



1758 North Tenth St.
Kalamazoo, MI 49009
Phone: 269-375-3262
Fax: 269-375-3270
office@peopleschurch.net

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People's Church

A Member Congregation of the Unitarian Universalist Association

Volume 85, Issue 5

January 2024

Sunday Services—10:45 a.m.

The Zoom link for People's Church services is: <https://uuma.zoom.us/j/5527667326> or
By phone: 1-646-876-9923, ID: 552 766 7326

January 7: A Year for Befriending our Bodies—Rev. Rachel Lonberg

The new year is a time that many focus on changing the shape of our bodies. What if we focused on changing the world so all people of all body sizes can flourish instead? When Rev. Rachel had a daughter, she realized she wanted to raise a child more at home in her body and in the world that Rev. Rachel has ever managed to be. This service will be a reflection on five years of study, reflection, listening, and learning as we cast a vision of a world where all people of all sizes receive care and respect. *People are invited to wear stripes to church this Sunday because, despite what many of us have been told about not wearing stripes so we appear smaller, people of all sizes look great in stripes.*



January 14: Remembering Whitney Young—Rev. Rachel Lonberg

On Martin Luther King Jr. weekend, we will remember civil rights leader and Unitarian Universalist Whitney Young. As President of the National Urban League (one of the 'Big Five' organizations of the Civil Rights Movement) from 1961-1971, he cultivated relationships within white power structures in ways no Black man had done before, leading to thousands of Black people in higher paying jobs and federal anti-poverty programs. In this service, we will tell his story.



January 21: Rest as Resistance: Growing toward Liberation at the Speed of Care—Diane Melvin

Diane Melvin, our director of religious education, will share her spiritual practices of fierce self-compassion and rest as resistance to help dismantle white supremacy culture. Sharing wisdom gained from her sabbatical time as well as lessons from moving through grief, we'll explore how taking better care of ourselves is an integral way to build the Beloved Community for all.



January 28: Lessons in Leadership—Rev. Rachel Lonberg and Church Leaders



One of the oldest and most important practices in the Unitarian Universalist tradition is congregational self-governance. This practice requires us to call out from among our congregation leaders who serve for a period of time on our nominating committee, our board, and in other leadership roles, serving the mission of the church and helping us navigate a changing world while living our values. In this service, Rev. Rachel will reflect on the importance of this practice – which connects us to the Puritans over 400 years ago—and some of our current leaders will share what they have learned as a leader of People's Church.



Dear People's people,

One of my end-of year habits is reviewing my year in reading and sharing my favorites. As I write this on December 19, I have read 94 books this year. (I'm hoping to read a few more during my vacation between Christmas and New Year's Day.)

Here are a few recom-

mendations of good books that made an appearance during our Sunday services this year:

A Heart that Works by Rob Delaney. This is a powerful, heartbreaking, and darkly funny memoir about parenting a child with cancer. A passage describing a therapy dog's visit to his son's hospital room was part of our animal blessing service this year.

Undrowned: Black Feminist Lessons from Marine Mammals by Alexis Pauline Gumbs. This book is why we focused so much of our water service this year on dorsal fins. This book led me to think about marine mammals and evolution more broadly in new ways – and appreciate that every being that swims fast needs a dorsal fin.

On Repentance and Repair: Making Amends in an Unapologetic World by Danya Rutenberg. This book is about how to make things right after we make a mistake, using the wisdom of Maimonides, a medieval Jewish philosopher. I preached on this book last spring in a sermon called 'The Art of Apology.' We will be having a joint book club with two of the Jewish congregations in town to discuss this book in late January.

Frankenstein: Or The Modern Prometheus by Mary Shelley. This gothic book and its lessons about invention, innovation and artificial intelligence was the heart of my Halloween sermon this year – and I've returned to the story every time artificial intel-

ligence is in the news. I had never read it before this summer and am so glad that I did.

Fat Talk: Parenting in the Age of Diet Culture by Virginia Sole-Smith. This is one of the texts that I am turning to for the service on January 7 about befriending our bodies. This is a book about raising children with healthy relationships to their bodies despite the constant barrage of messages to the contrary in our culture. I am a better parent because of this book.

Not everything I read is sermon fodder (though a lot is). I use the Storygraph app to track my reading. If you'd like to connect with me there, please do. My username is rachelkzoo.

Wishing you the very best for 2024,
Rachel

Coming of Age for Youth and Adults **Sunday, January 7, 12:30pm,** **Room 19**

Lunch and childcare provided

This session will focus on Unitarian Universalist theology and values. All are welcome.



