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Unitarian Church  
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Answering Machine: (217) 222-5468

Rev. Krista Taves, Minister  
Dona Reinertsen, Board President

*The church office is staffed irregularly. We appreciate your patience when you leave messages on the Church Answering Machine or send us e-mail.*

## Sunday Services - March 2018

Our **Sunday Church Services** begin at 10:45 a.m.  
**Children and Youth Religious Education Classes** are during church services.  
We enjoy a **Coffee Hour** in the Heritage Room following each service.

### Sunday, March 4:

10:45 a.m. - Sunday Service: **“Oh Lord It’s Hard to Be Humble: Reflections on Perfection, Humility, and Compassion.”** Speaker: Rev. Krista Taves. When Mac Davis’ song “Oh Lord It’s Hard to be Humble” hit the charts in 1980, it wasn’t hard to see why. Besides the catchy refrain, this song is about a man so high in his own self regard that he can’t see how lonely he is. Love eludes him and his only company becomes the reflection in the mirror. Without humility, he misses most of life around him. This Sunday we’ll be exploring how the practice of humility connects us to the earth, to others and to ourselves.

### Sunday, March 11:

10:45 a.m. - Sunday Service: **“March 11. Living Lightly in the Call of Things.”** Speakers: Rev. Linda Slabon, Toni Tollerud, Rev. Krista Taves. Wendell Berry advises that to survive we must change our lives; that to live with humility means we learn what is good for the world, yield to its limits, and acknowledge the mystery and awe of the universe. Come listen, reflect, ponder, and struggle as we learn to live lightly in this time of great stress and change.  
March’s Donate-a-Plate collection will benefit [Family Planning](#).  
Following the Service - “Second Sunday” Carry-In Coffee Hour in the Garden Room

### Sunday, March 18:

10:45 a.m. - Sunday Service: **“Humility, Passion, and Love in Action”**, Speaker: Jonas Magram. Living in a world where justice seems to be lacking on so many levels, conscious people are called to action. But our effectiveness in creating change depends, to significant degree, not just on our ability to fully embrace our power as individuals and communities, but to assert that power with humility and love. This balancing act also provides an enormous opportunity for spiritual growth.

### Sunday, March 25:

10:45 a.m. - Sunday Service: **“The Stream of Time: Does Humility Come with Age?”**, Speaker: Dr. Steve Wiegenstein.

### Humility: Antidote to Pride

*Christopher Peterson & Martin E.P. Seligman*

In the time of Thomas Aquinas, pride was considered sufficiently evil to be included among the deadly sins. Some even considered pride the ultimate sin, the root of all others. Yet—in the guise of self-esteem—modern Western culture encourages the pursuit of pride. ...The crusade to raise self-esteem has spawned countless selfhelp books.... If people can only feel better about themselves, the logic goes, they will be happy and behave well—and society will benefit. ... But society’s eagerness to facilitate positive views of the self at all costs has created a dangerous imbalance. By focusing attention on the benefits of positive views of the self, we can easily overlook... the benefits of some rather unassuming virtues [like] humility....

The past decade has ...witnessed a surge of interest in the link between humility and science and in the role that humility might play within organizational and business settings (e.g., Jim Collins, *Good to Great: Why Some Companies Make the Leap... and Others Don’t*). June Tangney identified a number of humility’s key features:

- An accurate (not underestimated) sense of one’s abilities and achievements
- The ability to acknowledge one’s mistakes, imperfections, gaps in knowledge, and limitations...
- Openness to new ideas, contradictory information, and advice
- Keeping one’s abilities and accomplishments in perspective
- Relatively low focus on the self or an ability to “forget the self”
- Appreciation of the value of all things, as well as the many different ways that people and things can contribute to our world.

We believe that humility involves a nondefensive willingness to see the self accurately, including both strengths and limitations.

Source: *Peterson, Christopher & Seligman, Martin E.P., Character Strengths and Virtues*, Oxford University Press. 2004.

