



First Unitarian Society of Milwaukee
ANNOUNCEMENTS
nurture. engage. inspire.

THIS SUNDAY'S SERVICE
NOVEMBER 8
10:00 a.m.
Livestream Only

“Healing Hurts”

The Rev. Jennifer Nordstrom

The Rev. Kimberlee Tomczak Carlson, Minister of Religious Education
Alissa Rhode, Lead Music Director
Jobey Clark, Worship Associate

What does it take to heal? There is so much that hurts right now: a global pandemic that is the worst of a century; centuries of racism and white supremacy bubbling to the surface of this tense moment; serious threat to democracy in the United States. And that is at the societal level. We know that collective wounds touch our individual wounds which are also smarting right now. What does it take to heal these hurts? Join us for this service that explores different modalities of healing: from the painful work of physical therapy to the gentle comfort of releasing pain.

[JOIN THE SERVICE LIVE ON FIRST UNITARIAN SOCIETY YOUTUBE HERE.](#)

ZOOM COFFEE HOUR AT 11:00. Once you enter the Zoom meeting, Lynne will coordinate smaller groups of five or six for conversation. Members, guests, visitors are all welcome! Bring your own coffee. [Link to Join HERE.](#)

SANCTUARY REFLECTIONS AT 11:00. Feel moved by the Sunday worship service? Want to spend time reflecting with others? Come to Sanctuary Reflections every Sunday. We reflect on three questions and share our experiences with each other. Joyful, enriching, connecting. Just drop in. Join on Zoom [HERE.](#)



SUNDAY MORNING FORUM AT 11:10 A.M.

“Fostering Resilience During the Pandemic,” presented by Philip Chard, Psychotherapist, Author, Newspaper Columnist.

“Out of My Mind,” Philip Chard’s weekly column in the Shepherd Express, explores several personality and emotional responses which many of us experience as we live through this pandemic. Of all mental maladies humans encounter, anxiety tops the list. But there is also a mix of grief, anger, clinging and an effort to extend ourselves to others in terms of time,

energy, and money; beyond a usual sense of well-being. While naming and describing these human responses, Mr. Chard also guides us in understanding and exploring some strategies for moving through these tough times. His guidance may help us build resilience, balance and clarity. [On Zoom & YouTube Live HERE.](#)

FIRST CHURCH HAPPENINGS

TAKE A VIRTUAL YOGA CLASS. Instructor Morgan Engels will offer two, nine-week yoga classes, allowing you to participate from the safety of your home. Yoga with Morgan allows you to slow down and create space for stillness while nourishing joints and ligaments.

Monday evenings, November 16--January 11, 5:30-6:30 p.m.

Wednesday mornings, November 18--January 20, 9:00-10:00 a.m. (no class November 25).

The cost is \$67.50 for First Church members, \$81 for non-members.

Register online. The link to join the class will be sent to you prior to the first session.

Monday registration: <https://bit.ly/UUMondayYogaNov>

Wednesday registration: <https://bit.ly/UUWednesdayYogaNov>

CONNECT & REFLECT WITH FOLKS ON THURSDAYS. As I write this, we are still waiting for all the votes to be counted for the election. It's good to gather with folks from church during these times. Join us each Thursday (except for Thanksgiving) at 6:00 to Connect & Reflect, where we check-in with how things are with your spirit and reflect on questions based on a short reading. I hope to see you there sometime. [Click here for Zoom information.](#)

WE'RE BEGGING! ANNUAL CONGREGATIONAL SURVEY, PLEASE, PRETTY PLEASE, WITH SUGAR ON TOP.

Now that you've marked your election ballot, please mark our Annual Congregational Survey. We REALLY, REALLY need a better response rate to help us see how well we're doing in moving toward our congregation's Ends (goals). New deadline is November 22. Mark your calendars and just do it. It will help us out tremendously! Thank you. Gracias. Danke. Graci. Merci. [Take the survey here.](#)

SENDING YOU LIGHT: AN EVENING WITH MELANIE DEMORE, VOCAL ACTIVIST.

Join us Thursday, November 12 at 7:00 p.m. for an evening with Grammy-nominated artist Melanie DeMore who will connect over Zoom from Oakland, California to share songs of love, light and justice. As she sings to, with, and for us, don't be surprised if Melanie reaches right through the screen to touch your soul. All ages welcome. First Church will split all proceeds from this event with Zao MKE Church in support of our social justice partnership, Faith in the Streets. Suggested donation is \$10/individual or \$20/household; however, all are welcome regardless of ability to pay. Register at: bit.ly/SendingYouLight.