Coming Soon: People's Church Silent Auction

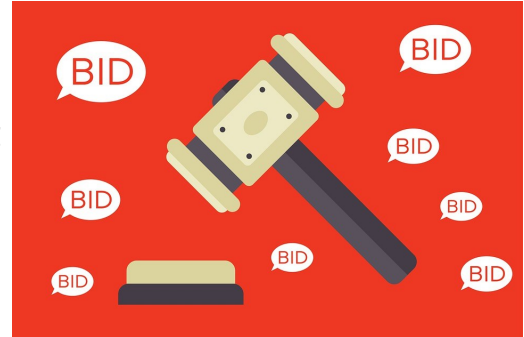
The People's Church silent auction is returning with the bid sheets in the halls! We need volunteers to help make this happen. If you're interested, please let me know

at office@peopleschurch.net or 269-375-3262. I will be reaching



out to interested folks to set up a planning meeting in January.

Now is the time to start thinking about what you may wish to donate. In the past People's people have donated a wide range of services, goods, and events for auction including homemade seasonal pies; a poetry brunch; an ice cream party; cooking lessons; dinner parties; game nights; boat rides; child care; a haircut; a home appraisal; tax preparation assistance; framed photographs; original art; plants; skilled (and unskilled) labor; a dairy tour; pet care; accommodation at a lake house, and so much more. If you value it, someone else will too and they'll be willing to bid on it (with proceeds to benefit our church). Many of these activities also bring people closer together and work to build community. Join us as we build community one bid at a time by sharing our talents and treasures and raising money for the church.



I Wish Someone Would...

When's the last time you took a look at the 'I Wish Someone Would...' board?

You can access the board online here: <https://padlet.com/PeoplesChurch/Ivo4v0pcvh14ck70>

Reminder on how the board works:



- Review ALL of the great ideas posted
- Add your name to the comments if you are willing and able to help make the idea happen
- Hit the heart/like button if you think it's a great idea but aren't able to make it happen.
- Post your own ideas to the board (you can do so anonymously if desired!) because chances are, someone else has had the same idea or there's someone who can help make your idea a reality. Adding an idea does NOT mean you are volunteering to make the idea happen!
- A number of ideas that have been posted on the board have already been implemented and more are in the planning stages and coming soon!

Special Collection for COPE Network

January 14th



COPE Network (Community Outreach Prevention and Education Network) provides a variety of resources for people who use substances or have a history of using substances, as well as resources for their loved ones and the community at large. We offer art, music, and movement based classes, support group meetings, recovery oriented meetings, harm reduction supplies, and more.

You can learn more about COPE Network at <https://www.copenetwork.org/>

Substance Abuse and Overdose Prevention Training

Sunday, January 14, 12:30-2:30pm, Room 19

Presented by Nancy King of COPE Network

This comprehensive training is designed to increase understanding, reduce stigma, and prevent fatal overdose due to substance use disorder/addiction. Everyone 18+ attending the training will be eligible for a free naloxone (NARCAN) kit. We offered this training in the summer and it was very well-received, so we are offering it again.

Advance registration is required. Please contact Rev. Rachel Lonberg at 269-389-9721 or minister@peopleschurch.net by January 9. A light lunch will be provided and child-care is available with one week advance notice.



LGBTQIA+ & Pronouns 101 Training

Date TBD Room 19

All are invited to this training presented by Dell Darnell, program manager at OutFront.



Myths, stereotypes, and misinformation are often at the heart of discrimination, harassment, and violence against LGBTQ+ individuals. This session tackles the basics of LGBTQ+ lives and experiences; and helps participants learn proper terms, understand facts about gender identity and discover how to be an advocate.

Registration will be available as soon as a date is announced—keep an eye on the weekly email!

Specialty Class Helpers Needed

Specialty classes are monthly activities designed to connect our K-6th graders in fun and engaging activities with members of our wider congregation. Kids love to choose from a variety of activities when they arrive at church on the first Sunday of each month. Regular RE teachers love to get a break so they can attend church and socialize with adults.

Kids love to get to know and interact with other adults in our church community. Do you have a hobby or activity that you enjoy that you could do with kids? The possibilities are wide open - they love to bake/cook, play games, make arts and crafts, and learn new skills.

We especially need folks who are willing to lead the large motor option each month - games, dance, martial arts, drama, sports, hiking, sledding, etc.

