



High Plains News

“Building a liberal spiritual community that welcomes all to lives of wholeness”

December 2012

High Plains Church - Unitarian-Universalist

Vol 19, No 12

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Thanksgiving Dinner at HPCUU



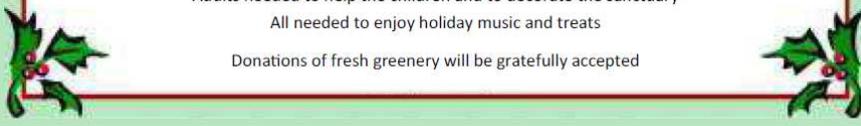
Decorate the church for the Holiday Season



Deck the Hall

A holiday festivity for all ages
 Sunday, December 9, 2012
 immediately following the service

Gather one and all to get our church home ready for the holiday season
 Children needed to make ornaments for our Christmas tree
 Adults needed to help the children and to decorate the sanctuary
 All needed to enjoy holiday music and treats
 Donations of fresh greenery will be gratefully accepted



Events Calendar December 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2 Sunday Service 10:00 am - 11:30 am Discuss HPCUU History 11:30 am YRUU at All Souls 12:30 am - 2:30 pm	3	4	5	6 Yoga Class 5:30 pm - 6:30 pm Fellowship Team 6:30 - 8:30	7 Stitchers/Hands 1:00 pm - 3:00 pm HiPS Cookie Exchange 7: 00 pm	8 Mike Zimmerman Recital 9:00 am - 1:00 pm
9 Sunday Service 10:00 am - 11:30 am New to UU 11:30 am - 12:00 pm Fostering Hope 11:30 am - 1:00 pm YRUU at All Souls 12:30 am - 2:30 pm	10	11	12 Compassionate Com. 6:30 pm - 8:00 pm	13 Yoga Class 5:30 pm - 6:30 pm	14	15 Issues of Aging 10:30 am - 12:00 pm
16 Sunday Service 10:00 am - 11:30 am YRUU at All Souls 12:30 am - 2:30 pm	17	18	19 Pastoral Care Team 6:00 pm - 8:30 pm Board Meeting 6:30 pm - 9:30 pm	20 Yoga Class 5:30 pm - 6:30 pm	21 Stitchers/Hands 1:00 pm - 3:00 pm Parent/Child U& I 6:00 pm - 8:30 pm	22
23 Sunday Service 10:00 am - 11:30 am YRUU at All Souls 12:30 am - 2:30 pm	24 Christmas Eve Service 5:00 pm	25 Christmas Potluck	26 Compassionate Com. 6:30 pm - 8:00 pm	27 Yoga Class 5:30 pm - 6:30 pm	28	29
30 Sunday Service 10:00 am - 11:30 am YRUU at All Souls 12:30 am - 2:30 pm	31					
Be sure to check the Events Tag on the website at www.hpcuu.org for additions and corrections to the calendar.						

Upcoming Services

December 2: *"High Plains Church History"* with the Rev. Beatrice Hitchcock. Eighteen years of High Plains Church history: patterns and problems, strengths and values. Service will be followed by a discussion.

December 9: *"Hanukkah: The Festival of Lights"* with Julia Mesnikoff and the Rev. Beatrice Hitchcock. Traditions, legends, and music of Hanukkah.

December 16: *"Dark of Winter, Heal My Soul"* with the Rev. Beatrice Hitchcock and Elizabeth Hitchcock. This Winter Solstice service will recognize the gifts of winter darkness and use ritual to call back the sun.

December 23: *Holiday Pageant* directed by Cyndi Dawn, music from Joe Uveges. Intergenerational service.

Monday, December 24, 5:00 pm – Christmas Eve Service Join HPC Music Director Joe Uveges for an evening of music and stories.

December 30: *"Societies -- Origins and Patterns"* with Tom Ward. Drawing from Edward O. Wilson's, "The Social Conquest of Earth," and illuminating how humans have come to have behaviors where the individual is paramount and those where the group takes precedence.



Minister's Musings

by Rev Beatrice Hitchcock, Interim Minister

There are many theories about what makes a church strong. Inspirational ministers, great musicians, charismatic directors of Faith Formation, beautiful buildings,.... the list goes on and on.

Here's what I have read, put into practice, and witnessed first-hand. High-expectations of members are what make a church strong. Expectations that members will step up and volunteer, contribute generously of their time, talent, and treasure. Expectations that members will place the needs of the church over their own desires. Expectations that members will have spiritual practices which contribute to their spiritual maturity. Expectations that members will participate in the church's social action projects.

