



High Plains News

“Building a liberal spiritual community that welcomes all to lives of wholeness”

April 2016

High Plains Church - Unitarian-Universalist

Vol 23, No 4

Columns

- Minister’s Musings 3
- Faith Formation 4
- President’s Post 6

Features

- Social Justice 7
- Articles 8
- Religious Education 9



Our April 24 service will be a **Celebration of Earth Day** with Gayan Gregory Long. Gayan is a Sheik (master teacher) in the International Sufi Ruhaniat Order and is influenced by many spiritual traditions.

He was a long-time student of Choyam Trungpa Rinpoche and Pema Chodron, and is currently a senior teacher, and associate to the head of the International Sufi uhaniat Order, Pir Shabda Kahn.



He tours all over the world as a Dances of Universal Peace leader, kirtan (Hindu devotional singing) leader, premier drummer, singer/songwriter, and spiritual teacher.

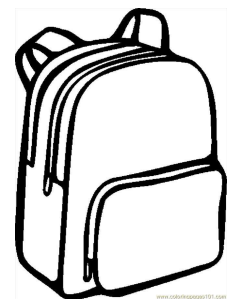
He is fluent in all languages of the heart: Afro-Cuban-Brazilian drumming and singing, sacred chants and dances with Indian and Middle Eastern styles,

community celebration and ritual, group leadership and inclusion and personal empowerment.

Middle School Homeless Drive

The Middle School kids need your help creating back packs to hand out to homeless people downtown. They want to put together packs with more than just necessities but things humans might just want. Think of small gifts you enjoy receiving. Please bring items to the middle school classroom under the table in the back.

Items requested: backpacks, duffel bags, hygiene items, wind up flash lights, articles of clothing (socks, hats, gloves., etc.), canned food, bottled water, hand warmers, foot warmers, spare change, gift cards (Subway, Starbucks, etc.)



Events Calendar - April 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2 Path to Membership 9:00 am - 1:00 pm
3 YRUU Youth Group 11:30 pm - 1:30 pm	4 Navigators USA 6:00 pm - 8:00 pm	5	6 High Plains Book Club 6:00 pm - 8:00 pm	7 Stitchers 9:30 am - 11:00 am Welcoming Congregation Meeting 6:30 pm - 8:30 pm	8	9 Grounds Workday 9:00 am - 2:00 pm Young Adult Game Night 6:00 pm - 11:00 pm
10 Foster Family Support 11:30 am - 01:00 pm YRUU Youth Group 11:30 pm - 1:30 pm	11	12 Faith Formation Team 5:30 pm - 6:30 pm	13	14 Islam Class 7:00 pm - 8:30 pm	15 Hip Parents Group 06:00 pm - 09:00 pm Movie Night 6:30 pm - 9:30 pm	16 Marian House 10:00 am - 1:00 pm Issues on Aging 10:30 am - 12:00 pm
17 YRUU Youth Group 11:30 pm - 1:30 pm	18 Navigators USA 6:00 pm - 8:00 pm	19	20	21 Stitchers 9:30 am - 11:00 am Islam Class 7:00 pm - 8:30 pm	22 MDD Youth Bridging Con 10:00 pm ,,,	23 Just Mercy Discussion 10:00 am - 11:30 am
24 YRUU Youth Group 11:30 pm - 1:30 pm	25	26 Just Mercy Discussion 6:00 pm - 8:30 pm	27	28 New Member Potluck 6:00 pm - 8:00 pm Islam Class 7:00 pm - 8:30 pm	29	30 Popcorn Theology 6:00 pm - 9:00 pm
Be sure to check the Events Tag on the website at www.hpcuu.org for additions and corrections to the calendar.						

April Services - Creation

April 3: "Humor Me" with Dianne McRae and Cindy Fesgen. This service is a celebration of the role of humor in our lives. Come, renew yourself with fun and laughter!

