



# THE STEEL CHALICE

## February 2018

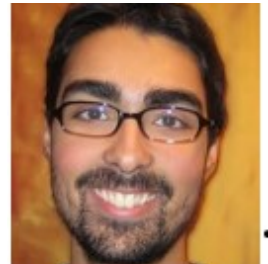
February Worship Theme: "Perseverance"

"Success consists of going from failure to failure without loss of enthusiasm."  
Winston Churchill

### "Perseverance"

Rev. Joseph Boyd

I've always appreciated the sacred quality of the "kvetch," as it's called in Jewish culture. It's basically another word for complaining, but a way of complaining that is unbridled and without shame. You can see the religious roots of this attitude in the Torah, particularly the Psalms, which usually begin with a laundry list of passionate lamentations. The gist of these lamentations follow a common theme - do away with the circumstances and people that cause me pain.



For many, the conscious spiritual path begins with dissatisfaction. We don't appreciate the way our life is presenting itself. We are discouraged by our politics, over-saturated by our entertainment culture, and our addictions and coping mechanisms stop working like they once did. When this happens, we are left with two options - deny our true feelings or try to come to terms with them. Acceptance seems like the evolved choice, but often I think this is a stumbling block to the messy, intimate path of coming to terms with the awesomeness of being alive, knowing we will die, a spiritual worldview that makes space for tragedy and disappointment. This leads us back to lamentation. The Psalms show us

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### Sunday, February 4: "Growing Pains"



Perseverance as a spiritual discipline expects pain and difficulty. Without difficulty, there would be no need to cultivate the ability to literally keep going, keep growing. In a culture that worships immediate gratification and the pursuit of happiness, what role does pain play in our journey?

Come Sunday, to engage possibilities for growth.

Rev. Joseph Boyd - minister  
Molly Toth - worship associate  
BeckyAnn Harker - storyteller

### Annual Meeting

The 2018 Annual Meeting of the First Unitarian Universalist Church of Youngstown took place after church on Sunday, January 14, 2018, in Channing Hall.

The 58 members at the meeting approved a 2018 budget, elected new trustees, three members of the nominating committee, and approved two delegates to the 2018 UUA General Assembly.

John Gulgas, Mindi Raley and Jeanne Tucker will join Louisa Berger, Andy Crabb, Ralph Malmer, Molly Toth, and Anita Wesler to lead UUYO in 2018. Officers of the Board will be elected at the Board Retreat on February 17th.

Pat Rosenthal, Lisbet White, and Linda Mohn were elected to the nominating committee and will be joined by two additional members appointed by the board.

Jim Rak and Mindi Raley volunteered to be delegates to the 2018 UUA General Assembly which will be held June 20-24 in Kansas City, Missouri and online. A third delegate will be named by the Board.

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that authentic prayer does not begin with acceptance and tranquility, but a passionate longing for something else. It begins with dissatisfaction. The expression of this dissatisfaction - out loud, at least to ourselves - is a prerequisite for perseverance. But that is not the end.

We begin where we authentically are, but any spiritual practice is about transformation, even if it's subtle and undetected at first. If you read the Psalms, you will notice a common pattern. Many of the Psalms begin with passionate longing and lamentation, and then end with gratitude or praise. When I first began seriously studying the Psalms, I thought the expectation was that through lamenting we naturally find our way to gratitude. And I rarely felt this transition, so I must be missing something. Now I see this transition differently.

The Psalms does not prescribe a feeling of gratitude. It only offers the potential. It shows us the power of deeply felt resentment, fear, and pain. Then it transitions abruptly to gratitude, but not in expectation that we will naturally make the transition ourselves. It allows us to live in the gap presented - the gap between our current reality, and a reality that may feel distant but alive in our imagination. By existing in that gap, we have in fact moved out of the death hold of our dissatisfaction, whether we're aware of it or not.

