



High Plains News

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

October 2013

High Plains Church - Unitarian-Universalist

Vol 20, No 10

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2013 Annual Auction

Oct 26th
Halloween
AUCTION & CARNIVAL
CARNIVAL: 5:00 - 8:00 PM
 FUN FOR YOUNG & OLD ALIKE!
 HAUNTED HOUSE, GAMES, FORTUNE TELLER, FACE PAINTING, COSTUME CONTEST & MORE!!
AUCTION: 6:00 - 8:00 PM
 LIVE & SILENT AUCTIONS - COME IN COSTUME FOR A SPECIAL TREAT!

1825 DOMINION WAY
 COLORADO SPRINGS, 80918
 EMAIL: OFFICE@HPCUU.ORG PHONE: (719) 260-1080

All families welcome




2013 Annual Auction

By Gretchen Hein

This year's High Plains Auction is a fun combination of adult auction and children's carnival and children's auction. Halloween is our theme and everyone is encouraged (but not required) to sport a costume.

5:00 Children and parents arrive, eat and then go to the portables and the golf course for their carnival and auction. The Youth will manage the children's carnival and auction.

6:00 Adults and parents will arrive for the Adult Auction where they will get their bidding number, buy drink and raffle tickets and then find items to bid on the tables in the Sanctuary as we have in the past. Appetizers will be served and there will be piano music provided by our very talented pianists.

7:15 the Silent Auction will end and the Live Auction will be conducted.

By **8:00** both events will be finished.

Each person (or couple wishing to receive one invoice) wanting to bid at the auction will be assigned a bid number which will be used on the silent auction item pages and for the live auction. When bidding on dinners or other events, it's important to indicate how many persons are requesting a "seat" -- i.e. a couple bidding with one bid number needs to put (2) next to their bid number.

When bidding has closed, winning bids will be entered into the auction database. This is a time-consuming process and won't be completed by the end of the evening. Invoices will be prepared for distribution to the

lucky winners on Sunday morning before or after services and will continue for several Sundays. Payment will be made by check or cash to HPCUU (credit cards not accepted).

Even though the church receives all funds collected in this important fundraiser, bidders are purchasing items and therefore receiving something in return for their money. Thus, for IRS purposes, it is not a donation and will not be listed on statements from the church.

Donations are due by Friday October 18th to Janet Oliver, auction@hpcuu.org, in order for her to have time to compile the brochure. Here is the format for your donation:

Format for SILENT AUCTION

1. Name of the item:
2. Description of item:
3. Name of the donor:
4. Date of event if needed:
5. Number of bidders:
6. Minimum Bid:
7. If it's say a gift basket estimate its worth:

Format for LIVE AUCTION

1. Name of the item:
2. Name of Donor:
3. Minimum Bid:
4. Description of item:

High Plains Stitches

Bring your stitching project (or any easily transportable craft) and join us at 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 or crafting, come anyway and just "hang out" with us!

Questions? Contact Janet at
stitchers@hpcuu.org



Events Calendar October 2013

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Meals on Wheels 11:30 am - 01:00 pm	2 Book Club 6:00 pm - 8:00 pm	3 Yoga Class 5:30 pm - 6:30 pm Voluntary Simplicity 7:00 pm - 8:30 pm	4 Stitchers/Hands 1:00 pm - 3:00 pm Parent/Child U&I 6:00 pm - 8:30 pm	5
6 YRUU at All Souls 12:30 am - 2:30 pm	7 Yoga Class 6:00 pm - 7:00 pm	8 Meals on Wheels 11:30 am - 01:00 pm	9	10 Yoga Class 5:30 pm - 6:30 pm Voluntary Simplicity 7:00 pm - 8:30 pm	11 OWL K-1 & 4-6 Facilitator Training 1:00 pm High Plains Sisters 7:00 pm - 9:00 pm	12
13 Foster Family Support 11:30 am - 01:00 pm YRUU at All Souls 12:30 am - 2:30 pm OWL K-1 & 4-6 Facilitator Training 5:30 pm	14 Yoga Class 6:00 pm - 7:00 pm Publicity Team Meeting 6:30 pm - 8:30 pm	15 Meals on Wheels 11:30 am - 01:00 pm Fundamentalism Class 7:00 pm - 8:30 pm	16 Board Meeting 6:30 pm - 9:30 pm	17 Yoga Class 5:30 pm - 6:30 pm	18 Stitchers/Hands 1:00 pm - 3:00 pm Hip Parents Group 06:00 pm - 09:00 pm	19
20 YRUU at All Souls 12:30 am - 2:30 pm	21 Yoga Class 6:00 pm - 7:00 pm	22 Meals on Wheels 11:30 am - 01:00 pm Fundamentalism Class 7:00 pm - 8:30 pm Soul Matters Group 7:00 pm - 9:00 pm	23 Soul Matters Newcomers Group 7:00 pm - 9:00 pm	24 Yoga Class 5:30 pm - 6:30 pm Voluntary Simplicity 7:00 pm - 8:30 pm	25 YRUU Community Building Retreat 5:00 pm ...	26 Issues on Aging 10:30 am - 12:00 pm YRUU Community Building Retreat ... 5:00 pm Carnival & Auction 5:00 pm - 8:00 pm
27 YRUU at All Souls 12:30 am - 2:30 pm	28 Yoga Class 6:00 pm - 7:00 pm	29 Meals on Wheels 11:30 am - 01:00 pm Fundamentalism Class 7:00 pm - 8:30 pm	30	31 Yoga Class 5:30 pm - 6:30 pm		

