

AS A MEMBER CONGREGATION OF THE UNITARIAN UNIVERSALIST ASSOCIATION, WE COVENANT TO AFFIRM AND PROMOTE:

The inherent worth and dignity of every person

Justice, equity, and compassion in human relations

Acceptance of one another and encouragement of 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 with 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 TRADITION WE SHARE DRAWS 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 guidance 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

PLEASE RECYCLE THESE BULLETIN COVERS



**Rev. Sarah Oglesby-Dunegan**  
**Worship Service 10:30 a.m. Sundays**

The UUFT is proud to be a Welcoming Congregation, dedicated to the spiritual, political, and social well-being of all people, and to the work of transforming communities through radical hospitality, inclusion and justice making.

#LGBTQ #BLM #Womyn



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[www.uuft.org](http://www.uuft.org)



Our monthly themes focus us on a spiritual value that our UU faith has historically honored and emphasized. This is why each monthly theme is framed by a question: *What does it mean to be a community of **Balance?***

Another way to put all this is to ask, “What is your balance *for*?” Maybe instead of asking each other, “Have you found balance?” we need to ask “Where is your balance taking you?” Yes, balance sometimes can be an end in itself, but this month and its observances remind us that more often balance is a means to a greater end. In other words, maybe balance isn’t the prize but the springboard. Maybe balance isn’t the goal, but the source of strength that gets us where we need to go.

Which means that our most important questions this month might actually be, “Do you know where you’re trying to get to?” and “Which kind of balance will help you along your way?”

### Our Covenant Together

As a Spiritual Community of Love and Justice, we Covenant together:

To open our minds and hearts to the diversity of religious journey

To care for one another in thought, word and action

To model our Principles in the world around us

To celebrate life in all its variety and

To live and Love



### Ongoing Opportunities and Calendar of Events

For more details please see [uuff.org](http://uuff.org) or see the media screen in the Coffee Bar Gathering Space

**Sunday Book Group:** Meets Sundays at 9 am in the Emerson Library. Contact Ken Kerle [ken.kerle@cox.net](mailto:ken.kerle@cox.net)

**Wednesday Book Group:** Meeting the 2nd and 4th Wednesdays at 1 p.m. in Fahs Chapel Contact Nancy Heitzig. [nmheitzig@gmail.com](mailto:nmheitzig@gmail.com)

**Hatha Yoga:** Meets Thursdays at 5:30-6:20 pm in Scanland Hall. Allan Foster facilitates (2nd & 4th ) & Bill Lucero (1st & 3rd )

**Let's Help Volunteering:** 2nd Friday of each month. Contact Ann Barr at 231-9927.

**Harvester's Work Day:** 1st Saturday 9 a.m. of each month. Report to 2nd & Quincy. Contact Bill Lucero [-lucero1b@cox.net](mailto:-lucero1b@cox.net).

**TNH (Thich Nhat Hanh) Meditation Group**—Meets every Wednesday evening 7-8:30 pm. Contact Chuck Fantz at

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

**Beacon Youth Group**—a welcoming environment for queer youth ages 12-18 to engage in socialization, education, exploration, and activism. Meetings Mondays from 5:30—7:30 pm.

<http://beaconyouthgroup.org>

**One Hour Choir**—a group that sings once a month on 3rd Sundays. We practice and sing 1 hour before the service. Everyone is welcomed. Janine Silsby contact [janinesilsby@gmail.com](mailto:janinesilsby@gmail.com)

**The Deepening:** Fourth Sundays 12: -1:30 Explore the theme of the month through a video or reading and other experiences from earlier in the month.

Program for kids. RSVP for under 5 childcare.



March 11, 2018

*What does it mean to be a community of Balance?*

**GATHERING**

Gathering Song ..... Woke Up This Morning  
Call to Worship ..... "Today We Celebrate a Dream Awakening"  
—Elizabeth Strong, Rev. Homblette-Allen  
Welcome .....Rev. Sarah  
Chalice Lighting .....From Lifting Our Voices #110  
Covenant ..... Congregation

**CONNECTING**

Offering .....Black Lives UU  
Song..... "There is More Love"  
Time For All Ages..... "This is The Rope" by Jacqueline Woodson  
Children's Recessional *Go now in peace, go now in peace, may the spirit of love surround you, everywhere, everywhere, you may go*  
Reading .....Omid Safi  
Joys and Sorrows .....Rev. Sarah  
Meditation ..... "Hope and Love In a Time of Struggle"

**DEEPENING**

Reading ..... "The Low Road" by Marge Piercy  
Reflection..... "Coming Home" by Rev. Kierstin Homblette Allen  
Song..... Building A New Way #1017  
Closing Words ..... Rev. K. Homblette Allen

***What does it mean to be a community of Balance?***

**March 18** "Discovering Balance as Improvisation" Rev. Diane Miller as speaker for pulpit exchange. We will explore how improvisation is like church, and the wisdom we can learn from improvising. Vicki George joins Rev. Diane.

**March 25** "Shift: Discovering Balance as a Place of Turning" The spring equinox is a tipping point on the way to Spring. It's a reminder that stillpoints are rarely still. They are a place of turning, a space where shifts happen and new life emerges, often as something that emerges from us, out a period of seeming stillness. Rev. Sarah \*Deepening Discussion to follow with lunch. See Rev. Sarah Or Susan Arnold for more information.

**ANNOUNCEMENTS**

**Mark the Date**—Judy Sasser is moving at the end of this month to live with her sister and brother in law in Las Vegas. She would like to have a moment of goodbye on March 25.

**Gardening Crew:** A plan for vegetable and flower gardening behind and around the youth house is developing. Would you like to help us compost and plant? <https://www.facebook.com/groups/840029572783266/> Visit our FB group for more information or contact Nancy Gorton or Tiffany Burtin. Cold crops to be planted this month! Clean up and organizing TBA!

**Birthdays:** 3/11 Ellen Caster & Nancy Garcia; 3/14 Natalie Munoz; 3/16 Arianna Thomas.