



Island Passages

20103 State Route 525 • P.O. Box 1076, Freeland, WA 98249 • 360-321-8656 • www.whidbey.com/uucwi/

March 2010

SUN	MON	TUES	WED	THURS	FRI	SAT
	1 9-11 am Worship Committee	2	3 10 am Men's Group	4	5 7-8:30 Introduction to Compassionate Communication	6 9:30 am - 4:30pm Compassionate Communication Workshop
7 10 am Service: "This I Believe" 5:30 South End Dine Out	8	9 7pm Book Club	10 7:30 pm EvenSong "Spring and Renewal"	11	12 9-11 am BOT	13 10-Noon Visual Arts Committee 1-3 North End Koffee Klatch
14 10 am Service: "How Much is Enough?"	15	16	17 10 am Membership Committee 10 am Men's Group	18	19	20 Small Group Dinners
21 10 am Service: "Skeptics and True Believers" 11:30 SRC meeting/potluck	22	23	24 7-9 pm Celebration of Charles Darwin's <i>On the Origin of Species</i> 7:30 Fun on Whidbey	25 4-6pm South End Koffee Klatch	26	27 7-9pm Conversation at Kit's
28 10 am Service: "Four Spirituali- ties Under Our UU Umbrella" 5:30 pm North End Dine Out	29	30	31			

For More Information on Listings - see pages 2 - 7

From Our Minister



Dear Whidbey friends,

A couple of exciting events are occurring here at UUCWI this month! You'll find more information about each of them elsewhere in the newsletter, but I want to tell you about my personal excitement for each of them.

The first event is the Non-Violent Communication workshop here on March 5 & 6. Non-violent communication is a tool for improving communication between family members, between friends, between colleagues, between nations. Gandhi and Martin Luther King Jr. each used it to achieve immensely important social change in the world; the techniques were shaped into a curriculum that is easily taught and helpful in a myriad of relationships. We are co-sponsoring this workshop with several other congregations on the island. It's inexpensive (\$30 for the workshop plus \$6 for a lunch if you want to buy one that day), there are scholarships available, and there's free child care. We hope to offer this to a good-sized group of folks from all over the island.

The second event is Dr. Mary Kay Sandford's presentation "This View of Life", a celebration of the life and work of Charles Darwin and *The Origin of Species* published in 1859. I met Mary Kay and her partner Eileen Jackson when they asked me to marry them, as a result of our "Proposal 2009" gift to same sex couples on the island. MK, as she's known, is an engaging, knowledgeable speaker and a well-known authority in the field of anthropology. When she told me of her desire to offer a Darwin presentation during this 150th year since the publishing of *Origin of Species*, I asked if she would be willing to offer it in our sanctuary, for the whole community to enjoy. And this presentation is the result.

I'm excited about inviting the whole island community into our building for educational events like these. And I've started thinking of how we might offer more such events. I'm dreaming

of a series of presentations entitled "Science and Spirit", examining the relationship between the immense leaps of science and the ethical and spiritual concerns that arise because of those leaps.

We have a lot of music and art and environmental programs here on Whidbey but not much in the sciences, and I think that's a gap I'd like to address. I'd love to attend a presentation on Bioethics, or Physics and Philosophy, or the Human Brain and Religious Belief. I think we could find local speakers who could address these topics and add to the richness of life here on Whidbey. Maybe you are one of those speakers or know someone who is.

If you have thoughts, I'd love to hear from you!

Much love,
Kit

Calender Listings

March 7: "This I Believe"

"This I Believe" has become a UUCWI tradition and with good reason. It affords us the opportunity to share in the spiritual journey of our fellow UUCWI members. Their unique voices, experiences, and perspectives expand our diversity, strengthen our connections, and invite us to examine our own paths. Join us for one of the more popular services of the year and support your fellow travelers as Rhonda Salerno, Thomas Kelly, and Vicky Pitt speak from their hearts and tell us . . . "This I Believe."

