



High Plains News

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

June 2016

High Plains Church - Unitarian-Universalist

Vol 23, No 6

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Have you registered your child or grandchild for summer camp at High Plains yet? Don’t delay, the time is NOW! Only two more weeks until registration closes, so don't let your child miss out, register today!

High Plains Church Unitarian Universalist

Presents

Chalice of Fire

A Hogwarts inspired Summer Camp

July 11-15, 9:00 AM*- 3:00 PM*



***Before and After Care available**

**Open to witches & wizards
entering 1st - 8th grades**

Early Registration by May 27th:

**1st witch or wizard - \$150
\$85 for each sibling**

Late Registration by June 17th:

**1st witch or wizard - \$175
\$100 for each sibling**

*** Sliding fee scale and scholarships available for those in need**

UNLEASH YOUR INNER MAGIC!



Scan Here to Register Now!

...or visit: <http://goo.gl/forms/Awu2linx3b>

For more information contact:



***Snoi Ackerman* camp.hpcuu@gmail.com or *Jessica Laike* dff@hpcuu.org**

Events Calendar - June 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Book Club 6:30 pm - 8:30 pm	2 Stitchers 9:30 am - 11:00 am Meditation 6:30 pm - 7:15 pm	3 Parent/ Child U&I 6:00 pm - 8:30 pm	4 Suicide Prevention Community Workshop 10:00 am - 12:00 noon
5 Congregational Meeting 11:30 am - 12:30 pm	6 Navigators USA 6:00 pm - 8:00 pm	7	8 Pridefest Planning 6:00 pm - 8:30 pm	9 Meditation 6:30 pm - 7:15 pm	10	11 Grounds Workday 9:00 am - 2:00 pm Janet Rayer Concert 8:00 pm - 9:30 pm
12	13	14	15 Church Council 6:30 pm - 8:30 pm	16 Stitchers 9:30 am - 11:00 am Meditation 6:30 pm - 7:15 pm	17 Hip Parents Group 6:00 pm - 9:00 pm	18 Marian House 7:00 am - 10:00 am 10:00 am - 1:00 pm Issues on Aging 10:30 am - 12:00 pm
19	20 Navigators USA 6:00 pm - 8:00 pm	21	22	23 Meditation 6:30 pm - 7:15 pm	24	25 Pagan Pride 4:00 pm - 11:59 pm Popcorn Theology 6:00 pm - 9:00 pm
26 Fourth Sunday Forum 11:45 am - 12:45 pm	27	28	29 Board Meeting 6:30 pm - 9:00 pm	30 Meditation 6:30 pm - 7:15 pm		

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

June Services - Simplicity

June 5: "Flower Communion: Celebration of Community" with Rev. Dana Lightsey. The flower communion is one of those rare, uniquely UU rituals bringing together elements that UU's have long cherished such as our strong sense of community, our love and appreciation of nature, and our prophetic voice calling for social justice. Please join in this celebration and recognition of the sacred quality of community by bringing a few flowers to share with others during this ceremony of flower communion. This service is also a celebration of all our volunteers. The Congregational Meeting will follow the service.

June 12: "A Simple, Sacred Trust" with Rev. Wanda Daniel. Every day we awaken to complexities that boggle our minds and weary our hearts. How might we discover and walk pathways that strengthen our lives and offer a simple, sacred trust to the world in which we live?
Rev. Wanda Daniel was the consulting minister for HPCUU several years ago. We are delighted to have her back in the pulpit for this service."

June 19: "The Simple Gifts of Fatherhood" with Jim Montgomery and other fathers. This Sunday celebrates the most basic and simple gifts our fathers give us and the simple gifts fathers receive in return. Come listen to the wisdom of a few wise fathers from our community.

June 26: "What Alcoholics Anonymous Can Teach the Church" with the Leadership Development Committee. Unitarian Universalism looks for inspiration and wisdom in many places, as is evident in our six sources. A seventh source that we don't usually tap is 12-step programs, but these programs have helped many people overcome their addictions and live free and full lives by reaching spiritual maturity - the latter of which is also a goal of our congregation. In this service the Leadership Development Committee (former the Leadership Development Team) will share insights from an article about what AA does well that we might consider adapting for our own uses. Wondering what this has to do with leadership? Come hear each team member share their responses.