## Minister's Message

"Many people believe that humility is the opposite of pride, when, in fact, it is a point of equilibrium. The opposite of pride is actually a lack of self esteem. A humble person is totally different from a person who cannot recognize and appreciate oneself as part of this world's marvels." Rabino Nilton Bonder

There have been many times when I've gone into a meeting convinced that I know what should happen in that meeting and how. I may come with my talking points, a sense of how the process should unfold, and a set of goals for where I would like to land by the end of the meeting.

Rarely have things progressed as I planned. I'm not suggesting that you shouldn't plan for meetings. I love a well-planned meeting that runs smoothly and leads to strong grounded decisions. However, the best-laid plans prepare for the unexpected and anticipate that people are going to bring something to the table that you could not have planned for. There needs to be room built in to receive and consider those things that you don't yet know.

That is the essence of humility. Humility is a state of being where you are grounded enough that the unexpected doesn't leave you insecure or threatened. There is always room to let in something new. Sometimes we think that people who are humble are doormats. It is exactly the opposite. A humble person is strong enough that they can hold an openness to what is around them and see possibilities in the unexpected. A humble person can give ground while staying completely grounded.

My first crash course in humility came when I was a hospital chaplain in inner city Toronto. Most people I visited were not Unitarian Universalist. They were either Christian, Jewish, Muslim, or Hindu. In many cases, they espoused religious beliefs very different from mine. It was hard not to judge, sometimes. But I had to learn to speak their religious language or there could no connection. It wasn't their job to figure out how to talk to me, it was my job to figure out how to connect with them.

What I came to realize is that my Unitarian Universalist faith had to be strong enough to leave it behind in order to meet my patient. It still held me, but I had to manifest a way of being religious that was very different. Patients would ask for prayers for miraculous healings. How do you say to someone, "I'm sorry, Unitarian Universalists generally don't believe in miraculous healings so I can't do that for you." Or if someone is terrified that they are dying with unfinished business and going to hell, it would be pretty harsh to say, "Don't worry. Hell doesn't exist. You're going to be just fine." So I would find myself praying to a heavenly father for miraculous healing, and working with a patient through their unfinished business so that they could die in peace, believing they were going to heaven. This demanded a lot of humility. I'm not sure my UU faith would have survived without it.

In fact, my UU faith became stronger. We say all the time that we value diversity, that we respect all the world religions, and that we are open to many ways of finding truth and wisdom. These are easy things to do when we aren't being challenged. But when the going gets rough, when we bump against prejudices and judgments, it's much harder to be who we say we are. Humility is a way to have compassion for ourselves and others, a way to claim who we are while being open to the discomfort that comes with change. Humility is a core component of our covenant with each other.

Humility is the theme that I'll be exploring in my sermon this month. In preparation, consider spending some time reflecting on how you have experienced humility in your life. When have you been the beneficiary of someone else's act of humility; when you offered that gift to another?  
See you in March.

Yours in faith  
Rev. Krista.

### Rev. Taves' March Schedule

Monday, March 5 – 10am to noon

Tuesday, March 6 – 10am to noon.

Wednesday, March 7 – 10am to noon.

Friday, March 9. Community Office Hours. Electric Fountain Brewing: Coffee, Bar and Roastery. 104 N. 6<sup>th</sup> Street. – 10am to noon.

If you would like to meet with Rev. Taves during her March visit, please contact her directly at [revkristataves@gmail.com](mailto:revkristataves@gmail.com).

## **President's Message**

We have many things to look forward to as Spring approaches. And much work of the church ahead of us. Check the church calendar and consider what you can contribute. Please speak to me or another board member if you have questions, concerns, or feedback for us.

It has been almost two years since our last Candlelight Dinner and Concert. Guitar music is the featured entertainment! Spread the word, and share in the beauty and excitement of bringing the event together. Call Leann to ask what you can do to help out, before, during and after the Dinner. The Flanagans are anticipating more March 9th Candlelight Dinner and Concert ticket sales to fill all the seats.

Thank you for your cooperation with the February extended voting period for two by-laws changes stemming from the January Semi-Annual Congregational Meeting. It was certainly unusual for us, and considerably more work, so I am hoping that we won't have to resort to this method in the future. However, about 80% of the membership voted for the changes. Everyone voted "Yes". There weren't any "No" responses. An article below outlines some of the impacts of our decision.

