

- the Beacon -

Sunday Services at 10:30 AM

www.uucgt.org

Email: office@uucgt.org

Vol 57 Issue 4

April 2020



Unitarian Universalist Congregation of Grand Traverse

6726 Center Road
Traverse City, MI 49686-1802

**UUCGT office is closed
until further notice.
Please email questions
to office@uucgt.org**

Minister
Rev. Cathy Harrington
revharrington@mac.com

Director of Music
Renée Herman Russell
musicatuucgt@gmail.com

Religious Education
Betsy Hammerberg
dre@uucgt.org

Office Administrator
Susan Sherman
office@uucgt.org

Bookkeeper
Glennnda Corning
bookie@uucgt.org

BOARD OF TRUSTEES

2019 - 2020

| | |
|------------------|----------------|
| Mike McDonald | President |
| Tom Darnton | Vice President |
| Barb Termaat | Secretary |
| Karl Keinath | Treasurer |
| Mary Anne Rivers | Trustee |
| Pat Light | Trustee |
| Judy Myers | Trustee |

**Board Meeting via Zoom
Wednesday - April 1, 2020
7:00 PM**

Due to COVID-19, we will be using Zoom for services

- We will be bringing you a service each Sunday at 10:30 AM. Sign-in at 10:00 to chat!
- Please be on the lookout for emails and notes in the **Flash** from Rev. Cathy with an invitation to a Zoom meeting.
- You will follow those instructions in order to join the service that Sunday.
- Find more details about Zoom on page 3.



Mike McDonald
UUCGT President
Board of Trustees

A Letter from our Board President

Dear Members and Friends of UUCGT,

In this time of stress and uncertainty we all need a little humor. As you know this is my second year as President of your Board of Trustees. Last year was not a normal year to say the least. With our ministerial situation in flux most of the year, it was a stressful year to be President. About a month ago, I was reflecting on what a different and much calmer year this year had been. All of that changed over the past three weeks as we went from Coronavirus being something that was happening elsewhere to an international pandemic. Perhaps it will be for the best that someone else will be your President in this coming year, because I am beginning to feel somewhat jinxed.

On a more serious note, your Board, Minister and Staff are adapting quickly to a situation that presents new challenges on an almost daily basis. We have quickly learned how to use on-line teleconferencing to replace face-to-face meetings and continue to do almost all that is necessary to keep our Congregation functioning. By the time you read this, you will likely have participated in on-line worship for the first time enjoying Rev. Cathy's message and the musical talents of our members. Many of you will also have participated in on-line meetings, some of you for the first time. If you have not, give it a try. If you are intimidated by the technology don't be embarrassed or afraid to ask for help. Who knew that we would be able to go to Sunday services or a committee meeting in our pajamas with a cup of coffee in our hand?

I sincerely wish I could tell you when "normal" will return. Unfortunately, I cannot do that yet. My guess is that some of what we remember and value will return, but that this experience will change us all. That change will be mostly for the good as we will have learned new things and become closer and more interdependent out of necessity.

We are fortunate to have a strong and creative Minister, Staff and a supportive Congregation to help us get through this worldwide crisis. Remember that a church is not a building; it is you, the people who make up our community. Our building may be closed, but the church is still open. We are here for each other.

I am feeling grateful to my fellow Board members, our Congregation and Staff.
Mike



Reflection from Rev. Cathy



Dear Ones,

Have you ever noticed that titles of books can speak volumes in themselves? My mentor, Rev. Doug Gallagher sent me a book after Leslie died, called *A Broken Heart Still Beats*. I couldn't read or concentrate during those early weeks, but I kept it on my night table because it was reassuring and hopeful. There is a book of poetry written by Alice Walker that keeps echoing in my mind these days; not just the poems themselves which are wonderful, but the title, *Hard Times Require Furious Dancing*.



Hard Times Require Furious Dancing

These hard times require furious dancing! Turn up the volume and play your favorite song and dance. I've heard that folks are hosting virtual dance parties. Wouldn't that be fun? These times require furious creativity and imagination. What are you doing to fill your days? Janet Zerbel shared with me that she uses her smart TV to take yoga classes. Wow! I have a smart TV, but it never occurred to me to use the remote to ask for YouTube gentle yoga. What have you discovered in these days of sheltering in place?

