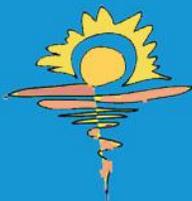


the Sunrise



Unitarian Universalist Congregation of Las Vegas Newsletter

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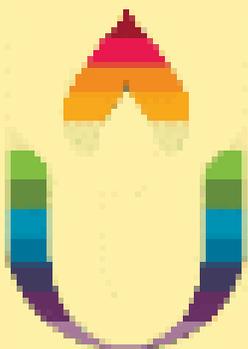
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Monthly Theme: **Courage**

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Rev. Elations!

Rev. Rachel Allen Baker

December
2018

An Introduction to the Monthly Theme: Courage *The Cadence of Courage* by Rev. Galen Guengerich

When asked by Socrates to say what courage is, Laches replies, “That’s easy enough. Anyone who stays at his post, faces the enemy, and doesn’t run away, you may be sure is courageous.”

“Surely courage is more than staying put in battle,” Socrates replies. “Sometimes great victories are won by falling back and regrouping. Besides, people can be courageous in other areas of life: against the perils of the sea, for example, or against disease or poverty. People can also be courageous in public affairs, or in facing their own desires and pleasures.”

“This is quite true,” Laches agrees. “So,” Socrates continues, “What is this thing, courage, which is the same in all of these cases?” “Perhaps courage is a certain endurance of the soul,” Laches ventures. “But what if someone endures in doing something that is foolish, or hurtful, or mischievous,” Socrates replies. “Is that courage?” “Obviously not,” Laches admits.

At this point Socrates mercifully turns to Nicias, who tries a different approach. He ventures that courage is somehow related to the goal being sought or the danger being avoided. Nicias eventually concludes that courage requires wisdom—the knowledge of what is good and worthy of being pursued, as well as what is evil and must therefore be avoided. As Socrates puts it, summarizing Nicias’ argument, “Courage is not only knowledge of what is to be dreaded and what is to be dared, but knowledge of all goods and evils at every stage.”

The essence of courage, in other words, is not the ability to do something that is physically risky. Rather, it is to know what must be dreaded and must be dared—despite the danger. It is to pursue a goal that is morally worthy or stand up against a force that is morally repugnant—despite the risks involved.

Simply put, courage is not plunging down a black diamond ski trail at breakneck speed, although courage sometimes requires facing significant risks. Nor is courage leaping out of a plane with a parachute, although courage always requires grappling with fear. Rather, courage is the ability to see good afar off and take a step toward it—despite the obvious risks. It is to see evil close at hand and take steps to confront it—despite present danger. To know courage is to know a calling that is greater than fear.

The English word courage derives from a French word, *coeur*, which means heart. This is a useful etymology. The work of the heart is not to pump a vast amount of blood in an instant, and then rest for a season. Rather, the heart works best when its rhythm is steady, and its beat is unrelenting.

Courage is like that too. There is a cadence to courage: an inexorable march toward achieving what is good and confronting what is not. Courage does not eliminate fear; it sees a path through the fear to the calling that lies beyond.

Courage is not the feeling that good is invincible, nor is it the conviction that evil can never prosper. Rather, courage is a march through the fear to confront what is evil and pursue what is good. Courage has a cadence. It's the wisdom to know which direction to go and the willingness to take a step in that direction. Whatever your fear, have courage. Face the direction you must go. Then take the first step. And then keep marching.

Topics for Upcoming Services

Dec. 02, 2018: *Courage* – Rev. Rachel Allen Baker

The religious theme for the month is courage. Today the congregation will explain the roots of courage.

Dec. 09, 2018: *De-Cloaking* – Rev. Rachel Allen Baker

One evening a woman rushed into UUCLV and expressed loudly to the meeting she was late for, "This place must have a cloaking device on it. I drove back and forth and could not find this place." Today we will explore how a congregation can choose to decloak itself and share the good news with others.

Dec. 16, 2018: *The Last Straw* – Cooper Garrett & Shannon Porter

Join us this Sunday morning as we perform our annual winter pageant.

Dec. 23, 2018: *Returning Light/Solstice* – Rev. Rachel Allen Baker

Winter is the time of darkness. We will consider the lessons and value of the dark times.

Dec. 24, 2018: *Christmas Eve Service* – Rev. Rachel Allen Baker

Join the congregation for an evening of traditional Christmas lessons, readings, carols, and candle lighting.

Dec. 30, 2018: *Lumos Maxima* – Cooper Garrett

It is scientifically impossible to remove darkness from a room. How, then, do you get rid of darkness? In Harry Potter, you just hold up your wand and say, "Lumos!" Join us this Sunday as we explore adding your light to dark places.