Low expectations will be met. Almost every time. Most people will do what is expected of them and not much more. Low expectations for stewardship will be met with low levels of pledging. Low expectations for time contributed will be met by a lack of volunteers, or volunteers who will not commit the time needed to see a project through. Low expectations for leadership will be met by volunteers who are untrained and unprepared. Low expectations for social justice work will be met by little or no social action happening on the church's behalf.

Conversely, high-expectations of church members will also mostly be met. In trying to turn around a 55-year-old church with low expectations for its members, I found that it was easiest to work with the newest members. The longest-term members were the hardest to change. High Plains Church is a younger church. Does that mean that it will be easier to raise expectations for members? I have seen high expectations in some areas, and there are people here who understand their value.

The following are some basic expectations:

- A) Attend High Plains Church services regularly. Worship services are the heart of the church. Don't pick and choose which services you will attend as if they were movie options; just show up.
- B) Participate in programs every year that contribute to your faith formation, such as small group ministry or adult religious education.
- C) Have a regular spiritual practice, or seek one, which provides you with courage and hope.
- D) Actively participate in High Plains Church social action projects. Without large-scale participation, social justice work is marginalized and ceases to be a function of the church.
- E) Practice generosity and support the church financially; pledge and give at the 5% to 10% level, or make a plan to reach that level over time.
- F) Volunteer on a team or in another way that sustains the work of the church. A church is a volunteer-run organization; it depends on your service.
- G) Tell others about High Plains Church, UU. This church has something to offer - don't keep it a secret.

Try being part of a high-expectation church and see how it feels; watch what you all can accomplish together.

Yours with hope and high expectations for the future of High Plains,

Beatrice

Are you New to UU?

Do you have questions about Unitarian Universalism? Do you want to know more about us? Join Reverend Beatrice Hancock for a short get together this month on the second Sunday, December 9. Childcare will be provided. Questions? Contact Reverend Beatrice or Gail Ballare at gailballare@gmail.com.

Interim Minister's Schedule

Sunday, Dec 2	Service 9:00 am – 11:30 am History discussion 11:30 am – 1:30 pm
Tuesday, Dec 4	Office hours 9:00 am – 3:00 pm
Wednesday, Dec 5	Office hours 9:00 am – 3:00 pm
Thursday, Dec 6	Office hours 9:00 am – 11:00 am <i>Inter-religious Clergy 11:30 am; Fellowship Team 6:30 pm</i>
Sunday, Dec 9	Service 9:00 am– 11:30 am; New to UU 11:30 am Deck the Hall
Tuesday, Dec 11	Office hours 9:00 am – 3:00 pm
Wednesday, Dec 12	Office hours 9:00 am – 3:30 pm Transition Team 3:30 pm – 5:30 pm
Thursday, Dec 13	Office hours 9:00 am – 3:00 pm
Saturday, Dec 15	Issues on Aging 10:30 am – 12:00 pm
Sunday, Dec 16	Service 9:00 am – 11:30 am

Italics indicate off-site meetings. I will be in Alaska for two weeks over the holidays, Dec 17 to 31, and available by email: minister@hpcuu.org, or cell phone: 907 841-0738. Rev. Beatrice Hitchcock

Veterans' Support Group and More

Rev. Beatrice Hitchcock

In the recent Veterans Day service, I talked about the role that churches can play in healing for veterans of war...

Because the wounds of war may be spiritual as well as physical and psychological, the church has a role to play in healing veterans. Churches can offer a meeting place for veterans' support groups, a very powerful healing tool for vets. Ministers and trained pastoral counselors can listen to the stories of veterans. Congregants can offer prayer for and encouragement to vets, and serve as witnesses to veterans' poetry or prose or artwork. Churches can offer rituals for making amends, forgiveness and healing. Caring Teams can provide care for the family members of those deployed and for the caregivers of those who've returned. Parish Nurses can do assessments and make referrals for services.

High Plains Church could do any or all of these. A veterans support group would be an easy way to start. Elders exist here in the form of older veterans, warriors

who have come to terms with their experiences, and others with training in transformation. If you are interested in being part of a veterans support group, please let me, or DFF Jessica Laike, know.

Safe Space for Bullied Youth?