Helpers are also needed each month to assist the leaders with the activities. Please consider taking advantage of this opportunity to get to meet some great kids, support our RE program and engage in some fun activities for one Sunday this year! Contact Mary Kate Webster for more information

at tomandmarykate@gmail.com.



RELIGIOUS EDUCATION CLASSROOM REVAMP

There is a small group of people who will be revamping some of our RE classrooms. They are looking for gently used toys and puzzles to stock the rooms, as well as switch things around throughout the year. You may bring items to be donated and put them in the marked tub in the RE Storeroom (RM 14). The group is requesting especially the below new or gently used items:

- ✓ Preschool Puzzles
- ✓ Preschool Books
- ✓ Small cars
- ✓ A car mat
- ✓ Small Dollhouse
- ✓ Melissa & Doug activities
- ✓ Other small items that can be put on a shelf

If you have any questions, you can contact Sharon at sssauter@gmail.com. Please bring items by Sunday January 14th. Thank you so much!



Religious Education Classroom Revamp

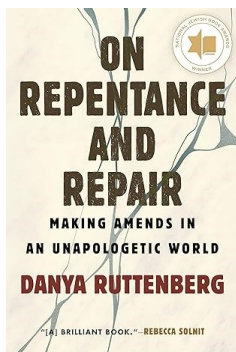
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At the Friends Free store, we continue to serve newly arriving & recently arrived refugees. This is an interfaith endeavor located at the Congregation of Moses. Individuals & families can shop for clothing, toy, fabric (& sewing machines, when available.) We rely totally on volunteers & donations. We have had many shoppers & are much in need of the following items;

- Children's coats, snow pants, boots, hats, gloves & winter clothing.
 - Men & women's coats (especially small/medium men's & teen boys), also boots, practical shoes, hats, gloves & scarves
 - Socks for all ages
 - Blankets & towels
 - Items always needed; personal care items, diapers, as well as paper products & cleaning products
- Items can be donated at the Congregation of Moses 2501 Stadium drive, (M-F 8-2:00) or contact Colleen VanSlambrouck 269-341-0573 for questions or to make arrangements for pickup of donations.
- Thank you!



On Repentance and Repair: Making Amends in an Unapologetic World by Danya Ruttenberg -- joint book study between People's Church, Temple B'Nai Israel, and Congregation of Moses



Monday, January 29, 7pm in Room 19 at People's Church

All are welcome to join with members of three Kalamazoo religious communities for a conversation about *On Repentance and Repair*. This book, written by a Rabbi about how to apply Jewish teachings about repentance to modern life, was named the UUA Common Read for the 2023-4 church year. It was also the primary source for Rev. Rachel's service about 'the art of apology' last February. Childcare is available with one week advance notice. Please contact Rev. Rachel if you need childcare.

Inquirers Series

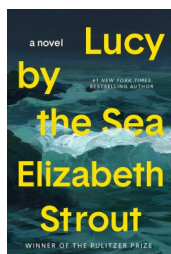
Every other Sunday, mostly: 12:30-1:30pm,. In Room 19, mostly

Visitors, newcomers, members, and anyone who wants more information about People's Church are invited to participate in the Inquirers Series.

A light lunch will be provided and childcare is available with one week's notice. The Inquirers series is nine session that introduce our congregation and Unitarian Universalism. Each session is stand-alone; you are welcome to participate in as many as you're able to attend and interested in.

- **January 14: Sunday Services**
- **January 28: Building Tour**
- **February 11: People's Church History and Governance**
- **February 25: Chalice Circles and Pastoral Care**
- **March 10: Membership 101**
- **March 17: Unitarian Universalist History, Principles, and Sources**

It is helpful for our lunch planning if you register for the sessions that you plan to attend here: <https://www.signupgenius.com/go/508054BA9AC22A13-44518270-inquirers#/> or by contacting Rev. Rachel.



Afternoon Book Club

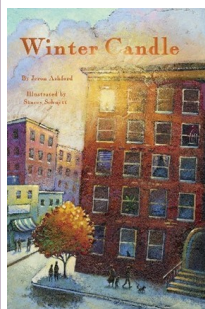
We will meet on Monday, February 5 at 1:30 to discuss *Lucy By the Sea* by Elizabeth Stout. Newcomers are welcome. Contact Marj Lightner at marjlightner56@gmail.com to be added to our mailing list.

Evening Book Club—Newcomers Welcome!