March 10, 7:30 pm:

EvenSong "Spring and Renewal"

On the second Wednesday of each month, UUCWI holds a quiet, contemplative candlelight gathering of song, meditation and readings. The focus in March will be Spring and Renewal. Accompanied by harp music and reminiscent of Taize, this is a time of reflection and an opportunity to enhance personal spiritual practice.

March 14: "How Much is Enough?"

Speaker: Vicki Robin

This Justice Sunday service is being presented by the Social Responsibility Council. With a focus on

economic justice, Vicki will talk about "How Much is Enough?" She asks the question, "If I knew that everyone in the world would have enough if I had only this much, would this be enough for me?" How can we develop a healthy sense of responsibility for the world - a sense of how our lives and choices fit into the larger social and spiritual scheme of things in order to make this a more just world for all?

Vicki Robin is a local author best known for her best-selling book *Your Money or Your Life*.

March 21: "Skeptics and True Believers"

Speaker: Rev. Kit Ketcham

How do we humans know what to believe? This is one of the great questions of human living and it's often hard to tell who or what is an authoritative source of information. Many religions have a Holy Book which guides them. Unitarian Universalists use many sources of information. What is the most reliable? We will celebrate the Vernal Equinox today as well.

Worship Leader: Effie Brown

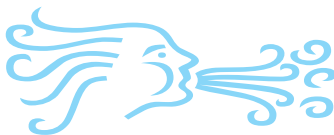
March 28: "Four Spiritualities Under Our UU Umbrella"

Speaker: Rev. Heather Lynn Hanson

Do you, once in a while, look at a song or reading in the hymnal and wonder "What's THAT doing in a UU hymnal?" Francis David said: "We need not sing alike, to love alike." – or was that "think alike"? Bear with me as we poke around through spiritual expression in our gray hymnal and find evidence of at least four different spiritual orientations, all of which find shelter under our broad UU umbrella.

Rev. Heather Lynn is an Accredited Interim UU Minister who has served congregations from NY to southern California, but calls the Pacific Northwest home. She is currently serving a second interim year at the Tahoma U.U. Congregation in Tacoma.

Worship Leader: Frank Allen



March 5 & 6: Non-Violent Communication Workshop at UUCWI

Friday evening is free and is an introduction to the techniques of non-violent communication, as taught by Gandhi, Martin Luther King Jr., and Marshall Rosenberg. Saturday is inexpensive and features experiential learning of techniques, plus lunch and free child care. See flyer on pages 4 & 5 for details.

March 7, 5:30 pm: South End Dine Out at China City in Freeland

Let Kit know if you can attend (kitketcham@comcast.net or 331-2163) so she can make the reservation. Newcomers and visitors are welcome! This is a great way to get to know a few folks.

March 9, 7 pm: Book Club

The Book Club meets at 7:00 pm on the second Tuesday of each month. This month's book is Ivan Doig's *The Whistling Season*. We will meet at the home of Judy Kaplan. e-mail Judy for directions: peacefuljlk@starband.net.

The book for April 13 is *Out Stealing Horses* by Per Petterson.

March 13, 1-3 pm: North End Koffee Klatch

at Whidbey General Hospital's cafeteria. Good food, good coffee, incredible and hilarious conversation about any number of topics! A great way to get to know people. Newcomers and visitors welcome!

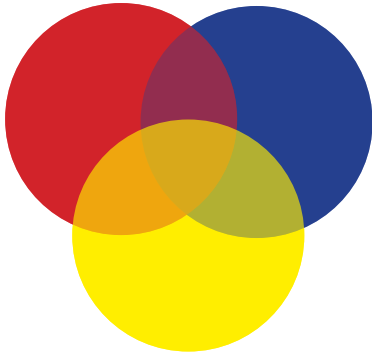
March 20: Small Group Dinners

Come join in the fun and conversation at the monthly small group dinners. They are the 3rd Saturday of the month. These dinners are held in our homes. They range from 4 to 10 people. Dinner is potluck style. Volunteers are needed to host or co-host if you cannot provide your home. I will assign guests to the host by the Tuesday before the dinner. The hosts will then contact their guests as to time, directions to their home, and what to bring.