April 10: "Finding Hope" with Rev. Dana Lightsey. Our theme for the month of April is "Creation". We each create our own reality, but our realities mingle and collide with seven billion others. Our world is a beautiful and amazing and scary place with issues that seem far beyond our control. How do we create the best way forward for ourselves and for our planet? Where can we find real hope for the future? This service will be followed with a TED Talk by Bryan Stevenson presented by the Social Justice Team.

April 17: "The Spark of Creation" with Rev. Dana Lightsey. When did creation begin? We have many creation myths and stories from science to our most ancient texts. Yet, creation didn't just happen and then stop, it continues within each moment of every day and within everything that is alive. How do you experience creation? What is being created within you right now? How do you help co-create this reality of ours?

April 24: "Tending the Garden: A Celebration of Earth Day" with Gayan Gregory Long. Internationally renowned dance leader, Gayan Gregory Long, returns to lead us in the Dances of Universal Peace with sacred music and dance from traditions all over the world. This multi-generational service is very interactive with easy, kid-friendly dances. Feel free to participate or just sit and enjoy! There will be many musicians participating to create a truly delightful musical experience.



Minister's Musings

by Rev Dana Lightsey

Cross-cultural anthropologist Angeles Arrien tells us that in many traditional cultures, when an ill person goes to the healer, he or she is asked four questions: When did you stop singing? When did you stop dancing? When did you stop telling your story? When did you stop sitting in silence? She calls these the healing salves. — Peggy Taylor

Our monthly theme for April is Creation. What does it mean to be a people of creation? Are you a creative person? Many of us say, "no". Actually, we are all creative and we are each creating our world everyday. Being creative is a natural state for humans. I even think it is the most (or at least one of the most) joyful and blissful states we can ever experience. Yet, most of us have limited ourselves by thinking we are not good enough, or talented enough. Or we simply live out our daily moments in states of mind that are not conducive to being creative.

Do you experience life as mundane and tedious? Do you worry a lot or carry anxiety around with you day in and day out? Many, if not most of us, do. Yet think about what it feels like to be creative. One feels light and playful. You look at the world as a place full of possibility where goofing off can be brilliant and personal expression can bring some of life's deepest meaning.

When I was a music teacher, I heard from kids and grown-ups alike, "I can't sing." And then they would tell me about some music teacher or parent or other important person in their life who told them to stop

singing because they sounded bad. The shame of these comments had the universal outcome of ensuring that this person would never sing again. Imagine this – it doesn't matter how you sound! Singing is about letting your spirit soar free and having fun. That is what REALLY matters!

Any kind of creative endeavor doesn't have to be about creating something anyone else likes. It is a personal expression of one's self that is fun and freeing and the very essence of life itself. To create is to participate in the endless unfolding of the universe. We can all sing, and we can all dance, each and every one of us. And by singing, dancing, laughing, playing we reconnect with our own unique and beautiful spirit.

So may this month be an invitation to each of us to do something different. Explore your creative side, even if you don't think it exists. Find something to play around with. Tinker, fix, mold, shape, write, get lost in the possibilities of your own imagination and you will discover something precious – your own spirit.

Happy creating, my friends!
Rev. Dana Lightsey

Where Do You Want to Have the 2016 Picnic?

By Robin Laborde

It may seem like the 2016 Church Picnic is merely a far off speck on the horizon, but the Fellowship Team is already starting to rough out plans for the event. Because of concerns expressed about the lack of seating, shade, and space for activities in the area behind the church, we are proposing a combined In-Gathering service and picnic to be held at the Monument Valley Park pavilion in Colorado Springs.

The yearly In-Gathering service, followed by the church picnic, would last from 10 am until approximately 2:00 pm, on Sunday, September 18th.

Monument Valley Park is located at 170 W. Cache La Poudre Street in downtown Colorado Springs, approximately eight miles from High Plains Church. Tennis courts, basketball courts, sand volleyball, a playground and play fields are near the pavilion. Amenities include access to electric outlets, two large grills, and restrooms. The park also has concrete and gravel trails for hiking, biking and walking.