The Rose Code by Kate Quinn will be the topic of our January 11 (6-7:30) meeting; Mary Gibson reviewing. We meet at the home of Lois Loeffler (near church). Newcomers are welcome. You can find our complete schedule for this church year on the church website. Newcomers are welcome. If you have any questions and/or to get on the email list, contact Pat Nelson, patnelson348@gmail.com; 269-716-3623.



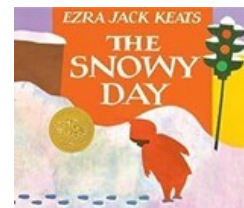
Library Corner



Winter Candle, by Jeron Ashford

J As

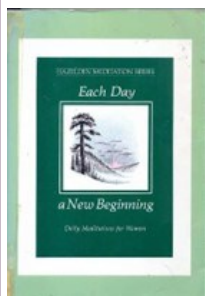
“A multicultural assortment of neighbors passes a squat, lumpy candle from apartment to apartment allowing for a host of winter holidays, celebrations, and family reunions to go on.”



The Snowy Day, by Ezra Jack Keats

J Kea

“The adventures of a little boy in the city on a snowy day.”



Each Day a New Beginning, publ. by Hazelden Publishing

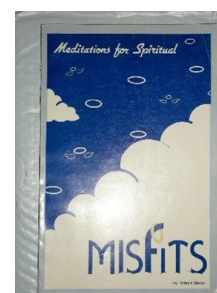
291.4 Ea

“Gathers daily meditations for women in recovery programs, and includes quotations by women writers, novelists, and artists.”

Meditations for Spiritual Misfits, by Robert Badra

291.4 Ba

“..a marvelous journey into the Australian outback, where the aboriginal soul looks through the face of our life into the depths where the divine fits, with light and laughter, into our trembling shadow-being.”



Questions/ comments are welcomed. Please contact Lois Loeffler, chair of the Library Committee, at loisloeffler@gmail.com.

How to Search the People's Church Library Catalog from Home

The instructions below are listed on the People's Church website (peopleschurch.net). You can find them here: <https://peopleschurch.net/learning/adult-programs/church-library-catalog/>

- Go to www.librarything.com/catalog/peopleschurchofkzoo
- Decide which collection you'd like to search (Examples: Main Church Library=adult titles; RE Library=children's titles) and select it from the list in the upper left.
- Near the upper right in the box next to the yellow word 'Search', enter a title or author or simple desired topic.
- Use the book's Dewey call number in the left hand column to locate the book in People's library. People's Library collection is located in the upper foyer to the left of the door into the Commons. The books are divided into Main Church Library (adult) and RE Library (children's).
- The Main Church Library begins to the left of the middle of the back wall and continues (left to right, in ascending Dewey call numbers) across the aisle to the right end of the low bookshelves and then around to the front of the bookcase, ending with B (biographies). The RE Library begins in the middle of the front side of the low bookshelves, ending with RE picture books and fiction (J).



Endless Blessings of Community

One of the many blessings of being involved at People's Church is experiencing beloved community. While we share similar values, we bring our diverse beliefs and backgrounds together to create a stronger whole grounded in love.

This is especially true for our children and youth. Not only do we offer classes and programs designed to connect and inspire kids within the same age and grade groups, often even more valuable are the experiences they have with all ages in our intergenerational community.

Every time we gather together as a community of diverse ages and stages, we are modeling for our children what community can look and feel like. Simply being in the same room and the same building together creates opportunities for intergenerational connections, learning, inspiration and growth.

Worshiping together including singing, sharing stories, listening, practicing generosity and holding space for each of us to show up as our authentic selves, creates sacred community that our kids experience as our living faith of Unitarian Universalism.

It matters that we show up regularly. It matters that we gather together with one another each week and that we reach out to acknowledge and speak to someone with whom we have not yet met. It matters to our kids and youth to be noticed and consciously greeted by various members of our congregation.

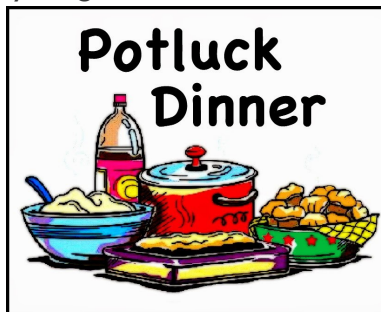
What a tremendous gift we offer one another as we work together to build this beloved community with spaces of acceptance where we can all feel welcomed and valued. How many other places offer our kids and teens this opportunity to be an integral and valued member of an intergenerational community with values focused on cultivating and spreading more love in this world?

