



# THE MESSENGER

FIRST UNITARIAN

Albuquerque • East Mountains • Socorro

July 2022



I am about to take a much-needed vacation, to hike to the top of West Spanish Peak, elevation 13,631. I had hoped to train my legs and lungs up on Sandia Ridge, but the drought, winds, and fires put all of the National Forest trails out of reach until the monsoon comes. I will need determination and encouragement from my companions to reach the summit.

I'll be honest; everything feels like a struggle. Wanting to sing in choir with our faces hanging out; concerned about the newest omicron wave. Wanting justice to prevail in the January 6 committee hearings; fearing the propaganda machine will drown out newly revealed truths. Desperately desiring that Congressional Rs will come to their senses and help pass laws to protect school-children, church-goers, and grocery shoppers from maniacs with assault weapons. I voted in the New Mexico primary, wondering if voting and waiting will ever be enough to turn the tide toward helping our neighbors thrive in a healthy, safe community of communities.

In July, I am traveling to Ann Arbor to meet with my colleagues in the Association for UU Music Ministries, for the first time in 2 years. We'll worship together, renew friendships, share songs (masked) in the Songleaders' Convergence, explore a wealth of new choral repertoire from young, diverse, socially-minded composers. I'm looking forward to that encouragement from my companions.

May we summit all of our metaphorical mountains together, in good faith, with a song in our hearts, and courage for the struggle.

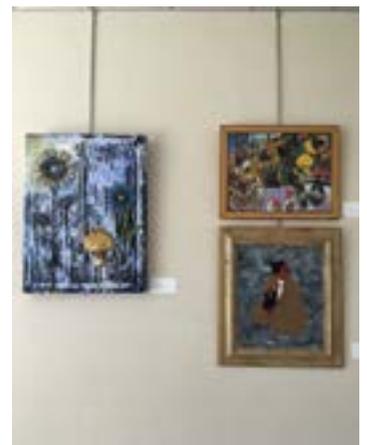
**Susan Peck**  
**Director of Music**

## Return of the Art Gallery!

On Sunday, July 3, a new art exhibit featuring the Friday Painters will open in the Social Hall for a six-week stay. The Friday Painters have met weekly at First Unitarian for more than 20 years, where they have employed watercolor, acrylic, and multi-media in their realistic and abstract works.

Photographs of their art will also be displayed on our website starting July 13, where it can be purchased online. This procedure will be followed for subsequent art exhibits at the church. It can be accessed by going to <https://uuabq.org/art-gallery/>.

Thirty percent of all sales go to First Unitarian, so come, feast your eyes on the works, and support the artists and the church.



# Worship Calendar for July

## July 3

### “Healing the Heart of Democracy—Revisited”

**The Rev. Bob LaVallee**

Quaker theologian Parker Palmer’s book *Healing the Heart of Democracy* came out in 2014, and a lot has happened in our government since then. On Independence Day weekend, how do we create a politics that’s worthy of the human spirit?

## July 10

### “Preparedness”

**The Rev. Angela Herrera**

How do we prepare ourselves for the unexpected or disastrous, while living in the present?

## July 17

### “TBD”

**The Rev. Angela Herrera, Adrien Lawyer, and Stacy Fatemi**

Angela, Adrien, and Stacy join forces in the pulpit today for a message about trans justice, the rising number of youth openly identifying as trans or gender non-conforming, and where UUs fit in.

*Adrien Lawyer is the founder and Executive Director of the Transgender Resource Center of New Mexico. Stacy Fatemi is TGRCNM’s Education and Outreach Program Manager.*

## July 24

### “Losing My Religion”

**The Rev. Jane Davis, Affiliate Minister**

What has Unitarian Universalism conceded to more mainstream religions that we might want to consider taking back?

### **Virtual Worship: Sundays at 9:00 am**

Enter Meeting ID:168 223 701 or [click here.](#)

### **In-Person Worship: Sundays at 11:00 am**

Social distancing is observed and masks continue to be required indoors.

