

the Sunrise

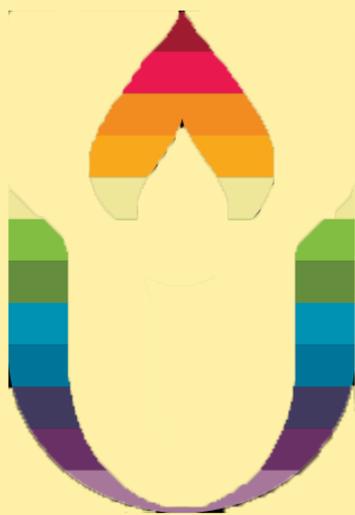
Unitarian Universalist Congregation of Las Vegas Newsletter

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Monthly Theme: Emotional Intelligence

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About Our Monthly Theme: Emotional Intelligence

by Rev. Kirk Loadman-Copeland

In 1983, Dr. Howard Gardner, a professor of education at Harvard University, introduced the theory of multiple intelligences in his book, *Frames of Mind: The Theory of Multiple Intelligences*. He suggested that the traditional notion of intelligence, based on I.Q. testing, was far too limited. Gardner defined multiple intelligence as a set of abilities, talents, and mental skills. Gardner proposed eight intelligences: musical–rhythmic, visual–spatial, verbal–linguistic, logical–mathematical, bodily–kinesthetic, interpersonal, intrapersonal, and naturalistic, to account for a broader range of human potential in children and adults.

Critics of his theory suggested that rather than the word “intelligence,” Gardner should have used the word “ability.” In response, Gardner wrote, “I balk at the unwarranted assumption that certain human abilities can be arbitrarily singled out as intelligence while others cannot.” The theory of multiple intelligences has played an important role in education.

Psychologist Daniel Goleman’s 1995 book, *Emotional Intelligence: Why It Can Matter More than IQ*, was inspired in 1990 when Goleman, who was working as a science reporter at *The New York Times*, read an academic journal article by psychologists John Mayer and Peter Salovey that offered a formulation of a concept they called “emotional intelligence,” which is sometimes referred to as EQ. Goleman’s book was widely influential. It was on the *New York Times* bestseller list for a year-and-a-half, a best-seller in many countries, and translated into 40 languages.

Goleman noted that his model of emotional intelligence built on Gardner’s model of multiple intelligences. He wrote, “In my theory, self-awareness and self-regulation are the intrapersonal abilities, and empathy and social skill the interpersonal.” These emotional competencies are not innate talents. They are learned capabilities that can be nurtured in children and adults, although, Goleman believes that individuals are born with a general emotional intelligence that determines their potential for learning emotional competencies. These emotional competencies are defined as follows:

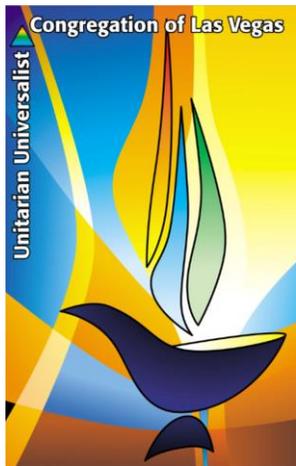
1. Self-awareness – knowing one’s emotions, strengths, weaknesses, drives, values and goals and recognizing their impact on others while using gut feelings to guide decisions.
2. Self-regulation – managing or redirecting one’s disruptive emotions and impulses and adapting to changing circumstances.
3. Empathy – recognizing, understanding, and considering other people’s feelings especially when making decisions. (aka Relationship Management)
4. Social skill – managing other’s emotions to move people in the desired direction.

While the concept of emotional intelligence first appeared in a 1964 paper by Michael Beldoch, it was foreshadowed in 350 BCE in The Nicomachaen Ethics by Aristotle. In Book IV in the section on temperament Aristotle wrote, “Anyone can become angry—that is easy. But to be angry with the right person, to the right degree, at the right time, for the right purpose, and in the right way—this is not easy.” Thomas Buckley writes that, “The ‘sinfulness’ of anger may not lie in anger itself but in prolonged attachment to it; in the refusal, out of fear, to let ourselves back into the impermanent world of interrelationship, across the bridge of sadness.” The difference between these two observations about the anger is emotional intelligence. It is emotional intelligence that allows us to cross the bridge of sadness.

