



BELONGING

THE MADISON UNITARIAN

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FROM THE EDITOR

by Brittany Crawford, Communications Director

You are reading the third version of my column about belonging. My first draft focused on the UU history of being a place of belonging for so many folks from different religious and non-religious backgrounds. My second draft was examining the work of Dr. Brené Brown on the difference between fitting in and belonging. I wasn't happy with either, but I'm rarely pleased with my writing.

Then it dawned on me last Tuesday as I was raking my yard after a long day at work. I've spent months mowing the lawn, now I'm beginning to rake the leaves, and soon I'll be shoveling snow. As a southerner anticipating another winter in the Midwest, belonging feels elusive. And that's the point: belonging is something we feel. Philosophical reflections about belonging can provide insight and wisdom, but this might be one of those situations

where poetry is better suited to capture the essence of this word. And poet David Whyte captures it beautifully in *The House of Belonging*.

We continue our new newsletter layout with feature articles from the Director of Children's Religious Education, Leslie Ross, Music Director, Drew Collins, and guest columnists Lorna Aaronson and Dorit Bergen, coordinators of the Shawl Ministry program. Our ministers and board president offer thoughts on what it means to belong, and our community information section offers updates and opportunities to explore belonging at FUS. Our collective hope is that belonging doesn't elude you here.

And now, I leave you with the wisdom of David Whyte.

THE HOUSE OF BELONGING by David Whyte

I awoke
this morning
in the gold light
turning this way
and that

thinking for
a moment
it was one
day
like any other.

But
the veil had gone
from my
darkened heart
and
I thought

it must have been the quiet
candlelight
that filled my room,

it must have been
the first
easy rhythm
with which I breathed
myself to sleep,

it must have been
the prayer I said
speaking to the otherness
of the night.

And
I thought
this is the good day
you could
meet your love,

this is the black day
someone close
to you could die.

This is the day
you realize
how easily the thread
is broken
between this world
and the next

and I found myself
sitting up
in the quiet pathway
of light,

the tawny
close grained cedar

burning round
me like fire
and all the angels of this house
heaven ascending
through the first
roof of light
the sun has made.

This is the bright home
in which I live,
this is where
I ask
my friends
to come,
this is where I want
to love all the things
it has taken me so long
to learn to love.

This is the temple
of my adult aloneness
and I belong
to that aloneness
as I belong to my life.

There is no house
like the house of belonging.

A MOMENT WITH THE MINISTERS

with Rev. Kelly J. Crocker & Rev. Doug E. Wadkins

Many times in our newcomer orientation program, New UU, we hear the words, “I am so glad to have found my people,” or, “It’s wonderful to have found a place where I truly believe ALL of me can belong.” To belong is one of the fundamental pieces of being human. We long to belong. Without the feeling of having “our people,” our life has an emptiness that we yearn to fill. It’s one of the primary reasons a congregation exists—so that we know there is a place where we truly and deeply belong.

There are so many ways that a congregation of our size supports pathways that foster a sense of belonging. Our Journey Circles, for instance, are a great way for you to meet others, to get to know people on a deeper level, to feel connected, to belong. Others will tell you they feel a sense of belonging in our choirs, teaching a CRE class, being in a Chalice or Spiritual Practice Group, or being a part of a ministry team. In this large and lovely place, these smaller groups are crucial for finding community, a home base, a place where you belong.

Within our larger context, worship also serves a crucial role in building a sense of belonging in this congregation. Worship seeks to clarify our common life experiences and explore the deeper questions that unify our human experience. Thus, worship is about deepening connections, building a unified purpose within the gathered community, and illuminating our interdependence within the larger world. It explores and embodies what it means to truly belong to a faith community. For all congregations, worship is a weekly check-in about who we are and what matters deeply to us.

For Unitarian Universalists, worship seeks to illuminate the common ground of who we are and seeks to honor the wisdom rooted within our diverse congregation. This is particularly crucial in a tradition that offers many pathways to spiritual wisdom and truth. Most UU congregations honor experiences of worship and children’s religious education as the primary spaces where the essential work of identity and mission happens. It can happen elsewhere, but never with as much potential power for building cohesion as in these weekly gatherings.

