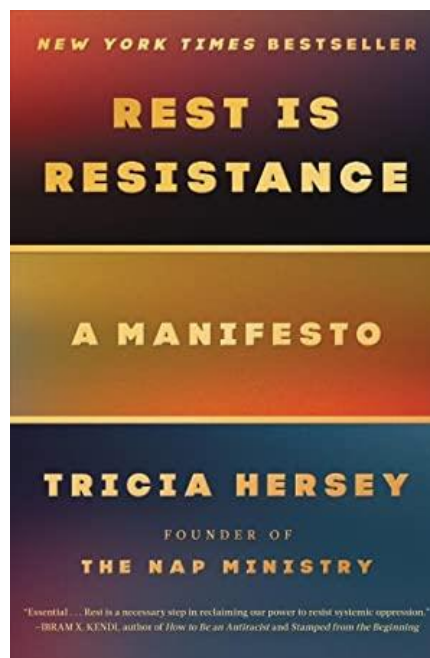


Minister's Musings – January 2023

The new year starts on a Sunday. It felt like whatever topic I chose to preach on would hold special significance for the whole year. It felt more like a weight than an opportunity. Would I preach on hope? Or the 8th Principle? Or taking care of ourselves and each other?

Yes. I decided yes to all that and more. I decided that our New Year's Sunday would focus on resting. Taking it easy. Possibly taking a nap. Rest as resistance, as Tricia Hersey of The Nap Ministry calls it. She sees resting as a form of reparations and resistance to grind culture, to capitalism, to white supremacy culture. I have been reading her ***Rest Is Resistance: A Manifesto*** and I look forward to bringing some of her provocative ideas to our circle of care.



LEARNING & LISTENING CIRCLES HOSTED BY THE FUTURES TASK FORCE

- learn the recommended options for TUS' future
- ask questions & listen to those of others

Jan 22 noon - in-person



Jan 29 8pm - online



Jan 31 8pm - online

attend one meeting (or all) to get prepared for a membership straw poll about the future direction of the congregation on Feb 12th

members of the Futures Task Force & Board of Trustees will be present

This month is a month that is full. The Futures Task Force is hosting three Listening & Learning Circles to help make sure you are as informed as possible going into the February 12th Congregational Meeting when the Membership will take a straw poll (an informal vote, like a non-binding referendum) on the future direction of the Congregation. If you are a Member, it is really important that you attend at least one of these Listening & Learning Circles – one is in-person and two are online.

January also includes a three-hour meditation workshop, both in-person and online, which I will co-lead with a Buddhist teacher (who is also a dear friend). This is the first mindfulness offering TUS has created: Finding Refuge in Winter. Three workshops, one monthly in January, February, and March, harnessing the power of one of this congregation's strengths and offering it to congregants and the wider community. I hope you will consider attending or making sure your friends know about it. We hope this to not only be a spiritual service to the larger community, but a potential way to raise funds for the Congregation.

Finding Refuge in Winter
 a mindfulness series at
The Unitarian Society

Coming Home: The Four Divine Abodes-a meditation workshop
 Saturday, January 21, 2023 9:30 -12:30 **in-person & online**
 led by Andrea Darby & Rev. Karen G. Johnston

Meditation for Beginners: online workshop
 Saturday, February 11, 2023 10:00 -12:00 **online only**
 led by Dr. Patrick Connelly, PhD & Jackie Held-Rubin, LCSW

Insight Meditation workshop
 Saturday, March 4, 2023 9:30 -12:45 **online only**
 led by Rev. Allen Wells

ADVANCE REGISTRATION REQUIRED
DONATION REQUESTED, NOT REQUIRED

Finally, I want to invite you to the online offering on January 28th at 10am – it is an orientation to General Assembly 2023. Since GA is taking place in

Let's get some
TUS
 representation
 at GA this year!

GA
 GENERAL ASSEMBLY · PITTSBURGH · JUNE 21 · 25, 2023

What to Consider
 if You are Considering Going to
General Assembly 2023 in Pittsburgh

online orientation & conversation
 Saturday, Jan 28 10am
 led by Rev. Karen

Pittsburgh this June, and because Pittsburgh is only a 6-hour drive away, it would be wonderful to have TUS representation this year. If you think you might be interested, or you already know you want to go, please save the date/time in your calendar and keep an eye on the eblast for the zoom link. Attending GA is a powerful way to connect with other UUs and with Unitarian Universalism. It's also not cheap, so unless you have plenty of extra cash in your pockets, it takes planning to make it work. In addition to talking about General Assembly, I'll

give an update on the latest work of the Article II Study Commission, which is revisioning our principles and purposes, deepening them, and changing them in significant ways. Delegates attending GA, whether in-person or online, will vote on the Commission's recommendations. We are also voting for the next president of the UUA. It's a good year to go!

I start the new year by talking about resting, and yet we have a very full first month. So, as soon as I leave after worship that first Sunday of the year, I am off the TUS clock for eight-and-a-half days. I will be on study leave, returning Tuesday, January 10th. My study leave schedule includes reading and planning, but it also includes practicing what I preach.

I am blessed to be on this journey with you. ~ Rev. Karen