Minister's Musings

by Rev Dana Lightsey

I do believe in simplicity. It is astonishing as well as sad, how many trivial affairs even the wisest thinks he must attend to in a day; how singular an affair he thinks he must omit. When the mathematician would solve a difficult problem, he first frees the equation of all incumbances, and reduces it to its simplest terms. So simplify the problem of life, distinguish the necessary and the real. Probe the earth to see where your main roots run. — Henry David Thoreau

When I was an undergrad studying music, we all talked about the phenomenon that the next concert, the next ensemble, the next piece of music had to top the last one. It had to be higher, faster, and louder than the last. Music is made of sound and silence. The legendary jazz musician, Miles Davis, started a whole new kind of music called, “cool jazz” built on the spaces between the notes. When Miles plays, he hits a single note and then waits. Or he plays a slow melody over a fast groove. He might rip off a fast shower of sound, but then he pauses, letting the textures of the underlying groove rise and come alive.

Our lives easily fall into the higher, faster, louder way of being. We are busy, endlessly busy. Continually busy with our thoughts, busy running around, busy managing all the details of our lives. We are busy texting, emailing, calling, organizing cleaning, talking, talking, talking. Yet, when a computer is busy, we have to wait. We don't like waiting. We get annoyed. “Why isn't this internet faster? Why isn't this computer able to handle the zillions of windows I have open?” When it is busy, nothing can get through.

When we are busy the most important aspects of our life also want to get through but they have to wait for that busy part of us to finish and stop. Maybe it is one's child or spouse waiting or a favorite hobby or passion. Maybe it is your very own heart and soul. Maybe it is truly experiencing the fullness of life in this sweet, precious, present moment.

But when we pause, even for a moment or two, when we let the frenetic energy stop, we begin to hear and see the textures that are alive and beating, keeping the groove going underneath us all the time. That space, that moment, it is a reconnection to the greater groove – the interconnected web of all life. These moments can change everything.

Tragedy has a way of making this clear. When tragedy strikes, invariably all of the busyness comes to an instant halt. It evaporates into thin air. What was so critically important a few moments before, suddenly disintegrates. Our priorities that were obscured by our busyness suddenly stand out clear and strong - a powerful image of stark contrast to how one was living just a few moments before. This is why every faith tradition teaches us to meditate on our own life's end. Not to be morbid, but because there is no greater teacher for how to live our best lives than the contemplation of one's end.

Our theme this month is “Simplicity”. There are many ways to bring simplicity into one's life. The quickest and easiest is to practice the lyrical flow between sound and silence, movement and stillness. Life is simply there, all around you. Shhh... be still for a moment, breathe, and listen to your own groovin' heartbeat.

From this present moment,
Rev. Dana

Need a Little Peace and Quiet in Your Life?

Rev. Dana is starting a weekly meditation on Thursdays from 6:30 pm - 7:15 pm. All are welcome. No experience is necessary. We will explore a variety of meditation practices, including walking meditations, from week to week. Please dress comfortably and feel free to bring a meditation cushion or you can just sit in a chair or on the floor. Our first meditation is Thursday, June 2.



Faith Formation

by Jessica Laike

What's Happening in Faith Formation?

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

June 2, 6:30 pm:	Meditation Group with Rev. Dana
June 4, 10:00 am – 12:00 pm:	Suicide Prevention Training by Colorado Springs Suicide Prevention
June 5:	Summer Sunday School Classes Begin!
June 6, 6:00 pm:	Navigators USA (UU Scouting group for children age 5 and up)
June 9, 6:30 pm:	Meditation Group with Rev. Dana
June 14, 5:30 pm:	Faith Formation Team Meeting
June 16, 6:30 pm:	Meditation Group
June 20, 6:00 pm:	Navigators USA (UU Scouting group for children age 5 and up)
June 21 – June 26:	Jessica and Youth at General Assembly
June 23, 6:30 pm:	Meditation Group
June 25, 6:00 pm:	Popcorn Theology Movie Night for Young Adults (18-35ish)
June 30, 6:30 pm:	Meditation Group

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.

Have you heard of [CUUPS](#) (Covenant of Unitarian Universalist Pagans)? We have been approached by Chrissy Dunham, a longtime UU and Lead Coordinator for Colorado Springs Pagan Pride to see if we'd be interested in starting up a CUUPS Chapter here at High Plains. If this interests you, please



email Jessica at dff@hpcuu.org as we want to gauge interest from the community before moving forward. Indicating interest is **not** a commitment to any type of leadership or organizational role. Read more about the CUUPS organization at <http://www.cuups.org/>

Second Saturday Clean-Up

By Rev Dana Lightsey

Question: Who's job is it to keep this place looking good? Answer: It's up to all of us! Please come help us out every Second Saturday throughout the summer and fall. We have almost 5 acres of land that need to be maintained so let's gather together and have some fun while we work. Please bring tools if you have them. There will be sign-up sheets that will be passed around every Sunday morning, so please grab your friends, U & I groups, and other cohorts and pick your slots. Many, many thanks to you!