For large Unitarian Universalist congregations, without the core focus of unifying themes and a healthy exploration of difference, they can easily devolve into a siloed community. The role worship plays in creating a sense of belonging, both within a community and to something larger, is of crucial importance for large congregations. By the time a community reaches our size, it has stretched well beyond the possibility of knowing everyone by name, and can no longer easily experience itself as one deeply-connected community.

This is why creating a collaborative approach to worship is an important place to start. It is also why we continue to make small yet significant changes to our worship services. We are working to craft a flow and an order that asks us to think about our interaction as individuals and how we fit together as one large congregation. You may have noticed some changes within the opening of worship, and you will continue to notice changes as we experiment in the coming weeks. One goal of an interim period is to create an “agile” congregation—meaning a congregation that is able to live and work within an ever-changing system, thinking of new ideas and creating new energy, while holding on to its core values and programs. Working on this agility is an important step before welcoming a settled minister who will bring new energy, new ideas, new hopes, and new visions.

We desire to create a beloved community, or perhaps a heavenly kingdom here on Earth. In the last piece of *The Divine Comedy*, Dante’s vision of heaven is a community so full of love and joy that it cannot wait to welcome more into its community. A new soul arrives and all those gathered say, “Wonderful! Someone else we get to welcome and to love!” This is what we are striving for here at FUS, a community of such welcome, generosity, and love. We will disagree, we know that building community is not for the faint of heart, and yet we must continue to strive for a community where everyone belongs.

Worship is one such place where we get to glimpse such a community. We hope to see you there soon.

Yours in faith and love,
Kelly and Doug

FROM THE PRESIDENT

by Terri Pepper, President, FUS Board of Trustees

Listening to Doug's sermon earlier this summer on touchstones of Unitarian Universalism called to mind for me some of my first experiences feeling at home in a UU congregation. I had long since felt an affinity with the intellectual history of the movement and our purposes and principles, but this had not yet translated into transferring my church involvement and membership to a UU congregation. When my partner and I moved to Madison, we visited at least five different congregations of more than one denomination, and eventually visited the James Reeb UU Congregation right in our east-side neighborhood. We actually hadn't even noticed it at first, despite driving past many times, as the exterior (especially pre-renovation) did not look much like a church. We quickly felt very much at home, pledged, signed the membership book, and became involved in worship, music, and governance activities.

A few of the memorable moments that sparked in us a sense of belonging were 1) seeing the seriousness with which the adults listened to the high school aged youths' ideas in a congregational meeting, 2) experiencing the humor and joy present at an after-service lunch (remarkably enough one that was part of an annual pledge drive), and 3) witnessing the diversity of people who were invited into visible leadership roles. Looking back now it is striking how much these memories of hospitality and welcome stand out even amongst the theological and intellectual context that is also an important part of the story. Theoretical affinity was not enough to establish a connection to a faith community; rather, it was a sense of belonging that helped us confidently make a commitment. Since that time our connection to Unitarian Universalism has expanded to dual membership at both First Unitarian Society and James Reeb UU as well as a commitment to the broader movement.

First Unitarian Society is a big place with many points of entry, both literal and figurative. In contrast to our east-side neighbor congregation's humble exterior, many are initially drawn to



Terri

the building itself, either the architecturally significant landmark or the sustainably built addition. In a large congregation, it can be difficult to get a sense of the place in a few visits, or even a few months. Establishing a sense of belonging can be a gradual, multi-layered process. Many members find it helpful to get involved with a small group or specific activity to deepen connections. Last month's opportunity fair displayed the dozens of ongoing possibilities. If you weren't able to attend in person, check out the very comprehensive *Guide to the UUniverse* in print or online.

For those already involved who may be interested in contributing more directly to the strategic direction of the congregation, we are always looking ahead for future candidates for elected board roles, as well as members of board committees and task forces. Feel free to reach out to me at fuspres@gmail.com for more information. It is inspiring to see the many ways individuals have formed connections and have given their time and talent to FUS. As the board examines our own processes and continually works to improve our governance, we aim to sustain the strengths of this congregation as well as expand the ways in which FUS can be a welcoming spiritual home.