Be sure to check the Events Tag on the website at www.hpcuu.org for additions and corrections to the calendar.

October Services: Transformation

- Oct 6:** *"Transforming Our Relationships with Other Animals."* with Rev. Beatrice Hitchcock. Animal Sunday. Bring your household animals to church for a blessing in this intergenerational service .
- Oct 13:** *"Seeking Transformation."* with Rev. Beatrice Hitchcock. Music Sunday featuring the music of Dan Fogelberg and UU songwriter Carolyn McDade. Experience the transformative power of music with Joe Uveges and the HPC House Band
- Oct 20:** *"Transformation Through Tragedy,"* with Rev. Beatrice Hitchcock. All our lives are touched by tragedy, some more than others. This service explores how we can find the gifts in tragedy, and grow spiritually or psychically.
- Oct 27:** *"A Celebration of Samhain"* with Dianne McRae and Kelly Miller. Samhain (pronounced SOW-in). This pre-Christian holiday, usually October 31, celebrates the final harvest and our journey into the dark of the upcoming winter season. At this time of year, many of our ancestors observed the part of the annual cycle that honors our place in the procession of life into death. We follow in their footsteps as we acknowledge our mortality and celebrate both our lives and theirs.

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Minister's Musings

By Rev Beatrice Hitchcock

After focusing on Soul Matters in my Minister's Musings for a few months, I have decided to make that a separate article, and return to writing about High Plains Church and interim ministry.

Some of you will remember that last year I discussed the congregation's developmental tasks during interim ministry. Those tasks are listed below...

Coming to terms with history. Discovering a new identity. Managing changes of leadership. Rethinking denominational linkage. Committing to new leadership and a new future.

Part of discovering a new identity is clarifying your mission and vision and how you express them. This month I want to try to clarify the Mission process you went through last Spring. The process used was one proposed by District Executive Nancy Bowen as an alternative to the months-long (sometimes years-long) process involved in adopting a new congregational vision and mission. In general, a vision clarifies where you want to be in five or ten years, and a mission spells

out what you are going to do to get there. Vision statements and mission statements are short versions of the longer articles.

The process used by your Mission Discovery Team supplanted both mission and vision processes in favor of coming up with something useful to the Board in guiding the congregation. As Nancy explained to me, and I explained to the congregation, it doesn't matter whether you call it your mission statement or vision statement. It is your guiding sentiment, and meant to replace both old mission and vision statements until you are ready to tackle the longer process of creating those more detailed articles.

You have created a useful Mission Statement that does provide guidance to the Board, and can provide guidance to all your teams, in terms of what projects to say "yes" to, and what to say "no" to. "The Mission of High Plains Church, UU, is to nurture a loving, respectful religious community, inspire spiritual growth, and act for social justice. Nurture! Inspire! Act!" To which I say, well done, High Plains.

Thanks & Wishes

From Rev. Beatrice

THANKS... Thank you to all who helped to make the Marian Call concert a success: the Publicity Team and especially Nancy Bentley; Joe Catalano on sexton duty; Anne Harris who organized refreshments and Annabel Carney, Karen Clemmens, and Gail Protheroe who served them; all those who contributed refreshments; and all who attended the concert.

Thank you to Kyle Heimer and Kim Doty, facilitators for the new fourth Tuesday Soul Matters Group.

Thank you to Kelly Miller and Tim Oliver for their work in transforming the Stepping Stones to Membership classes.

A WISH... I am looking for a small team to help organize a 20th Anniversary Celebration for High Plains Church. This anniversary is coming up in February - a great time for a party.



My regular office hours are Tuesday through Thursday, 10:00 am – 4:00 pm. I am available at other times by appointment. Friday and Saturday are my sermon writing days at home. Monday is my day off.
Italics indicate off-site meetings.