I look forward to seeing you at church on Sunday!

Blessed Be, Diane Melvin, Religious Education Director

Friday Night Dinner provided by People's People for Young Adult CON — Jan. 12

Please support our young adults by bringing a dish to pass (with ingredients labeled) for dinner for the young adult con.



Food can be dropped off in the church kitchen (labeled Y.A. Con with any heating instructions) on Friday between 5:00 and 7:00pm on Jan. 12.

Young Adult UU Con(ference) RebuUilding Community

Who: All 18-35 year olds

What: Fun weekend UU conference

When: January 12-14, 2023

Where: People's Church of Kalamazoo

Experience fabulous workshops, worship, games, food, friends and fun! Spend the weekend at the church with other UU young adults from around the region connecting, laughing, playing, resting, and filling your spirit.

Workshops include: art, yoga, spray painting, community building, worship planning, poetry writing, nature hike and more.

For more information and to register: <https://peopleschurch.net/news/rebuuilding-community-ya-con/>



Art Wall: For the Love of Color

"...Standing in the cold with...a seismically red autumn leaf...it's color hitting our senses like a blow from a stun gun,...we stand with a huge grin, too paralyzed by the intricately veined gaudiness of the leaf to move."

— Diane Ackerman, *"A Natural History of the Senses"*, 1990, p 256, Random House

It is all about color! I have always reacted very strongly to it. As my favorite author Diane Ackerman describes above, I am sometimes too stunned to move. I paint with pastels because of this love for pure color.



Pastel sticks are pure pigment with binder added to keep them together. The less binder, the purer the pigment, the softer the pastel. Soft pastels blend beautifully and create lovely, painterly brushstrokes. I use hard pastels and pencils for straight edges and fine details.

I layer color over color to create blends. I work with sticks, pencils, and rubber smudgers. With pastels, I can make wonderful marks to create texture and depth. Although I do tend to favor detail in my paintings, the freedom of loosening up allows me to experiment with a variety of styles. Occasionally, I

begin with a watercolor underpainting which adds a glowing, atmospheric effect. I find pastels a fascinating medium to work in.

My subjects are eclectic. If a scene strikes me, I'll try it. I find the challenge exhilarating! My paintings are about celebrating color I find in the world around me. I have fallen deeply in love with this medium and I am having way too much fun!

269.384.9928

mth825lic@gmail.com

Online portfolio: <https://tracy-klinesteker.format.com/work>



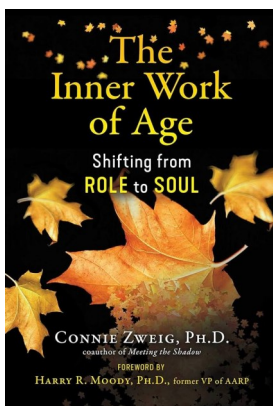
The Inner Work of Age

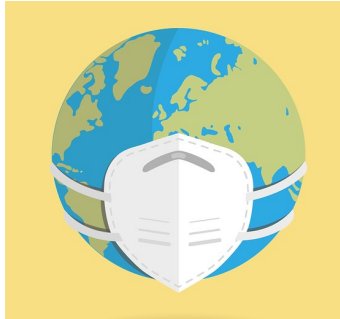
Book Study and Conversation: *The Inner Work of Age: Shifting from Role to Soul* by Connie Zweig
Tuesday January 16,, 1:30-3:00pm, on Zoom

Zoom link: <https://uuma.zoom.us/j/5527667326>

Join others in the church to talk about aging and living well. We will use *The Inner Work of Age: Shifting from Role to Soul* as our source for conversation. This book, which is rooted in Jungian psychology, offers guidance for getting past inner obstacles and becoming an Elder filled with vitality and purpose. This book is available in paperback, as an e-book, and as an audiobook. (If the cost of the book is a barrier to your participation, please reach out to Rev. Rachel.)

For the December session, we will read chapter four 'Retirement as a Divine Messenger.' If you have questions about this, please reach out to Rev. Rachel at 269-389-9721 or minister@peopleschurch.net





Get free at-home COVID-19 tests this fall on COVIDTests.gov

Every home in the U.S. is eligible to order an additional 4 free at-home tests beginning November 20. If you did not order tests this fall, you may place two orders for a total of 8 tests.

Your order of COVID tests is completely free – you won't even pay for shipping. You can order your test kits [HERE](https://covidtests.gov).