### **Virtual Vespers: Wednesdays at 7:00 pm**

Enter Meeting ID:593 831 292 or [click here.](#)

## July 31

### “Humans”

**The Rev. Angela Herrera**

What is predictable about human development and what is not? How much—and how— does a person change in their lifetime?

### **Donate ‘Found Beauty’ to Worship**

“Flower Donations” are now called “Found Beauty” to include arrangements made from alternative materials like branches, rocks, shells, feathers—even your children’s stuffed animals! There’s no requirement to buy fancy arrangements of flowers either—there’s always Trader Joe’s, Costco, or your own yard. The only rule is no signs, and consider the scale of the space. Dates for July are still available, so donate your creative idea by emailing Sara Friederich at [saradell@comcast.net](mailto:saradell@comcast.net).

### **Pop-Up Volunteer Trainings for Sundays**

The steps between deciding to volunteer for a Sunday team and getting trained and on the schedule can be daunting. In that interest, we are offering pop-up trainings for our Sunday teams right after the 11:00 am worship service. The first training will be for the Coffee Crew on July 17 at 12:15 pm. Plan to stick around after the service and get quickly trained! Other teams will be offering similar trainings soon, so stay tuned!

### **We Light a Candle**

We hold all those experiencing health challenges or losses prayers for healing and peace.

*If you’re experiencing difficulties, health issues, or transitions, reach out to our Caring Network at [caring@uuabq.org](mailto:caring@uuabq.org).*

# Community News

### **Membership Milestones**

#### **Happy Membership Anniversary in July!**

##### **Five Years**

Kai Theophilus  
Annette & Stephen Tolito

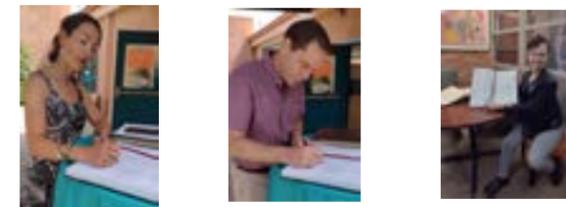
##### **Ten Years**

Lee Jacobson  
Sally Vance

##### **Fifteen Years**

Paralee Berry  
Connie Harrington

### **Welcome to Our Newest Members**



On June 5, we welcomed two new members to the church, **Molly Arévalo** (left) and **Chris Brown** (middle), and **EmmaLia Mariner** (right) signed the Membership Book on June 26! Welcome to membership, Molly, Chris, and EmmaLia! Our next New Member Joining Ceremony will be on **Sunday, August 7 at 10:15 am**. If you would like to be there, visit our website to RSVP for the ceremony.

<https://uuabq.org/becoming-a-member/>

### **Caught in the Act of Generosity**

*by Christina Socorro Yovovich*

Vance Bass often has a soundtrack in his head. Recently, he’s been humming James Taylor’s Secret of Life. Over the years, his playlist has shifted, until now most of his internal soundtrack is spiritually resonant. He credits playing with Spare Parts since 1998. The church’s band has 3 4-inch binders full of music—500-600 spiritually uplifting songs they’ve performed. Vance has no favorites; it would be like choosing a favorite out of 600 children.

Spare Parts started in the church kitchen while the Penguin family baked cookies for a cause. The family started playing the piano and singing together, having fun. From these roots, the church band was born. Vance



hoped to break the mold of music in the congregation at the time. It was formal and cerebral, based in old white European hymns. He wanted to bring in music from a variety of styles and cultures, including marginalized Americans. He also wanted the music to appeal more to the heart than the head. These days, when Spare Parts takes the stage and plays music like this, it is considered normal. Vance considers this his greatest contribution to the congregation, and hopes it will be a small step towards becoming a multicultural community.

The beginning of the pandemic was a rough time, but after a couple months Susan Peck came up with the idea of having the band record videos for the Zoom services. For Vance, this came as a relief. It gave him a way to keep making music, and to keep in touch with other band members. In addition to playing for the videos, sometimes more than one part, he started mixing and mastering parts from the other musicians. The results were powerful. In one song he needed the sound of a gospel choir, and he asked his far-away sister and niece to sing. They did, and he was able to include their voices.

