



Unitarian Universalist Church of Davis (UUCD) Theme Journal – November: Gratitude

Scientists and therapists tell us that gratitude is medicine for body and soul and, even without reading their data and stories, we know it's true. We feel how light our heart is when we live with gratefulness. As a minister, I have the opportunity to hear people speak about many things that make life worth living. If you imagine I hear about gratefulness for the opportunity to travel to far off places, or being recognized for accomplishments, you would be far off the mark.

The stories of gratitude I hear so often are for simple things that are strung together to create a life. A daughter reconciles with her mother. A friendship that lasts for 66 years or more. A song sung as an elder drifts into sleep. A family, grateful for the food on their table: feeling its warmth, tasting the flavor. All these examples come from lives of people who could have easily focused on their misfortunes, but see what they have been given.

I invite you to end each day this month by speaking or writing about one thing for which you feel grateful. Maybe you write in journal, or say it as you fall asleep. As you begin the next day, see if you can remember what moved you to be grateful the previous day. You'll discover, if you haven't already, that our lives are a string of simple gifts.

This month, we hear services about death and focus on what we love; we remember the ideals of democracy, and explore how to live them with gracious etiquette; we look at injustice, and gratitude for how we can learn together; we honor friendships and, finally, see how grace and gratitude are woven together.

Welcome to this month of gratitude.

– Rev. Beth Banks

❖ www.uudavis.org → Events/Publications → 2014-15 November, Gratitude ❖

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Reflect The Committee on Ministry (*Lucas Frerichs, Sarah Keith, Stefan Harvey, Steve Reynolds, Karen Urbano*) invites you to make the theme part of your spiritual practice: *"If the only prayer you said was thank you, that would be enough."* — Meister Eckhart

Read *Undocumented: How Immigration Became Illegal*, by Aviva Chomsky (UUbookstore.org) Book Talk: Rev. Banks & Jim Coulter, 12:45-2:15pm, Nov 16, Library

Listen Download or listen online to edited Sunday services at www.uudavispodcast.org



Worship Sundays, 9:30 & 11:15am

Nov 2, "May I approach?" Reaching Across the Veil of Death. **First Sunday: Dia de los Muertos**; Rev. Beth Banks; Alex Lee-Jobe, Worship Associate.

What happens after the moment of death? UUs have a great deal of diversity in how we answer this question. We often say it is a mystery; some of our Universalist forebearers believed in a soul that continues. Spiritualists actively seek to communicate across the bridge of life and death. This Sunday bring an open mind to hear experiences that may or may not be yours.

Day of the Dead, Dia de los Muertos Altar: You're invited to bring photos or mementos of loved ones who have died, and place them during the opening hymn. Each year our display builds on the beauty of the previous year. Let your memories be a part of the altar's beauty. *Pan de Muertos, Bread of the Dead: all will be invited to partake.*

Mariachi Puente performs traditional Mexican mariachi and Spanish language songs to promote and appreciate Mexican and Latin-American culture. "Puente" is Spanish for "bridge." "we bridge a younger generation of musicians to the legacy of their parents and families, we bridge the music of one culture to the larger local community, and we develop character, discipline, and the courage in students to present their work to an audience as they pass from early adolescence into high school and beyond." Hiram and Ximena Jackson, Directors.

Nov 9, *The Etiquette of Freedom*, Rev. Beth Banks, Eldridge Moores, Worship Associate.

In our country we can be grateful for the freedom to suggest new approaches to government. We'll look at Eric Liu's attempt to find creative political solutions, without an appeal to the lowest common denominator.

We will honor those who have served our country: from military veterans to conscientious objectors.

Nov 16, *Love Knows No Borders*; **ONE SERVICE ONLY – 11:15am**; Rev. Beth Banks; Donna Sachs, Worship Associate. Beth speaks about her October journey to the Mexico-U.S. border with a delegation of UU leaders including Rev. Peter Morales, UUA President, and Rev. Kathleen McTigue, UU College of Social Justice.

We prayed at the border wall, a towering steel structure surrounded by stadium lights, mounted cameras, and armed guards. We saw first hand the degree to which an issue of civil law has been thoroughly militarized: our borders are like a war zone. – Rev. Kathleen McTigue, UUUCSJ

Musician: *David Campos: Immigrated to U.S. from Mexico in 1960. He plays salsa, reggae, blues, country, rockabilly, traditional Mexican, contemporary Latin, and more.*

Special Collection – Center for Families (formerly Yolo Family Resource Center) "*engage families in accessing support and resources promoting health, stability and self-sufficiency, so that children thrive in and contribute to a strong community.*" <http://www.yolofrc.org/> Checks to UUCD, memo Center for Families.

Nov 23, *To Love and To All Friends*, Rev. Beth Banks, Rowan Labbe-Renault, Worship Associate.

Long time friends have seen us through our best and worst. They know our faults, and still love us. New friendships open our perspective to life. Friendship is at the foundation of the most enduring romantic love. This service is a celebration of gratitude for long-time and new friendships. Bring a friend to recognize this Sunday.

Music: The Vocal Art Ensemble, Tracia Barbieri, Director *2012 American Prize for Creative Programming and Collaboration. VAE toured the British Isles and performed in half of the concerts at the i2014 SacSings! choral festival.*

Nov 30, *Grace with Gratitude, Gratitude with Grace*, John Ashby, Alex Lee-Jobe, Worship Associate. "Grace" is derived from the English word *gratitude*, the Latin word for *pleasing*, and even the Sanskrit word meaning *to praise*, in Christian theology it means *a gift from God given regardless of whether it is deserved*. We have all received Graces, wonderful un-earned gifts. Receiving Grace with Grace is not always easy, but it is a way to keep the "Grace" flowing.

Watch

"Harvest of Empire," based on the book by *Democracy Now!* co-host Juan González: U.S. military and economic interests shape our immigration response.