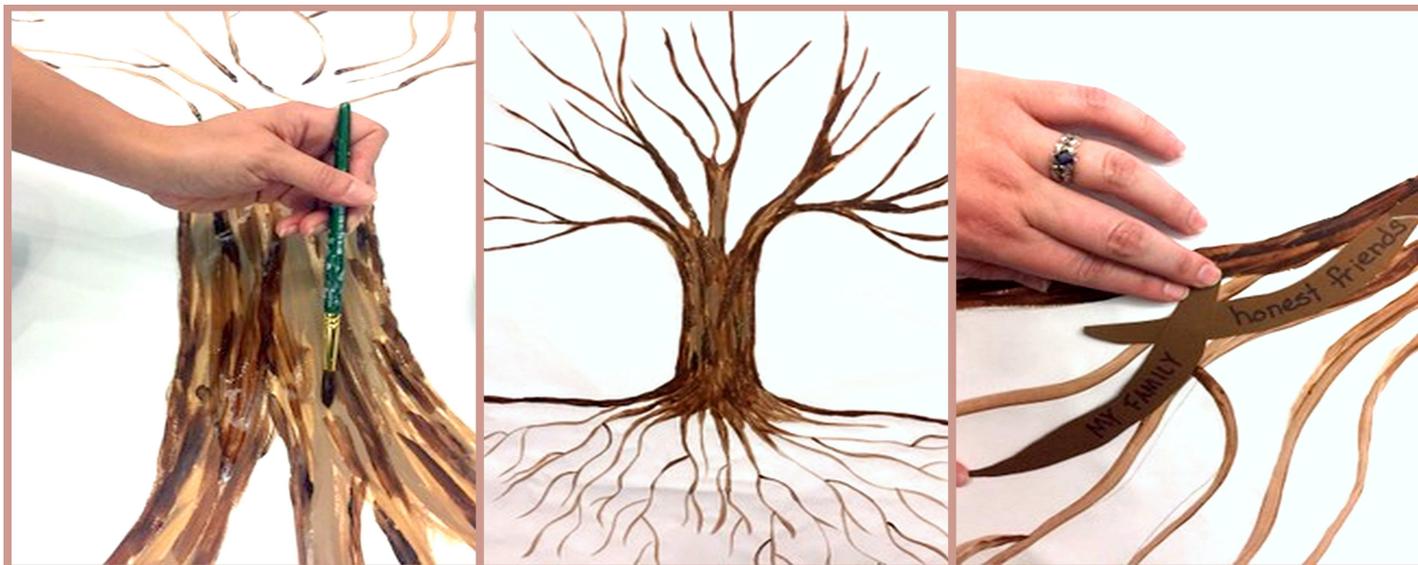


Unitarian Universalist Church of Davis (UUCD) Theme Journal – November–Abundance



The Tree of Courage and Abundance

Throughout October, *Courage* was the theme and everyone was invited to answer the question, “What is the root of your courage?” We painted a sparkling tree in the social hall and people wrote words or phrases to describe the sources of their courage. Participants wrote about families and friends, music, the desire for change, and much more. You can visit the tree when you’re in the social hall and add your words to the roots. This is a welcoming activity for all to experience; community groups using our space are also invited to add words describing the roots of their courage.

The tree continues through November with an additional message: our courage allows us to be in the world with more creativity and strength. Now everyone is invited to share what you **do** in this world to make it a better place. Using the song of the month, *What Shall I Do With These Hands of Mine?* by George Canyon & David Gunning as inspiration, we’ll sing about many possibilities. They sing about soothing crying babies, as well as saving lives. How can we understand ourselves to be “a hero of the human kind”? Perhaps you help a youth with homework, plant green onions in the community garden, send letters to legislators, pack a lunch.

Every week in worship, you can add a brightly colored hand to *The Tree of Courage and Abundance* in the social hall. We’ve been taking photos of UUCD members’ and friends’ hands as they do common things that help others. Hands come in many shapes and sizes, and the gifts of our hands are different, too. Let’s experience the abundance.

– Rev. Beth Banks, Senior Minister

❖ www.uudavis.org → Events/Publications → 2017-18, November–Abundance ❖

Spiritual Practice: Find It by Giving It Away

A student went to his master and said, “I am very discouraged. What should I do?” The Zen Master replied, “Encourage others.”
—Nakagawa Roshi

“When we are feeling the poorest, that’s time to give a gift.” —Dhyani Ywahoo

It’s a great spiritual truth: We find abundance when we give ours away. Jesus put this insight at the heart of his ministry: “You must lose your life to find it.” We lift it up every time we say “To give is to receive.”

If you are struggling with a lack of personal abundance right now, turn this truth into your spiritual exercise this month. Don’t try to find encouragement; give it to others. Don’t tackle your problem head on; look for others with the same struggle and find a way to offer them help. If you are feeling “poor,” figure out a gift you can give. In short, address others’ needs for more abundance and see what you end up with in return.

November ushers in the season of abundance. This month we celebrate the gifts we have been given, and share what we can with others. We will stock food pantries and offer winter supplies to those in need. We will invite friends and family to share meals. In this season, however, perhaps our most abundant gifts to share aren't tangible.

In his final Presidential proclamation, John F. Kennedy said of Thanksgiving Day 1963: "Today we give our thanks, most of all, for the ideals of honor and faith we inherit from our forefathers—for the decency of purpose, steadfastness of resolve and strength of will, for the courage and the humility, which they possessed and which we must seek every day to emulate. As we express our gratitude, we must never forget that the highest appreciation is not to utter words but to live by them."

As Unitarian Universalists, we have inherited many ideals and indeed seek to live by them. This season, let's remember the abundance we have to share with the world: hope in the goodness of humanity and radically accepting love.