Please contact me if you are interested in coming or want to know more about these dinners. Carol Bingman e-mail: bingman@whidbey.com or Phone: 360-730-1955

NonViolent Communication

Workshop on Whidbey Island



“Although I considered myself able to communicate reasonably well with my wife, kids and co-workers before my NVC training, the experience was life-changing for me. Within the next week I was able to deal with two extremely difficult situations with a completely new sense of confidence and grace that was revolutionary for me.”

—Tom Ewell, Quaker Worship Group

Nonviolent Communication (also known as Compassionate Communication) is a communication process, a set of tools and a model for living that helps us respond to many of life’s more challenging, confrontational situations with empathy, compassion and humanity and without moralistic judgment.

Two parts:

Free Introduction to Compassionate Communication

FRIDAY, MARCH 5, 2010, 7:00–8:30 PM

Using Compassionate Communication in Everyday Life

SATURDAY, MARCH 6, 2010, 9:30 AM–4:30 PM

A full day of more training & experiential application. (Those attending the session on Saturday are requested to come on Friday night.) Fee: \$30. Free for 18 and under. Free child care, family discounts, and some scholarships available.

Registration:

To register and for more information regarding fees, meals and free child care, please go to www.nwcompass.org, click **Trainings** and scroll to down to the March 5th and 6th dates, or call Lynn Smith, local organizer, at 360-341-2308.

The NVC training will be led by Holly Michelle Eckert who is a certified trainer with the global Center for Nonviolent Communication and the NVC Online Academy. Since 2001, she has worked with thousands of participants in her Radiant Relationships seminar series, led women’s retreats, facilitated organizational mediations and provided communication coaching for families and individuals. In 2008, Holly founded the Nonviolent Communication Training Center of North Seattle.

Sponsors include the Unitarian Universalist Congregation of Whidbey Island, The Whidbey Island Worship Group (Quakers), St. Augustine’s Peace Fellowship, Unity of Whidbey, Whidbey Institute

(MORE INFORMATION ON BACK) ➔

What is Nonviolent Communication? (also known as Compassionate Communication)

Many of us have heard about the important impact Nonviolent Communication (NVC) has had on the lives of personal friends and, indeed, on people throughout the world.

NVC is especially helpful in improving family communication skills as parents and partners and equipping us to deal nonviolently and peacefully with all difficult communication situations. This very powerful process can be used in our daily interactions with others as well as in those times of intense conflict for families, couples, businesses, nations, at home, in town, and at work. For many, NVC offers a life-changing way to deal with the anger and stresses of miscommunication and misunderstanding that disconnect us from ourselves and other people.

“As a parent I was desperate for concrete tools I could use myself that worked for me and within our relationship every day. Then I was given a copy of the book Nonviolent Communication by Marshall Rosenberg, and I felt amazed to find a tool for life.”

—Lynn Smith, workshop organizer

Please plan on joining us for this ground-breaking, important means of improving your communication skills and your relationships with all those around you. For more information please contact organizers: John Hurd 360-341-2904 azure@whidbey.com; or Lynn Smith 360-341-2308 adoptnet@whidbey.com.

Please consider bringing nonperishable food items to donate to Whidbey Island food banks. The event also benefits Whidbey Island Nourishes (WIN), a free weekend lunch program for needy kids.

Music performances donated by Laurence Cole and Sweetwater Revival.

Synergistically, there will be an interfaith/peace film the night of Sat. 3/6 and SingPeace event Sun. 3/7 in Greenbank on Whidbey Island. See <http://singpeacepilgrimage.ning.com/> for more information.

From the Pres



District Assembly Musings

I've just returned from my first PNWD District Assembly experience, where I reconnected with old friends from other congregations and listened to some interesting (and entertaining) speakers. Grammy winner, Bill Harley was the Keynote speaker. He very effectively demonstrated the use of song and story to convey a message to the heart. As he puts it, "music = feeling, and words = thought, so a song feels a thought".