Vance is grateful for our church community. He likes helping and appreciating others, and finds that doing so helps him as well. It is a group effort, he says. Since 1996 when he became a member, he’s worn many volunteer hats. He’s been on the board, worship committee, personnel committee, radical generosity committee, construction oversight, the AV tech team, and more. But playing for Spare Parts has consistently brought him the most joy. He hopes it brings joy to others, too.

### **First Unitarian 8th Principle Task Force**

In May, the Board of Directors chose 5 applicants to serve on the First Unitarian 8th Principle Task Force. Members of this task force are as follows:

- Dámaris Donado (co-chair)
- Gary Carlson
- Heather Clark
- Rev. Jane Davis (co-chair)
- Maya Stephenson.

The task force convened for their first meeting on Sunday, May 29. They began the process of carefully reviewing the charge developed by the board, which you can find here: <https://uuabq.org/the-8th-principle/>.

The Board created an 8th Principle Task Force to guide the congregation in exploring the benefits and challenges of diversity, inclusion, and equitable church practices. The goal is to prepare the congregation to vote on adopting the 8th Principle at the Annual Meeting in January 2023. Questions & feedback? [ddonado@gmail.com](mailto:ddonado@gmail.com).



## Monthly Financial Report

Our Operating Fund is in good shape. We currently have an Operating Fund Balance of \$180,159. We are 42% of our way through 2022 and have 58% of the year remaining. We've received 55% of our annual Revenue budget during this time, leaving 45% to be received. We've spent 40% of the annual Expense budget, leaving 60% of our budgeted expenses remaining.

If you have questions, please contact our Director of Finance, Phillip Robinson, at [accountant@uuabq.org](mailto:accountant@uuabq.org).

First Unitarian Church of Albuquerque 2022 Financial Update (Fund 01- Operating Revenue & Expenses)				
As of 05/31/2022	2022 Budget	2022 May YTD Actual	Remaining Budget (\$)	Remaining Budget (%)
Contribution Revenue	\$ 1,068,385	\$ 597,045	\$ 471,340	44%
Other Revenue	38,417	9,674	28,743	75%
<b>TOTAL REVENUE</b>	<b>1,106,802</b>	<b>606,719</b>	<b>500,083</b>	<b>45%</b>
Compensation Expenses	857,320	344,637	512,684	60%
Church Operations	114,794	57,771	57,023	50%
Church Programs	28,022	9,019	19,003	68%
Denominational/Professional	96,082	26,897	69,185	72%
<b>TOTAL EXPENSES</b>	<b>1,096,218</b>	<b>438,324</b>	<b>657,894</b>	<b>60%</b>
<b>EXCESS INCOME/EXPENSES</b>	<b>10,584</b>	<b>168,395</b>		
Transfer to Capital for Mortgage	48,084	20,035	28,049	58%
Allocated Surplus- Prior Yr	37,500	31,798		
<b>ENDING SURPLUS / DEFICIT</b>	<b>\$ 0</b>	<b>\$ 180,159</b>		

## Board of Directors Update

Oh blessed monsoon rains. What a boon to my parched and shriveled soul! It's been a long COVID season, no? And now **we steel ourselves to fight many anticipated assaults on freedoms and rights**: anti-LGBTQIA+ legislation; anti-Asian violence; abortion rights turning back a half century; American democracy teetering on a precipice; war and violence seemingly everywhere.

And yet. **Here we are, beloveds, carving out a space of love and courage and communion and faith.** We show up for each other and for the world. We lead in love. We learn from each other and never stop questioning, knowing there is more to every lesson—and no end to improving ourselves and our world.

As a sanctuary of liberal values and commitment to personal freedoms and equality, **the safety of our campus, particularly during worship, is on the minds of many Board members.** We will review our safety plans to see what needs to be strengthened.

