



## Unitarian Universalist Church of Little Rock

### JANUARY SERVICES

January 5

#### The Education of Theodore Clapp

The career of the Rev. Theodore Clapp illustrates how it's sometimes hard to see how the arc of the universe bends toward justice, or even to see clearly what justice looks like.

Jan 12

#### IllUUmation

January 19

#### Martin Luther King Sunday

Rev. Paul and the Worship Arts Team will reflect on the conjunction of the Martin Luther King holiday and Inauguration Day.

January 26

#### When Injustice Rolls Down Like Waters

Sometimes the arc of the universe doesn't bend toward justice as far as we'd like. What then?

### SAVE THE DATE: ILLUUMINATION!

Join us for the annual IllUUmation festivities. The main event will be a fellowship dinner on Saturday, January 11<sup>th</sup>. This year we'll be celebrating in a slightly different way, with an invitation for each of you to bring a special dish and a community friend. Stay tuned for more information and official invitations. Questions? Want to help? Contact Rebecca Roetzel at [rebecca.roetzel@gmail.com](mailto:rebecca.roetzel@gmail.com)

### SERVICES IN JANUARY

Join us for Sunday Worship at 11 AM

- Jan. 5 The Education of Theodore Clapp  
Rev. Paul
- Jan 12 IllUUmation  
Worship Arts Team
- Jan. 19 MLK Service  
Rev. Paul
- Jan. 26 When Injustice Rolls Down  
Like Waters - Rev. Paul

### FORUM 10 AM

- Jan 5 **Hanging on and Letting Go**  
Zenyth Propst  
As we journey into a new year and take stock of our lives, what is something that you would like to let go? And what is something that you would like to hang on to—or grab on to if you don't have it ye?
- Jan 12 **2<sup>nd</sup> Sunday Share the Plate**  
Stephens School Food Pantry,  
Nell Matthews
- Jan. 19 **The Methodist Faith**  
Rev. Jessica Durand , St. James  
United Methodist Church
- Jan. 26 **What's on Your Mind**  
Clyde Bailey

## REFLECTIONS: MAKING MEDICINE REV. PAUL BEEDLE

Because we easily find something in us that can be disturbed, the mystics have looked for something in themselves that cannot. Soon, I think, we will need to know well that part of ourselves that can remain undisturbed in disturbing moments, so that we can call upon it to steady us.



Disturbing moments will come. So do more extended disturbing times. Life is like that. And when we expect to be more frequently disturbed, and more of us and our neighbors to be endangered, we will want to respond effectively: by living our faith, putting ourselves out there to meet our neighbors, finding out about each other, and discovering how we might respond to disturbances together, and what we might like to do together to make life in Little Rock and central Arkansas more just and joyful.

There is a Buddhist teaching summarized by the saying, “three objects, three poisons, and three seeds of virtue.” The three *objects* are:

- the things we find *pleasant*;
- the things we find *unpleasant*; and
- the things we find *neither pleasant nor unpleasant*.

The *poisons* are what these three objects can *become* once we’ve so categorized them:

- things we crave,
- things we scorn, and
- things we remain ignorant of.

The three *seeds of virtue* are, of course:

- absence of craving,
- absence of scorn, and
- absence of ignorance.

This teaching points to an unexpected insight: that when we neither scorn nor crave, we may lack *curiosity*. And so the poison of ignorance is not simply lack of information or understanding, but a lack of *effort* to acquire these.

Buddhist author Pema Chödrön writes: “The peacock eats poison, and that’s what makes the colors of its

tail so brilliant. That’s the traditional image for this practice[:] the poison becomes the source of great beauty and joy; poison becomes medicine.”

Living in New Orleans, I learned a lot about leaning into the medicine-making—turning the three poisons into things of beauty and joy and connection between neighbors.

About the poison of craving, I’ll say two words: Mardi Gras. (Get ready: Carnival season starts January 6<sup>th</sup>!)

About the poison of scorning, I recall the memorable response of some creative New Orleanians when a huge sinkhole opened up downtown on Canal Street a few years ago, closing the lakebound half of the street. It happened in April, and a group of folks organized a celebration held on May 5<sup>th</sup> that they called “Sinkhole de Mayo.” Folks dressed up in costumes made of traffic cones and other relevant materials, and there was street food and bands and the whole bit a couple blocks down from the sinkhole, at the foot of Canal Street, in a plaza along the river. It was indeed a thing of beauty.

About the poison of ignorance: Working toward an anti-racist and anti-oppressive community reminds us constantly what the poison of ignorance looks like. How do we make the medicine? Not with knowledge we already have, but ignorance we retain. As James Carse wrote: “When we forget that knowledge *rises from* ignorance and think of it instead as a way of *overcoming* ignorance, knowledge can have the ironic effect of limiting our vision. ... Knowledge can lift the veil. It can also become the veil.”