CHILD DEDICATION: CELEBRATE A BIRTH OR ADOPTION ON NOVEMBER 22

. Join us for a Dedication of Parents and Children during the 10:00 a.m. virtual service on November 22. In this ceremony, the congregation welcomes children into the world, the family, and the church community. The simple and sacred tradition is related to the Christian baptism, though the meaning we attach is significantly different. Because of the promises made by the congregation, child dedications are available only to First Church members. If you are interested in having your child dedicated, email Lillian Schley at re.admin@uumilwaukee.org or fill out the form at <http://bit.ly/UUdedicate> by Sunday, November 11.

ZAO MKE CHURCH IS THE NOVEMBER SHARE THE PLATE RECIPIENT.

Zao MKE Church specifically seeks to serve and welcome LGBTQIA Christians who have been hurt or feel neglected and rejected by the church. "The call for justice issued by the gospel of Jesus Christ is for the purpose of reconciling all things into wholeness with God. To that end, we seek to build a radically inclusive community and world, wherein all people are valued in the fullness of who God has made them to be – affirmed, celebrated, and loved. We explicitly affirm the life, value, and worth of LGBTQIA people, and the Movement for Black Lives." [Donate to Zao here.](#) Learn more about Share the Plate [here.](#)

FIND EVENTS ON OUR WEBSITE.

Check out our website events pages uumilwaukee.org for several drop-in, online activities for friends and members. Click "Join Us" on the specific event page, enter your name and email address, and you will immediately receive an email with the Zoom link. It's easy and secure to click on the "Join Us" button anytime you need the link. Here are some of the events;

- [Team Trivia on Zoom](#) - 1st and 3rd Thursday at 7:15 p.m.
- [Poetry Contemplation](#) - Every Wednesday at 9:00 a.m.
- [Buddhist Study Group](#) - 1st and 3rd Wednesdays at 6:30 p.m.

COVID CANDLE ON SUNDAYS.

Because of the ways our lives are touched by loss and grief during the global pandemic, we have a simple ritual during Sunday worship called the "COVID Candle" when it is needed. During this unique time, when people cannot gather with their family and community to mourn, we offer to light the COVID Candle for any death of a loved one of one of our members. If you have had a loved one die from COVID-19, or any other cause of death, and would like the COVID Candle

lit in their honor during Sunday worship, please contact Rev. Dena.

PASTORAL CARE RESOURCES FOR MEMBERS.

- If you would like to talk to a Pastoral Care Associate, please contact PCA Coordinator Jane Peterson at fuspastoralcare@gmail.com or 414-967-1471. If you'd like to talk to the Ministers, please call our Pastoral Care Emergency line at 414-216-3113.
- For practical help, grocery shopping and delivery, please contact Jane Dorweiler, Pastoral Care Provider Coordinator at fuspcprovider@gmail.com or 414-839-3053.
- For personal financial assistance, please contact Dena or Jennifer for the Ministers' Discretionary Fund.
- If you have tested positive for COVID-19, please contact Rev. Dena immediately at 414-216-3113, so she can support you and our community.

LINKS FOR MORE INFORMATION

[November Chanticleer Newsletter](#)

[Member Portal Information](#)

[Religious Education Information Newsletter](#)



WATCH SUNDAY SERVICES ONLINE AND SHARE WITH YOUR FRIENDS!

You can watch Sunday Services live on Facebook or view a recorded version at any time. We will livestream this Sunday service at 10:00 a.m.

Please subscribe to our [YouTube Channel](#) and Like our [Facebook](#) page!

SUBMIT YOUR ARTICLES & ANNOUNCEMENTS. Please use these helpful forms which will ensure receipt by the correct staff and a confirmation email to you. If you have questions about the forms, please contact Shari Wright at shari.wright@uumilwaukee.org. Also find links to these forms on the church website under the Members tab.

For weekly *Announcements* and the monthly *Chanticleer*, use our forms:

Announcements: <https://uumilwaukee.org/announcement-submissions/>

Chanticleer: <https://uumilwaukee.org/chanticleer-submission/>

For Facebook or website posts, please contact: jean.johnson@uumilwaukee.org.

A place where freedom, reason, spirituality, community and social justice all come together.

414-273-5257



Visit our uumilwaukee.org website.