At our last meeting, the Board wrestled with **many unbudgeted and unplanned, yet immediate, needs** for items and work on our campus.

- We are grateful for our Endowment, which contributed to cover the cost of replacing the broken swamp cooler for the Arnold/Wesson Building.
- We are thankful for just-in-time donors and volunteers for cleaning our sanctuary chairs, improving our much-neglected playground, and creating our lovely memorial garden.

- Other items under discussion include an electronic sign for the church corner, landscaping replacements around the habitat deck, and a replacement for much of our irrigation system.

We look forward to the **rent from our new Arc Building tenants**, and we are so excited to get a Director of Facilities to help us plan and prioritize!

As the Board begins discussing **priorities for our 2023 pledge campaign**, we wonder what other needs are not on our radar—but may be on yours. Please join us for coffee with the board in July and share your priorities. Watch the weekly broadsheet for dates and locations!

A few more words of gratitude:

- Thank you to the members of the Widening the Circle group, who facilitated **Mistakes and Miracles reading groups**.
- Kudos to those who pulled off our **UUABQ Rainbow Cantina float for the Albuquerque Pride Parade**.
- **And thank you to all the other unnamed and unsung heroes who show up at our church in service to our congregation and our wider community.**

- *Mikaela Renz-Whitmore, President*

## Youth News

This month marks a very special occasion. **It is the 30th year since the beloved UU Kids Camp started.** Well, technically it is the 32nd year, but camp has looked much different the past two years, so we decided to postpone this milestone until we could be together again at our beautiful camp site.



One of the best things about camp is the culture of youth leadership development. Once campers graduate from middle to high school, they become councilors in training (CITs). They are responsible for their camp groups (multi-age small groups), planning our short vespers, and singing camp songs between activities.

The UUA adapted The Web of Youth Ministry, which included Spiritual Development, Pastoral Care, Beloved Community, Justice Making, Faith Exploration, Identity Formation, Multigenerational Relationships, and Covenantal Leadership. Camp is one of the places all of these pieces come together in a beautiful, magical way. And the younger campers benefit greatly.

Camp tuition payments, adult volunteers, and donors support this ministry. Anyone can help! To register your camper or CIT, or to get more information about what we do at camp and how to give, visit [uukidscamp.blogspot.com](http://uukidscamp.blogspot.com) or email me at [reasst@uuabq.org](mailto:reasst@uuabq.org).

**Alana Rodriguez**  
Youth Programs Coordinator, RE Assistant

## Join Us for UU LEGOS This Summer!

During the summer months, children and youth are invited to learn about the six UU Sources in RE Room 4. During 30-minute classes, we will take time learning more about these foundations of our UU faith—in addition to our Seven Principles—using stories and LEGOs! For more information, email Alana Rodriguez at [reasst@uuabq.org](mailto:reasst@uuabq.org).



## Update from Our Director of Religious Education

Dear friends,

In my April message about going on medical leave, I talked about the interdependence evident in our world, in our communities, and here at church. I see how you are working together to achieve great things, and I am especially excited to see the success of multigenerational community. It is that interconnectedness and the support we show each other that has me hopeful that I can begin returning to my role as DRE this July. I plan to spend time in the office and virtually to catch up on what's happening.

I want to thank everyone who reached out to me by phone, text, email, and letter. Although I couldn't respond, it felt good to know folks were holding me in their hearts. I'm still experiencing ongoing health and memory issues and am figuring out 'how to be' as I go along. I do so appreciate the support of the community around me.

I'm very grateful to RE Assistant and Youth Programs Coordinator, Alana Rodriguez, to the volunteers who work with her, and to the rest of our staff team. I know first-hand now that it truly is a blessing to work in a place that supports staff taking care of their health, having work life balance, and using the leave available to them.

In faith,  
Mia Noren



# Adult Faith Formation

## Sunday Explorations

Join us for conversation **every Sunday at 9:45 am in the Arnold Room**. Stay tuned to our weekly newsletter, the eBroadsheet, for information about hybrid offerings.