Tues Oct 1	office hours	10:00 am - 4:00 pm
Wed Oct 2	office hours	10:00 am – 12:30 pm
	<i>lunch meeting</i>	<i>1:00 pm</i>
	office hours	3:00 pm - 4:00 pm
Thu Oct 3	office hours	10:00 am - 4:00 pm
	Voluntary Simplicity	7:00 pm – 8:30 pm
Fri Oct 4	<i>St. Patrick Church</i>	<i>6:30 pm</i>
Sun Oct 6	service	9:00 pm - noon
Tues Oct 8	office hours	10:00 am - 4:00 pm
	Transition Team	4:00 pm – 6:00 pm
Wed Oct 9	office hours	10:00 am - 4:00 pm
	Spiritual Journeys	6:00 pm – 8:00 pm
Thu Oct 10	office hours	10:00 am - 4:00 pm
	Voluntary Simplicity	7:00 pm – 8:30 pm
Fri Oct 11	<i>Habitat for Humanity</i>	
Sat Oct 12	Spiritual Journeys	10:00 am - Noon
Sun Oct 13	service	9:00 pm - noon
Tues Oct 15	office hours	10:00 am - 4:00 pm
	Soul Matters Facilitators	5:30 pm
Wed Oct 16	office hours	10:00 am - 4:00 pm
	Board	6:30 pm – 9:00 pm
Thu Oct 17	office hours	10:00 am - 4:00 pm
	Voluntary Simplicity	7:00 pm – 8:30 pm
Sun Oct 20	service	9:00 pm - noon
Tues Oct 22	office hours	10:00 am - 4:00 pm
	Soul Matters	7:00 pm – 9:00 pm
Wed Oct 23	office hours	10:00 am - 4:00 pm
	Soul Matters	7:00 pm - 9:00 pm
Thu Oct 24	<i>Create Meaning</i>	<i>8:30 am – 5:00 pm,</i>
	Voluntary Simplicity	7:00 pm – 8:30 pm
Sat Oct 26	Halloween Carnival & Auction	5:00 pm - 8:00 pm
Sun Oct 27	service	9:00 pm - noon
Tues Oct 29	office hours	10:00 am - 4:00 pm
Wed Oct 30	office hours	10:00 am - 4:00 pm
	Board Meeting	5:30 pm – 9:00 pm
	Congregational Meeting	
Thu Oct 31	<i>Front Range UUMA Boulder</i>	



Faith Formation

By Jessica Laike

"Yesterday I was clever, so I wanted to change the world. Today I am wise, so I am changing myself."

Rumi

I would love to be able to sit here and tell you about how I've been noticing the change of seasons, the earlier, cooler nights and shorter days, and yes, that has been happening but frankly (like many of you, I suspect) I've been too busy to notice. I spent the first part of the month learning to juggle my already busy work schedule with the new demands of starting an online Master's class on Youth Ministry while putting on a youth retreat, handling registration for our new Adult Education classes and helping the youth plan their Beatles service, until.....I hit a wall. This wall was called tonsillitis and it stopped me dead in my tracks. I am writing this now from my bed at home, where I have been for the better part of a week, slowly trying to scale this beast before me.

I'm sure you all can relate, can remember a time when you had so many balls in the air that it was all you could do just to keep up with them all and pray that nothing dropped, and then at the most inopportune time a wall comes out of nowhere and knocks you to the ground. The wall could be anything, it could be the loss of a dear friend, the end of a partnership, the death of a loved one, a car accident, the loss of a job or, as in my case, an unexpected illness. It doesn't matter what the wall is, the effect is generally the same - you STOP....and then comes the worst part of all....the thud, or crash, as all those balls begin to drop around you, as you attend to the obstacle now in your path.

The beauty of this, however, is that it takes times like these to remind us that even if those balls drop, the world keeps right on spinning, and every now and again some of the balls don't even drop at all. It is so easy to

become completely wrapped up by the things which pull us in a thousand different directions that sometimes we forget that we CAN take a break every now and again without our world coming to an end. Granted, these unscheduled and generally unwelcome 'breaks' that life forces on us from time to time can be stressful, difficult and incredibly frustrating to work around. However, I've found that if I can take a step back, breathe and remind myself that one way or another it will all work out, I am able to come back to face my menagerie of commitments with a new sense of perspective and, sometimes, even a new approach to the way I'd been handling things.

The worship theme this month is Transformation, and I truly believe that it is in those moments when the unexpected happens, when the balls drop, when we are forced to re-evaluate our situation or the way we've been dealing with things; those are our access to transformation. When we feel beaten down by life, up against a wall, run over by an eighteen-wheeler or hit by a train (whatever your metaphor of choice), these are the times for transformation. Of course transformation is only available if we can manage to step back from the stress and emotion, even if just for a short time, and see the bigger picture. It is by noticing the things we've been too busy to see, and then turning back to our lives with a renewed vision of the larger world around us, that we are able to take those same old balls and make a completely new (and improved) juggling act.

