



THE MESSENGER

FIRST UNITARIAN

Albuquerque • East Mountains • Socorro

August 2022

We are thrilled to welcome Kristin Famula as First Unitarian's new Intern Minister, starting work with us on August 15. Kristin is a lifelong UU, moving here from Truckee, CA, where she was completing her MDiv and serving as a DRE at a congregation just over the border in Reno, NV.



As a kid, I decided that some day I would go to space. I still believe this. I was so serious about this life-goal, that my piggybank savings was directed to be spent on space travel. During my time at Antioch college I applied for an internship, but my studies and focus on “peacebuilding” did not convince NASA that I was qualified for a job. My ever-supportive husband humors me when I reiterate my belief that I’ll someday go to space. And my 2-year-old pandemic-raised kiddo is still too isolated to know that her space-themed nursery is anything out of the ordinary.

One of my most influential mentors used to start her classes with a video of space, which she used to help us think about connections between peace, religion, and our natural environment. Now that we are colleagues in the fields of peace and ministry, we have deep philosophical conversations about the big questions of life that a view from space really helps put in focus.

Sometimes this view of the scale of the galaxy has been what I needed to put things in perspective while balancing the very challenging days of pandemic life: serving as a religious educator, finishing my MDiv, continuing to work for justice and peace, and being a first-time mom. The recent extraordinary images captured by the JWST (why haven't we renamed this telescope yet!?) showed galaxies and stars so vast that looking at the images is a spiritual practice in and of itself. How humbling to be reminded that we are just a small part of this interconnected web of all existence.

Thank you for welcoming me into this congregation for the final stages of this part of the ministerial formation process. I look forward to pondering life's mysteries together.

Kristin Famula
First Unitarian Intern Minister

Make the 2022 Social Justice Auction Our Best Ever!

The Social Justice Council's (SJC) annual auction and dinner raises funds for community groups—both within and outside the church—whose work reflects our UU values and principles. For the first time since 2019, this will be an in-person event on **Saturday, August 27 at 5:00 pm!** Here's how you can help make this year's event a success:

- **We're selling advance tickets now for \$10.** You can buy them on our website's [Giving Page](#), in-person on Sunday mornings, or at the door.
- **Donate items for the auction.** How about a painting, dinner at your home, a class in an area of your expertise, crafts, jewelry, art objects, a timeshare, or furniture? Pick up a donation form on Sundays or download it from our [Social Justice Auction webpage](#).
- **Design a First U Social Justice T-Shirt!** Artists of all ages are invited to submit a design for a T-shirt we can wear to community events representing First U. Sales of the winning design—chosen at the auction—will benefit social justice programs.

[Visit the Auction webpage](#) or the SJC table on Sunday mornings to buy tickets, pick up or submit donation sheets, or submit your T-shirt design. Contact Bethe Orrell at beeweaveit@gmail.com with any questions!

Worship Calendar for August

Virtual Worship: Sundays at 9:00 am

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

In-Person Worship: Sundays at 11:00 am

Virtual Vespers: Wednesdays at 7:00 pm

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

August 7

“Question Box Sunday”

The Revs. Angela Herrera & Bob LaVallee

We tackle some big questions in church... and here's your chance to ask yours! Send in your spiritual, moral, and theological questions to specials@uuabq.org and on August 7, Bob and Angela will take turns responding to them.

August 14

“Hungry Ghosts”

The Rev. Bob LaVallee

In Tibetan Buddhism, a hungry ghost is shaped like a teardrop, with tiny mouths and enormous stomachs. A hungry ghost is also a metaphor for the condition of addiction. Rev. Bob will talk about addiction, and more importantly, recovery.

August 21

“Getting Lost”

The Rev. Bob LaVallee

The fact that we all have GPS is a metaphor for an age where we are overly resistant to the opportunities and lessons we receive when we go to unknown places. Rev. Bob asks, how are we to find ourselves if we never let ourselves wander?