Judith Orloff writes that, “Anger can be a healthy reaction to injustice such as cultures fighting to free themselves from repressive regimes. ...On a personal level, anger can be good if it’s expressed in a focused, healthy way rather than using it to punish or harm others.” In her book, Emotional Freedom, Orloff writes “Our society is in the midst of an emotional meltdown. People are restless, volatile, our tempers about to blow. ...Domestic violence occurs in one out of six households. Fifty percent of drivers who’re cut off respond with horn honking, yelling, obscene gestures, or even road rage. Half of our marriages end in divorce. None of this is how we want life to be. Our pressure cooker society pushes us to our emotional limits. ...Though we commonly think of freedom as uncensored speech, emancipation from slavery, and the right to vote and worship as we choose, you can’t achieve total freedom until you learn to take charge of emotions, instead of them running you. This is a radical paradigm shift we all can make, regardless of our present anxieties or past hardships.”

While the emphasis on emotional intelligence has been focused on leadership and workplace success, it is critical for our individual and collective wellbeing as we struggle to address the many challenges of contemporary society.





UUCLV Annual Meeting Sunday, April 29 12 Noon

Our 5th Principle States: ***We affirm and promote the right of conscience and the use of the democratic process within our congregations and in society at large;***

One of the ways we apply this principle in our Congregation is in how we self-govern. Our Annual Meeting is the cornerstone of that process. All voting members are urged to attend to assure we have a quorum to validate our democratic process.

Topics for Upcoming Services

May 06 2018: *I to We: Promises of Pluralism* – Rev. Rachel Allen Baker

Continuing the series on developing the skills to become a better weChurch we will consider what it means to listen deeply, become interculturally competent, and practice radical hospitality.

May 13, 2018: *Braving and Bridging* – Rev. Rachel Allen Baker

Looking at Brene Brown's *Braving*, we will learn skills to become more trusting as individuals and as a congregation. The congregation will celebrate the transition of our youth from their high school experience into young adulthood during the Bridging Ceremony.

May 20, 2018: Speaker and Title to Be Announced

May 27 2018: *Mood Meters* – Rev. Rachel Allen Baker

Developing emotional and spiritual intelligence are important life skills needed for community. This morning we will consider how these types of intelligences can be a salve to the growing disconnect in the nation.



May 2018 50/50 Sundays: [Critical Care Comics](#)

This month undesignated offerings, donations, or gifts will be shared with. [Critical Care Comics](#). **Critical Care Comics** is dedicated to bringing joy to the faces of children in hospitals by delivering comic books to kids and helping them escape the discomfort and stress of hospital life, if only for 28 pages. We are always in the process of building up a stockpile for distribution. All support to help make this dream a reality and get in the doors of hospitals would always be greatly appreciated.



Las Vegas Bookies



The Las Vegas Bookies will meet from 7-9 p.m. on Tuesday, May 15, 2018, to discuss *Memento Mori*, written by Muriel Spark.

Moderator: Bruce Turner Hosts: Binnie and Clay Wilkin
Contact: Linda Farley bookiesuucv@gmail.com

Memento Mori, written by Muriel Spark.



“In late 1950s London, something uncanny besets a group of elderly friends: an insinuating voice on the telephone informs each, “Remember you must die.” Their geriatric feathers are soon thoroughly ruffled by these seemingly supernatural phone calls, and in the resulting flurry many old secrets are dusted off. Beneath the once decorous surface of their lives, unsavoriness like blackmail and adultery are now to be glimpsed.”