Our UUA President, Peter Morales was one of the workshop presenters. I thoroughly enjoyed having the opportunity to hear him, and was fascinated by some of his data. (Peter's training is in the field of social science, so he has a strong interest in data.) I'm sure it will come as no surprise to you that, when asked what keeps them coming back to their congregation, most UUs say "community". What did surprise me was that, according to surveys, "community" outweighs all other reasons combined. One of the ways this plays out is that if a visitor begins attending one of our congregations (regularly) and does not make new friends within 6 months, he/she will tend to stop coming. Visitors aren't asking themselves "Do I agree with these people?" Rather, they are asking "Are these my people? Do I feel at home here?" (One is immediately reminded of Francis David's line "We need not think alike to love alike".)

All of this only reinforced my strong belief that each of us is a "greeter" at our Sunday morning services. How we greet our visitors is of enormous importance. I love hearing new members say that what influenced them to join was "the way I was so warmly greeted on the first day I visited". YES!!

Next year's District Assembly will be in Portland.

Warmest regards,
Lois

Calendar Listings continued from P. 3

March 24, 7-9 pm: "This View of Life: Celebrating Charles Darwin's On the Origin of Species (1859)"

Dr. Mary K. Sandford of Langley will lead a celebration of Darwin's life and greatest work by discussing *Origin of Species*, one of the most important, controversial, and misunderstood books ever published. Dr. Sandford will frame her talk using the phrase, "There is grandeur in this view of life..." that Darwin wrote in the closing paragraph of *Origin of Species* to describe the magnificence of the natural world as seen from the vantage point of his new paradigm.

Using stories from her own life and work – and Darwin's – Dr. Sandford will explore Darwin's humanity and his explorations. Sandford will show that Darwin's insights are not only relevant to our lives today, they are absolutely essential for our continued existence as a species and life as we know it. She argues that the best way to celebrate Darwin's life is to choose to fully embrace our place in nature along with our ethical responsibilities to other species, our fellow humans and the planet as a whole.

March 24, 7:30 pm: Fun On Whidbey

Fun On Whidbey is going to the movies! We will witness "Extraordinary Measures" at our own Clyde in Langley. I chose this one above the other offerings because it's based on a true story, it's a reasonable length (one hour 50 minutes) and it's rated PG. Harrison Ford is in a race to discover a cure of a terrible illness for his family.

Judy

March 25, 4-6 pm: South End Koffee Klatch

at Mike's Place in Langley. Mike's has coffee drinks, ice cream and a good dinner menu, if you're inclined to stay later. Newcomers and visitors are welcome! Join us for good conversation.

March 27, 7-9 pm: Conversation at Kit's

(1225 Bush Point Road, 331-2163 for directions) on the topic of the month: "How do I know what to believe? What are my sources of authority?" Goodies at 7, conversation at 7:30. We generally go till about 9.

March 28, 5:30 pm: North End Dine Out

at the San Remo Grill, 421 Midway. Let Kit know if you can attend (331-2163, kitketcham@comcast.net). Good Mediterranean and American food, terrific company, quiet ambiance (except for the hoots of laughter coming from our part of the restaurant). This is a great way to get to know more folks. Newcomers and visitors welcome.

Announcements

FLASH from the UU District Meeting

New UUA Pres. Peter Morales says:

Five thousand visitors show up every Sunday every week at UU congregations across the continent – this adds up to a quarter million visitors a year! But we have a huge turnover. What can we take from that? That there is a hunger for what UU offers and that we should pay attention to those visitors. Growth is not a matter of demographics – growth is a measure not a goal.

Forget about our wordy descriptions of UUism and recognize that religion is about what we LOVE not what we believe.

Morales believes we are mired in the past, particularly in New England, where we have so much history. The West is where there is growth.

Carbon energy footprint is a huge issue for the UUA which is faced with a greatly reduced budget. Immigration is the next big issue for UU's.