In gratitude,
Terri Pepper
President, board of trustees

HAND TO HAND, HEART TO HEART: THE FUS SHAWL MINISTRY

by Lorna Aaronson & Dorit Bergen, FUS Shawl Ministry Coordinators

I am handy with yarn and needles, and First Unitarian Society is my community. With my hands, I create and contribute because I belong. I am a minister or lay minister, making a call to someone in our congregation who is ill, recovering, or grieving, and I deliver a lovingly made shawl, because this is my community and their community, and we belong. I am a child, and every night I snuggle in my soft, colorful and cozy dedication blanket, and I remember: I belong.

When the idea of a Shawl Ministry was presented to the Rev. Karen Gustafson in early 2008, she embraced it with enthusiasm. The idea was that members of our congregation would provide handmade comfort items to others in the congregation during challenging times when these symbols of care and support would be meaningful. That spring, we announced a meeting, held in the palatial space known as “the trailers”—the temporary staff offices and meeting rooms parked just outside the Landmark building overlooking the soon-to-be Atrium building. About 25 people crowded in, and that group created the foundation of what would become our Shawl Ministry.

In that first year, people worked at a pace that far exceeded expectations. Not one to let such an opportunity go by, the Rev. Kelly Crocker suggested that we add dedication blankets for children. By March 2009, dedication blankets became a part of the Shawl Ministry’s “portfolio.” Along with the water blessing and a rose without thorns, the giving of a handmade blanket has become a treasured addition to our pledge to support the children and their families.

Each year, the Shawl Ministry coordinators receive items from 20-30 different members, some of whom have been with us since those early days. On their pastoral visits, clergy, lay ministers, and others have distributed 230 shawls and lap robes, and 250 children have received dedication blankets.

With more than 10 years of history under our belt, the Shawl Ministry functions smoothly, and with little impact on FUS resources. We’ve developed ways to carefully monitor “supply and demand,”

and know what we have and what we are likely to need in the coming year. We still stick to the basic: shawls, lap robes, and dedication blankets, all new and handmade, made by and for people in our congregation. We offer a few patterns, from simple to complicated, but people are also free to choose their own, within our guidelines for size and ease of care. Most people provide their own yarn, but we have a small budget to purchase yarn so that all can participate. We sometimes get together, but most work on their own. Some of us take a year or more to complete an item, while others make several items every year. We know where to find the Rev. Kelly Crocker and Janet Swanson if we need something, but we’re pretty much a well-oiled machine!

We continue our focus on creating items made by and for people within our congregation. At the same time, the generosity of members of Shawl Ministry makes it possible for us to extend our gifts to the wider community as our supply permits:

- Comforts in Common Spaces: You’ll notice a variety of shawls and lap robes in various spaces around the Landmark, Atrium, and Annex.
- This year we were able to give shawls, lap robes, and blankets to the Salvation Army and Domestic Abuse Intervention Services (DAIS). In the spring, we answered a call from Welcome Blanket (www.welcomeblanket.org) an organization that provides blankets for people entering at our country’s southern border. We estimate that the yarn in the items we sent if unraveled, would cover nearly nine miles of our southern border!
- In 2019 we launched The Scarf Project. These handmade scarves will be distributed to such organizations as The Odyssey Project, Transitional Education Program, The Road Home, Salvation Army, and DAIS (in cooperation with the Madison Knitters’ Guild).

How to be involved? Three ways come to mind:

- First, if you knit, crochet, or quilt and would like to be involved in Shawl Ministry, either for the larger items or the scarf project, you can contact us at www.fusmadison.org/getting-involved/pastoral-care.
- Secondly, if you know of someone in the congregation who would benefit from receiving a shawl or lap robe, contact the ministerial team, the Rev. Doug Wadkins, the Rev. Kelly Crocker,

Carin Bringelson, or talk to a lay minister (identified by a special name tag). You can also leave a confidential message at 608-233-9774, ext. 126, or email layministry@fusmadison.org.

