



The Chalice Light

The Newsletter of the
First Unitarian Universalist Church of Lubbock, Texas
A Welcoming Congregation

Volume 54, Number 8

April 17, 2011

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Sunday Morning

Service 11:00AM

Children's and Adult Classes or Forum 10:00AM

Annual Congregational Meeting May 1st !

Services

April 24: "I am uu?? **I am UU!**"

Guest speaker Dwayne Windham

May 1: UUA 50th Anniversary,

Sara McLarty and Rita Chamblin

Children's Religious Education- Fall Curriculum

Younger Children: Tapestry of Faith

Older Children: Social Justice

Intersections – Adult Religious Exploration

April 24: UU World Article - The Religious Left

May 1: "Lost Christianities", Don MacNair

Information

The Chalice Light is a publication of the First Unitarian Universalist Church of Lubbock, TX. It is published every two weeks. Send newsletter items to firstuu@nts-online.net.

The First Unitarian Universalist Church of Lubbock is a religious community of free minds which supports your free and responsible search for truth and meaning.

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Sunday Morning Services – Details...

April 24: “*I am uu?? I am UU!*”, Dwayne Windham. Identification is something many members of our denomination struggle with, especially on days like Easter. Our guest speaker will be sharing experiences as a native Texan and Austin-ite, his conversion to Unitarian Universalism, and the challenge of identity.

May 1: UUA 50th Anniversary, Sara McLarty and Rita Chamblin

Services – Looking Ahead...

May 8: “Mother’s Day”, Gail Madison and the children

May 15: “Flower Ceremony”



*Adult Religious Exploration,
where religion intersects culture,
science, and politics –*

Sunday Morning Intersections:

Details...

April 24: UU World Article - The Religious Left

May 1: "Lost Christianities", Don MacNair

Intersections - Looking Ahead...

May 8: Forum

May 15: "The Great Story" DVD - The Marriage of Science and Religion 8/9



Mark Your Calendar!

May 1: Next newsletter deadline

May 1: Annual Congregational Meeting right after the service

May 2: Sunday Services Committee, 7:00 PM

May 10: Board Meeting, 7:00 PM

May 15: Potluck after service



Stewardship Campaign Celebration

Co-Chairs Barbara Holder and Sara McLarty

We have visited, made commitments for 2011-2012 church year, and celebrated at a fine dinner planned and carried out by Jamie Naquin. We thank all of the team that carried our plans through to this happy end. We are ready for the future.

We are glad to offer this list of the people, in addition to Jamie, who "made a difference" for Barbara and me:

Pat Smith

Ginger Angstadt

Rita Chamblin

Duane Christian

Murray Coulter

Ray Kinserlow

Don MacNair

Patsy Malin

John McLarty, and

Jan Hardin, office manager extraordinaire.





Nominating Committee Report

By Gail Madison, Barbara Holder, Ted Reid

The Nominating Committee will present the following slate for election at the Congregational Meeting on May 1.

President: Murray Coulter

Secretary: Jamie Naquin
Treasurer: Rita Chamblin
Trustee (1 year) Billy Criswell

Past President: Pat Smith

Nominating Committee (1 year): Ted Reid
Nominating Committee (3 years): Dorothy Joiner
Beginning the second year of her 3-year term will be Barbara Holder.

We wish to thank all of these folks. It is, after all, volunteers that make the Church thrive.



Guest Speaker April 24

By Dwayne Windham

Dwayne Windham is a native Texan who “got to Austin as soon as he could” to “change the world.” He studied government and speech communication at the University of Texas at Austin, and continues speaking to audiences frequently through Toastmasters International. For the past 12 years, he

has worked at Dell in various aspects of customer support and is recognized as one of their leading “idea generators” within support. As a father of one daughter, age 7, he is frequently providing explanations of “how things work” and tinkering with various things to show her. Known for his passionate speech delivery and energetic presence, I know you will enjoy our presenter – Dwayne Windham.



Deadline Extension

By Sara McLarty

The deadline to give to KOHM has been extended one week. This is our best advertising. The amount of advertising we get is based on our donation. Make your check payable to KOHM, write UU Church in the memo line. Drop your check in the offering basket on Sunday.



Thinking of Water as Sacred

April 17-May 26

By Sara McLarty

The forty days to think of water as sacred began April 17th. The sponsor is the Unitarian Universalist Service Committee (www.uusc.org).

On their website, click on the “Got Water” button to get details on the UUSC initiative to "ensure sustainable access to safe, sufficient, affordable water to every person by enshrining the human right

to water into law - internationally, nationally, statewide and locally."

Sixteen of us signed up to focus on this. Some of you received GOT WATER buttons. Please wear them to church. Be thinking of what you do or could do to use water thoughtfully, or report on what you learned at the UUSC web site. Then send your comments to firstuu@nts-online.net by the May 1 UU newsletter deadline. Call it "Water as Sacred."

Comment by Sara McLarty:

Where does our water come from in 2011?

Lake Meredith, 4%
Roberts County Well Field, 66%
Bailey County Well Field, 30%

Where will our water come from in 2013?

Lake Meredith, 4%
Roberts County Well Field, 66%
Bailey County Well Field, 8%
Lake Alan Henry, 22%



West Texas UU Gathering

By Rita Chamblin

*"If you want to go fast, go alone.
If you want to go far, go together."*

West Texas UUs from Midland, Amarillo, and Lubbock met at our church April 9 to explore how we can complement each others' efforts to share our Unitarian Universalist principles and practices with our West Texas community. Our President, Pat Smith, opened and closed the day with the above quote, an African proverb. Six UUs from Amarillo and four from Midland spent the day with twelve members of our congregation. Southwestern UU Conference staff Rev. Susan Smith and Jennifer Nichols facilitated.