### **July 3—The Declaration of Independence and Freedom.**

The inheritance from the founding fathers of the U.S. What do those words mean to us now, 246 years later, with a more diverse population included in the definition of citizens? Let's honor the Declaration and consider portions that resonate for us today.

Angela Merkert, facilitator.

### **July 10— Revolutionary Times and Religion's Influence on the late 1700s.**

Although we often read of the influence of economics on the colonists and their desire for independence, there were also religious influences at this time. Let's take a look at this history through the lens of religion and how it helped shape the concepts of the Declaration of Independence and, later, the U.S. Constitution.

Angela Merkert, facilitator.

**July 17—Our Fifth Principle: The right of conscience and the use of the democratic process within our congregations and in society at large.** How are we to live this principle in the climate of today's world? How do we honor and affirm the use of democratic process "in our society at large?" What are the responsibilities we carry as U.S. citizens who are also living out our faith?

Angela Merkert, facilitator

**July 24— Building Awareness of Our State's History of Oppression, Part 1.** New Mexico history through the perspectives of our Indigenous populations. Threads of that oppression and resulting trauma evident today.

Angela Merkert, facilitator.

**July 31— Building Awareness of Our State's History of Oppression, Part 2.** New Mexico history includes the early presence of Indigenous peoples followed by the Spanish conquistadors and Anglo settlers moving west. We will continue the review of interactions, oppressions, and the influence on legal and social regulations and practices today. Attendance is encouraged even if you did not attend Part 1.

Angela Merkert, facilitator.

## Radical Wholeness Weekend Workshop

Offered by Kathryn Fearnside

Saturday, July 30—Sunday, July 31 at First Unitarian

"We are all born with a deep yearning to grow into the freedom and ease and purpose of our lives. Yet that desire is thwarted by the values of our culture, which teach us to live in our heads. Divided from the breath, the present, and the profound intelligence of the body, we sit in our heads and strain to make sense of it all. This workshop shows you how to identify and undo the divisions that keep you from wholeness, and helps you experience the body as you never have before."

-Philip Shepherd, originator of the Radical Wholeness Workshop.

By donation for First U members, \$40 for non-members.

Contact Kathryn at [kathrynfearnside@gmail.com](mailto:kathrynfearnside@gmail.com) with questions or to sign up.

## New to First Unitarian?

Join facilitator Kenny Jones and our Director of Congregational Life, Laura Magnusson, for an informal question and answer session in the Social Hall about Unitarian Universalism and First Unitarian on **Sunday, July 24** immediately following the 11:00 am worship service. This is a new monthly offering by the Adult Religious Education Council open to visitors, friends, and new members. Bring your questions, bring your doubts, bring yourself!

## Coming in August: Creating Theology Together

Join the Rev. Bob LaVallee to engage and to name your UU theology and identity. What do you believe? Why do you believe it? "Creating Theology Together" is a new curriculum that recognizes the value of cultivating our individual theologies and credos—as celebrated in the "Building Your Own Theology" curriculum—but extends beyond the individual to ask what shared values and beliefs ground our larger faith community, and what values and beliefs ground our faithful actions in the larger world. Course launches with a Saturday retreat on August 13 followed by 3 Saturday 2-hour sessions. To register, go to <https://forms.gle/vCy2VRsXNFZviDoF6>

# Groups & Activities

## Animal Advocates Family Field Trip

Is it possible to fight crime and soothe the soul at the same time? Yes! Animal Advocates and Critter Club invite you to meet some of the magnificent horses of Albuquerque Police Department's Horse Mounted Unit and some of the officers who train them, on **Tuesday morning, July 19**. Truly gentle giants, these working animals patrol our streets, help in wilderness search and rescue, and are trained in riot control, promoting goodwill and respect wherever they go. A field trip for your family to enjoy together! For further information contact [lindajbairstow@hotmail.com](mailto:lindajbairstow@hotmail.com).

## Save the Date!

### 2022 Social Justice Auction and Dinner!

**Saturday, August 27 at 5:00 pm, Tickets \$5**

Yes, we are having a live auction for the first time in two years! We will have live music, dinner and drinks, and both the silent and live auction at the church.

