



2016 ~ October

The Bellnote Mini-News

UNIVERSALIST UNITARIAN CHURCH OF EAST LIBERTY
2231 Jefferson Road, Clarklake, MI 49234
(517) 529-4221 Located 3/4 miles West of U.S. 127

Minister's Column

Dear UUCEL Friends,

There's a lot of exciting things going on this month, and I hope you'll read further into this newsletter to find out all about them. But rather than reflect on upcoming events in my column this month, I wanted to take some time and space to talk about my sabbatical. Some of you may already be aware of this, but I am scheduled to be on Sabbatical in January, February, and March. This is the second sabbatical I've taken during my time here at UUCEL. The first one was from November 21, 2010 to May 1, 2011. Six years later, I'm eligible again for a five or six month sabbatical. However, upon reflection of what is most manageable for the church balanced with what will be effective to give me the needed time, the board and I have agreed that it makes sense to move to a model of taking more frequent, but shorter, sabbaticals. So I am only taking three months, with the understanding that in three or four years I will be eligible to take another three months. As with my five-month sabbatical, I will still take regular vacation and study leave time in this year.

Sabbaticals are a rare thing in the ministry and the professional world, so some of you may wonder first why sabbaticals are part of my agreement with the church and second what I plan to do with my sabbatical. For the first, sabbaticals are, indeed, rare, and one of the reasons they are rare is that many ministries do not last long enough for ministers to take their sabbatical. A sabbatical is a very old concept that relates to a period of rest or change.

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Sunday Services at 11:00 am

October's Theme: Healing

Oct 2 - "Blessing of the Animals" – Rev. Dr. Cynthia L. Landrum - Bring your pet or farm animal or a picture of it for our Blessing of the Animals service celebrating St. Francis Day. We trust you to know if your pet can handle coming to worship, but will have plenty of paper towels on hand, because accidents do happen!

Oct 9 - "Healing Mental Health"

– Guest Speaker:

Oct 16 - "Star Trek Theology" – Rev. Dr. Cynthia L. Landrum - This fall marked the 50th anniversary of the premiere of Star Trek. Gene Roddenberry, the creator of Star Trek, was a humanist, as are many of our members. We'll explore how humanism influenced Star Trek and how Star Trek and its humanism speak to us.

Oct 23 - "Trauma, Healing, and the Spirit" – Rev. Dr. Cynthia L. Landrum - Rev. Cindy will look at this month's theme of "Healing" with a special focus on healing from trauma.

Oct 30 - "Walking through our Cemeteries" – Lay Leader: Ann Green

Calendar

2-5	Rev. Cindy in Angola, Indiana
2 Sunday	~~~~ Service ~ Rev. Dr. Cynthia L. Landrum ~ 11:00 am
5 Wed.	Board Meeting ~ 6:30 pm
6 Thurs.	AUUW Meeting ~ 12:30 pm
9 Sunday	~~~~ Service ~ Guest Speaker, TBA ~ 11:00 am
9 Sunday	Caring Committee Meeting ~ After the Service
11 Tue.	Meet Your Neighbor Coffee ~ 9:00 - 11:00 am
13 Thurs.	Membership Meeting ~ 2:00 pm
13 Thurs	Theme Group on Healing will meet at 6:30 pm at the Church.
16 Sunday	Worship Associates Training ~ After Church Service
16 Sunday	Benefit Praise and Gospel Concert ~ 3:00 pm @ First Congregational Church
16 Sunday	~~~~ Service ~ Rev. Dr. Cynthia L. Landrum ~ 11:00 am
18 Tue.	Worship Comm. ~ Meets at Members' Homes in the Evening
20 Thurs.	JXN Community Forum ~ Vote the WHOLE Ballot ~ 6:30 pm @ JDL
20 Thurs.	Personal Care Ministry ~ @ 1st Baptist Church, 201 S. Jackson ~ 4:30-6:30 pm
20 Thurs.	JXN Community Forum ~ Candidate Forum/Local Offices ~ 6:30 pm @ JDL
23 Sunday	The Bellnote Newsletter ~ Submissions Due
23 Sunday	New Member Service
23 Sunday	Adult RE Presentations on Health with Marsha DiCenzo
24-. 27	Rev. Cindy in CA UU Minister's Ass
25 Sunday	~~~~ Service ~ Rev. Dr. Cynthia L. Landrum ~ 11:00 am
30 Sunday	~~~~ Service ~ Lay Leader, TBA ~ 11:00 am
30 Sunday	Halloween Party ~ After the Service

Rev. Cindy's Column Continued...

The word "sabbatical," meaning a rest after six years of work, relates to the term "Sabbath," a day of rest after six days of work. While most common in higher education, the concept has its roots in the Bible, where the God commanded the people to let fields to lay fallow for a period of time. Sabbaticals are a tool for congregations to help ministers with stress and burn-out by letting them have a "fallow" time. The fallow time helps ministers grow in new ways and have new energy for the work.

Despite its being an old concept, the two places where you most often see sabbaticals today are in ministry and in higher education. The reason for it in ministry is that research indicates that ministry is a high stress, high burn-out occupation. Some of the reasons for that stress are that ministers are always on call" and never completely away from work, that the job is highly draining because of a high level of interaction with other people, that the church's work is never done and so ministers have a tendency to overfunction, that the hours of the job leave ministers without weekends when they could connect with family and friends, and lastly that ministers often have trouble finding time for their own "sabbath" to worship and engage in spiritual practice.

I'm grateful that this church and its board are so supportive of my sabbatical, and I understand that it's not without hardship and without controversy that you let me take this time away. I'm grateful for your ministry that you will do during my absence that allows me this time.

In the next few months, you should expect to hear more about the details – the exact dates, who will be guest preaching, what to do in case of pastoral care needs, and how coverage of my many duties is being handled. A sabbatical committee has been newly formed with Vic Marshall, Kathy Haynes, and Joan Bernstein, and many of these details I have been already working on over the last several months. In the meantime, if you have any questions, please feel free to ask me. I'm happy to share more with you.

Peace,
Rev. Cindy

JXN Community Forums

..are free and open programs to encourage dialogue about the challenging issues of our day. The series is sponsored by the Universalist Unitarian Church of East Liberty and the Jackson District Library. All forums are held at the JDL, 244 West Michigan Ave., Jackson, MI and they are usually on the third Thursdays at 6:30-8:30 pm. Childcare may be available for a modest donation. Call Debby Sears at the library at 517-788-4087 ext. 234 for more information or see the JDL website at www.myjdl.com

Vote the WHOLE Ballot: Thursday, Oct. 20

The ballot is very long in a presidential election year, with little known candidates and issues. Speakers will address some of these, including the Jackson District Library millage renewal at the very end of the ballot. Sarah Tackett, the new library Director, will explain it.

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