Are there any books, articles or book titles that have given you inspiration? If so, share them with me or Susan, and we'll compile a list. Are you experimenting with new recipes these days? Share your favorites so we can pass them along. I ordered new strings for my guitar and plan to play again after a long hiatus. Beware, I might even sing and play for you!

Hard times require furious communication! I am having office hours two days a week, and you can drop in via Zoom, or if you would like to have a private meeting, send me an email. We can meet via phone or Zoom. I'm virtually here if you need me anytime.

I look forward to when we can meet in person, but in the meantime, let's practice furious communication.

In faith and love,

Cathy

revharrington@mac.com

231-301-3177

EASY!



Online Giving is Here!

Every Sunday we would pass the collection baskets while listening to beautiful music. Our baskets have one side for the church and one side for the community. Now that we are sheltering in place and holding services via Zoom, we have been unable to pass our baskets.

THANKS! to our bookkeeper, Glenda Corning and new website designer, Jolynn Paige, donations to UUCGT can now be made through the UUCGT website! Check out informative video and links here: <https://www.uucgt.org/connection/donate/>. We also continue to accept donations via U.S. mail.

Thank you for your generous contributions of support!
If you have any questions, please email Glenda at bookie@uucgt.org

Check out our newly updated website: www.uucgt.org

How to ZOOM

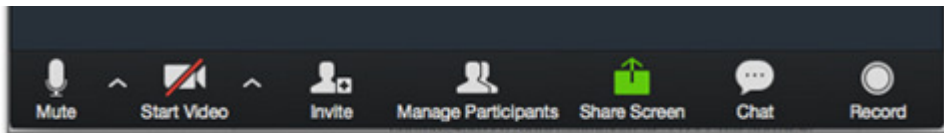
A Zoom Tutorial

- Sign up for Zoom. Go to the internet and do a search for “download Zoom” - then just follow the prompts.
- If you are unable to do this, you will be prompted once you click on the Join Zoom Meeting link.
- Look for this link in the Flash or Facebook page. Double click on this link.

Join Zoom Meeting: <https://zoom.us/j/4896148527>
** Start signing in at 10:00 AM
Meeting ID: 489 614 8527
By Phone: Eastern time - 1 929 205 6099

- Once you sign on, choose to use video so we can all see you.
- Get familiar with your toolbar.

Bottom tool bar



Mute: Control your own audio output during meetings. All microphones may be muted by Host when service begins.

Start Video: Control your video output. If your internet connection is weak, disable video.

Invite: Advanced option for Meeting Host

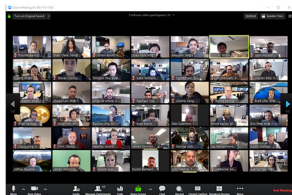
Manage Participants: Advanced option for Meeting Host

Share Screen: Advanced option for Meeting Host - enables sharing pictures, videos, etc.

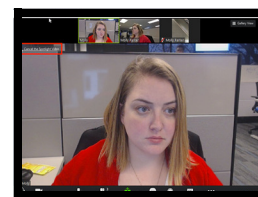
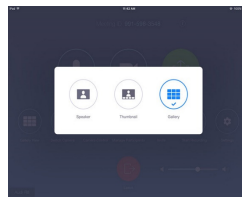
Chat: Send a message to all participants, or to specific participants by clicking on their name in the participant list.

Record: Host option to record meeting/service. When red, meeting is being recorded.

Upper Right of Screen



Gallery View



Speaker View

- **Choose Gallery or Speaker View:** Icon is at the upper right of your screen.
- **Change to Speaker View when service begins.** This will allow the person speaking to be heard and that person's picture will be larger on your screen.
- **Choose full screen view.**
- **Once the service begins, your microphone will be muted by Host.**

To learn more about Zoom, copy and paste this link into your browser: <https://bit.ly/3dJkoAG>

To learn how to host a Zoom meeting, copy and paste this link: <https://bit.ly/2WOQjK0>

Congregational Connections

Now that we are worshipping from our homes, wouldn't it be wonderful to see photos of each other's chalices?