Although we have nixed the chili cookoff this year, we are adding something else—a **T-shirt design contest!** We would like a First Unitarian T-shirt that we can wear to protest marches and other events to let people know we are there for—and with—them. Submit your drawing to Kenny Jones at [eduhetic@gmail.com](mailto:eduhetic@gmail.com), or on Sundays at the Social Justice table starting this month. Voting for favorite designs will happen during the silent auction, with winners announced during the live auction! The winning T-shirt design will be available for preorder, with deliveries by the holidays.

Not an artist? You can still help make our annual event a success! Think about what you can donate for the auction and pick up a donation sheet at the Social Justice table on Sundays. Contact Beth Orrell at [beeweaveit@gmail.com](mailto:beeweaveit@gmail.com) with any questions, and stay tuned for more details!

## Wisdom Circle

Those of "seasoned" years are invited to join in for good conversation and fellowship at our Wisdom Circle. Our next meeting is **Saturday, July 16 at 10:00 am** in Memorial Hall. To be added to the email list and hear more about this month's topic of conversation, email Jerilyn Bowen at [mettajib@gmail.com](mailto:mettajib@gmail.com)

## Coyote Willow CUUPS This Month

Join Coyote Willow CUUPS for our **Semi-Annual Meeting** and social circle on **Friday, July 8 at 7:00 pm**. We will vote on officer positions, set our calendar for the next six months, and decide where we want our CUUPS group to direct our attention and energy for the next half of the year. After our business is complete, if time permits, we will socialize. Eating dinner during the meeting is perfectly acceptable! Please have a candle and source of flame nearby for the beginning of the meeting.

Join CUUPS for a **Lughnasadh Ritual on Saturday, July 30 at 7:00 pm**. Keep an eye on the weekly ebroadsheet closer to the event to find out more about it. It is now high summer and the union of Sun and Earth, of God and Goddess, has produced the First Harvest. Lammas or Lughnasadh is the celebration of this first Grain Harvest, a time for gathering in and giving thanks for abundance. Please have a candle/chalice and source of flame for the beginning of the meeting.

Email [bboydbabe@gmail.com](mailto:bboydbabe@gmail.com) for the Zoom information for these events.

## MONTHLY READS



The **Bread, Wine, and Book Club** will not meet in July.

The **Monday Afternoon Book Club** will meet **Monday, July 18** at 1:30 pm. The book is *Prodigal Summer* by Barbara Kingsolver. Contact Joyce Etheridge at 509-308-5523 for further information.

The **Nonfiction Book Club** meets every Wednesday at 2:00 pm in the Arnold Room. We are currently reading *The 1619 Project* by Nikole Hannah-Jones. Contact Bob Wood at [roberttwood@gmail.com](mailto:roberttwood@gmail.com) with questions.

The **Readings on Racism Group** meets on Zoom on the last Wednesday of each month. If you wish to join us, please email Elly Van Mil ([emvmil@yahoo.com](mailto:emvmil@yahoo.com)) to be added to our Zoom invitation list.



First Unitarian  
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### **Sunday Worship Services**

#### **Virtual Worship**

9:00 am

#### **Albuquerque**

11:00 am in the Sanctuary

#### **East Mountains**

11:00 AM

1 Deanna Ln.

Edgewood

(off Dinkle Road)

#### **Socorro**

4:00 PM

Epiphany Episcopal  
Church, 908 Leroy Place

### **Staff Availability in July**

Our Director of Congregational Life, Laura Magnusson, will be out of the office on vacation from July 1–11.

The Rev. Angela Herrera returns from study and vacation leave on July 5.

The Rev. Bob LaVallee will embark on a one-month period of leave on July 5.

Jennifer Haack, our bookkeeper, will be on vacation July 11–15.

Please contact the church office for help with any immediate needs while these staff members are out: 505-884-1801 or [admin@uuabq.org](mailto:admin@uuabq.org).