In faith,
Jessica

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.

What We Did in September

- September 6-7: The Colorado Springs YRUU youth group held their 2nd annual Community Building Retreat.
- September 15: 8th Grade OWL began meeting at All Souls UU. Class will continue to meet each Sunday from 12:30 pm - 2:00 pm.
- September 22: Colorado Springs YRUU youth group presented their Beatles service for the congregation.
- September 28: The new Colorado Springs UU Young Adult Group met to view a screening of "The Butler" starring Forest Whitaker followed by dinner and discussion.
- September 29: The 9th grade Coming of Age class and 10th-12th grade OWL classes met for the first time.

Coming up in October

- All Month: Colorado Springs YRUU Youth Group meets at All Souls UU Church - 730 N. Tejon Street
- October 2: 6:00 pm: Intergenerational Book Club meets.
- October 3: 7:00 pm - 8:30 pm: Voluntary Simplicity class led by Rev. Beatrice Hitchcock meets in the High School classroom.
- October 6: Inter-Generational Worship Service - Blessing of the Animals.
- October 6: 9:00 am - 11 am: 9th Grade Trip Class at First Universalist Church, Denver.
- October 10: 7:00 pm - 8:30 pm: Voluntary Simplicity class led by Rev. Beatrice Hitchcock meets in the High School classroom.
- October 11 - 13: Elementary OWL Facilitator Training held at All Souls UU.
- October 15: 7:00 pm - 8:30 pm: Understanding Fundamentalism class led by Dr. Larry Sargent meets in the High School classroom.
- October 17: 7:00 pm - 8:30 pm: Voluntary Simplicity class led by Rev. Beatrice Hitchcock meets in the High School classroom.
- October 18: 6:00 pm: High Plains Parents' Covenant group meets.
- October 22: 7:00 pm - 8:30 pm: Understanding Fundamentalism class led by Dr. Larry Sargent meets in the High School classroom.
- October 25: 7:00 pm - 8:30 pm: Voluntary Simplicity class led by Rev. Beatrice Hitchcock meets in the High School classroom.
- October 25 - 26: Colorado Springs YRUU Halloween Overnight at High Plains.
- October 26: 5:00 pm - 8:00 pm: Halloween Kids' Carnival in conjunction with the High Plains Auction.
- October 29: 7:00 pm - 8:30 pm: Understanding Fundamentalism class led by Dr. Larry Sargent meets in the High School classroom.
- November 1 - 3: Multi-Generational Central Cluster Kick-Off at Unitarian Universalist Church of Boulder, 5001 Pennsylvania Ave.

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 Jim Montgomery

Our church year is already half way through September and the time to start working on who will be our minister in the coming years is upon us. Danielle, in one of her past president's posts gave us some good descriptions of the type of ministries available to a church and I will reprint them here. Keep in mind that some of these options are not available to us at this time due to budget constraints. For instance we could not put a search for a full time settled minister in this year's budget, as we simply did not have the funds available for it. Likewise it appears that we will have monies available only for a ½ time minister for the coming year again due to monetary restraints. Rev Beatrice has been working to strengthen our worship committee, and with Rev Nathan's help the pastoral care team will be ready to assist with pastoral care. The board, with the congregation's help, is committed to finding the right minister to fulfill our needs for the coming years using all available assistance from the UUA, MDD and our own Rev Beatrice. We will continue to keep the congregation informed as to what is happening in regard to this and getting as much input from everyone as possible. Please put the evening of October 30th on your calendars, as we will have Nancy Bowen our District Exec down from Denver to explain our options and the process in finding our new minister.

- **Settled Minister** – a minister called by the vote of a congregation to serve for an indefinite period of time, usually full-time. A settled minister performs typical functions of ministry – preaching, pastoral care, rites of passage – and works with the leadership of the congregation on mutually agreed upon goals. May serve as a sole, senior, or associate minister. Rev Beatrice has a description of the search process available on the brochure rack.

- **Contract Minister** – a minister hired by a congregation to perform specific typical functions of ministry, for example preaching and pastoral care. The contract details the services requested based on the needs of the congregation and their budget. It is usually renewable on a yearly basis. A Contract Ministry is often, but not always, a part-time ministry. Part-time ministry is one of the options to be considered as well.
- **Interim/Transitional Minister** – a minister hired by the congregation to help them prepare for its next phase of settled ministry, usually full-time. The interim minister usually follows the resignation or retirement of a settled (called) minister. An Interim Minister may not subsequently become the congregation's Settled Minister. We could extend our Interim Ministry for an additional year beyond the two initially planned for.
- **Developmental Minister** – a minister hired by the congregation to work with them on specific tasks not limited to those typical of interim ministry, usually full or ¾ time. Developmental Ministry is contracted for three to five years with an annual evaluation and option to extend beyond the initial period. A Developmental Ministry may evolve into a Settled Ministry if both the congregation and the minister feel the match is a good one and they would like to continue to work together. If High Plains feels this is a good option and determines the goals we would like to work on with a developmental minister, we would work with the Transitions Office of the UUA in Boston to find a match for us.