Rev. Beatrice Hitchcock

At the discussion of change in October, someone suggested that High Plains Church offer a weekly Safe Space for lesbian, gay, bisexual, transgender, intersex, questioning, and allied youth, or any youth who are being bullied. This would require mentors and supervisors, people who could help with homework, provide food, and more.

It is not a project to be jumped into lightly, but it is doable, and a worthy undertaking for a Welcoming Congregation. Consider this as a Social Justice project for High Plains Church. If you are interested in helping, please let me know. A planning team would be needed to assess all the aspects of the project and present it to the congregation for greater support.



Faith Formation

by Jessica Laike

“Gratitude unlocks the fullness of life. It turns what we have into enough, and more. It turns denial into acceptance, chaos to order, confusion to clarity. It can turn a meal into a feast, a house into a home, a stranger into a friend. Gratitude makes sense of our past, brings peace for today, and creates a vision for tomorrow.”

~ Melody Beattie

Thanksgiving is without a doubt my favorite holiday of the year. It is a holiday not about gifts and glamour, but about friends and family gathering to share a meal and reflect on all we have to be thankful for. Many of my friends have taken part in the ‘month of Thanksgiving,’ sharing a different thing they are thankful for every day for the past month on Facebook. I love this idea. I love that so many people took a moment out of their day, every day, to be thankful. I don’t know for sure, but I would venture a guess that those who participated in this practice may have found themselves a bit happier than usual. That the simple act of taking a moment for gratitude may have made the other stresses and daily challenges of life a little easier to deal with. Which begs the question, why not do this every day? How many different things are you grateful for in your life? Could you be thankful for something different every day for a month? For a year? For a lifetime? I think you could. I think we all could.

Gratitude is perhaps the simplest and most pure spiritual practice there is. In moments of gratitude my mind is quiet and my heart smiles. What does gratitude feel like to you? Take a moment, think of something or someone for which you are truly thankful. Hold them in your mind and your heart and let the gratitude wash over you

like a wave. Now, do you feel a little better than you did a moment ago? Is there a trace of a smile on your face? Do you feel a little more centered, a little more relaxed? Imagine if every day you set aside a few moments for this practice of gratitude. How long might that peaceful feeling last? Would you smile more? Would you have more patience with your child, parent or lover, if you took a moment to remind yourself of how grateful you are to have them in your life? Perhaps...or perhaps not, the real question is whether you are willing to find out.

So here it is: As we embark on this holiday season with the barrage of media ads telling us that without that new gadget, watch, jewelry, clothing, car, our lives are somehow incomplete, I challenge each and every one of you to sustain this awareness of gratitude. Do not let gratitude be confined to a particular day, or month, or season, but instead make it a daily practice. Write it down, post it on Facebook, tell your partner or your family over breakfast or dinner, shout it to the world, whisper it to yourself, or meditate on it in silence. No matter how you do it, take a moment every day for gratitude and see what happens. It might be nothing, but then it might just change your life.

In faith, *Jessica*

I started teaching church school again this past fall. I chose Middle School because I like this age and knew there was a spot open on the MS Team. Not only did it satisfy my need to be "needed", it was something I was excited about doing. I love the UU curricula and like discussing and sharing our good news with the young people of our church.

One of the most pressing issues our denomination faces is the loss of our youth after they graduate and even before. We want our kids to stay active in the church for the long haul. So in addition, I feel teaching provides an opportunity for mentoring.

But for me, the best part of teaching is getting to know some of our High Plains youth. Sharing smiles and jokes and having eye contact with some great kids makes it all worthwhile. I also get some "updates" from the kids on T.V. shows, books or just what is cool these days: A low cost anti-aging strategy, perhaps.

So please know you do not have to be a child expert, a professional teacher or a parent to be actively involved in our youth programming. I do goof up on a regular basis but have found these kids pretty non-judgemental. Maybe that will start rubbing off on me!

So I hope my testimonial will encourage you to think about teaching next semester. - Gail Ballare

What's Happening in Faith Formation?

Please note that this is not meant to be a comprehensive list of everything that has happened in the church in regard to Faith Formation, but instead to serve as a highlight reel of the last month and a look at what is coming up in the next month.

November

Nov 5: Cindy Bosch volunteers to spearhead the Holiday Pageant this year.

Nov 9 - 11: The first of 3 weekend retreats for those 9th graders who will be attending the Front Range UU 9th Grade Trip in April. This weekend retreat was held at Foothills UU in Fort Collins, CO.