The novel is about death as variously perceived, feared, denied, and anticipated by the elderly. Muriel Spark recalled in 1960 accompanying her mother to visit elderly people in a hospital. Sparks wrote, “When I saw them I was impressed by the power and persistence of the human spirit” despite physical decline. Sparks saw a tragic side to their situation and a comic side as well. In spite of its bleak subject, *Memento Mori* is a witty, poignant, and wickedly hilarious read, which leaves one relishing life all the more.

(Summary taken from Goodreads and The Guardian.)



Future Flashes:

June 19, 2018: *If the Oceans Were Ink: An Unlikely Friendship and a Journey to the Heart of the Quran* by Carla Power. **Moderator:** Binnie Wilkin **Host:** Connie Chin

September 18, 2018: Meet to select books for the 2018 - 2019 year. **Hosts:** John and Linda Farley





Show Us What You've Got

UUCLV TALENT SHOW

Saturday May 26, 2018 at 7:00 pm Entries/Questions: call Kay
Refreshments Available at Intermission Sanderson: 702-877-1467.

An intimate evening of pure entertainment, featuring your fellow UUCLV members, friends, and families! Join us in the Sanctuary May 26th at 7:00 for a fun evening showcasing many surprising talents!

Refreshments will be served in the social hall at intermission.

We look forward to seeing you there!

For additional entries, or questions, call Kay Sanderson: 702-877-1467



**HUUMANISTS
CLV FORUM**

Rise and Fall of Cold Fusion
Sunday, May 27 12:15 pm

“**Rise and Fall of Cold Fusion**” John W. Farley, emeritus professor of physics at UNLV and member of UUCLV, will unwrap the scientific controversy that was considered an enormous potential as a source of energy. Professor Farley, considered an expert in the field, has been a source of information to local television news.

This **HUUMANISTS Forum** program on **Sunday, May 27th at 12:15 p.m.** should prove to be of interest to science buffs as well as provide nonscientists with a background on nuclear energy.

Another Way to Contribute to UUCLV



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You'll start earning rewards for UUCLV on qualifying purchases made using your Smith's Rewards Card.

UUCLV has established a business relationship with **Amazon.com**, the world's largest retailer. In exchange for the placement of an Amazon Store on our web site, UUCLV will receive money back, in the form of rebates in proportion to the amount of sales, via our shopping portal. All you have to do is shop like you normally would, but through the Amazon portal – page on our UUCLV web site. The purchase amounts will be credited to UUCLV without other information being shared with us.

<http://astore.amazon.com/uuclvwebsite-20>



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Remember, you can also let your internet searches become a money-maker for the church if you follow this link: <http://www.goodsearch.com/> Questions? Please contact Webmaster Team uuclvwebsite@gmail.com

iGive is another opportunity for you to support the Unitarian Universalist Congregation of Las Vegas. Do your shopping like you usually do and participating stores will rebate a few cents to UUCLV on your behalf. The donations are tracked by your e-mail address, otherwise anonymous if you want them to be.

Download an "iGive Button," an add-on to your web browser. Easy to install and uninstall, it automatically kicks in when you're at a participating store web page. Or, just start your shopping trips by going to [iGive.com](http://www.igive.com). UUCLV has a set-up link on our web site on the *Support Us* page; or go to <http://www.igive.com/> to sign up and for more information.





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Come Worship with UUs!!

Sunday Morning Service held at 10:30 am.

Youth Life Span Faith Development ("Sunday School") is provided at that time, as well as competent nursery care for pre-schoolers and toddlers.

Children are always welcome in Worship Services.

Visitors are always warmly received....

You will be welcomed!



Vision Statement

As a beacon in the desert, we gather as a multi-generational, spiritual community to build a place of love, acceptance, and justice dedicated to worshipping, learning, and working together here and throughout southern Nevada.

Mission Statement

To achieve our vision, we pledge to strengthen our worship experience, to improve our physical surroundings and to continue to provide an environment of lifespan faith development. We will strengthen our commitment to collaborative social justice work. We will support volunteers in all areas of congregational life. We will deepen fellowship and hold true to our Covenant of Good Relations.