- Finally, by belonging in this community, through your generosity of time, money, and commitment, you make it possible for all of us to work together to make a difference in the world. With our hands, and with our hearts, we give, we receive, we belong.

BELONGING: IN THE CLASSROOM

by Leslie Ross, Director of Children's Religious Education

At the start of every school year I send parents an email welcoming them to the current year of children's religious education. The email is full of logistical information we hope will be helpful to them, but perhaps the most important words expressed are my hope that FUS will become, or continue to be, their child(ren)'s "spiritual home." And what greater place of belonging exists if not "home." Home in the greatest sense of the word is where we are nurtured to become our best selves, accepted for who and where we are at, celebrated for all our efforts—big and small. "Home" is where our "tribe" is—where we feel the ultimate belonging.

In our classes, nurturing that sense of belonging is far more important than anything our curricula have to offer. As I say at teacher orientation, ten... fifteen... twenty years from now, when our kids think back on their time at FUS, what they will remember most deeply is whether or not they felt a sense of belonging here. It will be their emotional connection. So how do we strive to create a deep sense of belonging in our classrooms?

Most importantly, we do this by creating a shared language and ritual that is unique to their time here at FUS. The rituals offer an experience that happens only when they are

at FUS; in that sharing, connection is made. Each week begins with the ringing of a chime to signal a time of centering silence. This helps our children and youth enter a more sacred space and to become more fully present. It says without words, we are "here;" we are together.

Next, we light our chalice and share our opening words. Our opening words are the same each week. There is comfort and pride in knowing the words and the hand gestures that accompany them. Once our kids reach sixth grade, the words change each year to better reflect the subject matter they will be exploring for the year. The change has a more subtle significance as well. During those years, the fact that our kids are coming to FUS from different areas of Madison and the surrounding areas, and different schools as well, makes it all the more important that they connect with a shared language here at FUS. The new Opening Words each year starts them off on equal footing in learning "the language" of that year's class community.

For our K-7th grade youth, the Opening Words are followed by our wristband ritual, which I described in a previous newsletter. This ritual serves as our covenant—our agreement of how we will "belong" together. A basket of wristbands is sent around the circle with each

participant offering a wristband to the person sitting next to them. As they do this, they recite these words (which are also printed on the wristbands) while putting on their wristband and passing the basket around the circle:

In this sacred space, through our actions and our words, I promise to...

- *Be kind*
- *Be gentle*
- *Be patient, and*
- *Respect others.*

At the end of their time together, they reverse the process, this time reciting:

Thank you for sharing this space and time with me. I return this wristband now but I carry your kindness, gentleness, patience, and respect wherever I go.

The wristband rituals help all to remember that creating a sense of safety and belonging is everyone's responsibility. It is a beautiful expression of our first UU principle: "We believe in the inherent worth and dignity of every person," or in kid lingo: "We believe that each and every person is important."

The opening wristband ritual is followed by either the sharing of joys and sorrows, or by responding to a check-in question that allows the group to learn more about each other. This part of the opening ritual is all

about welcoming the unique experiences and perspectives of each person and making space for who they are.

Paula Alt, one of our pre-K teachers, shared this story from the first week of class this year:

In CMMW (Celebrating Me & My World), we had two students return from last year's Chalice Children class. They both were SO comfortable—with us, the room, and the ritual. One of them stepped right up to volunteer to light the chalice and ring the chime because "he knows how to do it." His confidence and demo was, I think, a much better learning experience for his classmates than teachers "explaining." Same with the closing words and passing the squeeze—the two "experienced" kids felt good about being in the know and the newbies got to see that other kids can be leaders—not just grown-ups.

Our children are in our classes about 70 minutes each week, if we're lucky enough to have them here weekly. By taking a good 10-15 minutes to focus on nurturing our classroom community through ritual, we are creating a place of belonging where each participant has a voice and where we can engage our shared purpose in a meaningful way.



DRAW THE CIRCLE WIDER

by Drew Collins, Music Director

We are by nature a tribal species, designed to relate to each other in relatively small, static groups. Many other animal species share this trait, of course, and with good reason. It is a matter of survival: there is safety in numbers. To put it bluntly, we are pack animals. Advanced ones, perhaps, but the instinct to gather together remains.

