

Emboldened by faith, we dare to proclaim We are...
Standing on the Side of Love



Throop UU

monthly

Sunday Services

February 5

***The Black Power
Controversy in the
UUA, c.1968***

Rev. Carol Rudisill

February 12

Kathleen McGregor

February 19

***Evolution and
Intelligent Design***

Rev. Carol Rudisill

February 26

Cindy-Roy Komoto

CAROL'S CORNER

As I watch the progress of the Learning Garden out front, I anticipate new leaves on the bare trees that were just planted. The herb garden is taking shape, new roses bushes have been planted, we're hoping to receive an olive tree, and geraniums provide a bright splash of color. I'm excited to see the promise of spring outside the church, and I'm looking forward to dedicating the garden one Sunday in March.

Inside the building, the Sanctuary has just been painted, and is looking clean and welcoming for the weddings Nancy has scheduled. Once the landscaping is complete, all of our parking spaces will again be available for guests. I want to offer special thanks to Michael Kelley for all his dedication coordinating this work, and to the members of NELA Transition, for the volunteer hours they have put in to build and plant the garden.

I'm excited about the future of Throop Church, with the garden and building improvements, plus the ongoing work to update the bylaws and plan for the future. The Ministerial Search Committee will soon present good news, and I think you'll be pleased with the renewed energy and new programs to come next year. I've enjoyed serving you, and will complete my contract here as of June 30. I look forward to representing Throop at District Assembly at First Church LA in April, and at Justice GA in Phoenix in June. I hope there will be a solid delegation at General Assembly, to participate in action and workshops, and bring back all they learn. If you're interested in going, watch for registration and housing information by March 1, and talk to me.

In Faith,

Rev. Carol

FEBRUARY 2012



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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			1 6:15pm-Get Fit by MJ 7:30pm - Drum Circle 8:00pm - Acting	2 8:15am - Tai Chi 4:00pm-Book Club <i>Lighthouse</i> 5:00-7:00pm- Oasis	3 7:00pm - Pas. Folk Dancers	4 8:45am-Get Fit by MJ 10:00am - Acting 5:00pm - Acting
5 10:00am Mind 11:00am -Service 2:30 - 8:30pm Oasis	6 8:15am - Tai Chi 2:00pm Amanda Hart Ballet 6:15pm-Get Fit by MJ	7 7:00pm - A-Z Productions	8 6:15pm-Get Fit by MJ 7:30pm - Drum Circle 8:00pm - Acting	9 8:15am - Tai Chi 4:00pm-Book Club <i>Lighthouse</i> 5:00-7:00pm- Oasis	10 7:00pm - Pas. Folk Dancers	11 8:45am-Get Fit by MJ 10:00am - Acting 2pm - 11pm Wedding
12 10:00am Mind 11:00am -Service 2:30 - 8:30pm Oasis	13 8:15am - Tai Chi 2:00pm Amanda Hart Ballet 6:15pm-Get Fit by MJ	14 7:00pm - A-Z Productions 7:00pm - Film <i>Billy Elliot</i> 7:30pm - Cal Tech Folk Dancers 	15 6:15pm-Get Fit by MJ 7:30pm - Drum Circle 8:00pm - Acting	16 8:15am - Tai Chi 4:00pm-Book Club <i>Red Badge</i> 5:00-7:00pm- Oasis	17 7:00pm - Pas. Folk Dancers	18 8:45am-Get Fit by MJ 10:00am - Acting 1pm - 5pm Zumba Fit for Life fund raiser
19 9:00am Choir 10:00am Mind 11:00am -Service 2:30 - 8:30pm Oasis	20 8:15am - Tai Chi 2:00pm Amanda Hart Ballet 6:15pm-Get Fit by MJ 	21 7:00pm - A-Z Productions	22 6:15pm-Get Fit by MJ 7:30pm - Drum Circle 8:00pm - Acting	23 8:15am - Tai Chi 4:00pm-Book Club <i>Red Badge</i> 5:00-7:00pm- Oasis	24 7:00pm - Pas. Folk Dancers	25 8:45am-Get Fit by MJ 10:00am - Acting 3:00pm Cafh 5:00pm - NELA - Arroyo Time Bank
26 10:00am Mind 11:00am -Service 12:45 Board Meeting 2:30 - 8:30pm Oasis	27 8:15am - Tai Chi 2:00pm Amanda Hart Ballet 6:15pm-Get Fit by MJ	28 7:00pm - A-Z Productions	29 6:15pm-Get Fit by MJ 7:30pm - Drum Circle 8:00pm - Acting 			
			Annual Meeting April 29			

UU AND YOU

Spiritual Practice and Prayer in Unitarian Universalism

How do Unitarian Universalists engage in spiritual practice?