Beginning in early April, the Fellowship Team will be conducting a short online survey to establish whether or not the congregation would like to have an offsite In-Gathering service and church picnic at Monument Valley Park. Your participation in the survey is extremely important; please take a moment to respond when you receive the email. If you prefer not to take the survey online, we will have hard copies available in the Church.



Faith Formation

by Jessica Laike

What's Happening in Faith Formation?

Please note that this is not meant to be a comprehensive list of everything that has happened in the church in regard to Faith Formation, but instead to serve as a highlight reel of what is coming up in the next month.

- April 3: Middle school class field trip
- April 4, 6:00 pm: Navigators USA (UU Scouting group for children age 5 and up)
- April 9, 6:00 pm: Young Adult Game Night (open to all young adults 18 – 35ish)
- April 14, 7:00 pm: Getting to Know Islam session 1
- April 15, 6:00 pm: High Plains Parents' Group,
childcare provided, no previous attendance necessary
- April 15-17: Jessica in Columbus, OH for General Assembly Pre-Site planning meetings
- April 17: Children's Chapel
- April 18, 6:00 pm: Navigators USA (UU Scouting group for children age 5 and up)
- April 21, 7:00 pm: Getting to Know Islam session 2
- April 22-24: MDD Youth Bridging Con in Albuquerque, NM
- April 24: Multigenerational Earth Day Service
- April 28, 7:00 pm: Getting to Know Islam session 3
- April 30, 6:00 pm: Young Adult Group: Popcorn Theology

If you have a group which you believe works toward the goals of Faith Formation please contact Jessica at dff@hpcuu.org about including your meetings on the monthly list of Faith Formation Programming events.

Western Unitarian Universalist Life Festival (WUULF)

June 20-26, Ghost Ranch, New Mexico

By Rick Helvey

The theme for this year is "Fun, Facts and Faith." We will have three theme speakers: Camilla Dodson, the daughter of a Lesotho chief will bring the Fun; Sherry Burr, an expert on international law will bring the facts; and Nathan Mesnikoff, UU minister and director of spiritual care and volunteer services at Memorial Hospital, will bring the faith. Beth Chronister is our camp minister this year. In addition to the theme speakers, our own WUULFies offer plenty of fun, crafty, educational, and thoughtful workshops. WUULF is for the whole family with opportunities to spend time as a family, and also enjoy some grown-up time while the young ones are in their own programs. Scholarships are available. Please feel free to contact Rick Helvey if you have questions at wuulf@hpcuu.org.



High Plains Church Unitarian Universalist

Presents

Chalice of Fire

A Hogwarts inspired Summer Camp

July 11-15, 9:00 AM*- 3:00 PM*



***Before and After Care available**

**Open to witches & wizards
entering 1st - 8th grades**

Early Registration by May 27th:

**1st witch or wizard - \$150
\$85 for each sibling**

Late Registration by June 17th:

**1st witch or wizard - \$175
\$100 for each sibling**

*** Sliding fee scale and scholarships available for those in need**

UNLEASH YOUR INNER MAGIC!

For more information contact:

Snoi Ackerman camp.hpcuu@gmail.com or Jessica Laike dff@hpcuu.org



The President's Post

by Julie Feuerbach

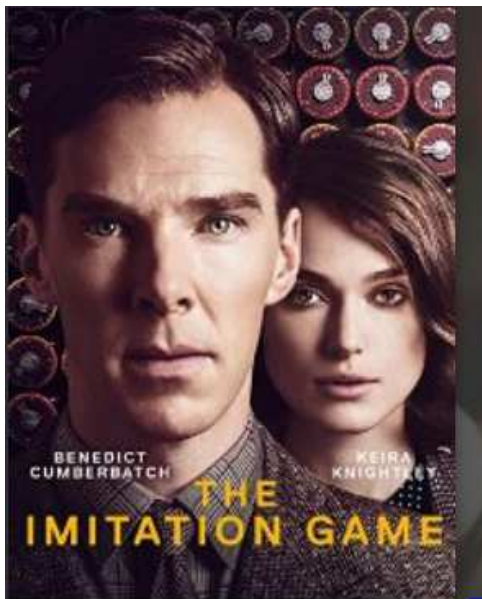
Every month, the Board of Trustees and Rev. Dana take some time during our meeting to talk about what has been happening in the life of the church and whom we should thank for making those things happen. Building a thriving faith community is hard work; it involves time and dedication from many people. We are very grateful for all of you in this community who give of your time to ensure the work of the church gets done.

This month, my fellow board members and I want to extend a special "thank you" to Rev. Dana. We feel very fortunate to have her as our Developmental Minister. We are grateful for her dedication and professionalism, value her insight and experience, and appreciate her willingness to propose and work through change in a thoughtful and collaborative manner. We are excited that she has agreed to extend her developmental ministry with us and look forward to our continued partnership.

I want to bring two important dates to your attention so you can mark your calendars: May 15 and June 5. On Sunday, May 15, we will hold a board forum to discuss the recommended 2016-17 church budget and some proposed changes to our bylaws. This will give you the opportunity to talk with us and get your questions answered prior to voting on these at the annual congregational meeting, which will be held on Sunday, June 5, following the service.

Finally, by the time you read this you should have turned in your stewardship form with your financial pledge for next year. If you have not yet done so, please get this to the stewardship team as soon as possible. We cannot complete the budgeting process until we have an accounting of our expected total pledge income for the year. Thank you!

With gratitude,
Julie



Movie Night, Friday, April 15, 2016 at 7:00 pm

By Beth Blakney Ingham

The Welcoming Congregation Team is hosting a movie night. The feature film is *The Imitation Game*. This movie was an 87th Oscar and 72nd Golden Globe Awards winner; and was the highest-grossing independent film of 2014.

The Imitation Game describes the real-life accomplishment of a British mathematician, Alan Turing, who with others tries to crack the enigma code, decrypting Germany's intelligence codes, during World War II. This historically based biography raises a moral dilemma regarding advance access to information and the "greater good," as well as documents the impact of being a gay man during that time. Rated PG-13.

Join us on Friday, April 15 at 7:00 pm at High Plains Church. Popcorn will be provided. If you would like, bring an appetizer or a dessert to share, and bring whatever you would like to drink. Childcare will be provided if you RSVP for it to Welcoming@hpcuu.org.

Act for Social Justice

By Brianna Keen

Social Justice Book Discussion:

Just Mercy: A Story of Justice and Redemption
by Bryan Stevenson

"Each of us is more than the worst thing we've ever done." – Bryan Stevenson

Please join the Social Justice team and your fellow congregants as we learn about mass incarceration and extreme punishment in America. *Just Mercy* is "A powerful true story about the potential for mercy to redeem us, and a clarion call to fix our broken system of justice – from one of the most brilliant and influential lawyers of our time." Goodreads.com

We will kick off our Social Justice Education event with a showing of the TED Talk featuring Bryan Stevenson during the April 10th service. Sessions will be held on April 23 from 10:00 am - 11:30 am, April 26 from 6:00 pm - 8:30 pm, and May 2 from 10:30 am - 12:00 pm. Books will be available for purchase at coffee hour following Sunday services and on weekdays during Karen's office hours. Please contact Bri Keen at socialjustice@hpcuu.org if you have any questions or would like to sign up for a session.



Pridefest Planning Meeting

By Beth Blakely-Ingham

If you would like to help in planning our participation in Pridefest this summer, please join the Welcoming Congregation team at our planning meeting on Thursday April 7 at 6:30 pm at the church. We will talk about marching in the parade, whether or not to have a float and whether or not to have a booth. We would love to have your ideas for the event.



E's, F's & G's - It's your turn to
"HiP Snack" this month!