Nov 12: The R.E. and Youth Programs began selling popcorn from Colorado Gourmet Kettle Corn for our Fall Fundraiser.

Nov 18: The high school Youth Group presented a very well received Beatles service at All Souls UU to a packed house. Dates are being looked at to see if the service can be re-done here at High Plains this spring.

With the help of Joe Catalano, Jonathan Herdt and Jessica Laike, the YRUU Youth Group was able to raise just over \$2000 by selling the Chexx Bubble Hockey and Dynamo Air Hockey tables which were in the high school room. This money will be used to defray travel costs for the group to attend the Pacific/Western Region Youth Assembly in San Jose, CA this April, as well as General Assembly in Louisville, KY in July.

December

All Month: Spring R.E. Teacher recruitment – we are in need of 4-5 new teachers for our Sunday School program this Spring. Teaching in our children's R.E. program is a great way to expand your horizons and deepen your own understanding of our UU faith. Those interested are invited to sit in on any of our R.E. classes this month to see what it is all about.

Colorado Springs YRUU high school youth group will meet at All Souls UU this month.

Dec 9: Last day to submit popcorn fundraiser order forms.

Deck the Hall – Children of all ages are invited to stay after the service to make ornaments and other holiday decorations to put up on our tree and around the church.

Youth attending the 9th Grade Trip meet at First Unitarian Society of Denver for a fundraiser.

Dec 13: UUA regional sponsored webinar entitled "Navigating Rank in the Beloved Community" part of the *Beloved Community* webinar series.

Dec 15: Deadline to turn in Background Information Forms for those interested in being part of the Faith Formation Team.

Adult discussion group regarding issues on aging meets at HP from 10:30-12:00. For more information please contact Betty Davis at bdaviseyes2@gmail.com.

Dec 16: Popcorn fundraiser orders available for pick up.

Dec 18: UUA regional sponsored webinar "Transgender Youth Ministry" part of the *Continuing the 'Welcoming Congregation' Journey* webinar series.

Dec 21: High Plains covenant group for Parents meets at the church to share pizza, our lives, and discuss topics as they relate to parenting (childcare is provided). For more information please contact Kelly Gorashi at kdghorashi@gmail.com.

Dec 23: High Plains Holiday Pageant during Intergenerational Sunday morning worship.

Dec 24: Intergenerational Christmas Eve service.

Jan 1: YRUU registration deadline for those who want to attend the Beloved Community Retreat in Denver, February 25-27.

In response to Rev. Beatrice's moving Veterans Day service we are looking to form a Veterans Support Group. Those interested in attending or helping to organize such a group, please contact Rev. Beatrice (minister@hpcuu.org) or Jessica (dff@hpcuu.org).

If you have a group which you believe works toward the goals of Faith Formation please contact Jessica at dff@hpcuu.org about including your meetings on the monthly list of Faith Formation Programming events.



The President's Post

by Danielle Heimer

This year has been a year of challenges for High Plains, as we head in to 2013 with a completely new professional staff and changes in programming. We have begun the work of Interim Ministry with Reverend Beatrice. In November, a small group including the board and a congregation member (team leads and others were invited to participate, but attendance was small) to discuss two areas:

- things High Plains does well and should celebrate
- things High Plains doesn't do as well or at all

Our conclusions were that there are a number of things High Plains is very good at and should be proud of and celebrate and those include our music program, our warm and welcoming sense of community and fellowship and ability to welcome newcomers, the kind, compassionate, empathetic ways we care for each other, our worship services and our faith formation programming for children, youth and adults. We are obviously working from a foundation which includes a number of activities and strong bonds among our community.

When we looked at areas where High Plains can continue to improve, other facets came to light, including developing spiritual maturity with 4 subset categories

- having a spirit of abundance, giving generously
- quieting of ego/arrogance
- engaging in reflection as part of the learning process
- service as a part of spiritual practice

As an aside, the Board has recently read several books and shared our insights and impressions from those books with each other. As a board, we love the idea that the purpose of church is to encourage its members to develop their spiritual maturity. The books we've been reading include *The Almost Church Revisited* and *Church Do's and Don'ts* (both by Michael Durall) and a few other titles. We found this reading to be both challenging and rewarding and would love to see members read one or more of these as well. For the most part, the books were not too long and were especially relevant to this transitional time. Contact Rev Beatrice or any of the Board members if you are interested in reading along with us.