It can be hard to get from craving to gratitude, or from scorn to affirmation, because it’s not easy to let go of strong feelings, the more so if they are attached to very raw feelings or memories. It can take an effort to get from self-regarding craving or scorn or ignorance to a more other-regarding place. Sometimes we only get halfway: from craving to respect, from scorn to toleration, or from ignorance to knowledge.

To push through to gratitude and affirmation and curiosity takes a sustained spiritual practice - something to remind you of the power of beauty and joy and connection, and helps you lean into it. To equip yourself for the next few years, make sure you are giving yourself those reminders daily.

## 8<sup>TH</sup> PRINCIPLE UPDATES

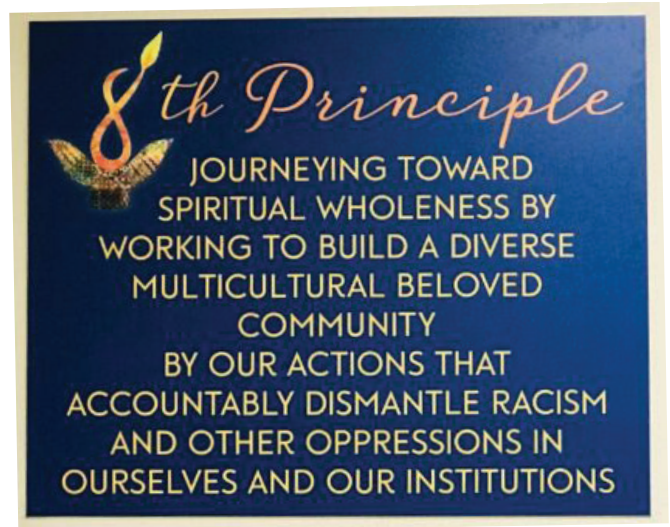
We are all concerned about the possible changes we might see in our country over the next 4 years. The 8<sup>th</sup> Principle committee provides an opportunity to collaborate as Beloved Community, concerned about our role in equal justice, specifically addressing diversity and racial oppression.

Our conversations are timely and encouraging. We share updates our current activities and concerns we need to track in our city and state.

Our next monthly meeting will be January 28, 5 p.m. in Pehrson in the RE wing. Everyone is invited to join us and brainstorm on the ways we are/might be addressing these issues. Bring your ideas and concerns to share.

Thank you,

— Margot Cameron, facilitator



## More notes on Elaine, Arkansas and other Faith in Action outreach efforts

Ending Racism USA has a “Friends of Elaine” connection. We invite you to consider connecting with and engaging with others in this local effort to end racism in all its forms. This group has regular Zoom meetings on the third Monday of the month at 6 p.m. They are taking a holiday rest to reflect, have time with family, and be ready to meet again in the New Year.

Here is a link to that “Friends of Elaine” page. As an ongoing part of our 8<sup>th</sup> Principle efforts, join us and be a “Friend of Elaine.” <https://www.endingracismusa.org/join-friends-of-elaine>

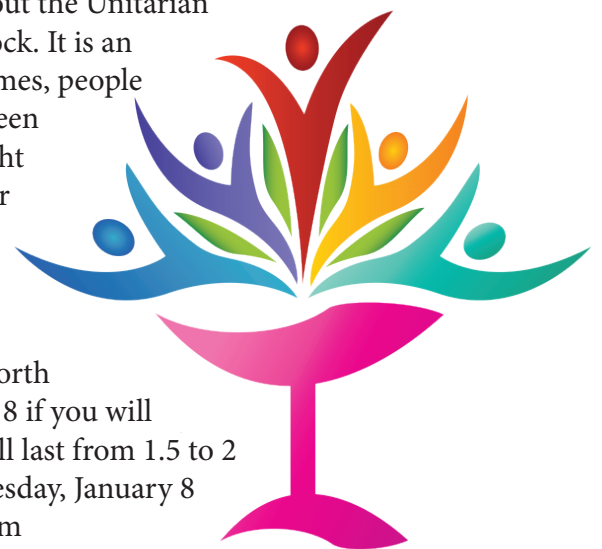


For more information, contact Rich Roy – [rich.roy1943@gmail.com](mailto:rich.roy1943@gmail.com)

## NEW TO UUCLR? EXPLORING UU IS FOR YOU!

Exploring UU, to be held January 12, is a class designed to learn about the Unitarian Universalist faith and the Unitarian Universalist Church of Little Rock. It is an important class for someone who has just attended services a few times, people on the path to membership, or new members that might not have been able to attend before becoming members. If you are feeling you might have found your spiritual home here or are just inquisitive about our faith, we hope that you will attend and meet new friends, have your questions answered by Rev. Paul, and learn more about us. Class will be led by Selma Blackburn and Rev. Paul Beedle.