We are calling for more volunteers to be trained on our A/V and Zoom set up!

If this is something that you are interested in and willing to learn, please reach out to Melissa at office@peopleschurch.net. While the set up can seem overwhelming, it is all set up to be as user friendly as possible and someone from our AV team will help train you to make sure you feel comfortable!



The Stories of People's People

The newly rebuilt website has an area for personal testimonials/stories from People's People. If you would like to share something about why you love People's Church, please email it to Melissa at office@peopleschurch.net. For space reasons, please keep any testimonials no longer than 1-2 paragraphs. For privacy, unless requested otherwise, testimonials will be credited with the person's first name and last initial.

Film Discussion

The film discussion is now meeting on the 3rd Wednesday of the month, 3-4:30. Our January choice is "The 8 Mountains", a 2022 Italian drama co-directed by [Felix van Groeningen](#) and Charlotte Vandermeersch, who co-adapted the screenplay from the novel of the same name by [Paolo Cognetti](#). It is available for rental on Amazon, with a DVD at KPL. We meet on Zoom. Newcomers are welcome. We choose films month-to-month and welcome suggestions (avoiding films which require subscription services). For questions, or to get on the email list for zoom invite, contact Pat Nelson, patnelson348@gmail.com; 269-716-3623.



| Day | Date | Event | Time | Place |
|----------------------|------------------|--|--------------|----------------|
| Tuesday | Jan 2 | Building & Grounds | 10:00am | At Church |
| Thursday | Jan 4 | Bell Choir Rehearsal | 5:30pm | Commons |
| | | RE Committee Meeting | 6:30pm | Room 19 |
| | | Choir Rehearsal | 7:00pm | Commons |
| Sunday | Jan 7 | Sunday Service: A Year for Befriending Our Bodies | 10:45am | Commons & Zoom |
| | | Coming of Age for All Ages | 12:30pm | Room 19 |
| Tuesday | Jan 9 | Building & Grounds | 10:00am | At Church |
| | | Board Meeting | 6:30pm | Room 19 |
| Thursday | Jan 11 | Bell Choir Rehearsal | 5:30pm | Commons |
| | | Evening Book Club | 6:00pm | Zoom or Lois's |
| | | Choir Rehearsal | 7:00pm | Commons |
| Friday-Sunday | Jan 12-14 | Young Adult Con | Starting 6pm | At Church |
| Sunday | Jan 14 | Sunday Service: Remembering Whitney Young | 10:45am | Commons & Zoom |
| | | Substance Abuse & Overdose Training | 12:30pm | Room 19 |
| | | Inquirer's Class | 12:30pm | Room 8 |
| Monday | Jan 15 | Green Sanctuary | 4:00pm | Zoom |
| Tuesday | Jan 16 | Building & Grounds | 10:00am | At Church |
| | | Library Committee | 10:00am | At Church |
| | | The Inner Work of Age | 1:30pm | Zoom |
| Wednesday | Jan 17 | Film Discussion Group | 3:00pm | Zoom |
| | | Bazaar Debrief Meeting | 6:00pm | |
| Thursday | Jan 18 | Bell Choir Rehearsal | 5:30pm | Commons |
| | | Choir Rehearsal | 7:00pm | Commons |
| Sunday | Jan 21 | Sunday Service: Rest as Resistance: Growing toward Liberation at the Speed of Care | 10:45am | Commons & Zoom |
| Monday | Jan 22 | NEWSLETTER DEADLINE | | |
| Tuesday | Jan 23 | Building & Grounds | 10:00am | At Church |
| | | Dismantling Racism Team | 6:00pm | Zoom |
| Wednesday | Jan 24 | Finance Committee | 2:30pm | Zoom |
| Thursday | Jan 25 | Bell Choir Rehearsal | 5:30pm | Commons |
| | | Choir Rehearsal | 7:00pm | Commons |
| Sunday | Jan 28 | Sunday Service: Lessons in Leadership | 10:45am | Commons & Zoom |
| | | Inquirers Class | 12:30pm | Room 8 |
| Monday | Jan 29 | Repentance & Repair Book Group | 7:00pm | Room 19 |
| Tuesday | Jan 30 | Building & Grounds | 10:00am | At Church |

People's Church
News & Views
1758 N. 10th St.
Kalamazoo, MI 49009

Check us out on the web!
www.peopleschurch.net



People's Church Mission Statement

**"People's Church: A beloved community
embracing and serving our diverse world."**