In addition to elements that helped keep the peace during everyday life—language, customs, underlying social contracts—certain activities

facilitated the emotional bonding of our tribe. We communed by sharing a meal, playing games, holding a ritual, telling stories, hunting as a team, discussing common concerns, and worshipping higher powers. And we gathered around a fire. We did this to celebrate, mourn, worship, or feast. And when we did, dancing and singing accompanied it.

Though modern society offers many new ways of connecting, one could argue that we have simply reinvented the old model over and

over. Formalized it, civilized it. But our tribe mentality is still inside us; it just manifests differently.

Over time, advances in travel, housing, defense, communication, etc. allowed and encouraged us to isolate, despite our neurological predisposition for belonging. At some point, we no longer needed to rely on one another for basic needs like food, water, and safety. Our ability to isolate inspired an attitude of rugged individualism, which we have since come to prize. But individualism is the natural enemy of the tribe. Quite simply, our brains and technologies evolved to the point where we had the option to either stay with the tribe in familiar territory or venture out on our own. Our newfound individuality would eventually give rise to curiosity and her offspring exploration, innovation, and discovery.

As societies grew, so did our tendencies toward isolation. In the past fifty years, they have reached epidemic proportions. In his book, *Bowling Alone: The Collapse and Revival of American Community*, Robert Putnam traces the increasing disconnect between Americans and its negative effects in political discourse, religion, volunteering, education, economics, safety, prosperity, physical health, civic involvement, and happiness. It's not just bowling, of course—it's togetherness... knowing each other. And neither phone, nor email, nor Skype, nor Facebook can fully substitute for being in physical proximity with one another.

Recent discoveries have enabled us to appreciate how connections with others enrich our individual and social capacities. Study after study reinforces the importance of music in our modern lives. Schulkin and Raglan's study, "The evolution of music and human social capability," for example, describes music as a "core human experience... because it [promotes] human well-being by facilitating human contact, human meaning,

and human imagination of possibilities, tying it to our social instincts." (*Frontiers in Neuroscience*, 2014; 8: 292.) Edwin Gordon proved that music plays a significant role in brain development in children *in utero* through age five. In recent years, singing in a choir has become a much studied phenomenon, revealing massive benefits for people of any age.

Society has thrown an interesting wrench in the works, however. We have commodified the arts, and, in so doing, have begun to prize talent. With it, has come the idea that perfection should be the goal. Anyone without natural talent was not capable of achieving perfection, and thus had limited value. Astonishing! We went from fully participatory singing as a natural and integrated aspect of daily life to music being for production by some and consumption by others. We began to accept the fallacy that if you are not "naturally" good at something, you not only should not do it, but that you could not possibly enjoy it.

Nonsense.

The next time we sing a hymn in worship, check for that sense of belonging that comes with singing in a group. If you need to work up your courage, start by singing into a hairbrush when you have the house to yourself. But then draw the circle wider and join your tribe. Today, we get to choose our tribe, and you have chosen FUS. So, sing with your fellow humans, because nothing is more human than singing. Heed William Purkey's advice:

You've gotta dance like there's nobody watching,
Love like you'll never be hurt,
Sing like there's nobody listening,
And live like it's heaven on earth." It's your voice, so use it. Resist the notion that you must be good at it. If you're a bad singer, be bad boldly! You are worth it, and the world needs it. Now, perhaps, more than ever.

COMMUNITY INFORMATION

Wheel of Life

We remember long time FUS member, **Lenore Lusson**, who passed away at her home on September 7. Lenore, along with her husband **Frank**, was a member of our Northside Neighborhood Group for 30 plus years and will be remembered for her gentle laugh, sweet smile, and her very kind and generous heart. We send our love to Frank, and to their children, **Joe** and **Jean**, as they grieve her passing. A memorial is planned for November 30, from 2 pm to 4:30 pm at Olbrich Gardens.