The class will take place at 12:20 p.m. in the Pehrson Room in the north wing and a light lunch will be served. Please let us know by January 8 if you will attend and if you have any food allergies or need childcare. Class will last from 1.5 to 2 hours. Please register on line at [www.uuclr.org](http://www.uuclr.org) by 10 p.m. on Wednesday, January 8. Questions? Contact Cas Rifkin 501-454-3814 [casrifkin12@gmail.com](mailto:casrifkin12@gmail.com)



We hope to see you there!



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## BOARD PRESIDENT REPORT

It is hard to believe that 2025 is upon us. When writing this, we have just celebrated the Winter Solstice and have experienced the darkest day of the year. We have also experienced lots of light in 2024 and know that the light will come again. This past month has brought more great services, an influx of children and new families, and visits from longtime friends. We have had discussions about Adult Religious programming, and we have had a resurgence of Pagan offerings (around 50 people were involved in the Winter Solstice celebration held on Saturday, December 21!). We hope to offer a new Adult RE program soon.

Plans are being made for our annual IllUmination celebration to be held on Jan 11 at 5:30 p.m. This will be a community building opportunity, so you are encouraged to bring a guest to this potluck meal and short program. In these challenging times, events like this being offered to the community is one of the most important things we can do. Ask Rebecca Roetzel for information or for an invitation to give to your friend and let her know if you can help with the event.



I wish for each and everyone of you peace and happiness in this coming new year,

— Debbie

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## DECEMBER 2024 BOARD MEETING REPORT

Your UUCLR Board met on Tuesday, December 17. We heard our usual reports from our minister, Finance Chair and Program Council. Some guidelines regarding “live streaming” are being crafted. We spent a major part of our meeting discussing and approving “Proposed UUCLR Policy and Procedures for Responding to Armed Aggressors” that was presented by the Health and Safety Committee. Those policies and procedures will be made available to the congregation soon. We also had a robust discussion regarding the use of cameras at the church. After discussion and consensus, we agreed that up to 5 cameras could be placed outside the church and up to 2 cameras could be placed in the nursery—while there was disagreement about cameras inside the church, it was decided that cameras in the nursery were advisable for the safety of the children and their caretakers. Cameras are not to have audio capabilities enabled.

Per our By-Laws, after one of our board members missed three consecutive board meetings, that person was automatically removed from the board. Per our By-Laws and with discussion, the board voted to re-instate that member. Also, the Search Committee for a new Church Administrator continues its work and we are beginning to receive applications. We hope to conduct interviews in early January.

Board meetings are always open to anyone and please feel free to ask me any questions!

— Debbie Goolsby, Board President

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## FAITHIFY

Do you want to help a small UU church get air conditioning for their nursery or help a vandalized UU church get the repairs needed or help get the word out about UUism? If you have a few extra dollars to help other UU's, consider visiting [www.faithify.org](http://www.faithify.org) and see all of the projects that you might want to help.

Faithify is a direct funding platform for Unitarian Universalist ministry projects. This includes everything from youth work to justice, service, buildings, staff positions, and emerging ministries. Faithify is full of campaigns funding projects through the direct support of others. You might enjoy browsing the fundraisers to see the exciting ideas and projects that UU's around the country are needing, dreaming about, and are committed to doing. It's a feel-good action to support another UU that will never know you, but that you are grateful for the work they are doing. The requests are varied so you might want to check periodically.



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## LUUNCH OUT SUNDAY

Please join us after services at 12:30 p.m. on January 26 for LUUnch Out Sunday. Our Dutch treat meal will be held this month at El Sur, 1214 Main St, Little Rock in the SOMA district. They serve Hondurian and Latin American dishes in a very casual environment. The majority of people who went the last time wanted to return because the food is delicious. The menu is reasonably priced and they will set us up in tables of six for an enjoyable meal with good and fast service. They appreciate us and we are supporting a local business. We hope that you will attend if possible and enjoy the relaxed atmosphere while strengthening our connections with each other.



Please sign up before services in the Goolsby Foyer on January 26 and at 11 a.m. El Sur will be called with a head count so they can set it up to make sure there are enough seats available. Please contact Cas Rifkin, Membership Liaison, at [casrifkin12@gmail.com](mailto:casrifkin12@gmail.com) if you have any questions prior to Sunday.