Other areas for improvement included defining who we are and what we aspire to become through developing our Mission, Vision and goals; and engaging in greater service and acts of social justice outside of High Plains church. The strengths that we have will serve us well as we work towards a deeper spiritual maturity. There is a tentative timeline of events to help work towards these priorities, which includes topical worship services, a discussion of our history, workshops in the new year on grief, releasing trauma, and forgiveness, and beginning the vision process. If you have questions or suggestions for the Board, please contact us via email at board@hpcuu.org, in person after the service on Sunday or by phone (listed in the directory for individual board members). Thank you!

Danielle Heimer,
President of the Board of Trustees

More Thanksgiving Dinner Photos





Dollars & Sense

by Jack W. McElroy

“Money has everything to do with religion, with the choices that we make about how to be in relationship with ourselves, our neighbors, and with the divine. Religion is about life, and life, it seems, has a whole lot to do with money.”

Lynn Ungar

The season of giving

This holiday season, we thank everyone who has supported High Plains Church this past year with their time, talent and financial contributions and look forward to support from all of our members and friends in the year ahead. If you need a convenient way to make regular offerings or if you plan to make an additional gift before the end of the year, we encourage you to check out our electronic giving options. As the pace of life speeds up, especially around the holidays, you may find electronic giving a most welcome way to make contributions. Contact the church office for more information. All contributions received in the church office on or before December 31 will be included in the amount reported on your 2012 contribution report.

During November an extraordinary gift was received, a check for \$15,000. This gift was above and beyond the normal pledge for the contributing family. The first annual payment on the loan from All Souls Church is due next month. This payment is approximately \$14,000 and will be funded by the contribution mentioned above.

Church Financial Statements

Overall YTD revenues and expenses for Church Operations for the first four months of the current year remain favorable compared to budget, as revenues were higher than budget and expenses were lower. The financial schedules for the four months ended October 31, 2012 are available to HPCUU members and friends who would like to receive an electronic copy. Just email your request to cfo@hpcuu.org. I am also available to review the schedules by appointment.

Cash Position @ October 31

At October 31, 2012, High Plains had a cash balance of \$48,702, a decrease of \$1,042 from June 30, 2012. The October 31 cash balance included \$6,583 of unrestricted cash.

Temporarily Restricted Cash at October 31, 2012 includes the following:

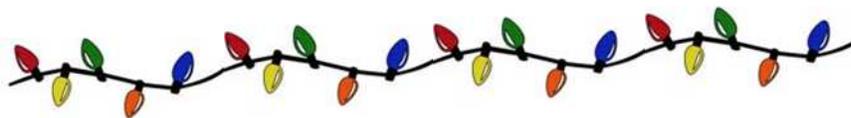
Capital Fund Drive	40,181
Playground	57
Aesthetics	1,561
Music Director	<u>320</u>
Total Restricted	42,119

All questions or comments regarding HPCUU financial issues may be directed to cfo@hpcuu.org.

Make your Monthly Payments Electronically

If you don't already participate in the electronic funds transfer program for monthly pledge payments at church, please consider doing so. Under this program, you authorize the church to transfer funds for your pledge payment each month from your bank account to the church's account. High Plains has offered this payment option for seven years, and about a third of church members take advantage of it. The program is great for the church because it helps to make revenues constant and predictable, like many of our expenses. It's great for you because you don't have to remember to write a check every month—you just fill out a form one time, and the treasurer does the rest.

If you are interested in participating, or if you have questions, please talk to the church treasurers, Janet Oliver or Meighan Powell, or just look in the "finance procedures" binder on the church secretary's desk and find a blank form, fill it out, and give it to Janet or Meighan or leave it in the treasurer's mailbox at church. The forms are entitled "Direct Answers to Questions about Electronic Contribution" and are located in one of the inside cover pockets of the notebook. Any time that you wish to change an existing payment amount or discontinue payments, use the same form.



On the heels of our very popular and successful Thanksgiving dinner comes another High Plains tradition—the annual Christmas Day Potluck! For several years we have gathered at church on Christmas Day to share a meal and celebrate the season. This year we are looking for a volunteer to coordinate this event: Seek and receive RSVP's, solicit specific donations of food as desired, and (with plenty of help) set up before the event and clean up afterwards. Please contact Heather Ashbee (heatherashbee@comcast.net) or Amy Plapp (wardplapp@msn.com) if you would like to help. If more than one person is interested the responsibilities could be shared.