This gap between dissatisfaction and imagination is where we discover the vitality of perseverance. Perseverance acknowledges the fullness of our dissatisfaction without sentencing us to life in prison there. It tells us to keep going. It does not opt us out of difficulty but provides a path through it, offering the potential of gratitude in its own time.

So this month, I recommend that you kvetch, you lament, but always remember the potential for thankfulness and awe. We need both realities to create the necessary gap.

## Reflections

So... how are you doing with your intentions that you set last month? Have you completely given up on them? Or are you persevering?

There was a short TED Talk that I had seen by Angela Lee Duckworth, (<https://ed.ted.com/on/1xgK6Cat>), that discusses the secret to success. She worked in a school and had seen all kinds of students, and it wasn't IQ or socioeconomic status that determined a child's ability to succeed. What set successful students apart was one particular thing: grit. This is the ability to stick to it, even when you fail. It is the ability to set a goal, and do whatever it takes to make that goal. It is persevering in the face of adversity.



She admits that grit is something that we are born with (or without), but you can help to foster this critical life skill in your children. Help them to see that failure isn't the end; that failure is just a lesson we need to learn. Some of the most famous people, athletes, inventors, all failed more times than we have even tried. It's about fostering a growth mindset. Instead of thinking that we failed, or that we can't do something, help them reframe the question in a way that will make them grow: What can I learn from this? How else might I try this?

Having a positive, growth mindset will help us to be the best people that we can be. Living our best selves is a spiritual endeavor as well. It helps us to be fully authentic in who we are, and being who we are meant to be.

In our Religious Education program, we strive to instill our Unitarian Universalist values in our children and youth. We strive to teach compassion and to care for others and the environment. Our Coming of Age youth are digging deep into themselves to figure out who they really are and what they believe at this stage in their lives. Our middle school youth are looking to some Christian and World Religion stories to understand how to live their values. The elementary class is digging into our Soul Matters theme of Perseverance this month, including topics such as love and connecting with others. The early elementary children have begun a curriculum called "Love Surrounds Us" and will be exploring love as our highest value.

We have had some really bad weather this year so far. There are illnesses going around. Still we persevere. We come together on Sundays for community, to learn together, to share together, and to become our true, authentic selves. We come through the adversity because we are motivated. We know that the rewards are great, and are worth the perseverance.

What have you persevered through?

--BeckyAnn Harker,  
Director of Religious Education

## Black History Month

### Black Lives Matter

This year during Black History Month the First Unitarian Universalist Church of Youngstown is offering “American History from an African Perspective,” a presentation . . . recognizing and reconciling the good, the bad and the questionable from our experiences through the lens of our varied histories, cultures, values – and the law.

This program will be presented and facilitated by Jimma McWilson, Community Advocate; it will be promoted to the public as well as to the UUYO community.

UUYO had an offer of a Black Lives Matter / BLUU flag to be displayed on February 11<sup>th</sup> and that offer resulted in the following Board motion being made: **that UUYO officially align our church with the Black Lives of UU movement in accordance with UUA’s support.** This motion was affirmed by the Board.

We will begin with putting the banner up for the service on February 11<sup>th</sup>, and at our next board meeting, discussing the tangible commitment our church can make to BLUU and to racial justice in Youngstown.

At the General Assembly of the Unitarian Universalist Association in June 2015 an **Action of Immediate Witness** was overwhelmingly passed, encouraging UU congregations to support the Black Lives Matter movement. Full text is available at this link: <http://www.uua.org/statements/support-black-lives-matter-movement>. Hard copies of this document will be available in the Sanctuary, Channing Hall, and the Church Office for those without access to electronic documents.

## BLUU Banner

We are at a critical crossroads as a denomination. A crossroads that will determine if we have the spiritual commitment to walk our talk about racism. The Black Lives Matter UU banner that you will see on display in the sanctuary on February 11 came directly out of my personal experience of being “woke” to this reality at the 2016 General Assembly, in Columbus, OH. From Rev. Bill Sinkford’s powerful address, 50 years after Rev. Martin Luther King Jr. spoke as Ware Lecturer at GA, I learned that we UUs turned our backs and refused to wake up to our own internal white supremacy and racist practices as a denomination at that pivotal time. In the ensuing years, a massive flight of UU people of color—in unfathomable numbers, and an equally unfathomable loss-- followed. It was an exodus, not simply a protest flight. To hear that, and know it for the truth that it is, hurts deeply.