December 2018 50/50 Sundays: [Families United 4 Justice](#)

Our December donations will be shared with [Families United 4 Justice](#), a growing frontline collective of families affected by police violence. **Families United 4 Justice** provides compassionate holistic care by nurturing and supporting impacted families while building a powerful political police accountability and transparency movement to eliminate extrajudicial killing and changing policing culture.



From the Boardroom

Board of Trustees News by Lisa McAllister

The UUCLV Board of Trustees will be staffing the Front Office on Sundays after Tina Anderson leaves. Please stop by and say hi! Take the opportunity to get to know a Board member or two and chat about UUCLV.

The Board met in a retreat in November, and part of the discussion was considering what the Board means to all of us, and what it can mean to the congregation. Each Board member anonymously contributed a brief answer to that prompt. Here are two of those responses.

“The best thing about this board is the caring for each other and love of this church that permeates everything we do. Sometimes we disagree, and sometimes we make mistakes, but always underlying every conversation and decision is a reasoned analysis of how our decisions will impact the church as a whole. And we settle our differences with logic rather than emotion—even when the issues being dealt with are very emotional. In fact, the more emotional the issue, the harder we try to look at real consequences that will result from the decision rather than how we would prefer the world to be. These are the hardest decisions we make, but even if we are wrong, we have always considered how we expect the decision to affect the whole church. And sometimes that means not doing what I think is best.”

“I find the members of the board care deeply about this congregation. The individuals take their roles seriously as elected leaders. They care about the future of the congregation. I believe that the role of the board is to dream about the best possible future of the congregation. In thinking about the future, I believe the board is to both hold itself accountable to the purpose of the congregation and imagine the future of Unitarian Universalism in Las Vegas. The board must balance all decisions with the questions: ‘Who does the congregation want to be?’ ‘What is the purpose of the congregation?’ and ‘Who and what are we for?’ While taking care of the day-to-day tasks that need to be handled, we keep one eye on the future. How do we be our best selves? How do we live our Unitarian Universalist values? How do we lead with integrity and accountability?”



UUCLV Hangout Facebook Group

Tina Anderson

Interested in connecting with our UUCLV community online? Join our UUCLV Hangout Facebook group! Our Hangout is a group for our members, friends, and frequent attendees to get to know one another outside of Sunday services. It’s a place to share information and have interesting conversations, let your fellow UUCLV’ers know about community events you’re attending, and plan meetups and gatherings outside of church-sponsored activities. You can request to join here:

<https://www.facebook.com/groups/UUCLVHangout/>

Living Our UU Values

Terri Boling

Living my values is challenging at times. It is also deeply spiritual, giving me a sense of rootedness and connection. My thinking can be upside down, and emanate from a place of lack, scarcity, not enough... Yet, when I consciously say the 7th Principle, and the 6th Source of Unitarian Universalism, my thinking shifts and integrates with the whole of me. Then, I feel and see abundance.

Principle 7: “We the member congregations of the Unitarian Universalist Association, covenant to affirm and promote: Respect for the interdependent web of all existence of which we are a part.”

“The living tradition we share draws from many Sources.” (and the 6th Source is...) “Spiritual teachings of Earth-centered traditions which celebrate the sacred circle of life and instruct us to live in harmony with the rhythms of nature.”

You can find all the Traditions and Sources near the front of the grey *Singing the Living Tradition* book, or near the front of the teal *Singing the Journey* book.

One of the ways I practice these values/Traditions & Sources is through gratitude.

My upside-down thinking was challenged over and over again through many seasons while working the 12-Step program of Al-Anon. For five of the years, I wrote in gratitude journals every day, and decorated the pages as I went along. Eventually, the world became a place where all I could see was how amazing everything was. If I was ever stuck my sponsor taught me to remember basic things like my fingers bend. I have clean water. I can think. It worked! Now, I can flip my brain waves when I find scarcity seeping in. Well, if not right away, usually, at least within a fairly short bit of time.

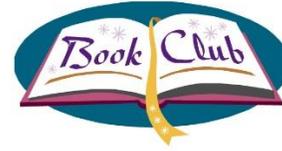
Lately, I have joined an online group called #Altitudeofgratitude. It is sponsored through another organization, and they welcomed me in. Each day, there are certain tasks that assist us in seeing and sensing from a grateful place. One day, we were asked to take a photo of the sunset. I was so jazzed that I pulled out my camera and drove up to Whitney Mesa for an hour. The sky was lovely, and as it became darker, the cityscape glowed. I stood there, as if on the top of the world, taking many snaps. Las Vegas endeared herself to me once again. The nature- and human-constructed hills and buildings combined into one: the interconnected web. I thought of Mom, so recently passed, and felt her presence with tears of gratitude.