August 28

“How and When to Apologize”

The Rev. Angela Herrera and Sara Wofford

Sara and Angela join forces today to discuss the spiritual art of apologizing. Is there a right way? How do we know when an apology is needed? Sara is the Chair of our congregation's Healthy Community Committee, a committee of the Board tasked with helping our congregation practice healthy conflict.

Staff Updates



Welcome Miguel!

We are delighted to welcome our new Director of Facilities, Miguel Perez. Miguel has significant experience managing facilities for large institutions, especially health care organizations. We are so fortunate to have him on the team. Miguel will be supervising our Facilities Manager Mark Fickler, and creating systems and policies to manage our campus going into the future. That includes supporting the master campus planning process that is planned for next year. Miguel is your point of contact for all facility issues: mperez@uuabq.org.

From Susan Peck, Director of Music

I recently attended the Association for UU Music Ministries annual conference in Ann Arbor, where the focus was on rest, renewal, and rebirth for UU music leaders across the US and Canada. Our sessions included inspiring worship, song-leading, circle singing, copyright information, healing trauma responses, and background information on *Las Voces del Camino*, the UUA's Spanish-language hymnal. I helped present two choral repertoire sessions, reported on the work of AUUMM's Living Tradition committee, performed a new duet by composer Elizabeth Alexander, sang in the choir for the Service of Remembrance, and led songs from the piano in the Song-Leaders Convergence. In August, I will travel to Boulder, Colorado for a 3-day workshop/retreat on somatic healing for singers, with Dr. Emily Jaworski-Koriath.



We Light a Candle

We mourn the death of church member Ed Wallhagen, who died July 28.

We grieve with Rev. Angela Herrera, whose father Michael Page died in a car accident on June 28. We light a candle for Michael, his wife Shari, Angela, and their family.

We hold Amy Sun in our loving care as she grieves the death of her mother in July.

We grieve with Sara Friderich, whose sister, Sandy has died.

We send healing thought to Martin Molecke as he continues to struggle through health challenges, and we hold his wife Connie in our care.

We light a candle for Pat Frieder, who is recovering from surgery.

If you're experiencing difficulties, health issues, or transitions, reach out to our Caring Network at caring@uuabq.org.

Community News

Membership Milestones in August

One Year

Erin Hagenow

Ben Sadek Kennedy

Judith Riley

Phillip Robinson & Sharz Weeks

Five Years

Paul Cravens

Lilibeth Sanchez-Geswaldo

Ten Years

Sue Redfern-Campbell

Fifteen Years

Elise Brower

Mary Dubois

Candace Lindquist & Richard Sonnenfeld

Twenty Years

Karen Deaton

First Unitarian 8th Principle Task Force

The board of directors selected the 8th Principle Task Force members in mid-May 2022. We've met four times (5/29, 6/12, 6/25, 7/10) since, creating a covenant and focusing on [our charge](#). We are carefully prioritizing the tasks before us while remembering to resist white supremacy culture as described in Tema Okun's work "[White Supremacy Culture](#)." There are several projects on the way, including identifying an assessment for intercultural development and reviewing workshop proposals that'll support this spiritual journey our church is embarking on. We reconvene in August, when three out of five task force members return from summer travels. To contact us, please email co-chair Damaris Donado at ddonado@gmail.com. Allow up to a week for a response as we navigate complexities in our work and personal lives.

The 2022 Generosity Survey

In May 2022, The Radical Generosity (RadGen) Committee conducted a survey of the congregation to inform the church's giving committee in its mission of raising operational funds for the church on an annual basis. We felt this was an opportunity to improve our—and the church leadership's—understanding of our various constituencies, and to identify some of the issues that may be of interest to other committees and church leadership. **Here are a few of the insights we've gleaned from your responses:**

As we return to more in-person worship and activities, the main things that feed our connection to First Unitarian include: the leadership of our ministers, connecting with like-minded people, and attending Sunday services.

Responders also look forward to renewing commitment to volunteering, which supports the congregation and reconnects them to others.

