



First Unitarian Universalist CONGREGATION OF ANN ARBOR

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Multi-Generational Earth Day Service Sunday, April 19, 2020 | 11:30am

This week's Sunday Worship can be viewed using this link: www.uaa.org/service

Sunday Social Time

Sunday, April 19, Immediately following the Service

Join fellow congregants for a virtual Social Time via Zoom. Participants will be broken into small chat rooms. So grab a cup of coffee and use this link: www.uaa.org/socialhour.

NOTE: The links above will activate close to the event time.

To view or listen to past Sunday Services, [click here](#).



If you missed last week's offertory link and would like to make an offering, [click here](#).



Planning Ahead for the Mediation and Ritual During Sunday's Service on April 19

A note from rev. theresa rohck

During this coming week's inter-generational worship service, you will have an opportunity to participate in creating something at home along with me as part of the ritual and meditation time. This is for ALL AGES but may be of particular interest to the younger among us.

If you would like to participate in the moment, gather a few things before the service starts. If you have small objects from nature, like stones, leaves, acorns, flower petals, or even sand or soil, that's great. You can also use things like buttons, marbles, string, Legos, jelly beans You will need enough objects to create some patterns. You'll find out what we will do with these objects on Sunday. It is also completely fine to just be present and experience the ritual together. See you soon. -theresa



Every Wednesday, Braver/Wiser posts a reflection on the [UUA website](#). This week's reflection is from Rev. Manish.

We Cannot Escape One Another

By Rev. Manish-Mishra Marzetti

"In all this madness, even if it kills every single one of us and there's no one left to tell the stories, it matters that we love each other well."

-Paul Richards, who died of AIDS, as remembered by
Rev. Kim Crawford Harvie

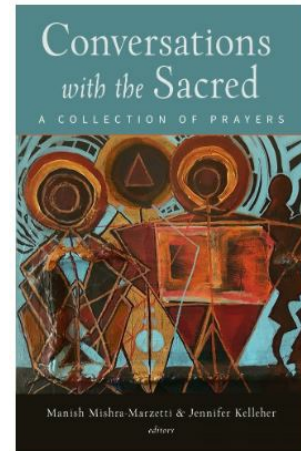
An invisible virus without any cure; a death sentence for some and not for others. This is all too familiar to me, as a gay man who came out at the age of twenty in the early 1990s, prior to the advent of any treatments for HIV. It felt like the possibility of the disease dominated every aspect of my existence in those tender days.

[Read more...](#)



Conversations with the Sacred
A Newly Released Book Edited by Rev. Manish Mishra-Marzetti & Rev. Jennifer Kelleher

Bringing alive heartfelt words and artwork contributed by creators diverse in spiritual perspective and identity, [*Conversations with the Sacred*](#) is a moving testimony to the power of prayer. Prayers of love, lamentation, justice, inspiration, and transcendence—all are here, thoughtfully selected by editors Rev. Manish Mishra-Marzetti and Rev. Jennifer Kelleher. Whatever your relationship to prayer, whether it comes naturally, you have a complicated history with it, or you have never prayed before, *Conversations with the Sacred* is a powerful and accessible resource for anyone looking to explore or deepen a spiritual practice of reflection or prayer.



Rev. Manish Mishra-Marzetti serves as senior minister of the First Unitarian Universalist Congregation of Ann Arbor, Michigan. He has served as president of the Diverse and Revolutionary Unitarian Universalist Multicultural Ministries (DRUUMM) and as a trustee on the UUA Board of Trustees.

Rev. Jennifer Kelleher serves as the Assistant Minister of Lifespan Faith Development and Pastoral Care at the Unitarian Universalist Congregation of Princeton, New Jersey. She has served on several congregation clergy teams, as a hospital chaplain, and in chapter leadership within the Unitarian Universalist Ministers Association (UUMA).



Are You an Essential Worker?

Are you an essential worker who is still reporting in person to work? Then please snap a photo of you at work along with your job title and send to cassandra@uuuaa.org. We're working on a fun surprise!



Meditation with Rev. Manish
Wednesdays, April 22, & 29 | 4:00pm-5:00pm

Join fellow congregants and Rev. Manish for a Wednesday meditation session. Use this link: www.uuaa.org/meditation.

Are you interested in learning more about meditation?