The crossroads is even more important now because if we blow it this time, the rifts may be unmendable. I was moved deeply to see our elected leaders struggle with what dismantling racism really means – individually, and in the denomination. Conference processes were sometimes “clunky,” as deeply embedded practices—even Robert’s Rules of Order-- were called into question because they exclude minoritized groups and reinforce the status quo. Your leaders, our leaders, are making bona-fide efforts to wake up to what we have been asleep to, and to open up leadership roles and call all these processes into question. This takes vigilant work. And we all need to share in it. The future of Unitarian Universalism very literally depends on it.

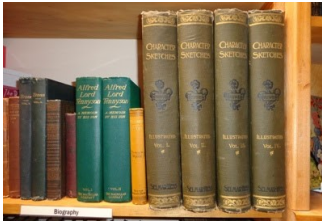
For these reasons, and so many more, I am thrilled that UUYO’s board has elected to align the church with BLUU and the Black Lives Matter movement for justice.

Lisbet White

**UUYO Book Group**

Wednesday, February 21, 2018

The **UUYO Book Group** will meet on Wednesday, January 17, 2018 at 7:15 pm at the home of Melissa Smith to discuss *Twelve Years: An American Boyhood in East Germany* by Joel Agee, the son of James Agee. Joel was raised in East Germany. This title was described by Christopher Isherwood as: "one of those rare personal memoirs that brings life to a whole country and an epoch."



In March the group will discuss Laurent Binet's *HHhH*.

From the publisher: *HHhH*: "Himmlers Hirn heisst Heydrich," or "Himmler's brain is called Heydrich." The most lethal man in Hitler's cabinet, Reinhard Heydrich seemed indestructible—until two exiled operatives, a Slovak and a Czech, killed him and changed the course of history.

This is a novel about Nazi Germany in which the readers follow Jozef Gabcik and Jan Kubiš from their dramatic escape from Nazi-occupied Czechoslovakia to their fatal attack on Heydrich and their own brutal deaths in the basement of a Prague church.

**UUYO Book Group II**

Wednesday, February 28, 2018

The first meeting of this group was postponed until this month. One could say that the January meeting was a



The first title we will read is the tragedy *Coriolanus*, based on the life of the legendary Roman leader Caius Marcius Coriolanus. We will meet at Melissa's and would welcome anyone interested in joining the group.

For more information, including directions to Melissa's home, please contact Louisa Berger at (330) 746-6897 or [bergermom@gmail.com](mailto:bergermom@gmail.com).

**February Events**

- 2/3 LGBTQ+ and Spectrum Pizza Party (CH) 1-3pm
- 2/7 Midweek Ministry: Social Justice (SL) 7-8:30pm
- 2/14 Midweek Ministry: Soul Matters (SL) 7-8:30pm
- 2/9 Recital by Marcellene and Kivie at 11am at YSU
- 2/10 Work party 10:00am
- 2/10 Women's Alliance 12:00 noon at Park Vista
- 2/11 Adult Forum: Living with Intention (SL) 9:30am
- 2/11 American History from an African Perspective (CH) at 12:30pm
- 2/11 Meditation (YR) 4pm (3:45pm if 1st time attending)
- 2/17 Board Retreat (CH) 9-3:30
- 2/18 Adult Forum: Living with Intention (SL) 9:30am
- 2/18 Worship Associates (BR) 12:15-1:15pm
- 2/21 Midweek Ministry: Young Adult Group (SL) 7-8:30pm
- 2/21 Midweek Ministry: Consciousness Studies (YR) 7-8:30pm
- 2/21 UUYO Book Group at Melissa Smith's 7:15pm
- 2/22 Board Meeting (BR) 6-8 pm
- 2/25 Adult Forum: Living with Intention (SL) 9:30am
- 2/25 Newcomers' Circle (SL) 12:15pm
- 2/25 Foreign Policy Group (CH) 12:30pm
- 2/25 Meditation (YR) 4pm (3:45pm if 1st time attending)
- 2/28 Midweek Ministry (SL) 7pm Scripture Study
- 2/28 UUYO Book Group II at Melissa Smith's 7:15pm