Fellowship Forget-Me-Nots

Please mark your calendars for these upcoming Fellowship events



- Fri, Nov 30 **Friday Night Potluck** with Rev. Beatrice and the Board - the second in a series of potlucks designed to get to know Rev. Beatrice and discuss issues related to the life of the church. This month's topic: Leadership. Time: 6:00 p.m.
- Thu, Dec 6 **Fellowship Team meeting** - Join us at 6:30 p.m. at the 3 Margaritas (just across the church parking lot) for our every-other-monthly meeting. We'll plan and discuss upcoming fun events at the church like potlucks and February's Chocolate Festival, and firm up the final details for the "Deck the Hall" event the following Sunday. Who can resist joining a team that meets at 3 Margaritas? Hope to see you there! Questions, please contact Heather Ashbee at heatherashbee@comcast.net or Amy Plapp at wardplapp@msn.com.
- Sun, Dec 9 **Deck the Hall** - Plan to stay after church immediately following the service and help spruce up the sanctuary for the holiday season. Join us for holiday treats, help the children make handcrafted ornaments for the tree, and sing along to your favorite Christmas tunes as we deck the hall for the holidays! Donations of fresh greenery will be greatly appreciated. Kathy Kortman and Kathy Neil of the fellowship team are coordinating this event.
- Tue, Dec 25 **Christmas Day Potluck Dinner** - What could be more fun than sharing Christmas dinner with your HPCUU friends? Join us for the Annual High Plains Christmas Potluck dinner. Watch the Sunday Announcements for further details, or email heatherashbee@comcast.net or wardplapp@msn.com. We still need a coordinator for the event—please let Heather or Amy know if you are interested!

Clean Up Volunteers Needed! - Can you help with clean up after coffee hour one Sunday per month? We are looking for four more volunteers to help load the dishwasher, wash coffee pots and wipe down the counters. It's not glamorous work... but it's got to get done! If you can stay after church and help with this one Sunday a month, contact Heather Ashbee (heatherashbee@comcast.net) or Amy Plapp (wardplapp@msn.com)

Do you enjoy planning parties and events? The Fellowship Team is always looking for new members. Please contact Amy Plapp (wardplapp@msn.com) or Heather Ashbee (heatherashbee@comcast.net) if you would like to sign on or to get more information.

Caring Corner

Please keep in your hearts ...

- Carol Peterson in her ongoing battle with Cancer.
- Marti Dyer Allison whose mother passed away.
- Jacob Allison who is returning to Japan with the US Navy.
- Sue Majors whose mother recently passed away.

The Caring Team is here for you ...

Whether you need a helping hand, an ear to listen, a ride to the doctor, meals delivered to your home, or other assistance, the Caring Team is here to help. Please let us be there for you, and please notify us of any of our members and friends who may need help. Contact team lead Meighan Powell at apixxie@gmail.com or 719-243-4786, or other members of the Caring Team: Phyllis Dunn, Michelle Bull, Jennifer Centric, or Candy Birgers1.

High Plains Church History and Healing

As part of the developmental work of the interim period, Sunday, December 2nd, the service will be on High Plains Church history. A discussion following the service at 11:30 will allow for more in-depth processing.

In January, there will be additional offerings for healing any remaining hard feelings or rifts at High Plains. A healing focus group will provide an opportunity for healing for those who prefer "head" work. A special service of healing rituals will be offered for those who like to work from the "heart." A three-session workshop on forgiveness will be useful for church-related concerns as well as life and relationship issues. Please plan to participate.

Swan Law Presentation

By Bill Hein PCT

Those who attended the Swan Law presentation came away with some very useful information. Such as: the best time to plan is now. The best time to buy is now because it will never be cheaper, changes and updates are possible anytime. Dignity is national, and of course, you never know when you'll need their services. Swan Law has all the arrangements you may want and maybe never even thought of. They have a planning guide as well that will prompt you to plan thoroughly. Payment plans are simple and affordable. Those who call Swan Law before Dec. 15th and mention the church will get a huge discount as part of the presentation offer. Thanks to all who attended.

Volunteer Positions Available

By Kelly Miller

Membership Team is looking for a Co-Chair. If this position interests you please contact Kelly Miller.

Stewardship will need 20 volunteers for a skit in March. Do you like playing a part? Are you a Hero or a Villain? If you want to play a role contact Kelly Miller zanjann@gmail.com.

