer@gmail.com](mailto:farmbrewer@gmail.com)

## **Band Practice**

**Wednesday, February 28 at 7 pm**

During band practice, our musicians will rehearse songs for upcoming services. Please contact Louise Hillery if you are interested in joining: [music@uucci.org](mailto:music@uucci.org)



Friday, February 23rd ★ 6–8pm

Pizza Dinner Provided– Bring a snack to share!

★ Games for All Ages ★

# COLUMBUS INTERFAITH

---

## EVENTS AT UUCI INTERFAITH CAMPUS

---

### **Candle Night Gathering (Ages 18+) February 3rd at 5 pm**

This year, we will celebrate Candle Night by sharing a feast, joining together in ritual, and blessing customized candles for each guest during a sunset ritual so that we may carry our light into the world. Details about this event will be shared in the Tree of Knowledge weekly emails. To sign up for the Coven News emails, visit [TreeOfKnowledgeIndiana.com](http://TreeOfKnowledgeIndiana.com)

### **Group Meditation and Dharma Talk Sunday, February 11 and 25 at 2 pm**

Hosted by Open Mind Zen Indiana  
Open Mind Zen Indiana (OMZI) is a community dedicated to self-discovery through the practice of Zen. Our practice modalities include traditional and contemporary teachings, various styles of meditation, koan study, dharma talks, workshops, retreats, and group discussions. As a lay sangha, we are committed to the flourishing of Zen as realized and expressed in everyday life. Please contact Ann Beattie if you have questions at [anndbeattie@gmail.com](mailto:anndbeattie@gmail.com)

### **Healing Circle (Ages 18+) Monday, February 12 at 6 pm Hosted by Tree of Knowledge Coven**

Healing Circle is hosted by Tree of Knowledge Coven, but is open to all members of the community who are seeking support for their mental health needs. Each gathering will include a time for sharing our personal stories, sharing skills and tools that have helped ourselves (and may help others), and our facilitator Tyler DeShong will provide helpful resources for guests.

### **Columbus Interfaith Meeting Wednesday, February 14 at 6 pm**

Each month, the guiding members of Columbus Interfaith meet to discuss upcoming events, organize the shared calendar for the campus space, and share support.

### **Columbus Vegan Society Potluck Sunday, February 18 at 2 pm**

All are welcome to join the potluck! Bring a vegan dish to share (no dairy, eggs, meat, etc.), and bring along a recipe card/print out/book of the recipe you used so attendees can share recipes and avoid potential allergens or sensitivities. Here is the Facebook group link. Share it with whomever is interested so they can interact with others and be apart of the event invites.

[https://www.facebook.com/groups/columbusvegansociety/?ref=share\\_group\\_link&exp=8ce3](https://www.facebook.com/groups/columbusvegansociety/?ref=share_group_link&exp=8ce3)

### **Kids Full Moon Party (All Ages) February 24 at 6 pm**

**Hosted by Tree of Knowledge Coven**

Join us for a family celebration of the Snow Moon! Kids will hear a story about the moon cycle, play with "indoor snow", build blanket forts, go for a nature walk, and enjoy some fun snacks. Please contact Brittany Phillips if you have any questions at [support@treeofknowledgeindiana.com](mailto:support@treeofknowledgeindiana.com)