~ *April* ~

If your last name begins with **E, F or G**, please pick a Sunday this month and bring a snack for after the service:

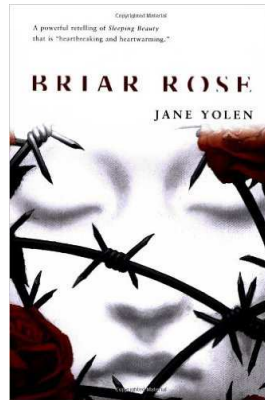
Fresh fruit, crackers, cheese, fresh veggies w/ dip or hummus, chips, donuts, muffins, cupcakes, cookies, pre-popped popcorn, etc.

For questions, contact Ann Harris: HiPSnacks@hpcuu.org

High Plains Book Club

By Heather J. Mitchell

High Plains Book Club meets April 6 in the Main Sanctuary, 6:00 pm-8:00 pm. Our theme for this month is Retellings of Fairy Tales or Myths. Some suggestions: **Briar Rose** by Jane Yolen, **Breadcrumbs** by Anne Ursu, **The Penelopiad** by Margaret Atwood, **Lamb: The Gospel According to Biff, Christ's Childhood Pal** by Christopher Moore.



By Rick Helvey

The Windjammer neighborhood sale is coming up again. Now is a good time to start setting things aside that can be donated to this important church fund raiser.

Date: May 14th

Time: Morning

Location: 3120 Windjammer Drive

Start thinking about what you might contribute, stand by for more details as we get closer to the event.

Weathering the Grounds

By Vivian Wiley

Spring has sprung, so it is time to visit your Church Grounds and help support its appearance!

The first workday has been scheduled for April 9th from 9:00 am till 2:00 pm to help beautify the Church Grounds from winter's hardships. Please bring mind, body, spirit, and yard tools (gloves, rakes, weeding tools, etc.) to enjoy the spring weather with your friendly volunteers. A few people for a few hours helps immensely with catching weeds before growth, picking up winter trash, sweeping the walkways, carrying dead brush, pulling grass out of bushes, raking debris from dry water ways and more. Just picking up a few pieces of trash in the parking lot or along roadways while you are headed to church does help – remember appearance helps show you care and care attracts more people. Do not forget to bring plenty of water, sunscreen, work attire and nourishment.

Happy Helpers Happy Land!

Issues on Aging

Enabling Your Well-Being

By Sue Neufeld

On Saturday, April 16 from 10:30 am - 12:00 noon, Sue Neufeld will facilitate a discussion about methods to enable your well-being as you age. What are some of the longevity-boosting habits you currently embrace with regard to lifestyle, exercise, diet, or personal care? Bring your ideas of what is working for you, and challenges you see now and for your future. Our discussion may inform our future meetings.



High Plains Stitches

Bring your stitching project (knit, crochet, quilting, or any easily transportable craft) and join us on 1st and 3rd Thursdays at **La Tartine Bistro** from 9:30 am - 11:00 am.

Our group mainly works on their own projects - but we also create blankets for members/friends suffering severe illness, undergoing surgery or experiencing a loss, and to welcome new babies :)

The cafe is located in a small shopping center on the NW corner of Academy and Briargate Blvd (opposite Security Service bank, behind the Burger King).

Don't stitch? Why not come anyway and just "hang out" with us??

Questions? Contact Rosie Carpenter at stitchers@hpcuu.org.



Getting to Knowing Islam: the Religion, the Context, and the Myths

By Larry Sargent

High Plains Church Adult Programs is offering a four session class on Islam beginning Thursday, April 14th and meeting on April 21, 28 and May 3, 2016 from 7:00 pm - 8:30 pm. The purpose of the classes is to help participants become more conversant with the background and the aspects of Islamic belief and practice. In addition, we will expose some of the myths about Islam and how Islamic radicals have misappropriated the tenets of the religion.