Please send a photo of the chalice you use at home to office@uucgt.org to be included in the Beacon or the Flash.

Don't have a chalice? They can easily be made by turning bowls or flowerpots upside down and stacking a plate or another bowl on top. Or simply use a bowl - it doesn't have to be fancy! Just add a candle!



Chalices from Our Congregation



Betsy Hammerberg



Amanda Mangiardi

PROGRAM COUNCIL



Program Council met on March 8 with 10 members present. At the time the Coronavirus emergency had not emerged. All represented committees discussed many of our normal activities and potential needs. All activities internal to the building have been put on hold in to allow social/physical distancing and minimize potential of passing this viral infection to others in case one of us is infected with minor symptoms, which could become major to another individual. Zoom meetings have been set-up for us to communicate and visit with each other at a distance. If you have a concern or need, please contact the office at office@uucgt.org and let someone know.

Peace and Good Health to all of you,
Rick Walter - Program Council Chair

Congregational Care



We are happy to report:

- Betsy Wacker is continuing to improve after her surgery. Her daughter is staying with her and providing care.
- Betsy Hammerberg is also doing well as her broken leg continues to heal.

A request for shawls:

We would appreciate help restocking our supply of shawls from anyone who weaves, crochets, or knits. These shawls are often a great source of comfort to those who suffer from illness or post-surgery discomfort.

During these trying times:

We hope you will stay in touch with members and friends of our congregation in this period of pandemic. Please notify a member of our team if you know of someone who is in need of our help.

Finally:

Don't forget to **email your "Joys and Concerns"** to Reverend Cathy at revharrington@mac.com. They will be included in the online service on Sundays. In addition to your concerns, you could share a joy: something you've done to dispel the loneliness in these days of "limited personal contact" - games, walks, FaceTime or Zoom, creative family projects, etc.

Millie Putz
Congregational Care Team

Our Religious Education Program



What a month it has been!



You may have noticed that there was no RE article last month - this is because I slipped on some ice and found myself in the ER with a broken leg instead of writing an article. And this month we find ourselves in a state of uncertainty, trying to figure out new ways of connecting and continuing our faith formation.

During February and the first two weeks of March we were busy in RE. The biggest highlight for me was our multi-generational service.

The joyful artwork, beautiful singing, and meaningful readings provided by our children and youth were inspiring, and the all-congregation Valentine of Caring was wonderful to see.



In RE class the children baked banana bread for Safe Harbor; created Valentine cards for residents of a local nursing home; celebrated International Women's Day by learning about influential UU women; learned about the Hindu holiday of Holi; and learned about Powamu, the Hopi bean planting ceremony.

We are now exploring new ways to connect. RE gatherings will be held every Sunday at 9:45 AM via Zoom. We'll spend this time checking in, learning more about each other, and exploring our Seven Principles together.

We will also have a Weekly Bedtime Story via Zoom on Tuesdays at 7:00 PM



I hope you are all mentally, physically, and spiritually well, and I am sending blessings to each and every one of you.

Betsy Hammerberg
Director of Religious Education
dre@uucgt.org



Science Helps Us to Accept and Understand

I had a pleasant surprise this morning. I live next door to three fabulous little boys. The middle one, about 8 years old, rang the doorbell and had stepped back away. On the log that I have out there for people to leave stuff on was an envelope. He told me how he was given a packet of work at school and how he has to mail or email it in. He said he will get more work and must do it all to pass to the next grade, etc. His smile was hard not to hug, like we usually would have done. He handed me the envelope and left. There written in his handwriting was an offer to do anything I need and get groceries. At the bottom was his mother's phone number. What a wonderful way to start the day!

Why did he come and why the sweet offer? This is a time to bring us together to help each other. It is not the time for schism or worrying about differences. I have had several wonderful phone calls, local and long distance. One of my sons calls every day, even twice a day. I also ask, and with real concern too, how are my wonderful callers doing, do they need help? This is an opportunity to fix those broken bridges and toss aside the differences and seek each other's comfort and humanity.