The President's Post

by Julie Feuerbach

I hope you are planning to attend our annual congregational meeting on Sunday, June 5, after church at 11:30 am. As a reminder, you must be a member to vote; however, all are invited to attend. If you are a member and are unable to attend, please fill out a proxy and give it to another member who will be at the meeting.

We will soon be emailing out the Annual Report to update you about what the various church ministries and governance bodies have been doing this year. There will be end-of-year reports from the minister, DFF, CFO, Board President, and Program Team Leads. We will have some printed copies available at the annual meeting as well.

The Strategic Planning Committee has been hard at work compiling their Phase 1 data, including synthesizing all of the information they collected from the congregation interviews. They will be reporting their findings and recommendations to the Board of Trustees in June.

This has been a very busy, but productive, church year. I want to thank my fellow board members and our HPCUU staff for all their work on our transition to Policy Governance. We have been busy writing policies, delineating roles and responsibilities, and communicating this transition to team leads and the congregation. We will be updating the member section of the website soon with these new policies, By-Laws, and job descriptions. While we have accomplished a lot, this transition will take more than one year to complete. We will continue to update the congregation as to our progress.

In July, Fran Pilch will take over as president of the Board of Trustees, having served in the position of President-Elect during this church year. I am confident that she will do a stellar job! I look forward to working with Fran and the rest of the board next year in my role as Past President.

Warmly,
Julie

Miracle on Dominion Way!

by Tom Ward, Stewardship Chair

Miracle on 34th Street has been matched by Miracle on Dominion Way! Thanks to generous one-time gifts, increases in pledges already made, and an especially generous anonymous donation, our pledge total for the upcoming fiscal year has jumped from \$200,000 to \$230,000! This is truly good news, as it means we will not have to reduce or curtail any of our ongoing programs, reduce staff hours, or allow coffee stains on the carpet go untended! Additionally, it allows for a modest increase in Rev. Dana's compensation package commensurate with her transition to full-time status. Moreover, our strategic planning team and incoming board will now be able to pursue one or more initiatives under consideration to put HPCUU on firmer financial footing. Again, many thanks to all those who made pledges to High Plains for next year and especially to those who stood up a second time within a few short weeks to secure our 2016-17 financial health!

Planning for Pridefest

By Beth Blakney Ingham

This year, the Colorado Springs Pridefest Parade is Sunday, July 10th. If you are interested in helping to plan our participation at Pridefest, please join us on Wednesday, June 8th at 6:30 pm at the church. If you would like to help but can't make the meeting, please email us at welcoming@hpcuu.org.





K's through M's – It's your turn to "HiP Snack" this month!

~ *June* ~

If your last name begins with K, L or M, please pick a Sunday this month and bring a snack for after the service:

Fresh fruit, crackers, cheese, fresh veggies w/ dip or hummus, chips, donuts, muffins, cupcakes, cookies, pre-popped popcorn, etc.

For questions, contact Ann Harris: HiPSnacks@hpcuu.org

Fourth Sunday Report

By Marianne Sheldon

We collected \$492.00 for NAMI (The National Alliance on Mental Illness) in May. Our June Fourth Sunday recipient will be the Pikes Peak Justice and Peace Commission. PPJPC has the following mission statement: "Pikes Peak Justice and Peace Commission is a community-based organization grounded in principles of nonviolence, solidarity with the poor and oppressed, sustainable living and social and economic justice. We engage our community as partners in creating systemic change on local, national and global issues by educating, organizing and nurturing a world of justice and peace."

Thank you for your generosity!

Issues on Aging for June: Mobility

By Sue Neufeld

"Use it or lose it" is definitely true for mobility as we age. Consequently, it is important to find ways to increase or maintain our active mobility. At our Saturday, June 18th meeting (from 10:30 am - 12:00 noon in the Middle School classroom), Sue Neufeld will facilitate a discussion about physical activity planning, environmental barriers, out-of-home mobility, and the risks of mobility decline. All are welcome to join us.

High Plains Stitches

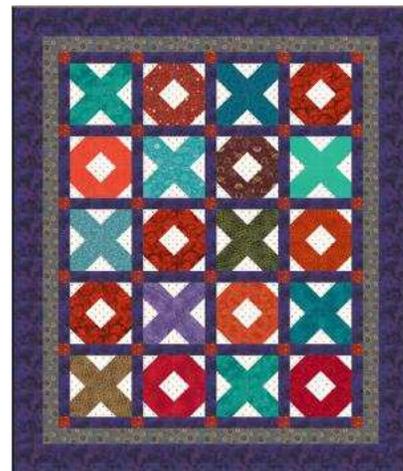
Bring your stitching project (knit, crochet, quilting, or any easily transportable craft) and join us on 1st and 3rd Thursdays at **La Tartine Bistro** from 9:30 am - 11:00 am.