Our Dave Cauffman was elected to the Board! Peggy Bardarson

Young Solo Artists Concert

The Saratoga Chamber Orchestra will present the winners of their annual Young Artists Solo Competition in concert on Sunday, March 21 at 2:30 pm at South Whidbey High School auditorium. Tera Applegate, violin, age 12,, Gloria Ferry Brennan, violin, age 13 and Seth Sobottka, French Horn, age 16 will be performing with the orchestra. The program includes the first movement of the Mozart Violin Concerto in G-Major, the Vitali Chaconne for violin and the first movement of the Horn Concerto, Op. 8 by Franz Strauss. The young musicians are all familiar to the UUCWI family and friends. For more information visit the SCO website at www.saratoga-chamber-orchestra.org

Stewardship Drive 2010

UUCWI- Finances 101

Theme: What has happened (so far) on our long range business plan?

Members who were present in 1995/96 know that we developed a 10 year business plan to obtain financing for the new church. Now in the 4th year of that plan, it makes some sense to compare our current situation with what we forecasted. Since a business plan is essentially a construct of “assumptions”, the best form of telling the story is comparing reality to the assumptions.

The basic story (primary assumption): Build it and they will come - membership will grow and the rising pledge income will allow us to afford the mortgage. The mortgage would add \$24K per year, so for 4 years we would need to freeze all other costs to the status quo level. In the first 2 years we would have large deficits - but our reserve fund could cover that. Growth would be sufficient to break even by 2009/10 FY - just in the nick of time. Thereafter we would again have enough money to put resources into enriching the programs.

What is the reality (so far)?

The good news:

- 1) We have a better interest rate on the loan - the payments are \$3200 less per year.
- 2) Church leaders have done well managing increasing costs.
- 3) Building rental income is growing faster than we assumed.
- 4) Collection plate income is above forecast - more visitors making contributions
- 5) Fundraisers (auctions/concerts) are generating more income than planned.

The unwelcome news:

- 1) The membership growth has not been as robust as we assumed. We were 65 when the plan was adopted. By this year the plan was to be 102, but the reality is 83.
- 2) This year we will have a deficit and future years will continue to be financially constrained, unless something changes.

How have we avoided deficits up to now?

More good news:

- 1) The average pledge per member is running higher

than we assumed, by about 5%.

2) We have enjoyed the benefit of “in kind giving” by members for bookkeeping and professional musician services - praise be to them. They are not adequate, however, to cover the projected shortfalls this year nor in future years

What should we do?

Our budget continues to depend upon a growing congregation. Remember we said, “build it and they will come”.

1) The main variance in the plan is membership numbers. Anything we can do to transform visitors into members is a priority.

2) We can ask ourselves whether a more generous annual pledge (this year) on our part is merited to open the possibility for more programming resources in the years ahead.

Tom Buxton, UUCWI Treasurer

THE KICKOFF DINNER

Mark your Calendar for our catered Kickoff Dinner – Saturday, April 10 from 5:30 to 8:30.

There will be our own Cranberry Bog Bluegrass Band. stories, song and fun. We'll put the kids in the RE rooms with pizza and a movie to entertain. We are going to have to have an accurate head count for both adults and kids by the first day of Spring, March 20.

Seating will be tight. Get your reservations in tout sweet to Judy Kaplan: peacefuljlk@starband.net

All this lively entertainment is to get us in the mood to generously support our Operating Fund Pledge Drive that starts the next day. We want each member household to be open to a stewardship visit where it will be asked that you:

- 1) Make a generous pledge for the 2010-2011 church year.
- 2) Reaffirm you church membership.
- 3) Talk about what the church means in your life.

Stewardship Committee: Baird Bardarson,
Judy Kaplan and Gloria Sherman

Committee News



Sandy Allan

Art Gallery News

In March and April of this new year you will see our walls graced with a never-before-seen joint display of the art of Nola Allen, Sandy Allen, and Brenda Allen. Yes, a mother/daughter show!

Nola, as most of you know, is a recognized watercolor artist as well as being our pianist most Sundays – and will also be the featured artist at the Brackenwood Gallery in Langley this coming May.

The unusual art talent of Sandy was featured in the Seattle PI in March 2006. To read that article go to http://www.seattlepi.com/local/262705_brain13.html. After a tumor was removed from the left side of Sandy's brain, she began art therapy sessions that unleashed the artist in her that she never knew existed up until that time. The PI story will fill you in on the details.