Jim Montgomery
President of the Board of Trustees



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

Throughout my tenure as Church Financial Officer I have made efforts to provide transparency for all HPCUU financial matters. This was the motivation for writing a monthly column in the church newsletter. After giving the matter much thought, I have decided to discontinue this practice.

Most of the information conveyed in this column is taken directly from the monthly CFO report to the Board of Trustees. By making that report available each month as an addendum to the board meeting minutes, all interested parties will have access to the financial matters of the church. As a reminder, the financial accounting schedules of the church are available by email to any member in good standing. Requests should be made to cfo@hpcuu.org.

The second factor in eliminating the newsletter is one of several steps to be taken to reduce the workload of the CFO for my successor.

For those of you who have read my columns, I hope they have been helpful in understanding some of the financial issues that the church faces from time to time.

Dollars & Sense

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.

High Plains Church—Unitarian Universalist Board of Trustees Minutes September 2013

Present: Jim Montgomery, Kelly Ghorashi, Cindy Fesgen, Eddy Lieberman, Glynn Carter, Jack McElroy, Beatrice Hitchcock, Jessica Laike

Reports:

Minister's Report and Transition Team Minutes

Suggestion of having a congregational meeting to talk about the move to full time and part time ministry and have Nancy Bowan share information about developmental ministry and the process of finding a minister. The board agreed that October 30th would work and will try to confirm the date as soon as possible.

The board will read about developmental ministry information ahead of time, and discuss it at the next board meeting.

Team on Ministry names were discussed. Beatrice will approach candidates to invite them onto the team.

Is there a need for ritual to help people through change process? We will let Beatrice know if we hear any needs expressed for this. Habitat Humanity Project has shown the desire of people to participate in social action. Beatrice will send out an invitation to the congregation to see if there is an interest in forming a social action team.

Beatrice would like to know if we need to do work on developing understanding of what a covenantal community is now or later. A suggestion was made to incorporate covenant understanding into worship and possibly later do a focused sermon.

Beatrice clarified that our new mission is replacing the old mission and vision. The board will include it as part of the announcements periodically. The board will also mention two good things each Sunday in announcements.

We need a volunteer to help with the clean up on the third Sunday.

Cindy will write a letter to let Joe Catalano know that the office administrator will be taking on the responsibility of keeping the keys and distributing them as needed including taking deposits and following up when keys are not returned, and all related duties. Requesting all keys and record am documents, and other pertinent info to be turned in to Karen by September 30th.

DFF

Feedback from the board for Jessica:

Proposal from Kelly about the Create Meaning Site- income from classes would pay the director fee; Jessica would be willing to be the director.

The board encouraged Jessica to be in conversation with Kelly about the details and to see what it could look like for the Spring classes.

The agreed that it would be fine for Andi Hammond to paint a labyrinth on the concrete area where the old batting cages were.

CFO

Pledge statements will be sent out to members at the end of the first quarter.

A one time donation of \$7,800 was made by a member to be applied to the principal of our UUA mortgage.

Jack will not write a column for the newsletter any longer, but the report to the board will be attached to the minutes.

The documents are together to do the tax return for the golf course.

There was a net loss for the golf course over the last two months because carpet on three holes needed to be replaced for a cost of \$3,000.

Discussion was held about different possibilities on the use and purpose of the golf course.

Old Business

Eddy- ideas about money: scrip needs to be advertised weekly, consistently.

"Bring a friend to church day" on a regular Sunday, like music Sunday or...

Concert series plans for the winter are being organized.

Fourth (5th) Sunday this month will be to the MDD emergency fund.

Policies and Procedures Review- Tim Oliver has agreed to be in charge of this.

Thank yous:

Publicity Team for their work on publicizing the Marian Call concert and Mossadegh Legacy speaker.

Ann Harris for organizing refreshments for the Marian Call Concert.

John Atkinson for setting up the PayPal account for the church.

New Business

A discussion was held about three different possibilities for paying for a half time minister.

Announcement to congregation- forming an ad hoc team to look at alternate income streams (ex. building rentals, etc.) and property value. If interested, please contact Jim Montgomery.

Aesthetics Team update from Kelley- AT asked if other teams can contribute to the duct and carpet cleaning. Communicated that the board supports the new wall. They are working on creating the new display for the wall.

Soul Matters Theme for October: TRANSFORMATION

By Rev Beatrice Hitchcock

What does it mean to live a life of Transformation?