The four sessions includes:

April 14--Mohammad in context: his contributions and promise. This session will include presentation of the life of Mohammad and how he contributed to starting a religion that now has 1.6 billion adherents.

April 21--This session will briefly cover the spread of Islam and then delve into a more in-depth look at the Qu'ran and Islamic religious practice.

April 28--This session will cover the other written works of Islam including the Hadith and Shariah law. The Sunni/Shia split including the antecedents, the history and theological differences will be the second part of the third session.

May 5--The last part of this session will cover some of the diverse sub-groups of Islam including the Ismaili Shia, Sufism, Salafism, Wahabbism, Druse, Aliwites, and Almadiyya.

Cost is \$20.00 for High Plains and FCUCC friends and members and \$35.00 for the general public.

On-line registration is available at the following link:

https://form.jotform.com/HighPlainsDFF/Adult_Ed_Registration.

Please email any questions to adultprograms@hpcuu.org.

The Colorado Criminal Justice Reform Coalition

The Fourth Sunday Recipient for April

By Amanda Udis-Kessler

High Plains Church UU is pleased to welcome the Colorado Criminal Justice Reform Coalition (CCJRC) at its April 2016 4th Sunday recipient. Founded in 1999, CCJRC (www.ccjrc.org) is a non-profit organization whose mission is to eliminate the overuse of the criminal justice system and advance community health and safety. They identify as "people convicted of crime, survivors of crime, and the families and allies of both", and they advocate and organize for public safety strategies that are more holistic, effective and just. Their campaigns include "Take Care Health Matters" (to improve healthcare coverage and access for incarcerated people), various public policy initiatives, work with crime survivors, and efforts to support criminals who have completed their sentences in matters such as voting. They also carry out research in areas such as barriers to re-entry after a prison sentence and approaches known to reduce recidivism. Please support the Colorado Criminal Justice Reform Coalition on April 24th.



By Karen Clemensen

Are you missing something? Check the lost and found bin under the coat racks ASAP. It is time to take unclaimed items to Goodwill for donating. We hate to give away anything important to you, so do take the time to check out the lost and found bin as well as the coat rack above it. There have been a number of jackets left on the hangers. Thanks!



HPCUU

1825 Dominion Way
Colorado Springs CO 80918

High Plains Church 719-260-1080
Unitarian Universalist

Member of Unitarian Universalist Association

Sunday Services at 10:00 AM

Come Join Us!

Inside:

- Earth Day Service**
- Annual Picnic**
- WUULF**
- Islam Class**

Send Comments to: editor@hpcuu.org

Please submit your articles for the May 2016 newsletter
by April 25, 2016 to newsletter@hpcuu.org

Rev Dana's Hours:

Tue, Wed, Thu: 11:00 am - 3:00 pm
Please don't hesitate to call her at 970-590-6978
if there is a serious or emergency situation.

Office Hours:

Mon, Thu: 8:30 am - 12:30 pm
Tue, Wed, Fri: 1:00 pm - 5:00 pm

Contact the Publicity team at publicity@hpcuu.org if you would like to place an add in the HPCUU Newsletter.



Water (Ionized, Alkaline) – What you should be drinking
Coffee/Tea (Organo Gold) – Healthy Herb; great taste
Chiropractic/Decompression – Low back/leg, neck/arm pain
Asea – Anti-Aging, Cellular repair, Endurance, Healing
Whole Body Vibration – Exercise, weight loss, bone density

Dr. Bill Hein, D.C. • NewHorizonChiropractic.com • 719.473.6963

ReVISIONS by Jonathan

Specializing in Creative Home Improvements - Where ideas Become Reality

Do you need something in your world - fixed, added, or removed?

Projects include: Carpentry, Electrical, Plumbing, Painting, Plastering, Dry walling, Tiling, and many more...
Decks, Kitchens, Basements, Bathrooms, Windows, etc.

Jonathan Herdt - Cell 338-1209

Licensed & Insured

jgherdt@yahoo.com