- Watch *Introduction to Meditation* produced by Rev. Manish on our UUAA YouTube Channel. [Use this link](#). (Posted 4/9)
- Learn about the practice of Tonglen with instructions given by Pema Chodron. [Use this link](#). (Posted 4/9)
- Watch this brief instructional video on basic meditation techniques, grounded in the Shambhala Tibetan Buddhist tradition using this link: <https://www.youtube.com/watch?v=4RZy-ulTowY>. (Posted 4/7)
- Jon Kabat-Zinn, of the Cambridge Zen Center, explains the benefits of mindfulness in this YouTube video. Use [this link](#). (Posted 3/31)
- To read Frequent Questions About Meditation - ANSWERED! (from the Tibetan Shambhala Perspective) [click here](#). (Posted 3/31)



Pastoral Care Call
Monday, April 20, 11:00am-12:00pm
Wednesday, April 22, 6:00pm-7:00pm

This is an opportunity to listen and share with other UUAA members and friends. Contact Pastoral Care Coordinator Quiana Perkins at quiana@uuaa.org to obtain the Zoom link.



**Black Congregants at UU + POC Gathering Zoom Meet up
Thursday April 30 at 6:30pm**

We are creating community space to be heard, heal, and help each other.

This inclusive BIPOC event will include a chalice lighting, reading, space to dialogue.

Families are encouraged to attend!

You must request the zoom link by email quiana@uuuaa.org.



**Zoom One-Time Chalice Circles
Monday, April 20, 5:00pm-7:00pm
Saturday, April 25, 1:00pm-3:00pm**

Two virtual one-time Chalice Circles on the topic of "possibility" will be offered on Monday, April 20 from 5:00pm to 7:00pm and Saturday, April 25 from 1:00pm to 3:00pm.

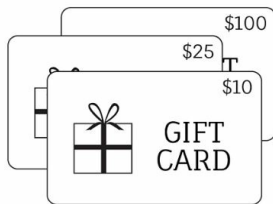
Chalice Circles are small discussions groups where participants practice deep listening and make connections through sharing experiences, thoughts, and feelings.

Register online [here](#). Registration will be limited to keep circles small. Send questions to chalicecircles@uuaa.org.



UUAA Calendar of Events

Stay connected through activities as varied as Wednesday Morning Readers, One-Time Chalice Circles, and Men's Zoom Breakfast. See the calendar of events on the [UUAA Calendar](#) found on our website uuaa.org. To learn about virtual programming for children and youth, email SGD@uuaa.org.

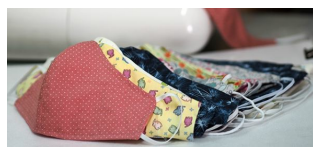


Great Lakes Scrip/Shop with Scrip

(shopwithscrip.com) is still open for business. If you need to refill your current cards or order ScripNow! for upcoming needs, you may either order them yourself online or email me to place your order. And don't forget to use scrip for

your grocery, pharmacy, and gas purchases. Questions? Contact Carolyn Barber at cmbarber@umich.edu or call 734-665-0884 and leave message.

To learn more about donating to our first responders and healthcare providers using scrip, [click here](#).



Donate Masks--Receive Masks

Thank you, UUAA Sewers! Due to your generous contributions, we have distributed at least a dozen masks this week.

If you are in need of a mask (or protective face shield) or if you are a sewer making masks, read more about the UUAA Covid Mask Project by clicking [here](#).



Annual Reports Deadline Friday, May 1, 2020

During this unusual time when we're concerned with the health and safety of our beloved community, we as a congregation are also looking



forward to our future. We could not have predicted the length of this health crisis, and we are heartfully and mindfully trying to be as flexible as possible. We do, however, need to honor our bylaw that requires recognized congregational groups to prepare an annual report in advance of the annual meeting. Please send your group's

annual report to annualreport@uuaa.org by Friday, May 1.

[Read more...](#)



Submitting News to UUAU During the Stay-At-Home Order

If you are a recognized group at UUAU and would like to publicize an event or submit a brief news article, send information to bulletin@uuaa.org. We are still sending out news every Thursday but under the name E-News. Depending on the number of submissions, your article may be truncated in the body of the email and shown in full by clicking on a link.

For longer articles that you would like to appear in the Monthly Newsletter, send a Word document of 300 words or fewer to newsletter@uuaa.org by Tuesday, April 21.

Questions? Contact Welcome Ministries Coordinator Hannah Hotchkiss at hannah@uuaa.org.



Mental Health Wellness Tips for Quarantine

Use this [link](#) for tips on mental health wellness to cope with the current Stay-At-Home order.



Quick Links:

[UUAU Website](#) | [Social Justice at UUAU](#) | [Find us on Facebook](#)
[Make Your Pledge](#) | [UUAU Events Calendar](#)

Other Links:

[UUA.org](#) | [MidAmericaUUA.org](#)
[Side With Love](#) (formerly Standing on the Side of Love)

STAY CONNECTED:

