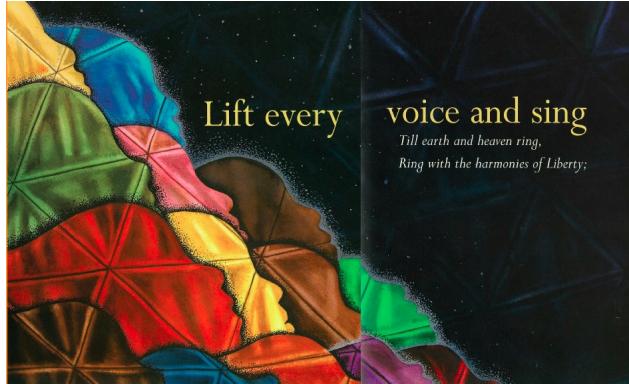




**A United Church of Christ/ United
Methodist Church & a LGBTQIA
Welcoming Congregation**

No matter who you are, or where
you are on life's journey, you are welcome here.

UCUP



A message on Black History Month from the Bishop of the Greater Northwest Episcopal area of the United Methodist Church.

"Lift Every Voice and Sing"

Bishop Elaine JW Stanovsky | January 31, 2022

~ Excerpts from Luke 3 - *Prepare the way of the Lord, Every valley shall be filled, and every mountain and hill shall be made low, all flesh shall see the salvation of God.*

When he was still in elementary school, I took our oldest son, Walker, to the Martin Luther King, Jr. Day rally at the Langston Hughes Center in Seattle's Central District and the march downtown that followed. When the standing-room-only crowd broke into song, I was surprised to see our son rise, respectfully to his feet, and sing the Black National Anthem, "Lift Every Voice and Sing," by heart, and sang it with all his heart.

The music teacher at Madrona Elementary School was married to an Africa Methodist Episcopal Church (AME) pastor. She had taught her students to stand and sing the song with conviction. I was moved to tears as my son participated in that powerful gathering of people honoring the legacy of the civil rights struggle and continuing to call out and demand equity and justice. He participated in the power of the history, the lament, the community, the cause, the witness, the hope.

This month, I was grateful when the local UMC I attended for worship on MLK Day included the song in their service, invoking the long, bloody struggle from enslavement to justice and equity for Black people in America. As United Methodist Christians, I hope that we all carry in our hearts a yearning for racial equity and justice as a gift and challenge from Jesus. I hope we all know the work isn't finished,

- that all Americans have work to do to make the American Dream equally accessible to every American,
- that white European-American immigrants to this land have had unfair access to the riches and opportunity embodied in the "American Dream" since Christopher Columbus first landed in 1492, and since people were first captured and enslaved in Africa and transported to America in 1619.

God's good vision of human community cannot be achieved without racial justice and equity. And it cannot be achieved unless people who benefit from inequity and those who are deprived by it work to name and dismantle the systems that protect white privilege and preserve exclusion and oppression.

UCUP is an Open & Affirming and Reconciling Congregation.

Join us for hybrid worship Sundays at 10:00am

President's letter ~

Friends in Christ,

As a general education instructor at Bates Technical College, I often share a picture of a boat at the beginning of the quarter, telling students that we are on a journey. As we start a new year of leadership for our church, we, too, are setting on a journey.

Course Direction: *We have some big jobs that continue. First, always, is setting sail for the best fulfillment of our mission:*



Photo courtesy of Joe Becker

United with God, United in love. United to serve.

We chart our course for doing the most we can for our community and our world.

Now, we steer towards what may be the new **normal of COVID and church life** for the foreseeable future. And through this, **it is time to slow down.** Our leaders in our church, as in our society, have become accustomed to one emergency after another. If you've ever read the book *Why Zebras Don't Get Ulcers*, you know what an immense toll adrenaline takes on the human body. Our leadership has had to respond to COVID like steering through icebergs in the sea. At night. With no moon. And the more often you respond to crisis, the easier it is for the body to assume everything is a crisis and react accordingly.

We've had to step outside our normal roles and do all kinds of creative and unusual things to keep the church vibrant with limited access to the church building itself. And what a good job the Pastor and the Board have done! Church leadership has been living in crisis mode as the new normal for two years. **Now, it is time for the Board to slow down, re-examine and regain equilibrium, refresh, and maintain life-giving ways to lead our church.**

How does this affect our membership in the congregation? **I ask you to pray for our church every single day**, even something as simple as this: Oh, God, please bless our church, our pastor, our leadership, and our congregation. Give us wisdom and courage. Amen.

In Christ's love,
Tanya Sorenson



Ash Wednesday

March 2nd, 2022

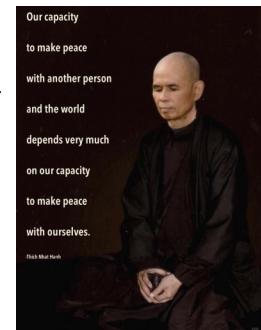
Pastor's letter ~

Two of the world's spiritual giants have passed from this earthly life within a month of each other. Archbishop Desmond Tutu, a prominent leader in the crusade for justice and racial reconciliation in South Africa, died on December 26th at the age of 90. Vietnamese Buddhist Monk and Zen Master Thich Nhat Hanh, a global spiritual leader, poet and peace activist, revered around the world for his pioneering teachings on mindfulness, global ethics and peace, died on January 22 at the age of 95.

I was introduced to Thich Nhat Hanh when I read his newly released book "Living Buddha, Living Christ", as I entered seminary 25 years ago. Nhat Hanh, as a Buddhist, invited me to deepen my roots in Christianity. *"When you are a truly happy Christian, you are also a Buddhist. And vice versa. To me, religious life is life. I do not see any reason to spend one's whole life tasting just one kind of fruit. We human beings can be nourished by the best values of many traditions."*

He taught me, along with many others in the contemplative tradition, about mindfulness: *"If while washing dishes, we think only of the cup of tea that awaits us, thus hurrying to get the dishes out of the way as if they were a nuisance, then we are not 'washing the dishes to wash the dishes.' What's more, we are not alive during the time we are washing the dishes. In fact we are completely incapable of realizing the miracle of life while standing at the sink. If we can't wash the dishes, the chances are we won't be able to drink our tea either. While drinking the cup of tea, we will only be thinking of other things, barely aware of the cup in our hands. Thus we are sucked away into the future—and we are incapable of actually living one minute of life."*

He taught me the power of making peace with myself, not only as a means of accessing deeper healing for myself, but also as a means of bringing more peace into the world. *"We often think of peace as the absence of war, that if powerful countries would reduce their weapon arsenals, we could have peace. But if we look deeply into the weapons, we see our own minds- our own prejudices, fears and ignorance. Even if we transport all the bombs to the moon, the roots of war and the roots of bombs are still there, in our hearts and minds, and sooner or later we will make new bombs. To work for peace is to uproot war from ourselves and from the hearts of men and women. To prepare for war, to give millions of men and women the opportunity to practice killing day and night in their hearts, is to plant millions of seeds of violence, anger, frustration, and fear that will be passed on for generations to come."*



Ten years later in 2008, I found myself sitting in a bleacher seat high up in the stands at Qwest Field with thousands of others during the Seeds of Compassion tour featuring Archbishop Desmond Tutu and His Holiness the Dalai Lama. They shared not only profound words, but the essence of themselves as they erupted in constant giggles as they delighted in one another. These two grown men who had known such sorrow through discrimination, hatred, death threats, oppressive systems, exile, rejoiced in the presence of one another and could not contain their joy. Their exchange with one another was contagious. As their spirits soared in giggling with one another, the whole stadium caught the giggles. For those of us privileged to be present that day, we witnessed the power of joy and compassion. Their message was simple: where joy lives, there is hope. We can help sow the seeds of compassion in whatever situation we face, as they did, confronting the evils of apartheid or the suffering of persistent exile. In 2015, they wrote a book together: *"The Book of Joy: Lasting Happiness in a Changing World"* posing the question: how do we find joy in the face of life's inevitable suffering? It is a book worth reading.

Two spiritual giants died this past month. Who do you claim as your spiritual giants in the faith? Who are the spiritual giants stepping up to offer peace, compassion and joy in the world? Perhaps the seeds of peace, compassion and joy are already within you. May it be so.

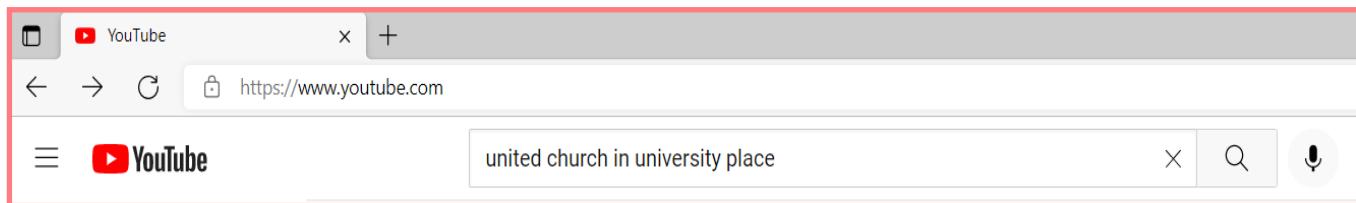
Finding UCUP on Youtube by Neva Laurie-Berry

Have you ever come late to worship and wanted to see what you missed at the start of the service? Ever wanted to revisit Pastor Cathy's thought-provoking words later in the week? Spent days humming a piece of music from our choir or soloists and wanted to hear and watch it again? Wanted to share an element from our worship with a friend or family member who doesn't attend our church?

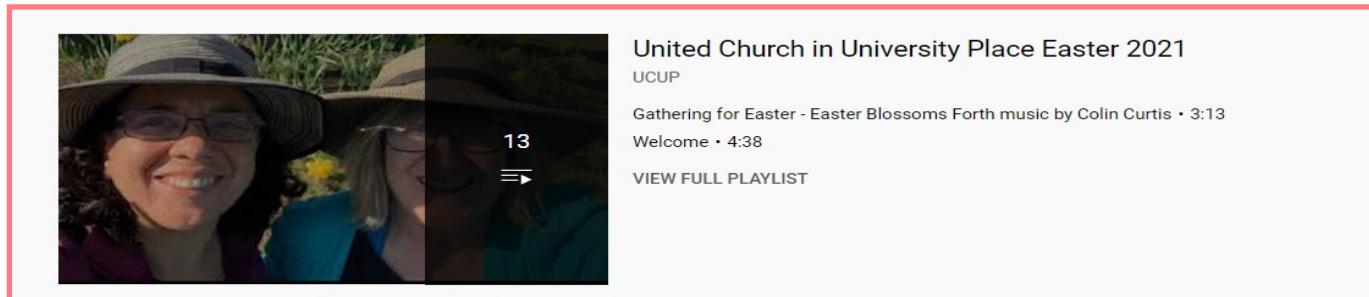
Thanks to the dedicated work of our Worship Production and Tech teams, as well as fantastic office support from Jenny and Addy, all of these things are possible through UCUP's Youtube channel!

Every week, our virtual/hybrid worship service is recorded, and various elements of the service – music, scripture, message, prayers, etc. – are uploaded to Youtube to be watched or rewatched whenever you like. If you're not familiar with finding content on Youtube, locating these treasures might seem daunting. Consider this guide a treasure map with instructions to help you in your search.

You can find our Youtube channel by going to youtube.com and entering "united church in university place" into the search bar at the top of the page.

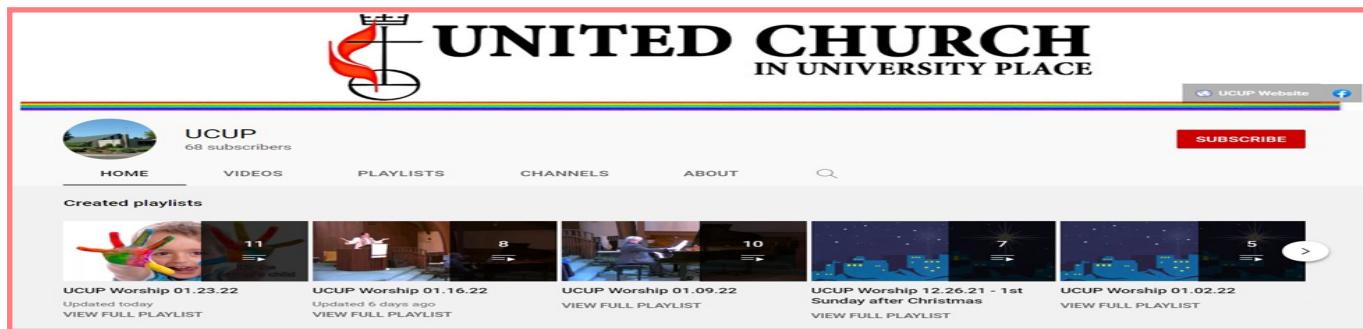


This will bring up some ads at the top (ignore those!), followed by several playlists, each of which will look something like this:



Each of our playlists represents a worship service from a specific week. If you want to watch the full service from a given week that happens to come up in the search – such as Easter 2021, shown here – you can click where it says "View Full Playlist", and the videos for the full service will play, in order. If that's not what you're looking for, clicking the "UCUP" line in any of the displayed playlists will take you to our church's Youtube channel, with our full library of many, many more options.

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From here, you have a few choices:

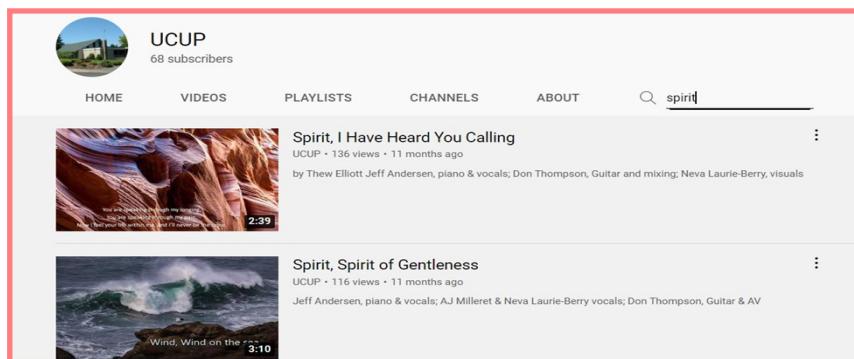
Our most recent weekly service playlists will be at the top when “Home” is selected (which is the default starting place). If you want to view a full service, click on the image for that service. As you hover over the picture, it will change to “Play all”, and selecting that will play all of the videos from that week, in order, as if you were attending the service when it happened.

If you want to watch a specific video from a specific week’s service, like a piece of music or Pastor Cathy’s message, click “View Full Playlist” under the image for that week’s service. This will take you to a list of the videos from that service, and you can select to watch any of all of them in whatever order you like.

If you want to watch part or all of an older service, click “Playlists” to get a full listing of all of our weekly services, not just the five most recent.

If you want to browse our full library, click “Videos” to scroll through everything we’ve uploaded. (Warning: There’s a lot there!)

If you want to find a specific piece of music but don’t know what date it was from, you can search for it by clicking on the magnifying glass icon to the right of the headers (next to “About”). This will create a “Search” field where you can type in the name of a song (partial or full) to get results. For example, a search for “spirit” brings up a range of relevant options, both individual videos and weekly playlists, that might include what you’re looking for, such as Jeff’s beautiful rendition of Spirit, I Have Heard You Calling.



If there’s a particular video you’re looking for that you can’t find – maybe because you don’t know the name – an email to laurienl@plu.edu with as much as you remember about the music or reflection you’re looking for may help get you to the right place.

Using this guide, you should have the information you need to find any video in our ever-growing library of virtual and hybrid worship content whenever you’d like. Virtual worship: It’s not just for Sunday anymore!

Joys & Concerns

By Ardash Herbel

Prayers of joy for the worship team who continues to bring us such beautiful and inspiring hybrid services every Sunday. We are very aware of the tremendous amount of work that it takes to make it happen.

We mourn with Rosemary and Kris at the loss of their beloved Mary Jones as she entered the nearer presence of God January 15th. She was a much loved member of our congregation. Prayers for all who have recently lost loved ones.

Prayers for all senior members living in care centers as Omicron lays waste to caretakers and residents. Protect our church family.

We continue to pray for the people in Colorado who are trying to put their lives together after the terrible fires. Protect all Faith centers after the hostage incident at the Jewish Synagogue in Texas and for the people in Tonga dealing with the ash from the volcano eruption.



TACOMA
COMMUNITYHOUSE

Kay Shaben is still collecting calendars, note pads and cards that you receive or pick-up for free from banks, charities, etc. Please place them in the food bank drop-off bin at the church. She takes them to Tacoma Community House for the staff and students.

Thanks for all your hard work Kay!

thank you

February!

8 Neva Laurie-Berry
16 Dorothy McCuistion
21 Soren Fohrman

HAPPY
birthday
TO YOU



PEACE & JUSTICE
Calling all Volunteers!
Food Repack Work Session
at Emergency Food Network
February 17, 9 – 11:30 a.m.



The Peace and Justice Committee has organized a food repack work party for Thursday, Feb. 17 at the Emergency Food Network (EFN), located at 3318 92nd St. S in Lakewood. The EFN serves as a distribution center for 70+ food pantries in Pierce County. They also have a farm and a meal delivery service. The food repacking sessions are two-and-a-half hours, and typically involve packing rice or oatmeal. We scoop the food from large bulk bags and re-package into smaller, family-sized portions for distribution to the local food banks. COVID safety protocols are followed. If you would like to participate, please contact Marilyn Thompson for more information and the volunteer application.

2022 Annual Meeting and Charge Conference Re-Cap

The Annual Meeting and Charge Conference of United Church in University Place was held via Zoom on January 23rd, 2022 at 6:30 pm. There were approximately 40+ members of the congregation in attendance. President Marilyn Thompson welcomed all to the meeting, and extended a special welcome to UMC District Superintendent Derek Nakano.

Members voted unanimous approval for the slate of new officers.

2022 Officers

President	Tanya Sorenson
Vice President	Vicki Diamond
Secretary	Judy Thierry
Treasurer	Don Thompson
Financial Secretary	Paul Koppe
Assistant Financial Secretary	Laura Giddings

Trustees:

Trustee 1 (2020-2022)	Robert Brown
Trustee 2 (2021-2023)	Pamela Maddess
Trustee 3 (2022-2024)	Pat Mail

The current President and Past President Marilyn Thompson also serve as trustees.



PRAYER IS POWERFUL & PRAYER WORKS

If you have a little time each day to pray for our church family, their families, our State, Nation and World, and our pets, join the UCUP Prayer Chain. Just let Pat Mail know your email address and ask to be added to the prayer chain. Quick, easy and meaningful. Email to mail.pat48@gmail.com



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Church Employees

Rev. Cathlynn Law
Music Director: Jeff Andersen
Nursery Attendant: Addy Harding
Office Admin: Jenny Huntsman

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Or where you are on life's journey, **you're**
Welcome here.

United Church In University Place

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office@ucup.org



Weekly

Sundays
10am LIVE & ZOOM Worship
JOIN US!



***We are United with God,
United in Love,
and United to Serve Others***

Monthly

1st Sunday of the month
Communion during worship
1st Tuesday of the month
1pm Alzheimer's Support Group
3rd Tuesday of the month
6:30pm Men's Discussion Group
on Zoom



**A United Church of Christ/
United Methodist Church &
a LGBTQIA
Welcoming Congregation**