To help us do that we need real facts and need to understand. Of course we follow the doctors from the CDC and WHO, etc. These are sources that have answers. Let me connect you with some interesting and important facts that will help us all to understand better. When we understand science, we can adjust our lives with less stress and easier cooperation.

For example, the virus spreads through the air. It is a respiratory infection not a GI one. We need toilet paper if we have run out, but we do not need to hoard it or anything else.

Respiratory infections spread through the air, especially with coughing, sneezing. They can also be spread when we inadvertently wipe our nose or face with our hands, open a door, etc., leaving some droplets on the door-knob, for example. The SARS virus was found to stay viable on metal like a doorknob for maybe 3 days, on cardboard maybe only 24 hours. Why? The cardboard, or paper, or clothing seems to absorb the protective layer of moisture around the virus, exposing it. The virus then disintegrates, is no longer viable. (1) This is why we should clean surfaces before we touch them, or wash our hands after we have touched them. Soap and disinfective sanitizers, break up that protective moisture layer and the virus disintegrates.

So what happens when we get the virus? If we are healthy, have a good immune system and no underlying medical illness, then some people seem to get through the infection with more ease. But we do not know everything about it yet. It seems to be more fatal for those in their advancing years. But has been shown to hospitalize the 20, 30 to 50 years old more. They seem to recover. Although they have said it does not seem to affect children, kids have died from it, but at a much lower rate. (2)

What am I saying? I am saying that any one can get this virus, so take the precautions. Also, if you have a mild case and do not know it, you could inadvertently be giving it to someone else who potentially could die from it. So follow the guidelines, self-quarantine, distance yourself, cover mouth and nose when sneeze or cough, wash hands very often and keep hands off your face. Simple. Right? We are generally in the habit of often touching our face. Be more aware!



(continued on next page)



Now for something more interesting. Why do we have these pandemics? We have more people in the world; we are encroaching on new territories; we are invading animal habitat; turning native land into agriculture; and we have created global warming. All of this seem to be a part of things. There is an amazing, inquisitive scientist in China who went out to study bats in caves. She found them! And she studied the viruses they carry, especially the coronaviruses. Interesting enough, people in neighboring villages had immunity to these viruses, but had never been ill from them. (3) Hmm, why? More to learn, maybe they developed immunity? Then a vaccine might work? But what about mutations of the virus, like in the needed yearly flu vaccine?

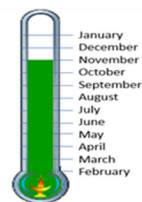
Reminds me of polio, but that is a story for another time. I hope that understanding the virus, the Covid-19 infection caused by it, and why, where it came from, will help you follow the guidelines and accept them with greater ease. Science is fascinating and has lots of secrets to share. Hope you enjoyed reading this article. Read more below and rest, be well!!

Emmy Lou Cholak, sjatcmi@gmail.com

1)<https://www.nationalgeographic.com/science/2020/03/why-soap-preferable-bleach-fight-against-coronavirus/#close>

2)<https://www.nytimes.com/article/coronavirus-body-symptoms.html>

3)<https://www.scientificamerican.com/article/how-chinas-bat-woman-hunted-down-viruses-from-sars-to-the-new-coronavirus1>



Pledge Drive

Financial Summary

As of February 29, 2020

(66.7% of fiscal year)

| | Current Year | | Prior Year | |
|-------------------------------------|------------------|--------------|------------------|--------------|
| Budgeted Income Received YTD | \$223,734 | 85.0% | \$199,783 | 78.5% |
| Budgeted Expenses Paid YTD | \$170,755 | 64.8% | \$146,701 | 57.7% |
| "For Those in Need" YTD | \$ 7,561 | | \$ 6,493 | |

Budgeted income includes the total of all pledged and unpledged donations and miscellaneous income including building rent, etc. "For Those in Need" collections are in addition to Budgeted Income Received and are disbursed quarterly to worthy causes, including Congregational Care, Tuesday Community Lunch and other Community needs outside our congregation. The percentage reflects the portion of the total amount of income or expense budgeted for the fiscal year.