Why make a pledge? *"The church can't accomplish anything or meet anyone's needs if it folds. Also, we need UU churches to promote UU values in the world at large."*

The responses also raised further questions for our leadership: the role of religious education and children, involvement of the Branch Congregations, and continuing to offer and promote ways for our congregants to reconnect.

One final response from the survey: *"I do appreciate the people (ministers, staff and volunteers) who have done so much to keep the community going during the pandemic."*

Thank you to all who participated in the survey. Your responses were helpful, insightful, and appreciated.

Calling All Landscape Artists

The Arts and Aesthetics Committee seeks landscape paintings, drawings, and photographs or other media by church artists for an exhibit in the Social Hall gallery, September through October. Artists may also submit small items, such as notecards, for the exhibit. All artworks must be for sale and ready for hanging or shelf display. Thirty percent of sale proceeds go to First Unitarian. To submit, please send images and descriptions to Pamela Livingston at pmlivngstn@gmail.com. **The deadline for submissions is August 31.**

Leadership Succession Committee

The seven members of this committee—the LSC—are charged by the Board to recommend candidates each year for open leadership positions on the Board of Directors, Endowment Committee, and LSC itself. The committee members need to be aware of those already in leadership positions, and of new members who desire to become leaders. **We already know that we will have several vital positions open next year.** As our church moves toward embracing the 8th principle, we are looking for a diverse, multi-cultural slate of candidates. If you have any interest in finding out more about these positions, or beginning a path to leadership in our

Community News

church, please contact the LSC chair, Marilyn O'Boyle (marilynlea@aol.com) or [any member of the committee](#). We will be present at Connections Sundays on August 28 and September 11 (see page 7) so you can see job descriptions and sign up for service.

"It takes a village"—you know the saying—and First U is such a village. We need many hands to keep our wonderful church viable and a safe haven for all.

Board of Directors Update

All things have a season. The earth, our lives, and even our bodies have an ebb and flow. We resist that at a great cost to ourselves and to the disruption of natural rhythms. Remembering that it is okay to rest, that there is a circadian wisdom in siesta when it is too hot to be busy, that vacations are restorative, and that even church calendars have a dip in energy, is to resist the overwhelming "doing" message of our culture and to embrace the "being" flow of mindfulness.

The church had to cancel several Wednesday Vesper services due to lack of tech volunteers, but this unfortunate circumstance was largely due to the seasonal dip of availability as families took much-needed vacations. The church recognizes the value of offering both in-person and Zoom services, and we're looking into paid positions and recruiting more volunteers to "deepen our bench." While it may seem daunting to help with the tech "behind the curtain" of our services, I can tell you from experience that not much tech experience is necessary! It helps to

be at least tech-neutral, if you're not a tech nerd! If you value Zoom worship and think you can help, please contact Chris Paul: cpaul@uuabq.org

The board was so excited to meet Miguel Perez, our new Director of Facilities, who attended our board meeting in July to discuss security and emergency preparedness on campus, including:

- Repairing campus cameras and installing a video doorbell for the church office entrance.
- Preparing an active shooter training for church staff and Sunday volunteers.
- Updating safety procedures for the campus, during Sunday services as well as the rest of the week.

The board also discussed the temporary cash crunch that we're in (boo!), largely due to paying off our loans (yay!) in June. We've also had several unexpected repairs around campus that have depleted our campus care capital reserves. Your pledge payments should be enough to get us through the crunch and to the end of the year, but **as our Radical Generosity Team gears up for the annual pledge campaign** for next year's budget, please be thinking about what our church means to you and what you might be able and willing to give to keep the services we provide and our presence in the larger community strong.

- *Mikaela Renz-Whitmore, President*

Monthly Financial Report

Our Operating Fund continues with reasonable revenues and expenses. We currently have an Operating Fund Balance of \$164,678. We are 50% of our way through 2022 and have half of the year remaining. We've spent 47% of the annual Expense budget, leaving 53% of our budgeted expenses remaining. We typically see a slowdown in contributions over the summer; so if you are considering making a contribution sooner or later, we would appreciate receiving it sooner.