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## BOOK EXCHANGE & RECYCLING JANUARY 5

We collect the following for recycling: Used/outdated electronics (computers, copiers, DVD players, paper shredders, printers, TVs, VCRs, phones, stereos, radios, fax machines, and microwave ovens); dead batteries—AA, AAA, C, D, 9 volt (no rechargeables); selected light bulbs containing mercury (CFLs/4-foot fluorescent tubes). We will have a list of "green stations" and other glass collection sites on the recycle table.

Look for our table in the north end of Thomson Hall in the Mehta Wing. Bring your books and current magazines to the Mehta Wing/Thomson Hall to share. **You do not have to bring a book to take a book.**



Please be aware that there are recycling bins at the Coffee Bar and a paper recycling bin by the office. Our team members are responsible for emptying these on a regular basis.

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## FAITH IN ACTION OPPORTUNITIES

### 2<sup>nd</sup> Sunday Share the Plate: January's Recipient is the Stephens School Food Pantry

Our church has been an agency of the Arkansas Foodbank since 2018 and UUCLR is a member of the *Arkansas Hunger Relief Alliance*. We have a group of about 10-15 volunteers who provide bags of food at Stephens Elementary on a weekly basis to these families.

The church budgets \$1000 to support this work but this only pays for about one month of food, and we run the pantry 12 months a year. The rest comes from the generous donations from our congregation and any grants we are awarded. The Christmas Eve offering was dedicated to the pantry as a kick off for this fund drive. The Second Sunday offering for January is also earmarked for the food pantry. Please make a generous contribution to help us push back against hunger in Little Rock and in the Stephens community. You may make a contribution by check with "school pantry" on the memo line or go to "Giving" at [uuclr.org](http://uuclr.org) and select School Pantry from the pull down menu. We hope to raise at least another \$8000.

We choose a worthy non-profit organization and donate our 2<sup>nd</sup> Sunday Share the Plate collection for the month. To make suggestions as to future recipients, contact Dylan Ashcraft at [ashcraftjd@gmail.com](mailto:ashcraftjd@gmail.com).

### Stephens Elementary School Food Pantry

Join our group of dedicated volunteers that pick up and distribute food at Stephens Elementary. Every Friday at 8:30 a.m. our Pantry Team picks up food from the Arkansas Foodbank and distributes it to families at the school. Contact Nell Matthews at [uuclrnell@gmail.com](mailto:uuclrnell@gmail.com) to become involved.

### The Van

Members volunteer at The Van warehouse in SW Little Rock to sort donations. The Van is a grassroots non-profit that helps those without shelter. Questions? Contact Cas Rifkin at [casrifkin12@gmail.com](mailto:casrifkin12@gmail.com).

### Our House Monthly Meal

Volunteers cook, deliver and serve a monthly meal at the Our House shelter. Contact Kevin Jones at [kmjones1231@sbcglobal.net](mailto:kmjones1231@sbcglobal.net).

### Can Recycling at the Church

Bring your aluminum cans on Sundays for recycling (just cans!). Lance Scott picks them up and makes \$\$\$ that he donates to the church. He also finds cans all over town that he saves and sells. Put them in the deck box behind the arbor in plastic bags, please! Paper bags get wet and disintegrate. Thank you, Lance, for your Faith in Action!



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## SPREAD THE WORD: WE'RE HIRING!

UUCLR is looking for a new Church Office Administrator! Help spread the word so we can get the best person for this vital position. It is part-time: 5 hours/day, 4 days/week. \$20/hr with opportunity for benefits including retirement.

We need somebody with a wide range of skills! Scan the QR code to view the complete job description, and **if you know someone who might be a good fit, please pass this along.**

Send resume and cover letter to [jobs@uuclr.org](mailto:jobs@uuclr.org). No phone calls. Applications are being accepted until January 6, 2025, and the target start date is February 1, 2025.

## JANUARY BIRTHDAYS

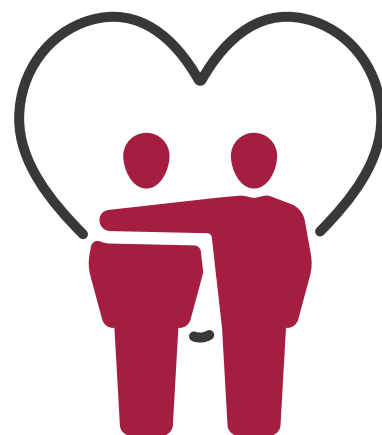
### Happy Birthday to Members & Friends!