Legend for locations:  
 (BR) Board Room; (CH) Channing Hall; (SA) Sanctuary;  
 (SL) Schweitzer Lounge; (YR) Youth Room

**UUYO Work Party**

Saturday, February 10 at 10am

Last month's party had to be cancelled due to weather, so we will have more to do this month, presumably indoors. Cold drinks gratis.

Questions – call Bob Seibold at 724-981-4791.

**Women's Alliance**

Saturday, February 10 at 12:00 noon

Due to the winter storm on January 13th, the Women's Alliance Meeting was cancelled. We will meet

## Mid Week Ministry - Every Wednesday from 7-8:30pm

1st Wednesday - Social Justice - small group ministry - led by Gary Davenport.

2nd Wednesday - Soul Matters - a small group reflection on the monthly worship theme - led by Sarah Lown.

3rd Wednesday - Consciousness Studies - DVD viewing and discussions to enhance self-awareness - led by Clare Puskarczyk, PhD.

3rd Wednesday - Young Adult Ministry - for 18-35 year olds - led by Molly Toth.

4th Wednesday - Scripture Study - led by Korey Gall.

Detailed descriptions of this month's mid-week ministry sessions appear on page 6.

### Newcomers' Circle

Sunday, February 25, 2018 at 12:15pm

Each month we hold an informal gathering of Newcomers and recent visitors. We create space to learn a bit more about our church and to consider ways to become involved. The Newcomers' Circles usually last no more than 30 minutes. It is a fun way to get to know other recent visitors and to get our questions answered.

We will meet in the Schweitzer Lounge, on the lower level, down the Religious Education hall at 12:15. Grab a snack, bring your children and join us!

### Foreign Policy Discussion Group

Sunday, February 25 at 12:30pm

Next meeting will be the fourth Sunday of February, the 25<sup>th</sup> at 12:30 pm in Schweitzer Lounge. Please feel free to bring questions, problems, ideas, articles, etc. for discussion.

All are welcome. Questions? Call Bob Seibold, 724-981-4791.

### Anonymous Thank You

**In Grateful Appreciation  
To the Building & Grounds  
Winter Warriors.**

**Your efforts are so meaningful for those of us who are unable to work with you for whatever reason.**

**And, thanks to the upper hall restroom floor repair crew. Great job!**

### For Your Dining Pleasure...

The days are getting longer so what better time to "spring" into action and revive the UUYO tradition of



Circle Suppers.

Circle suppers are occasions that let us get to know one another better on a more personal level. These dinners are scheduled to include revolving groupings of participants, who take turns hosting or providing a part of the meal, for each of the three

events we have scheduled for 2018. Participating couples or singles will be grouped with different participants for each of the three suppers, which will be held in May, August and November.

We will divide participants into small groups, usually about 6 to 8 people, and each group will have a dinner party. That's all there is to it...good food, good conversation, good friends, good memories.

If you are able to host a party at your home, please let us know when you sign up. It is not necessary to host to participate.

Each host will decide on the main dish and prepare it. Other participants will coordinate with the host to determine what he or she will bring to contribute to the dinner.

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## Share the Plate

The February 2018 Share the Plate recipient is **Help Network of N.E. Ohio**, formerly Help Hotline Crisis Center. Help Network of N.E. Ohio provides 24/7 crisis intervention, suicide prevention and intervention, referrals, support services and counseling services to persons experiencing mental health related and/or situational problems.