October is a month of transformation. The weather is changing, the temperature is dropping, snow is falling on the mountains. Leaves are turning color and falling. We may be putting away our summer clothes and pulling out the sweaters. We can see and feel the transformation as the wheel of the year turns.

We are also transforming all the time, deliberately, or not. As we age from infants to children to youth to adults, we transform rapidly, learning and growing constantly. As adults, those obvious transformations slow down, but transformation nevertheless happens. We learn from our mistakes. We take classes to expand our minds and learn new skills. We seek out a therapist to help us transform old patterns into new behaviors.

Our bodies change, too, slowly – and perhaps not as we would wish – but learning to live with these changes is a transformation, too. We acquire memories and a wealth of information, and hopefully, become wise. Our relationships change throughout our lives with work and play and family – transformed by births and deaths, marriages and divorces, new jobs and retirement, health and illness.

What are the moments of transformation that stand out for you? I decided I was an adult when I was 19 years old and started paying my own dental bills. That was a transformative moment. Another occurred when I turned 50, and had a sudden feeling of freedom from restrictions I had lived under all my life; I could speak my truth and take the consequences. Having a baby was transformative, of course. And becoming a minister. I am currently in a transformation as I adjust to my ‘baby’ having gone off to college.

Transformation is often not easy or painless or quick.

Sometimes we really have to work for what we want. Sometimes we have to hit rock bottom before we are ready to transform. Grief over loss can be transformative, if we allow ourselves to mourn and move through it, not just avoid it.

We actually do live lives of transformation all the time. The question is, are they positive transformations, or negative ones? And can we transform the negative ones into positive ones? Like Candice Lightner, whose 13-year-old daughter was struck and killed by a drunk driver, but who went on to found MADD, Mothers Against Drunk Drivers - may all your transformations be, ultimately, blessed ones. ~ *Beatrice*

Soul Matters groups are open to people who would like to explore the monthly worship and Soul Matters themes more deeply. The fourth Tuesday evening group has a few more openings. The fourth Wednesday evening group is designed for newcomers and open all year round. Both meet 7:00 pm – 9:00 pm in the High School Room. More groups will open as facilitators become available, so let me know if you're interested: minister@hpcuu.org.

Spiritual Journeys Discussion

By Rev. Beatrice

Newcomers and long-time UU's alike are invited to a discussion of our Spiritual Journeys. This two-hour group is offered twice (with the same content) on Wednesday, October 9, from 6:00 pm – 8:00 pm, or Saturday, October 12, from 10 am -12 noon.

This discussion is a part of the Stepping Stones to Membership, but is open to anyone who would like to discover their own spiritual journey into Unitarian Universalism at High Plains Church, and learn more about spiritual practices. Led by Rev. Beatrice Hitchcock.

Please pre-register with membership@hpcuu.org, as space is limited; specify which day you would like to attend.



Voluntary Simplicity

By Rev. Beatrice

The Voluntary Simplicity class meets weekly on Thursday evenings in October starting October 3, and November 7, 14. (The class will not meet on Halloween.) 7:00 to 8:30 pm, in the High School Room.



Voluntary Simplicity is a way to live our values in the world. It encourages us to think about the choices we make about how we live, work, and play. It is respectful of the environment, ourselves, and our neighbors near and far.

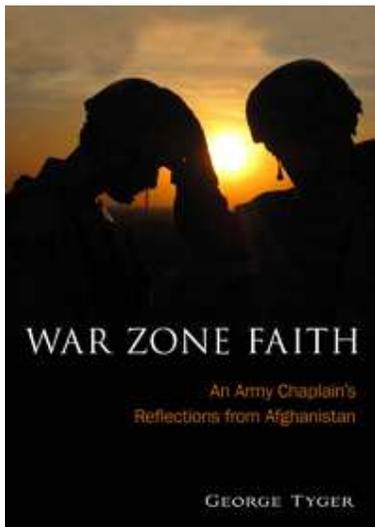
This class is offered through Adult Faith Formation, and led by Rev. Beatrice Hitchcock. The cost is \$40 for HPCUU and All Souls UU Church members, \$50 for non-members; this includes the \$25 Discussion Guide book from the Northwest Earth Institute.

(Those registering now may need to wait for their books to arrive, but we'll make do.)

Intergenerational Book Club

By Heather J. Mitchell

The books for the Intergenerational Book Club are in, from the UUA! We're reading **War Zone Faith: An Army Chaplain's Reflections from Afghanistan** by George Tyger. He is an active duty UU military chaplain (and a former member of High Plains, and the Mountain Desert District!). At around 100 pages, it is a short but inspiring read. We have 9 books available at the Welcome table, at a discounted price of \$5.00. If we run out of copies, you can also get it from Amazon or Barnes & Noble for \$8.00.