One item from the Semi-Annual Congregational Meeting that I want you to think about: Chairperson for Building and Grounds Committee. This committee needs a leader and organizer. And more members to the committee: women and non-members are welcome to the committee.

Respectfully submitted,  
Dona Reinertsen, 2017-2018 President of the Board

## **No First Friday in March**

There will not be a First Friday in March. If you are interested in hosting in April, please let Tracee Farmer know or sign up on the sheet in the Heritage Room.

## **CANDLELIGHT DINNER & CONCERT** **A March Medley**

After a very long hiatus since our last Candlelight Dinner & Concert, we have finally gotten it back together! Mark your calendar for Friday, March 9, tell all your friends, and make your reservations. Our theme is "A March Medley;" a medley of flavors, tastes, and musical styles.

The evening will begin with appetizers served in the Heritage Room at 6:00 p.m. A non-alcoholic beverage will be provided. Our guests are welcome to bring their own wine or spirits. The meal will be served in the Garden Room at 6:30 p.m. Dinner will begin with a Spinach, Blueberry, Blue Cheese, & Walnut Salad; followed by the entree of Fruit-Pecan Pork Roast, Savory Rice Pilaf, and Green Beans with Tomatoes and Herbs. A vegetarian entree of Gruyere-Polenta Stuffed Peppers is an option. For the grand finale, the dessert choices will be Chocolate Layer Cake with Mocha Frosting, Triple Berry Trifle, or Honey Lemon Tart.

At 8:00 p.m. our guests will gather in the sanctuary for the evening's entertainment featuring Mike Shull on acoustic guitar. He will present classical pieces, original compositions, and selections of music from around the world.

You and your friends can find more information at: <http://uuquincy.org/projects/concert/candlelight.htm> . A poster maybe downloaded at: <http://uuquincy.org/projects/concert/poster.pdf> .

Tickets are \$35.00 per person. For reservations or more information (or if you'd like to volunteer to help), contact Mike Flanagan at [Contact@UUQuincy.org](mailto:Contact@UUQuincy.org)

## **Chalice Singers Rehearsal**

Due to the Candlelight Dinner, the Chalice Singers will not have their regular Friday night rehearsal on March 9th. Instead, singers are invited to join Toni Tollerud for a brief rehearsal on Sunday morning, March 11 at 10:15 to rehearse a hymn that will be taught to the congregation during the service.

## Hope Abides Listening Circle

This open covenant group meets on the weeks that Rev. Taves is in Quincy. The night of this group is possibly shifting due to changes in regular member's life circumstances. If you would like to be on the mailing list to receive updates about this group, please email [revkristataves@gmail.com](mailto:revkristataves@gmail.com)

## By-Laws Changes

Now that the Voting is over ... What will this mean for us? Initially, we will need one new board member to take the place of Lisa, Dona, and Rebecca--our outgoing board members. So, only one person will have the term of Summer 2018 to June, 2021. In June, 2019, as three board members come off, three members will come on to the board. Same for 2020. In 2021, we would need just one new board member. (This set of 1-3-3-1 could be changed up later.)

We are now able to change the church services year, based on the board's decision. No one is talking about services year-round. Most likely, the board would want to start 2 to 6 weeks earlier. August is often the time when families are looking for a new church to attend. Committees would have the option to start activities earlier, or not. We would need to decide when we would want our minister to begin. In hot weather, we could meet in the Garden Room. And so on. For next year, the existing board must make a decision, so that at least 3 months' notice can be announced, published, and planned for by everyone. For example, if the board decides to start church services mid-August, say August 19, then the existing board must announce no later than May 18.

Your Board of Trustees thanks members for all your support during the 2017 Semi-Annual Congregation Meeting Extended Voting Period for two by-laws changes.

Mary Ann, Lisa, George, Rebecca, Dona, Mary Beth, Mike, Judith, and Angel.