We celebrate the birth of **Juneau Forest Mortenson** on August 16, 2019. Juneau is the child of **Emily** and **Sean Mortenson** and joins siblings **Ruby**, **IndiMae**, and **Wynn**. Welcome to the world, Juneau!

Adult Religious Education Offerings this Fall

Journey Circles return in October. Journey Circles are our theme-based covenant groups that meet for the church year, October through June for 90 minutes to two hours. Reflection and discussion at each gathering will focus specifically on our congregational monthly theme. The time is structured to help us set aside daily distractions and make connections with one another. Find the Journey Circles table in the Commons for more information. Questions? Contact Janet Swanson at janets@fusmadison.org.

Plant-based Cooking for a Sustainable Planet with Carl Korz, Wisconsin Union Director of Dining and Hospitality; Saturdays, October 5, 19, & 26, from 10 am to 12 noon in the Atrium Commons Kitchen. The class is limited to twelve adults. No fee, freewill donations are welcomed. Contact Janet Swanson janets@fusmadison.org to register.

New UU Class Offerings are for newcomers and friends of FUS. For Fall 2019, the dates and times of the classes are as follows (choose ONE option): Option 1: Saturday, October 12, ALL DAY, 9 am to 3 pm; Option 2: Saturday, November 16, ALL DAY, 9 am to 3 pm. Childcare is available with prior registration (at least one week's notice). The registration fee is \$15 per person. Forms are available in the Commons. Contact Janet Swanson at janets@fusmadison.org with questions.

The World Is Your Oracle: Tapping Your Inner Wisdom with a Time-tested and Scientifically Supported Approach with FUS member Nancy Vedder-Shults. Everyone has burning questions. Everyone wants to find the answers. And everyone needs to know their own truth. This interactive class will enable participants to delve into their inner wisdom and find the answers they need. To do this we will explore some of the ancient, indigenous, and contemporary techniques featured in Nancy's book. Mondays from 6:30 pm to 8:30 pm; October 21, 28, November 4, 11; \$35 pledged/\$40 non-pledged.

Building Your Own Theology, a one-day workshop with FUS member and lay minister Karen Rose Gredler. Based on the assumption that everyone is their own theologian, this classic UU adult education program invites participants to develop their own personal credos, the fundamental religious beliefs, values, and convictions that inform and direct their lives. Building Your Own Theology invites individuals to identify their deeply held values, and to build a personal theology based on who they want to be. Saturday, November 2, 9 am to 3 pm. \$15 fee to cover snacks and beverages. Registration forms available in the Commons.

The Heart of FUS—An Interim Experience

Sometime during the month of October, we invite every single group associated with FUS that meets in any capacity anywhere, on or off the grounds, to share with one another the answer to these two core questions:

- What is the heart of FUS for you?
- What does it look like when this congregation is living from this place?

We invite Journey and Chalice Circles, RE parents and teachers, the Board of Trustees and their committees, ministry teams, Children's RE classes, youth groups, the staff, elder communities, our choirs, and any other groups to take a few minutes to share their responses to these questions with each other.

Then share with the ministry team! You can print out a copy of the pdf and email it to dougw@fusmadison.org, turn it in at the welcome table, or use the online form. Visit the interim website to access the forms: www.fusmadison.org/interim.

Up on the Roof: October update from Dave Weber

The good news is...there is no bad news! As the work progresses, the risk of surprises becomes less and less.

The project is on schedule to be completed by the end of October with the budget intact.

Progress appeared to be slow in July, mainly because the crew was working on the entry area, where the pieces are smaller and there are more joints that require some complex folding. The low area (christened "The Birdbath" by the crew) is filled and covered. Because the roof folds into the "wings," the copper will advance upward row by row to make the folds look right.

While the copper is still shiny, you can identify the areas that required extra fitting by all the extra fingerprints. They will disappear with exposure.

The only interior work left is plaster repair and touch-up painting. The workers will leave all areas suitable for occupation at the end of each workday.

There will be vents in the lower soffits to allow air to flow through the attic space venting out the peak of the prow. On the north side of the loggia, the soffit will be replaced entirely, allowing replacement of water-damaged light fixtures.