Brenda attended the Northwest School of the Arts and the San Francisco School of Art. After returning to Seattle she painted sets and large backdrops for the Seattle Opera Company, some murals in the city and backdrops for the Science Center's Dinosaur exhibit. Brenda is now attending Cornish School of Art where she hopes to get a degree in motion design. She has always been conceptually oriented and gains much of her inspiration from within.



Social Responsibility Council

The SRC has just been the beneficiary of a portion of the proceeds from the most successful January 31st concert which was inspired and organized by Libby Roberts, one of its members. Libby initiated the concert to raise funds for Good Cheer and the SRC. The split of the net proceeds, which totaled \$1,251, will be determined at the next SRC meeting.

Mostly through monthly dedicated offerings, the SRC has been able to send nearly \$6,000 thus far this year to several deserving organizations. One the tasks to be undertaken by the Committee within the next couple of months is establishing criteria for determining the recipients of dedicated offerings for the next church year.

In honor of Justice Sunday, as designated by UUSC, the SRC has asked Vicki Robin, well-known author of *Your Money or Your Life* to speak on March 14. See more details elsewhere in the newsletter. In making this decision, the Committee found very quickly how many aspects there are to the broad topic of "economic justice" and how difficult it is to narrow this down to a brief talk! The Committee encourages others to check out www.uusc.org for more information on the UUSC programs and priorities.

Three members of UUCWI, Dave Cauffman, John Long, and Mark Brown, are members of the Habitat for Humanity Island County Board of Directors. This means our congregation has more members on that active board than any other local religious organization. The SRC is making plans to assist in involving UUCWI members in the building of the next Habitat house at Teronda West.

The *Better World Shopping Guide*, a well-researched booklet designed to help us vote with our pocketbooks, will soon be available from the SRC. The cost will be just \$5. This handy guide lists 75 common product categories (coffee, energy bars, clothing, vitamins, gasoline, etc.), ranking the corporations that produce these based on their practices relating to human rights, environmental concerns, animal protection and community involvement. It's a great shopping companion!

The next meeting for the SRC is March 21. It's an appetizer potluck, right after the Sunday service. We will be discussing the next dedicated offering, road maintenance, and our mission statement.

To the Congregation

I would like to thank the Caring Concern Committee and everyone that attended my baby shower. It was so sweet to be cared for in this way and to share my anticipation for the birth of our second child.

I received a very nice note from Kristin Lasher, founder of Mother Mentors, in gratitude to the donations given in my honor during the baby shower. She said that these gifts are their first, other than the funds that the founders contributed to get the program started. I am so grateful to be able to help other mothers in this way and thank you all for your gifts to this organization.

My due date is fast approaching (by the time you read this, it will be long gone) and so I hope that another little note will be added with the details of our baby's birth. I look forward to introducing this new little one to the congregation very soon.

Warmly,
Vanessa



Nola Allen

UUCWI 2009-2010 Board of Trustees

Lois Chowen, President

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Roy Bingman, Trustee

Mark Brown, Trustee

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Helen Kushnereit, Trustee

If you wish to contact any of the Board members,
call UUCWI voice mail at 360-321-8656.

Minister: Rev. Kit Ketcham 360-331-2163

Chaplain: Sally Elder 360-675-3314

Our minister and chaplain are available for rites
of passage ceremonies (including ceremonies of
commitment or union) and pastoral visits.

Director of Religious Education: Vanessa Kohlhaas

Newsletter Information:

News, announcements, events, and other items of
interest to members of the congregation should be
submitted in writing by the deadline to editor
Celia Bartram: celia@bartramrecorders.com

Items submitted after press time will appear in the
following month's newsletter if appropriate.

Time-sensitive late items will be posted with the
announcements and/or on the calendar on our
web site.

Current and past issues of this newsletter are
available online at:

www.whidbey.com/uucwi/newsletter.html

Last names, phone numbers, and addresses are
deleted from the online version for members'
privacy.

Communications Committee:

Celia Bartram, Newsletter Editor

Mavis Cauffman, Church Administrator

Dean Enell, Webmaster

**UNITARIAN UNIVERSALIST CONGREGATION
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