## WOMEN'S ALLIANCE

The Women's Alliance will meet on the 17th instead of the 10th for the month of March, in the Garden Room at 12: noon. The program will be led by Beth Lane concerning photo/memorabilia organization. Ladies will gather at noon for a bite to eat with hostesses Leann Flanagan and Mary Beth Gapinski providing desserts and beverages. Please bring a sandwich or other light lunch for yourself.

Guests are always welcome!

## An update on Ted and Sandy Morrison

Here is an update on Ted and Sandy Morrison from their children, Ben Morrison and Susan Hebble: Ted and Sandy are both happy to have visitors at the Veterans' Home! Ted is physically fairly weak and tired (especially since he is, at this writing, still recovering from pneumonia), so brief visits of 20-30 minutes would be great. Sandy's dementia has obviously progressed: her speech and communication centers have been particularly affected, so she cannot express herself well or answer complicated questions. However, she does recognize people, and she is very happy to see friends and family. (We find she gets nervous and flustered if asked open-ended or complex questions, so asking yes/no questions or simply sharing stories/news with her is best. She also seems to enjoy listening to conversations visitors have with Ted.)

They are on the 2nd floor of Elmore. They are in the dining room for lunch from about 12:30 - 1:00 and for dinner from about 5:30-6:00.

As of Feb. 19, the Veterans' Home is discouraging visits from children, the elderly, or those with compromised health due to a flu outbreak.

Cards and phone calls are also appreciated. Ted does not always get to the phone in time to answer, and the voicemail is not set up.

## UUANI

The Unitarian Universalist Advocacy Network of Illinois is offering weekly actions to help guide us in our desire to Stand on the Side of Love. The weekly actions include phone calls, letters, and direct action with our elected representatives. The actions address state and national issues that we are passionate about. There is something for everyone. UUANI offers a wide variety of ways to make your voice heard on the issues that you care about.

To receive the weekly actions, contact <http://bit.ly/UUANIActionofWeek> or go to their website at <http://www.uuani.org/>. You can also LIKE UUANI on Facebook.

## Plant Sale

This year's Plant, Bake, & Book Sale will take place 9am-1pm on Saturday, April 28th. Now is a good time to start scouting out plants in your yard that would make good candidates to be thinned and start going through recipes of your favorite baked items for the bake sale. We will be planting seeds for tomatoes, peppers, herbs, and other popular plants Saturday, March, 3rd at 10:00. We will start at Kate Daniels' house (6426 Church Hills RD, Phone: 217-440-708) and venture to her greenhouse for the planting. Bring a dish to share for a potluck lunch if you wish!

We will need some help transplanting seedlings in a few weeks and transporting the plants at sale time too. There are also many opportunities the week of the sale to dig plants out of people's yards. If you have any questions or ideas contact chairperson, Mike Drew at [Contact@UUQuincy.org](mailto:Contact@UUQuincy.org)

## Quincy Unitarian Church Activities Calendar

### Sunday, March 4:

10:45 a.m. - Sunday Service: "**Oh Lord It's Hard to Be Humble: Reflections on Perfection, Humility, and Compassion.**" Speaker: Rev. Krista Taves.

Friday, March 9:

6:00 p.m. Reception - 6:30 p.m. Dinner - 8:00 p.m. Concert – **Candlelight Dinner & Concert** featuring guitarist Mike Shull and music from a variety of genres: Classical, Jazz, International & more!

### Sunday, March 11:

10:45 a.m. - Sunday Service: "**March 11. Living Lightly in the Call of Things.**" Speakers: Rev. Linda Slabon, Toni Tollerud, Rev. Krista Taves.

March's Donate-a-Plate collection will benefit [Family Planning](#).

Following the Service - "Second Sunday" Carry-In Coffee Hour in the Garden Room

Saturday, March 17:

12:noon - Women's Alliance – Beth Lane will present the program on photo/memorabilia organization.

### Sunday, March 18:

10:45 a.m. - Sunday Service: "**Humility, Passion, and Love in Action,**" Speaker: Jonas Magram.

### Sunday, March 25:

10:45 a.m. - Sunday Service: "**The Stream of Time: Does Humility Come with Age?**" Speaker: Dr. Steve Wiegenstein.