If you have questions, please contact our Director of Finance, Phillip Robinson, at accountant@uuabq.org.

First Unitarian Church of Albuquerque				
2022 Financial Update				
<i>(Fund 01- Operating Revenue & Expenses)</i>				
<i>As of 06/30/2022</i>	2022 Budget	2022 June YTD Actual	Remaining Budget (\$)	Remaining Budget (%)
Contribution Revenue	\$ 1,068,385	\$ 661,070	\$ 407,315	38%
Other Revenue	38,417	16,363	22,054	57%
TOTAL REVENUE	1,106,802	677,433	429,369	39%
Compensation Expenses	857,320	413,824	443,497	52%
Church Operations	114,794	67,622	47,172	41%
Church Programs	28,022	9,894	18,128	65%
Denominational/Professional	96,082	29,172	66,910	70%
TOTAL EXPENSES	1,096,218	520,511	575,707	53%
EXCESS INCOME/EXPENSES	10,584	156,922		
Transfer to Capital for Mortgage	48,084	24,042	24,042	50%
Allocated Surplus- Prior Yr	37,500	31,798		
ENDING SURPLUS / DEFICIT	\$ 0	\$ 164,678		

Religious Education



From Our Director of Religious Education

“You can get the monkey off your back, but the circus never leaves town.”

-Anne LaMott

Greetings!

It is good to be back. That said, I have returned a bit changed. We all are familiar with experiences in life that change us in different ways.

Resilience is the ability to adapt to difficult situations. When stress, adversity, or trauma strike, someone who is resilient will still experience anger, grief, fear, and pain, but they are able to keep functioning—both physically and psychologically. It may take a while to get there, and sometimes how we function needs to change. However, resilience isn't about putting up with something difficult, being stoic, or figuring it out on your own. In fact, being able to reach out to others for support is a key part of being resilient. And there you have it—community! Relationships! Everything that our Religious Education for children, youth, and families program emphasizes, through covenant, and working and playing together. This also reflects the goals of our new Strategic Plan.

I am excited about our Fall Curriculum and can't wait to tell you more about it and create community with you! We will start our new programming **at 10:00 am on the Sunday after Labor Day, September 11**. Since we are changing the time we offer RE, all are welcome to teach and companion our children and then attend the worship service at 11:00 am. The playground will still be available with supervision by our childcare staff during worship, or your children are welcome to join you there!

Look for an invitation to a **teacher training session on August 21!**

Mia Noren
Director of Religious Education, Credentialed
Dre@uuabq.org

Our Current Programming for Children

This year, beginning in September, we will offer a **Rainbow Principles program**—each month discovering and exploring a new principle, including our proposed 8th!

The very best way to stay up to date with the latest in First U RE is to register your children/youth in our program. It's free and you'll remain on our email list which we use to communicate the most up-to-date information about classes, holidays, and events, and provide access to our RE Facebook pages. [Click here to register your family](#) or use this QR code.



Youth News

There are traditionally two services where the youth of our congregation are front and center, honored, recognized. They are the **Coming of Age** service, where rising high schoolers share thoughts and reflections of their personal faith journey, and the **Bridging** service, where seniors are honored as they transition into emerging adulthood. Both are time-honored, and both come with an overflow of love and admiration for the young people in our church. Neither are enough for these young people, who are quite amazing, to experience a seamless transition (or as close as can be) into a non-youth role here.

Our new Strategic Plan speaks to **how to include children and youth** in worship, and inviting youth to serve in leadership roles. I've heard from disappointed adult group leaders when youth don't show up when invited. **Here's my invitation to meet them in their space first.** Relationship must be the foundation on which trust is built. Show them, more than twice a year, that they are valued and an intricate part of our congregation's future.

To learn more about the youth program and how to get involved, email me at youth@uuabq.org.