Book Club meets October 2 from 6:00 pm - 8:00 pm in the Main Sanctuary.

Practicing Gratitude

By Amanda Udis-Kessler

UU minister Galen Guengerich once claimed that gratitude ought to be the primary spiritual discipline of Unitarian Universalists. But what does it mean to understand gratitude as a spiritual discipline? In this one-session course we will consider different kinds of gratitude practices and you will spend some time developing one or more gratitude practices of your own. You will also leave with some resources and examples of gratitude writing.

Thursday, November: 21st. 7:00 pm - 8:30 pm

At High Plains Church, 1825 Dominion Way. Open to all.

Course cost:

\$10.00 High Plains and All Souls members,
\$15.00 non-members.

Pre-registration with deposit required.

Contact: Amanda Udis-Kessler,
audiskessler@coloradocollege.edu, 719-473-5053

Facilitator Amanda Udis-Kessler has one regular gratitude practice and several others for use at strategic moments. She has preached on gratitude several times, and does her best to read regularly on the topic.

Issues on Aging

By Sue Neufeld

Both facilitators, Betty Davis and Sue Neufeld, will be out of town the third Saturday of October, so we will meet instead on the fourth Saturday. On 26 October at 10:30 am Sue Neufeld will facilitate our discussion at the home of Gretchen and Bill Cutts (3673 Plantation Grove in Briargate), as our church is being transformed that day into an auction space and Halloween venue.

Our group will be discussing **DOWNSIZING**, or the art of shedding/de-accessioning possessions. Whether we are forced to downsize due to economic dictates, or just choose to live more simply, what do we do with our excess belongings and how do we start weeding through an overcrowded museum of domestic life? Things come into our lives for any number of reasons: need, desire, taste, inheritance or the simple human impulse to fill some space in our lives that has been left empty. If you are wondering how to begin to edit, refine or reduce please come join our discussion.

Singing as Spiritual Discipline

By Jennifer Centric

"You are the music while the music lasts" T.S. Eliot

I've got the grandmother of all "monkey minds". Spiritual disciplines that require sitting still, breathing, and emptying my mind have never worked for me. Everything suddenly itches. The inner yackety-yack becomes deafening.



What has worked better for me is another aspect of Buddhist tradition that uses the arts as a meditation-- Martial arts and even Ikebana flower arranging are spiritual disciplines in this tradition, as the mind forgets itself in the action. For me, from my earliest memories, that clarity comes best through singing.

When you sing, your body is your instrument. The music comes through you. It's all in the breathing. You create a column of air, your diaphragm a bellows, your vocal cords the reed, your chest, throat, and mouth your sound chamber. Whatever is "YOU" is being used for a greater, higher end.

Back in my home town, I found my "spiritual master" in Dr. Hai-Jong Lee, director of the Stambaugh Chorus. Dr. Lee is a tiny, mischievous Korean professor at YSU's Dana School of Music. He always seems to be racing around breathlessly with a bottle of orange Gatorade in hand. Dr. Lee is the most remarkable choir director I have ever known, and he does it all while maintaining kindness, sparkling energy, and an elfin sense of humor.

Dr. Lee insisted that we memorize our music. Look up-- always look up! "Sing to your audience, not your music!" "I'm looking at a room full of dead fish! I WANT LIVE FISH!" Looking down interferes with that column of air moving through the sound chamber and cuts off the relationship with the director. A choir singer must be all in one piece with other singers, music, director, and audience. Perfect spiritual discipline. No room for ego--or "Monkeys".

One of the most memorable events of my life came six years ago, when Stambaugh Chorus was part in a mass chorus/orchestral performance of the great choral movement of Beethoven's Ninth Symphony. Beethoven wrote what was in his soul, with little concern for his performers, and in the Ninth, his soul required a challengingly high alto part. Dr. Lee used every trick he

knew to work, play, coax, goad, and inspire us up to that frightening F-sharp. He really cared about us and we knew it and worked hard. Then, after all his work and dedication, on the day of the performance, Dr. Lee had to surrender us to the conductor and trust that all would be well.

It was. It definitely was.

The most sublime and difficult passage in The "Ode to Joy" is a slow, overpowering crescendo:

"Thr sturtz nieder Millionen?
Ahnest du den Schopfer, Welt?
Such im uber'm Sternenzelt!
er'm Sternen muss er wohnen!"

"Do you bow down, Millions?
Do you sense the Creator, World?
Seek him beyond the starry Canopy
Beyond the stars must he dwell!"

I will never forget the evanescent moment of those sounds welling up through me, surrounding me. All in one piece. All in One Peace. It will never leave me.