After a moving worship service by Rev. David Green from Amarillo to open the event, Rev. Susan Smith, Rev. Jennifer Innis (currently serving Midland part-time), and Jennifer Nichols talked with us about UU Clusters as well as trends in church membership in other areas of Texas and the U.S. Sharing the pulpit and the use of webinars for training are just two of the ideas that were presented.

We looked at statistical data for each of our congregations for membership, Sunday worship attendance, and RE attendance. Membership for both Lubbock and Midland has been static for a number of years, but Amarillo membership has doubled in attendance in the past few years. Wow! Their congregation has been sending leaders to the Dwight Brown Leadership Experience (DBLE) for the past several years.

We learned more about DBLE and the SWUUC Summer Training. There will be an Evangelical Worship Track at the Fall Training, Nov 11th – 13th of this year.

At lunch, we sat at tables with members of other congregations and shared with each other our strengths, our passions, and how the strengths and passions of other congregations might be helpful to ours.

After lunch, we shared the results of our discussions and talked about ways we could work together. We then met within our congregational groups and proposed "Next Steps" and then as a large group, we composed "Next Step" suggestions. There are more ideas than we have space to print, but suffice it to say that we are trading contact information and have planned to meet again in the Fall in a workshop led by Rev. Jennifer Innis.





Ethical Eating: News to Munch On

By Rita Chamblin

6 Tasty Vegetarian Sources of Protein

I'm often asked how I get enough protein without eating meat. Adults need about .8 grams of protein per kilogram of body weight per day. The math is: divide your body weight by 2.2, then multiply that by .8. Example: If I'm 140 lbs., $140 / 2.2 = 64$, $64 \times .8 = 51$. So, when I read an article by Emily Main at Rodale.com, I thought I'd share this short, though not comprehensive, list of vegetarian protein sources.

Edamame	28 grams of protein in a single cup of cooked soybeans, equivalent to a 3 oz. steak
Quinoa	10 grams per cup, plus a good source of fiber
Beans and legumes	14 – 19 grams per cup; dried beans have higher protein content than canned
Green vegetables	4 – 6 grams per cup
Mushrooms	3 grams per cup
Nuts	2.6 grams per ounce for pecans, 6 grams per ounce for almonds and 8 grams per ounce for peanuts, plus a good source of minerals



Needs and Gifts Exchange

By Pat Smith, President

Need something or want to give away something?

Do you have something you think the church could use? Or do you need something that the church has but is not using? If so, contact the office. Let's take advantage of each other's generosity! Information will be posted on the bulletin board.

When Rita Chamblin purchased a new refrigerator, she donated her "old" one to the church. It has more capacity than the older of the two we had. Jamie Naquin needed a refrigerator and was happy to receive the one the church was moving out.



Ongoing Church Activities



Sunday Services Committee: First Monday of the month, 7:00 PM.



Board Meeting: Second Tuesday of the month, 7:00 PM.



Church Office Hours: 11:00AM – 3:00PM,
Monday through Friday



Let's Sing!
Sunday morning from 9:30-10:00 in the sanctuary.



Other Activities at the Church



Yoga classes with Ann Moore (\$5.00 per class):
Tuesday and Thursday: 6:00PM
Saturday: 10:00AM.



Lubbock Unitarian Facebook
<http://www.facebook.com>



Lubbock Interfaith Dialogue Dates and Dialogue Topics for 2010-2011

By Mary Vines, St. John's Methodist

Since February, 1985, Lubbock Interfaith Dialogue has been meeting monthly at St. John's United Methodist Church for a brown bag lunch. Meetings are from 12:00 noon to 1:00 p.m., usually on the fourth Tuesday of the month except in December. A presenter gives an introduction to the topic during the first part of the hour. The remainder of the hour is spent in dialogue.

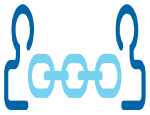
The following monthly topics have been chosen for 2010-2011:

- | | |
|------------------|--|
| April 26 | GLBT and Faith |
| May 24 | The Role of Reason in Religious Belief |
| June 28 | Review of Karen Armstrong's The Case for God |
| July 26 | History of Theocracies & Their Effect on Religious Liberty |
| August 23 | Faith and Belief: Same or Different? |



Board Members

- | | |
|----------------|----------------|
| President | Pat Smith |
| Vice-President | Murray Coulter |
| Secretary | Don MacNair |
| Treasurer | Rita Chamblin |
| Past President | Harvey Madison |
| Trustee | |
| Trustee | Jamie Naquin |



Standing Committees/Chairs

Building/Grounds	Murray Coulter Tim Vignos Alex Moore
Membership	Duane Christian
Publicity	Jason R.
Religious Education	Charree Mahoney
Social Action	Sara McLarty
Sunday Services	Rita Chamblin, Duane Christian, Pat Smith



Our Vision

We are Lubbock's leader in liberal religion, spiritual exploration, and rational inquiry.



Our Mission

Our mission is to promote the growth of Unitarian Universalism in Lubbock.

- We advocate and participate in our broader community to promote peace, social justice, mutual respect, and environmental stewardship.
- We are a welcoming, inclusive, and supportive liberal religious community which celebrates personal growth, upholds universal values, and provides a safe shelter for those searching for truth and meaning.

First Unitarian Universalist Church

2801 42nd Street

Lubbock, TX 79413

RETURN SERVICE REQUESTED

The Chalice Light is a publication of the First Unitarian Universalist Church of Lubbock, Texas. The First Unitarian Universalist Church of Lubbock is a religious community of free minds which supports your free and responsible search for truth and meaning. To learn more, visit our website at <http://www.uulubbock.org>



"Do not preach so as to deepen their theological despair. Give them not hell, but hope and courage."

- John Murray