Alana Rodriguez

Youth Programs Coordinator, RE Assistant

Report on General Assembly 2022, Portland, OR

Mia Noren, CRE, Religious Professional Delegate

I was fortunate to attend the first in-person General Assembly in two years at a time when I needed it the most, after the shock and isolation of dealing with a difficult diagnosis process, still ongoing.

I attended not as a Congregational Delegate, but as a Religious Professional Delegate, a right that credentialed Directors of Religious Education won in 2018.

To read Mia's full report on the 2022 UUA General Assembly, read her post on our website at:

<https://uuabq.org/2022/07/25/12245/>



Adult Faith Formation

Sunday Explorations

Bring your coffee or tea and join us on Sundays at 10:00 am, either in the Arnold Room or via Zoom. We wear masks inside and leave two doors open for air circulation. You are welcome to join us!

Zoom Link:

<https://us02web.zoom.us/j/84242892753?pwd=c0ZDSDUxMmJodDVYWmVZSHAYL1p1UT09>

Meeting ID: 842 4289 2753

Passcode: 041625

August 7—The Divine: A Lecture by Marilynne

Robinson. In reactions to the recent awe-inspiring images we are viewing from the Webb telescope, social media posts use the word “divine,” a word not often used in contemporary times. This topic is taken from a 2016 lecture. It will be distributed to the ARE list and copies will be available.

Angela Merkert, facilitator.

August 14—“A Tapestry of Alternatives,” from Scientific American, “Science for Social Justice,” Spring/Summer 2022. Building communities and relationships that will support sustainable living for humans and non-humans. This article is from a special-topic SA and offers a values foundation for effective relationship building. Article will be shared.

Angela Merkert, facilitator.

August 21—“The Environmental Cost of Inequality,”

from Scientific American, “Science for Social Justice,” Spring/Summer 2022. Environmental disruption is having a variety of effects on the world’s population. The impact of inequality amplifies those effects. As UUs, how are we to engage this issue? What are we doing now and what other opportunities do we have for action?

Angela Merkert, facilitator.

August 28—“When Life Stinks.” Rev. Angela Herrera’s sermon on March 27 will be read and discussed. When did life stink for you? She said “when it does, it helps to have a UU faith.” Why? “It is possible to find meaning in suffering.” What has been your experience? Future classes will be on sermons at our church. **Note: This session will meet in the Arnold Room at 9:45. It will not be offered in hybrid.**

Ron Friederich, facilitator.

Register Now!

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>

Arraigado

Spanish-Speaking Events

Saturday, August 20 at 2:00 pm Memorial Hall

Let’s get “crafty” together! We will paint, collage, etc. All materials provided.

Arraigado is a monthly program of Spanish-speaking, in-person events for any level of fluency. We create spaces for fun activities that encourage Spanish-speaking in our congregation, rooting us in our wider Albuquerque community and building bridges of understanding. This is not a formal language-learning environment. If you are a Spanish-learner this is best when paired with intentional vocabulary, grammar, and culture studies! Any questions? Contact Linda Skye at lskye@unm.edu or EmmaLia Mariner at emmalia.mariner@gmail.com.

Wisdom Circle: Our Pets

Saturday, August 20, 10:00 am-noon on Zoom

With continuing hopes of being able to meet in-person come fall, this month we’ll again be gathering around our virtual table to talk together via zoom. Our chosen topic poses the question: What role have pets played in your life? What kind of experiences have you had with the creatures you choose to bring into your home? In general, what do you feel about the relationship between us human beings and our less wordy friends of the animal persuasion? If you’re new to our circle and would like a chance to connect with other UUs, feel free to show up & join the conversation.

[Click to join the meeting.](#)

Meeting ID: 357 672 5682

Passcode: 583863

Info: Jerilyn Bowen, mettajib@gmail.com

Connect and Serve

It's Time for Connections Sundays!