Do Unitarian Universalists pray?

Unitarian Universalists may engage in prayer, meditation, silent contemplation, worship, and other types of spiritual practice as individuals or congregations. Because Unitarian Universalism welcomes a diversity of belief, our congregations are made up of individuals who engage in differing spiritual practices.

One way to understand spiritual practice in Unitarian Universalism comes from Sally Patton's sermon, "God Makes No Mistakes: Creating Beloved Community for All Our Children":

"A spiritual practice is an action designed to make a change in our deepest selves. It is something we do to gain new understanding of ourselves and leads to growth, change, and a more loving way to be in the world. We stretch ourselves in spiritual practice. Meditation, prayer, walking mindfully, hiking, and feeding the homeless can all be forms of spiritual practice."

Exploring examples of meditations and prayers in the Unitarian Universalist tradition may offer insight into the range of material that inspires us. The essays in "Unitarian Universalist Views of Prayer" highlight the distinctive approaches Unitarian Universalists take on this particular spiritual practice.

A Drive Time Essay entitled, "The Value of Personal Spiritual Practice" (MP3) focuses on Unitarian Universalist Denise Davidoff's personal spiritual practice to "take time to consciously acknowledge the gift of life most every day."



Throop Unitarian Universalist Church

300 S. Los Robles
Pasadena, CA 91101

Rev. Carol Rudisill
Consulting Minister

Nancy Watkins
Office Manager

**2011 - 2012
BOARD**

Gary Green
Board President

Jean Prinz
Vice President

Dee Falasco
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Members:
Eric Einem
Jim Bys

Church Office:
M-F 10 a.m. – 2 p.m.

Carol's Office Hours:
By Appointment

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throopuuchurch.org
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ThroopChurchUU@gmail
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Do you have an idea for the newsletter, a topic that you would like to see explored, dates you would like to see included on the calendar, or other information you would like to share? Please send an e-mail to ThroopChurchUU@gmail.com

Meet the Board Vice President - Jean Prinz

I've been attending Throop Church since 1969, when I was still in college. I was living a block away, a friend knew what a UU church was, we went, and I immediately knew I had found a home.

John Prinz and I found each other at Throop, and Bob Kaufmann married us (one of the choir weddings) in 1980. I taught school in LAUSD, mostly K through 2nd grade, and had Melanie and Christopher in 1981 and 1985. They were dedicated to a willing congregation.

I've worn lots of hats at Throop over the years, and my closest friends have been there. Music has always been at the top of my list, and I've been in whatever choir was singing at church, as well as The Pasadena Master Chorale, since before the children were born. My favorite activities at church are singing, potlucks, and the vegetable garden.

What? you say. Board meetings aren't your favorite activity? Well, not exactly....

President's Message Gary Green

So much has happened, and there is constantly something going on. The Sanctuary and upstairs rooms have been painted. As you read this, electricians will be repairing and improving lighting in the Sanctuary and the parking lot. They will also be repairing the vent over the stove in the kitchen.

Our front garden project continues with mostly volunteer help. Talk to Michael Kelly or Eric Einem about what is going on. Less visible results of the project include upgrading of plumbing that will feed the irrigation of the garden. (Much better than too short hoses and buckets!)

Our search for a minister to succeed Carol has produced an exciting candidate. We are now beginning the negotiations, and I hope that we will be able to introduce this person to the congregation soon.

Now is the time the Board and the Finance Committee begin planning for next year's budget. Our fiscal year begins on July 1 and goes to June 30. We are thinking about having some sort of event to kick off the pledge drive. For the last few years, the pledge drive has been low-key. Maybe something more exciting will generate more pledges and more income. If you have any ideas or would like to help, please talk to members of the Board or the Finance Committee.

I am excited about what has been happening this year. Many people have stepped up to contribute to the future of our church. May this spirit continue and grow in the coming year.

Karen Hart



Saturday, February 11, 2012
7pm, Cocktail Reception at 6:30
\$10.00 requested donation
12355 Moorpark Street
Studio City, CA 91604
(818) 769-5911
Reservations suggested

emma's revolution



emma's revolution
CD Release & Benefit Concert
for Grandma's House of Hope

SAT MAR 3 @ 7:30pm
UU Church in Anaheim
511 S. Harbor Blvd, Anaheim

\$25 door/\$20 adv/\$15 seniors & students
Advance at www.uuanaheim.org
(714) 758-1050 or concerts@uuanaheim.org

Smart, funny, informative— like Rachel Maddow
and Jon Stewart with guitars.

www.emmasrevolution.com