— Rev. Morgan McLean, Assistant Minister for Congregational Life



Thanksgiving is almost here! It is one of my favorite holidays. For the past two years, my partner, Matthew, and I have been away from family during Thanksgiving, but we still prepare a huge dinner, for just the two of us. I am not kidding, it is huge! We make a turkey, of course, Matt's grandmother's stuffing recipe, mashed potatoes, pies (plural), green beans, macaroni and cheese (a tradition in my family), gravy, and cranberry sauce. The food is abundant. We eat the leftovers for at least a full week after, until we don't want turkey again until next year.

Before we sit down to dinner, after we have watched the Detroit Lion's football game, we spend a few minutes each sharing what we are thankful for from the last year. It is a tradition we have had in my family for as long as I can remember. We think about the last year, the ups and downs, the successes and the challenges, and we share what we are grateful for and why. I consider this a spiritual practice.

Around the holidays, I can feel like I am running on empty, that there is so much to get done, so much to prepare for, so much excitement, but a whole lot of work. When running on empty, it becomes impossible to be present for those moments with friends and family because I am constantly thinking about what needs to be done next. By taking the time to remind myself what I am thankful for, and taking a moment to hear what Matthew is thankful for, I feel my tank being replenished. It's a reminder of what is important. I feel renewed and filled with a new sense of purpose, and an ability to focus and remember what is most important to me, most important to us, this time of year.

So, while the food is abundant, may our lives be filled with the same abundance. Abundance of family, friends, of church community, of life experiences that replenish us, and hope. May we give thanks for our gifts, for one another.

— Danielle Lindstrom, Intern & Campus Minister

Reflect **The Committee on Ministry** (Hiram Jackson, Liz King, Lisa Oakes,) invites you to make the theme part of your spiritual practice:

May your body speak to you and teach you how to care for the temple that houses your bright spirit. May you walk gently on the earth and honor your hearth and family with your action and your rest. May you find and enjoy the fruit of abundance so that your life path can be fortified and furthered.

— Shiloh Sophia McCloud, from *Tree of Life Blessing*

What causes or inspires you to appreciate abundance?
What causes you to be aware of scarcity as opposed to abundance?

Sunday Worship, 9:30 & 11:15am

Share-the-Plate Sunday Offering: November 2017 Yolo Interfaith Immigration Network (YIIN),
www.facebook.com/yiin.group YIIN advocates for immigrants in Yolo county to make it a better place for everyone.

Each month, a different nonprofit receives half of non-pledge contributions to the Sunday offering. Make check out to UUCD, *Memo: Offering (split between UUCD & non-profit of the month)*. Donate anytime: <http://tinyurl.com/DonateUUCD>

Hymn of the Month: George Canyon & David Gunning composed “What Shall I Do with These Hands” as a fundraiser, recognizing that every person can be a hero “of the human kind.” At the 2017 General Assembly, it was enthusiastically received in a worship service. “This world could use a hero of the human kind; Some hands give voice to a nation; some hands have freed the world from evil, healing, calming a baby, warring, blessing.”

November 5, 9:30 & 11:15am, *The Real Blessing*; Rev. Beth Banks; Kasia Stepien, Worship Associate. In preparation for this Sunday’s service, remember a time when you received something from another person. What was it, and how did it change your life? Generosity comes in many forms and creates abundance in some ways we may not have considered.

Also, Alison Luck and Rev. Morgan McLean lead a commissioning and blessing of the UUCD Border Trip participants.

November 5 Annual Memorial Grove Service & Dedication, 4-5pm, Sanctuary. We honor those who have passed away this year. We’ll also dedicate of our recently completed Memorial Grove, a sacred space of 7 pillars amongst the crape myrtle trees, adjacent to our Memorial Walls. *These pillars will carry plaques commemorating members and friends who have passed away for many years to come. Visit our table in the Social Hall for information about the Memorial Grove and how to purchase a plaque for yourself and your loved ones.*

November 12, 9:30 & 11:15am, *Veteran’s Day*; Stacie Frerichs; Elli Norris, Worship Associate. Journey with Stacie back to Europe during World War II as she shares photos and stories of her grandfather, Al Cloutier’s, service in the Army Air Corps. Part of his service was to take photographs and ensure communications reached Allied command. Her grandfather passed away at the age of 95, last December. After his death, the family discovered the treasure trove of photos that told more of his story.

Guest at Your Table: Faces and stories of grass roots human rights workers join your table for a month (via your Guest Box). When you eat, put enough money in your Guest Box to feed one more person. Sunday, December 10, bring a check for the total to support UUSC’s human rights work: *Checks to UUCD, memo, Guest Box.* <http://www.uusc.org/welcome-to-guest-at-your-table>

November 19, 9:30 & 11:15am, *The Cornucopia of Our Dreams*; Revs. Beth Banks & Morgan McLean; Lily Roberts, Worship Associate. This is a UUCD Thanksgiving Festival service fashioned after the Flower Communion Sunday. Bring fresh fruit or vegetables to create a bountiful cornucopia at the center of worship. We’ll celebrate abundance and community with the message that everyone’s gifts are needed to create community. In Greek mythology, the cornucopia, or the horn of plenty, could become filled with whatever the owner desired. What would we desire in abundance? New Member Ceremony.

November 26, 9:30 & 11:15am, Mohammed’s Birthday; Dani Lindstrom; Tamara Range, Worship Associate. To honor Mohammed’s birth, Muslims learn about his life and teachings. We’ll share important teaching stories about this prophet’s life as a way to educate ourselves about Islam.

Listen

Download or stream edited Sunday services at www.uudavispodcast.org