For the first time since 2019, **Connections Sunday is returning to the First Unitarian courtyard on Sunday, August 28.** There will be a **Virtual Connections Sunday on Sunday, September 11**, as well.

Connections Sundays are an opportunity to find your community within our larger church's community. Church groups will have tables in the courtyard that you can visit to find out more and sign up to participate. **This is the one time of the year you can sign up for Covenant Groups, too, so be sure to mark your calendar!**

At this year's event, we will be introducing our **new church management database, Realm**, to you. Realm is a robust program that you can access through an app or on the web. Once you create a login and password, you can look up other members in a directory, connect with church groups, track your financial giving, and make a pledge—among many other amazing functionalities!

If you would like to get started on Realm now, visit <https://onrealm.org/UUABQ/Account/Start> and request an account. Or, you can visit the Realm table on Connections Sunday! Stay tuned for more information coming soon from our Director of Congregational Life, Laura Magnusson. Contact her with any questions at LMags@uuabq.org.

Serve Others on the Memorial Committee



Have you attended a memorial at First Unitarian and appreciated the service provided by our Memorial Reception Committee? A small group of volunteers stands by ready to respond when our church families suffer the loss of a loved one. We communicate through a Google group when a memorial is approaching, and decide who is available to help this time. Our volunteers rally to provide finger foods and/or serve refreshments for the memorial attendees. We usually know a week or more in advance, so we have time to find a member to talk to the family and let the team know what is needed. It is a simple yet important act of service to our congregation that comes together because there are members willing to be available. Please consider joining our team by contacting Lisa Jaynes Johnson at Litzapie@gmail.com to be added to our Google group. Once you are signed in you will receive email communications when a service is approaching, so you can indicate if you can assist.

UUJEC (UUs for a Just Economic Community)

Social Justice work can be divided into two broad categories: Service and Advocacy. Service work helps those who are harmed by society's inequities—a wonderful and fulfilling activity. Advocacy work is focused on ending the inequities that cause the harm—a vital activity! Our church is proudly involved in a great many service activities. The purpose of UUJEC is to add to our Advocacy and Direct ACTION activity. Please join us in August for these upcoming events:

8/14 - Rally Planning, Sign Making

8/20 - Save Democracy Day of Action - Civic Plaza

8/28 - Improved Medicare for All Fall Rally & Day of Action Planning

Contact Kenny Jones at educheretic@gmail.com for more details.

Coyote Willow CUUPS This Month

Join Coyote Willow CUUPS for a night of socializing on **Sunday, August 14 at 7:00 pm** in the RE yard behind the Arnold room. This will be a great way to get to know each other and find out more about CUUPS. If weather permits, we will gather outdoors and if not, we will gather indoors. So, come out and enjoy a night with Coyote Willow CUUPS. If you have any further questions, please email boydbabe@gmail.com.

MONTHLY READS



The **Bread, Wine, and Book Club** will meet **Friday, August 12 at 7:00 pm**. Our book this month is [Send a Runner: A Navajo Honors the Long Walk](#) by Edison Eskeets & Jim Kristofic. Email Martha Beyerlein for more information at martha.beyerlein@comcast.net.

The **Monday Afternoon Book Club** will meet on **August 15 at 9:00 am**. The book is [The Unseen World](#) by Liz Moore. Please 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. Contact Bob Wood at robertwood@gmail.com for information about the current book.



First Unitarian
A Unitarian Universalist Congregation
Albuquerque • East Mountains • Socorro
3701 Carlisle Blvd NE
Albuquerque, NM 87110

www.uuabq.org 505-884-1801

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- DATED MATERIAL -

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

Virtual Art Gallery Now Available Online!

On Sunday, July 3, a new art exhibit featuring the Friday Painters opened 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. You can now also view this show on our website at:

<https://uuabq.org/2022-friday-painters-gallery/>

To make a purchase, fill out the form at the bottom of the page, or look for the committee member wearing the purple scarf on Sundays. Thirty percent of all sales go to First Unitarian.