Transition Team

Rev. Beatrice Hitchcock

The interim ministry Transition Team has been formed. Members are: Julie Feuerbach, Karen Clemmensen, Jim Montgomery, Joanne Fox, Michelle Bull. The team serves as my "brain trust," advising me on how interim goals may best be met at High Plains Church. Feel free to talk with them about any aspect of the interim work.

Unitarian Universalist United Nations Office

By Carol Montgomery

The UU-UNO in New York City celebrated its 50th anniversary on Saturday, November 3rd. in spite of Hurricane Sandy. More than 100



friends and members attended this special event at the New York Times Center. Director Bruce Knotts received the Leadership Award and the St. Paul's Foundation Award for International Reconciliation, recognizing his effort in working toward a peaceful, sustainable and just world community. A video overview is available at <https://vimeo.com/52860891>.

Looking ahead ... Intergenerational Spring Seminar from April 4-6 in New York City where the topic will be to stop violence based on sexual and gender identity. As always this seminar will be educational and exciting with many speakers and events for youth and adults. Let us here at HPCUU be represented!

Issues on Aging

By Betty Davis

The Issues on Aging discussion group will meet on Saturday, December 15, from 10:30 - noon in the middle school classroom. This month we will be sharing with each other how our holiday traditions have changed as our lives have changed with children leaving home, new spouses, etc. In January we will be talking about managing our money. Anyone with ideas to share or questions is most welcome to attend regardless of your age. If you have questions about this group, contact Sue Neufeld at 260-9625.

Imbolc Service

By Dianne McRae

In preparation for the service on 3 February 2013, all women of the congregation are invited to join in a choir that will sing in the service celebrating Imbolc, the half-way point between the Winter Solstice and the Spring Equinox. We will sing several songs as a choir and also help to lead the congregation during the service. (No, you don't have to have a speaking part if you don't want to.) We will rehearse on 19 January and 2 February. Please contact Dianne McRae at dianne@mcrazy.net for more information.

Bread Communion Sunday

by Kelley Ghorashi

Julia Mesnikoff and I brought the same hard rolls (Semmel) to Bread Communion Sunday this year. I shared the recipe with her years ago at a Bread Communion Sunday. The Semmel recipe is very flexible. Julia's rolls were part whole wheat and part white flour and mine were made entirely with white flour. My father-in-law put rye flour in them to make the recipe his own. Julia adds: I barely knew Kelley the day I asked for this recipe. I liked the rolls so much I put a handwritten note next to them saying, 'Who made these? I love them and need the recipe please!' And Kelley found me. Every time I make Semmels I enjoy the fact that I got to know Kelley better through them.

This recipe originated in my mother's family, which is German Mennonite. We typically mix Semmel on Saturday in preparation for baking them for breakfast on Sunday morning. We serve the rolls hot and slice them horizontally and spread them with peanut butter and jam or butter and honey. Everyone finds their favorite combination of toppings. One of my personal favorites is butter and cheddar cheese. These rolls can also be used to make sandwiches. My go to cookbook for family recipes is the Town N' Country Mennonite Favorites my edition was printed in 1988. I combined elements from all three recipes listed for Semmel and added some of my own touches to create the recipe below.

Semmel (Hard Roll)

3 C Flour
1 1/4 C Water
3 tsp Yeast
1 tsp sugar
1 tsp salt



The night before, dissolve yeast in warm water add sugar. Gradually add flour and salt and beat with a large wooden spoon to make a stiff dough. The dough should drop off the spoon in clumps, if the dough looks like it is dripping off the spoon add more flour. Allow the dough to rise over night covered. In the morning, put on a greased tin with a tablespoon. Dip spoon in water to prevent sticking. Bake in a very hot oven (450-500 degrees) for about 15 minutes.

High Plains Knitters/Stitchers

Bring your stitching project and join us at a *NEW LOCATION* starting on November 2: La Tartine at 1420 Kelly Johnson Blvd, 80920. This location has a full lunch menu as well as beverages and yummy pastry items. We meet on the 1st and 3rd Fridays from 1:00 pm - 2:30 pm. And if you don't have any stitching, come anyway and just "hang out" with us!

Questions? Contact Janet Oliver at cojoliver@aol.com or 590-1060





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Unitarian Universalist

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Sunday Services at 10:00 AM

Come Join Us!

Inside:

- Thanksgiving Dinner**
- Deck the Hall**
- CFO's Report**
- Christmas Dinner**

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More Thanksgiving Dinner Photos Inside



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