Help Network of Northeast Ohio also refers and links persons in need of emergency assistance to community resources that can provide it and disseminates information about community human services to individuals and families who need them works with planning organizations and government units to ensure these services are provided

## Social Justice Ministry

Wednesday, February 7th from 7-8:30pm

Our small-group ministry focuses on the intersection between justice, current events, and our daily lives. Come share Resistance, Resilience, and Reflection together. We will meet in Schweitzer Lounge.

- Gary Davenport

## Soul Matters

Wednesday, February 14th from 7-8:30pm

We will explore the soul matters topic for February, which is perseverance.

- Sarah Lown

## UUYO Young Adult Group

Wednesday, February 21st from 7-8:30pm

**Young Adult Small Group Ministry** will meet Wednesday, February 21 from 7 pm to 8:30 pm in Schweitzer Lounge. This group provides a space for young adults (folks 18-35ish) to come together to foster community, grow personally, and to take a quick break from the busyness of their lives to find peace and renewal. This month's theme is focused on perseverance. Come as you are! We are glad to have you. For more info, please contact Molly Toth at [molly.e.toth@gmail.com](mailto:molly.e.toth@gmail.com)

## UUYO Consciousness Studies

Wednesday, February 21st from 7-8:30pm

We will watch a second Russell Targ DVD filmed at a Science and Consciousness Conference where he describes remote viewing and the significance of ESP in spirituality. He is an American physicist, parapsychologist, and author who was originally known for his work in lasers and laser applications. He has written several books, including *Limitless Mind: A Guide to Remote Viewing and Transformation of Consciousness*. A discussion will follow if desired.

- Clare Puskarczyk PhD

## Scripture Study

Wednesday, February 28th from 7-8:30pm

Who has persevered more than Job? Stripped of everything he loved and desired, he continued in his faith and in living the good life. The Book of Job has confounded both the faithful and non-believer alike for millennia, but are there lessons that we can leverage in our own lives? Join us as we explore the meaning of perseverance through this most puzzling book of the Hebrew Bible and Old Testament.

- Korey Gall

## Meditation Group

Sundays, February 11 and 25, 2018 — from 4 to 5pm

All are welcome to attend UUYO's meditation group on February 11 and February 25, 2018 from 4 to 5pm. If it is your first time attending this group, please come 15 minutes early (3:45 pm) for some basic instruction.

The group will meet in the Youth Room at UUYO on the second and fourth Sunday of the month through the end of March. Teachings will be presented in the Tibetan Buddhist tradition. We will be using the book, *Turning the Mind into an Ally*, by Sakyong Mipham. Each meeting, the group will read a section of the book, have a short discussion, and then sit together in silent meditation. There is no fee for these meditation sessions - just bring a peaceful spirit and an open mind. If you have questions, please contact Linda Scharf by phone at [\(412\) 295-1171](tel:4122951171) or by email at [spiritdancer2008@yahoo.com](mailto:spiritdancer2008@yahoo.com)

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Circle Supper sign-up sheets will be available at the Equal Exchange Table and online at UUYO.org beginning February 11. The dinners will be held on May 19, 2018, August 18, 2018, and November 3, 2018 at 6:30 pm.

After the groupings and pairings are made, a schedule and instructions will be sent to each participant. (If you don't have email, please contact Louisa Berger for the schedule and instructions.) From that point, it's up to each group to have a lovely evening getting to know about their UUYO companions.

## The UUYO Talent and Service Auction is Back for 2018 !

It's "**BOO! at UU**" on Saturday evening, October 20th, for our UUYO Halloween Theme Talent and Service Auction. Put it on your calendar and start thinking of the Talent and Service items you want to offer for the UUYO Auction. Stay tuned -- later this Spring we'll be asking for volunteers to help plan and coordinate Auction events.

In the meantime, there are a few time-sensitive Auction items available for sign-up now.