Thanks to the many of you who have kept your pledges up to date or paid in full for the year. If you are behind on your pledge, please help us by catching up. If you want more detailed information, you can look at our website, click on Board, then on Board Packet, then on Monthly Comparison. Questions can be directed to your Finance Committee which includes Dusty Culton, Karl Keinath, Mike McDonald, Jim Walworth and Price Watts.



Board Report

UUCGT Board Meeting Summary – March 2020

Your Board of Trustees met via Zoom teleconferencing on Wednesday, March 18, primarily to discuss our response to the Coronavirus crisis. I am sure you realize that this situation is evolving and changing on a daily basis. However, we did take several actions based on what we know now.

Our physical facility will remain closed indefinitely. We will evaluate re-opening on a weekly basis and will do so as soon as CDC and other guidelines indicate it is safe to do so. All on-site meetings and gatherings are canceled. We encourage you to use Zoom, e-mail and conference calls to stay in touch and conduct necessary business.

We are offering Online Sunday Services

Instructions on how to connect to these Services will be out **via the Flash and our Facebook page.**

The Board authorized expenditures for needed technical support for this effort. The Board also recognizes that all may not be smooth in our initial services, but hopes congregants recognize that this is new to all of us.



We want to support our excellent staff during this crisis. Many of our staff are continuing to work from home. Your Board authorized continued payments to all staff at least through the end of April even though some may not be able to work. We will revisit this situation in April and extend payments beyond April if necessary.

Your Board will be continuing the steps necessary to identify a Search Team for a Settled Minister to start in August 2021. You will be receiving a call in the next few weeks regarding your thoughts on candidates for the Search Team. How this search will be impacted by the current crisis is unknown at this time, but the Board feels it is important to keep the search on schedule as much as possible.

The Board decided that the previously announced May 17 date for the **Annual Meeting will be postponed.** A new date will be set as soon as we know more about the current situation. Please rest assured that members will have an opportunity to vote on any Annual Meeting decisions even if we have to do some sort of on-line or mail-in ballot, and/or virtual meeting.

The Board also decided to meet bi-weekly for the foreseeable future to give us the opportunity to adjust direction in an ever changing environment. We are looking at ways to allow on-line attendance and public comment in a portion of upcoming Board meetings. Our next meeting will be Wednesday, April 1 at 7:00 pm.

We plan to share highlights from our Board meetings throughout the year. You can also find the minutes of Board meetings on our website. Our Board meetings are open meetings and you are welcome to attend. We will try to provide a link to our next meeting which will be a Zoom meeting.

Our next meeting is scheduled for Wednesday, April 1 at 7:00 pm via Zoom.

Mike McDonald
Board President



Unitarian Universalist Congregation
of Grand Traverse
6726 Center Road
Traverse City, MI 49686-1802

RETURN SERVICE REQUESTED

the BEACON

PUBLISHED MONTHLY
Volume 57, Issue 4

April 2020

UUCGT Calendar

The UUCGT building remains closed until further notice

All meetings and classes will take place via Zoom.

Zoom links and updates can be found in Meetings & Ministries and
Thursday Flash newsletters and here: <https://www.uucgt.org/calendar/>
Check back often for updates!

APRIL 2020

01 **Wed** Stretch & Strengthen with Judith Briggs 10:00 AM
01 **Wed** Drop-In Office Hours w/ Rev. Cathy 10:00 AM
01 **Wed** Staff Resources 3:00 PM
01 **Wed** Wednesday Happy Hour 5:30 PM
01 **Wed** UUCGT Board Meeting 7:00 PM
02 **Thu** Drop-in Office Hours w/ Rev. Cathy 12:00 Noon
02 **Thu** Congregational Care Team 1:00 PM
02 **Thu** Peer Support Group w/ Rev. Cathy 2:00 PM
02 **Thu** Vocal Ensemble 7:00 PM
03 **Fri** Facilities Team 10:00 AM
03 **Fri** UU Social Time 7:30 PM
03 **Fri** Vespers 8:00 PM