New Member Classes:

By Kelly Miller

For those of you who are interested in becoming a member of High Plains, or in simply learning more about Unitarian Universalism, the **Stepping Stones** is a four part process. Attending the classes in no way obligates you to join the church. However, for those who wish to become members, they are a prerequisite unless you have been a member of another UU congregation.

Inspire: In September, December and March, the history and tenets of Unitarian Universalism and those of High Plains Church are introduced.

Nurture: In October, January, and April, our minister will explore spiritual practices.

Act: In November, February and May, the Covenant of Community at High Plains will be covered.

Regardless of prior or current membership, you are encouraged to take these classes before becoming a member of High Plains. All current, seeking, and curious members are also welcome to sign up and attend. Questions can be directed to membership@hpcuu.org or anyone at the Welcome Table on Sunday.

October classes will be the 9th from 6:00 pm - 8:00 pm and the 12th from 10:00 am - 12:00 pm.

Publicize Your Services

By Nancy Bentley

The High Plains Newsletter is once again accepting ads from members and friends of the church who would like to publicize their services and businesses. Please use the following guidelines. For questions, contact the Publicity Team: publicity@hpcuu.org

Advertising Guidelines for HPCUU Newsletter

Size	Time		Four Quarters Price	Per Year rate savings vs. Four Quarters
	Per Quarter	Per Year		
1/8 Page	\$20.00	\$50.00	\$80.00	\$30.00
1/4 Page	\$30.00	\$70.00	\$120.00	\$50.00
1/2 Page	\$40.00	\$100.00	\$160.00	\$60.00
Full Page	\$60.00	\$150.00	\$240.00	\$90.00

- Advertisers must be designated as either members or friends of HPCUU by the treasurer.
- Ad copy and ad payment are sent to the publicity team for approval prior to publication.
 - Advertiser needs to provide all "camera ready" ad copy, in digital .jpg format.
 - Both payment and "camera ready" ad copy must be provided 7 days prior to the next newsletter deadline.
 - If an ad is rejected by the publicity team, any payment will be refunded.
- Once approved:
 - Publicity team lead will notify newsletter editor of the ad's
 - Start date
 - Size
 - The publicity team will place ad payments in a cash receipts envelope for the church treasurers.
- When the prepaid period for the advertisement has been completed, the publicity team lead will send an expiration notice to the newsletter editor to remove the ad from the newsletter.

Web Wonders: Helpful Hints about the HPCUU's website.

By John Atkinson

The new High Plains' website has many new and useful features. Each month this column highlights a few of these features, especially as they are added or changed.

Features highlighted this month include:

1. Donate Online



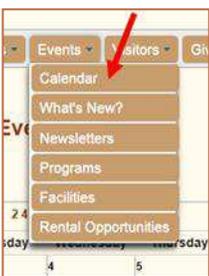
The church can now accept donations and/or payments for classes online via credit card using PayPal. Hover your cursor over "Giving" in the navigation bar then click on "Donate Online." You can then click on the PayPal "Donate" button and use the PayPal system to make a contribution or pay for a class using your credit card. Please do not use this for making pledge payments as the church has to pay transaction costs and fees for every donation made this way. We still prefer cash or check for all donations and payments. The online credit card process should be used only by non-members to make a one time donation or as a convenience for those making payments for adult education classes.

2. Soul Matters groups and materials

Need information about Soul Matters classes? Just go to the quick links on the home page and click on "Soul Matters." This will take you directly to the Faith Formation/Adult/Soul Matters page. About half way down the page will be links to all the Soul Matters materials, including previous month's materials.



3. New Church Calendar



To access our church calendar of events hover your cursor over "Events," then click on "Calendar". You will see a completely new format for our church calendar. Navigation to other months is easy. Above the calendar is a window with a down arrow "v" that will let you select past or future months. Also at the top of the calendar and to the right and left of the name of the current month are the past and previous months. Clicking on these will display that month. Hover over any item in the calendar and an expanded window will appear with detailed information about that event. To see a week view, click on the week number (in the left-most column of the calendar.) This view also shows the rooms used each day so you can tell if the room you wish to reserve is available. To return to the month view, simply click on the back arrow of your web browser.

4. Adult Education Classes

To access the Adult Education Classes page hover your cursor over "Faith Formation" in the navigation bar, then hover over "Adult" then click on Adult Education Classes. You will see the titles of each available class. Click on the class name and a window with detailed information will appear. Also on this page are links to the 2013-2014 Adult Education Classes Catalog and the class registration form.





HPCUU

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Colorado Springs CO 80918

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Unitarian Universalist

Member of Unitarian Universalist Association

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Come Join Us!

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Annual Auction
President's Post
Upcoming Classes
Web Wonders

Send Comments to: editor@hpcuu.org
Send Articles to: newsletter@hpcuu.org

**Please submit your articles for the November newsletter
by October 26, 2013**

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