When challenging moments arise, I may need to hit the pause button, then remember how Principle 7, and the 6th Source connect me to ALL, and let the gratitude expand inside. Then the situation becomes manageable. Blessed Be.





Las Vegas Bookies



The Las Vegas Bookies will meet from 7-9 p.m. on Tuesday, December 18, 2018, to discuss *The Russians Are Coming, Again: The First Cold War as Tragedy, The Second as Farce*, written by Jermeiy Kuzmarov and John Marciano.

Moderator: John Farley **Host:** MaryAnn Amodeo

Contact: Linda Farley bookiesuuclv@gmail.com

The Russians Are Coming, Again: The First Cold War as Tragedy, The Second as Farce



Authors Kuzmarov and Marciano argue that the Democrats' strategy, backed by the corporate media, of demonizing Russia and Putin in order to challenge Trump is not only dangerous, but also, based on the evidence so far, unjustified, misguided, and a major distraction. Grounding their argument in all-but-forgotten U.S. - Russian history, the book delivers a panoramic narrative of the First Cold War, showing it as an avoidable catastrophe run by the imperatives of class rule and political witch-hunts. The distortion of public memory surrounding the First Cold War has set the groundwork for the New Cold War which, the book explains, is a key feature skewing the nation's politics again. This is an important, necessary book, one that will inspire a fresh generation of radicals in today's new, dangerously farcical times.

(Summary quoted from the Goodreads book review.)



Population Growth
Sunday, Dec. 23 12 noon
Convener Bill Jacobs

Population Growth is growing at an alarming rate. In the 1800's world population was one billion people. It is now 7.7 billion and increasing by one billion every dozen years. Many see population as a route cause of many of the problems facing human society.

Do you think we have a problem?

Psychiatrist Jonathan Salk, son of polio vaccine developer Jonas Salk, will address world population at our next **HUUMANIST Forum** December 23rd.

— *Child care is provided.* —

Another Way to Donate to UUCLV



Did you know you can donate 0.5% of allowed purchases just by using your Smith's reward card every time you shop?

***If you were enrolled in the previous donation program through Smith's and haven't already re-enrolled, please re-enroll using the instructions below:**

Enrollment Instructions

- You must have a registered Smith's rewards card to enroll in the Smith's Inspiring Donations program.
- Do you use your phone number at the register? Call 800-576-4377, select option 3 to get your Smith's rewards card number.
- If you do not yet have a Smith's rewards card, they are available at the customer service desk at any Smith's store.

To Create a Smith's Online Account:

- Visit our website at www.smithsfoodanddrug/inspire.com Click on Smith's Inspiring Donations.
- Click on **Create an Account** or use the 'Register' button at the top of the web page.
- Enter your email address and create a password.
- Enter your zip code in "Your location", select your favorite store.
- Click on **Create an Account**: a message will appear stating your account was successful.
- • Enter your rewards card number and your Last name. Click 'Save'.
- You will then be directed to the Account Summary page. Under Personal Information click 'Edit' and enter your personal information then click 'Save'.
- Under Smith's Inspiring Donations click 'Enroll'. Enter UUCLV's number (**BE260**), or at least 3 letters of "Unitarian Universalist Congregation of Las Vegas" and click 'Search'. Click the button next to our name. Click **Enroll** to complete your enrollment.

*Already have a Smith's online account? Enroll in Smith's Inspiring Donations:

- Visit www.smithsfoodanddrug/inspire.com. Click Sign in. Enter your email address and password.
- Click on your name under Welcome back! To View Account Summary.
- In **Account Summary** – the last option is **Smith's Inspiring Donations**.
- Click on **Enroll**
- Enter our NPO (Non-Profit Organization) number (**BE260**), or a few letters of the organizations' name then **Enroll**
- Select an organization from the list and click **Enroll**
- To verify you are enrolled correctly, you will see the organization's name on the Account Summary page.

REMEMBER, purchases will not count until after you register your rewards card and link to an organization. Members must swipe their registered Smith's rewards card or use the phone number that is related to their registered Smith's rewards card when shopping for each purchase to count.

Adult Faith Development News

Rev. Rachel Allen Baker

Resistance and Transformation: Social Justice in Unitarian Universalism

This series helps Unitarian Universalists delve deeper into the heart of their faith. Many people come to Unitarian Universalist congregations because of our movement's reputation for engaging in social justice work as a matter of faith. This program presents stories, activities, and questions for engagement and reflection to deepen participants' understanding of the place social justice work holds in Unitarian Universalist heritage, culture, and identity. All sessions are open to anyone, even if you have not attended previous sessions. The third Sunday of every month, October through June, 12:15 - 2:15 pm in the Learning Area. Sessions will be led by UUCLV members, friends, and staff.



Final Thought