05 **Sun** RE Class 9:45 AM
05 **Sun** **Sunday Service 10:30 AM Rev. Cathy - Sign in @ 10:00**
05 **Sun** Soul Matters Small Group, Mary Van Valin 1:00 PM
06 **Mon** Stretch & Strengthen Judith Briggs 10:00 AM
07 **Tue** Community Lunch @ Friends Church - Sack lunch 10:30 AM
07 **Tue** Family Time & Bedtime Story with Betsy 7:00 PM
08 **Wed** Stretch & Strengthen Judith Briggs 10:00 AM
08 **Wed** Drop-in Office Hours w/ Rev. Cathy 10:00 AM
08 **Wed** Finance Committee 3:30 PM
08 **Wed** Healthy Congregations 4:00 PM
08 **Wed** Wednesday Happy Hour 5:30 PM
09 **Thu** Drop-in Office Hours w/ Rev. Cathy 12:00 noon
09 **Thu** Vocal Ensemble 7:00 PM
10 **Fri** UU Social Time 7:30 PM
10 **Fri** Vespers 8:00 PM

12 **Sun** Program Council 9:00 AM
12 **Sun** RE Class 9:45 AM
12 **Sun** **Easter Service 10:30 AM Rev. Cathy Sign in @ 10:00**
13 **Mon** Stretch & Strengthen Judith Briggs 10:00 AM
14 **Tue** Community Lunch @ Friends Church - Sack lunch 10:30 AM
14 **Tue** Family Time & Bedtime Story with Betsy 7:00 PM
15 **Wed** Stretch & Strengthen Judith Briggs 10:00 AM
15 **Wed** Drop-In Office Hours w/ Rev. Cathy 10:00 AM
15 **Wed** Sunday Services Committee 12:30 PM
15 **Wed** Wednesday Happy Hour 5:30 PM
15 **Wed** UUCGT Board Meeting 7:00 PM
16 **Thu** Drop-in Office Hours w/ Rev. Cathy 12:00 noon
16 **Thu** Congregational Care Team 1:00 PM
16 **Thu** Vocal Ensemble 7:00 PM
17 **Fri** UU Social Time 7:30 PM
17 **Fri** Vespers 8:00 PM

19 **Sun** RE Class 9:45 AM
19 **Sun** **Sunday Service 10:30 AM Rev. Cathy - Sign in @ 10:00**
20 **Mon** Stretch & Strengthen Judith Briggs 10:00 AM
21 **Tue** Community Lunch @ Friends Church - Sack lunch 10:30 AM
21 **Tue** Leadership Development 3:00 PM
21 **Tue** Family Time & Bedtime Story with Betsy 7:00 PM
22 **Wed** Stretch & Strengthen Judith Briggs 10:00 AM
22 **Wed** Drop-In Office Hours w/ Rev. Cathy 10:00 AM
22 **Wed** Wednesday Happy Hour 5:30 PM
23 **Thu** Drop-in Office Hours w/ Rev. Cathy 12:00 noon
23 **Thu** Vocal Ensemble 7:00 PM
24 **Fri** Community Needs - tentative 10:00 AM
25 **Fri** UU Social Time 7:30 PM
25 **Fri** Vespers 8:00 PM

26 **Sun** RE Class 9:45 AM
26 **Sun** **Sunday Service 10:30 AM - Sign in @ 10:00**
27 **Mon** Stretch & Strengthen Judith Briggs 10:00 AM
28 **Tue** Community Lunch @ Friends Church - Sack lunch 10:30 AM
28 **Tue** Family Time & Bedtime Story with Betsy 7:00 PM
29 **Wed** Stretch & Strengthen Judith Briggs 10:00 AM
29 **Wed** Drop-In Office Hours w/ Rev. Cathy 10:00 AM
29 **Wed** Wednesday Happy Hour 5:30 PM
29 **Wed** UUCGT Board Meeting 7:00 PM
30 **Thu** Drop-in Office Hours w/ Rev. Cathy 12:00 noon
30 **Thu** Vocal Ensemble 7:00 PM