Top on the list is **Bluebells and Brunch**, on April 28, 2018, an opportunity to walk through the Poland Forest to view bluebells and other wildflowers and follow it up with a scrumptious brunch by one of UUYO's talented cooks. Check at the Equal Exchange Table or in the Office for details.



## Hospitality Teams Schedule

Our hospitality teams do so much to make Sunday morning come together: Greet, welcome, provide coffee and treats at coffee hour. If you are interested in joining a hospitality team, please contact Linda Mohn (lmohn2005@yahoo.com).

Please be sure and thank the folks on this month's team!

### Team 1: February 4

Monica Hite - *Communicator*  
 Jan Grigsby - *Facilitator*  
 Ginny Morgan & Frank Bishop  
 Beth Foster  
 John & Christine Gulgas  
 Monica Hite  
 Marty O'Leary  
 Mindi & Shawn Raley  
 Jim Rogers  
 Peg Tomm  
 Molly Toth  
 Lisbet White

### Team 2: February 11, 18, 25

Anita Wesler - *Communicator*  
 Marcia & Ralph Malmer - *Facilitators*  
 Alicia & Scott Baker  
 Millie Brewer  
 Cheryl & Galen Elser  
 Kate Fitzgerald  
 Margaret Haushalter  
 Luanna Jacobs  
 Cathy Kajut  
 Gerard Kelly  
 Alison & Jon Locketti  
 Sarah Lown  
 Carmen Mottaguedes  
 Linda Scharf  
 Judith Stanger  
 Trudee Weatherby

## Pastoral Care

Pastoral Care If you have a pastoral care need, or know of someone in our congregation who might have a need, please contact Rev. Joseph Boyd ([minister@uuyo.org](mailto:minister@uuyo.org)) or the church office ([office@uuyo.org](mailto:office@uuyo.org), 330-746-3067).

## Stuff to Know

### Church Calendar

The most up-to-date version of the church calendar is on the website. Please contact the office ([office@uuyo.org](mailto:office@uuyo.org), 330-746-3067) if you wish to list a church event on the calendar.

### Staff

Rev. Joseph Boyd, Minister [jboyd@uuyo.org](mailto:jboyd@uuyo.org)  
 BeckyAnn Harker, Director of Religious Education  
[dre@uuyo.org](mailto:dre@uuyo.org)  
 Heather Best, Office Administrator [office@uuyo.org](mailto:office@uuyo.org)

### Leaders

#### Members of the Board of Trustees

Andy Crabb, President  
 Louisa Berger, Treasurer  
 John Gulgas  
 Ralph Malmer  
 Mindi Raley  
 Molly Toth  
 Jeanne Tucker  
 Anita Wesler

#### Committee Chairpersons

Martin Berger, Building and Grounds  
 Lowell Satre, Endowment  
 Ralph Malmer, Green Sanctuary  
 Linda Mohn, Hospitality  
 Karen Lapidus, Nominating  
 Jan Grigsby, LGBTQ+ Committee  
 Eugenia Pierce, Women's Alliance  
 Christine Gulgas, Worship Associates Coordinator

## Mission Statement

Our Mission is to build a diverse and transformative spiritual community, help people live lives of wholeness, and promote justice, peace, and religious freedom.

The rainbow flag outside of the church signifies that UUYO is an official "Welcoming Congregation" for the LGBTQ+ community.

## March Newsletter Submissions are Due

Friday, February 23 at 9am

The firm date for February newsletter submissions is Friday, February 23 at 9am.

Please know that those of you with contributions to the newsletter can send your information as soon as you are ready; no date is too early. Remember to include the start and stop time of your event, if applicable, and the ever-helpful "who, what, where, when, and why" in your description.

Don't Miss the  
**DEADLINE!**

### How to Contact UUYO

**Email:** [office@uuyo.org](mailto:office@uuyo.org)

**Mail:** 1105 Elm Street  
 Youngstown, OH 44504

**Phone:** (330) 746-3067

#### Office Hours:

Tuesday & Friday 9am-3:30pm  
 Sunday 9-11am & 12:30-2:30pm