Jazz on the Red Floors: A Cabaret Concert

Join us for "The Age of Miracles: The Gershwin Bros, Cole Porter, & Irving Berlin" featuring Darcie Johnston, vocals, Dan Barker, piano, Doug Brown, guitar, Pete Olig, bass, and Rich Larson, percussion. Join us in the Atrium Auditorium on Saturday, October 26, 2019. Doors and bar open at 7 pm. Tickets are \$15 and proceeds to benefit FUS. Tickets on sale at www.fusmadison.org/cabaret-concerts or call Cheryl Mellenthin at 608-233-9774 ext. 130.

OCTOBER



For more happenings, visit us online at www.fusmadison.org and click on "Event Calendar" under "Community."

SUN	MON	TUE	WED	THURS	FRI	SAT
		1	2	3	4	5
6 Wild Utah Presentation @ 1 pm Interim Discussion: Heart of FUS @ 1 pm	7 Shawl Ministry @ 10 am	8	9 Yom Kippur	10	11 History Book Club @ 2 pm	12 New UU Class @ 9 am 2nd Saturday Potluck @ 6 pm
13 Solar Celebration @ 12:30pm "Redemption Songs" Presentation @ 1:30 pm	14 Men's Group @ 7 pm	15	16 Board Meeting @ 6:30 pm	17 Shawl Ministry @ 10 am	18	19
20	21	22	23	24 Oakwood Gathering @ 2:30 pm	25	26 Jazz on the Red Floors Cabaret Concert @ 7 pm
27	28 Men's Group @ 7 pm	29	30	31		

Tuesday, Oct. 1, 8, 15, 22, 29 Centering Prayer @ 4:45 pm
Wednesday, Oct. 2, 9, 16, 23, 30 Qigong Japanese Crane @ 12:30 pm
Thursday, Oct. 3, 10, 17, 24, 31 Japanese Crane @ 5 pm
Friday, Oct. 4, 11, 18, 25 Noon Musicales @ 12 pm
Sunday, Oct. 6, 13, 20, 27 Insight Buddhist Meditation @ 6 pm



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A MONTH OF SERVICES

Saturday services at 4:30 pm in the Landmark Auditorium
 Sunday services at 9 & 11 am in the Atrium Auditorium

October 5 & 6
“On Belonging”

with the FUS Worship Team

October begins, and so does the theme of *belonging*. Mark Morrison-Reed writes, “The central task of the religious community is to unveil the bonds that bind each to all.” This month we will unveil those bonds, and explore what it means to belong and to feel a deeper connection perhaps not just with this community but to an even larger experience of community. We invite you to explore your own sense of belonging here at FUS and beyond!

October 12 & 13
“Circle Round”

with Carin Bringelson, Intern Minister

In the Landmark area of the building, we can see many triangles if we know to look for them. What happens when we start to look for circles in our congregational life and in our life beyond these walls? Using circles as a theme, we will explore how we feel when we belong—and how might we help the next person feel like they belong, too.

October 19 & 20

“Radical Welcome & Holy Disruption”

with the Rev. Kelly J. Crocker, Denise Jess, & Claire Box

We have often used the term “radical hospitality” in terms of the welcome that we would like to extend to everyone who walks through our doors. Radical means out of the ordinary, perhaps even revolutionary. What would it mean for us to receive one another and everyone with a revolutionary welcome? This weekend we will be joined by FUS member Claire Box and Denise Jess, Executive Director of the WI Council of the Blind and Visually Impaired.

October 26 & 27

“The Heart of FUS”

with Rev. Douglas Wadkins, Interim Senior Minister

This month, we have invited the community of FUS to explore what is at the heart of FUS and in preparation for beginning an extended mission/vision exploration. We will review some of the work both from the first interim year and summarize some of what you have said about core matters within the congregation.

A MONTH OF MUSICALES

This Friday series begins at 12 pm in the Landmark Auditorium. Please note the new time.

October 4
 Max Yount & Mary Perkinson
 on harpsichord and violin

October 11
 Aplomb
 French Baroque

October 18
 Sridhar Bhagavathula,
 flute

October 25
 Magdalena Sas,
 cello