Our group mainly works on their own projects - but we also create blankets for members/friends suffering severe illness, undergoing surgery or experiencing a loss, and to welcome new babies :)

The cafe is located in a small shopping center on the NW corner of Academy and Briargate Blvd (opposite Security Service bank, behind the Burger King).

Don't stitch? Why not come anyway and just "hang out" with us??

Questions? Contact Rosie Carpenter at stitchers@hpcuu.org.



In Memory of Andrew Uveges

Andrew Uveges was born May 30, 2000 to Tiffany Freeman and Andrew Pearce. His birth name was Andrew Stephan Wayne Freeman. He was adopted that same year by the Uveges family, gaining both parents in Joe and Kristen, and a big sister in Katie (over time he gathered more siblings through his birth parents).

He grew up in Colorado Springs, attending preschool at Goldcamp Elementary, and went to Skyway Elementary for grades K-6. He took a year off to study at home before returning to middle school at Manitou Springs middle school and continuing on to be a freshman at Manitou Springs High School.

Andrew was a wrestler in the Cheyenne Mountain Wrestling Club and with the Manitou Springs middle school and high school team. He also played soccer as the JV goalie for MSHS.

These are the normal facts we often use to define someone's life. But, with the exception of sports (especially wrestling!), this is not how Andrew would define his life.



He would be better described by how he lived in the world. He was a climber: up stairs, walls, furniture, rocks, trees, and buildings. He loved to be up high: perched in a tree, up on the roof, hiding out in his new treehouse. Better yet if he could have a pack of Ritz crackers and a can of Arizona

Iced Tea with him.

He studied Parkour and Capoeira. Skills developed through working with his excellent wrestling coaches at his club and at school helped him get to the second day of Regionals this year for MSHS.

He loved music and wanted to have it playing all the time, even when he slept. Morning was a ritual of increasingly loud song repeats of the current 5 or 6 favorites.

He loved to read; Harry Potter, Percy Jackson, and Eragon were some of his favorites.

His top choice for weekend activities alternated between playing video games with his friends and going out to jump on the trampoline.

He was crazy about cats and they loved him. His grey cat, Piper, is sitting on my lap as I write this. If he visited someone who had a shy cat they would be amazed to find Andrew holding it within minutes of arriving at their home.

He loved snowboarding with his sister Katie, and camping down in the valley with his friends. Target practice with his dad was a must, and he had a beautiful collection of knives.

He wore his baseball caps backward, had to have sweats or loose clothes on, and preferred to be barefoot even in the winter. The last few summers he was barefoot so much that he could run the Manitou incline bare footed, up and down.

He did lawn jobs for the neighbors, learning about the advantages of bidding "by the job" versus being paid by the hour. He was an amazingly hard worker. He was applying for his first "real" job this summer. He was an excellent driver.

Andrew was intense, fierce, fearless, tender-hearted, and could be super irritating. He like to "get people going" and had a dry, twisted sense of humor.

If you were his friend, he would stick with you through thick and thin.

There's more, but this is enough for now.

Andrew took his life on May 19, 2016.

To honor Andrew's death, please find ways to live more fully: take a risk, do something challenging with your body, work hard, or invent something. And please, most importantly, ask for help.

Kristen Uveges

Suicide Prevention Training

by Colorado Springs Suicide Prevention

There will be a two hour Suicide Prevention Community Workshop for all ages on Saturday, June 4 from 10:00 am to 12:00 noon in the church sanctuary.



HPCUU
 1825 Dominion Way
 Colorado Springs CO 80918

High Plains Church 719-260-1080
 Unitarian Universalist

Member of Unitarian Universalist Association

Sunday Services at 10:00 AM

Come Join Us!

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

**Please submit your articles for the July newsletter
 by June 25, 2016**

Rev Dana's Hours:
 Tue, Wed, Thu: 11:00 am - 3:00 pm
 Please don't hesitate to call her at 970-590-6978
 if there is a serious or emergency situation.

Office Hours:
 Mon, Thu: 8:30 am - 12:30 pm
 Tue, Wed, Fri: 1:00 pm - 5:00 pm

Contact the Publicity team at publicity@hpcuu.org if you would like to place an add in the HPCUU Newsletter.



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