Mary Lowe Kennedy.... 01	Fred Roberson..... 15
Marilyn Christian ..... 05	Carey Brent James ..... 16
Blaire Gradney ..... 05	Janet Stewart ..... 18
Judy Rickard..... 06	Jake Tidmore ..... 18
Gene Slothour-Hudnall ..... 06	Kater Reynolds..... 26
Valerie Pearsall..... 08	Julie Evans ..... 27
Barbara Gojer..... 09	Beryl Rushefsky ..... 28
	Robert Crick..... 30

## CARING PARTNERS

UUCLR has a Caring Team to help support people who have needs like meals, rides, housework and yard work. Thanks to those who have already signed up!

If you need any assistance with any of these tasks, please contact Sue McDonald at (501) 442-6623 or the church office at (501) 225-1503. We have volunteers ready and waiting to lend a hand.



## CLASSES AND GROUPS (ADULT)

### **BETWEEN THE LINES BOOK CLUB (PEHRSON) FIRST MONDAY OF EACH MONTH AT 7 P.M.**

The book for discussion on January 6 will be “Birnam Wood” by Eleanor Catton. Between the Lines attendees meet in person at the church. If you have questions, please contact Mindy Morrell at (501) 951-7773 or [mindymorrell@hotmail.com](mailto:mindymorrell@hotmail.com).

### **FORUM**

Forum is an adult religious education program that meets in the south end of the Mehta Wing at 10 a.m. every Sunday. It is a discussion group which has a variety of programs and topics throughout the year. On 2nd Sundays, the plate collection goes to a charitable organization (see page 8) and a representative joins us in Forum. The REConnection group joins in on the first Sunday of odd-numbered months.

### **RECONNECTION (PEHRSON)SUNDAYS AT 10 A.M.**

This gathering is for those in their 20s to 40s who are looking to connect with like-minded peers. Each week attendees engage in open discussion about current events and life’s persistent questions. REConnection members meet with the Forum group on the first Sunday of odd numbered months.

### **RE-QUESTORS (IN PERSON AND BY WEBEX)SUNDAYS AT 10 A.M.**

RE-Questors meets every Sunday at 10 am in the Library or on WebEx to discuss a chosen book. We have a new book starting Sunday, December 29<sup>th</sup>: “The Coming Wave: Technology, Power, and the Twenty-First Century’s Greatest Dilemma” by Mustafa Suleyman. It’s about the challenges we face controlling rapidly growing new technologies such as Artificial Intelligence and biotechnology. We meet on Sunday mornings at 10 a.m. in the UUCLR library. You do not have to read the book to join in the discussion. If you would like more information or an invitation to participate online, contact Joe Meehan ([josmeehan@sbcglobal.net](mailto:josmeehan@sbcglobal.net)).

### **SHORT STORIES DISCUSSION GROUP(PEHRSON AND ZOOM) LAST FRIDAY OF EACH MONTH, NOON TO 1 P.M.**

The Short Stories discussion group meets once a month at noon in the Pehrson Room and on Zoom. The stories are selected from the *Best American Short Stories of 2022* by Andrew Sean Greer. The January story (date to be announce) will be “The Little Widow from the Capital” by Yohanca Delgado. Join us for a lively discussion. Feel free to bring lunch. Look forward to seeing you there. If you have questions or want to get on the list for updates and Zoom invitations, contact Janice Peters—[Janicep@comcast.net](mailto:Janicep@comcast.net)





## MARK YOUR CALENDAR: 2025 BUFFALO RIVER TRIP

We are looking forward to the Memorial Day Buffalo River trip in 2025. UUCLR has been making this trip for over 40 years. We'll begin to gather Friday, May 23 in or around the Buffalo Point Campground.

A group will float the Buffalo River on Saturday, May 24 between Dillard's Ferry and Rush Landing. There will be a pancake breakfast Saturday morning, a potluck Saturday night, campfire singing and music, a spiritual service Sunday morning, and plenty of time for hiking, puzzling, and exploring the surrounding area. The trip wraps up on Memorial Day, May 26. It's not necessary to attend every day of the trip.

If you like sleeping outdoors, camping is available at a group site. There are restrooms nearby and showers within a short drive. If you prefer sleeping indoors, options include cabins or lodge-like rooms. Contact James Thomson ([arjazzman@sbcglobal.net](mailto:arjazzman@sbcglobal.net)) if you are interested in indoor lodging. **We need to get our reservations in as soon as possible.**

Contact Zenyth Propst ([zenythp@msn.com](mailto:zenythp@msn.com)) if you are interested in camping or for general trip information.

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## YOUNG AT HEART

January's Young at Heart will meet on Tuesday, Jan. 14<sup>th</sup>. The program is still in the works, but the menu is going to be a variety of homemade soups, sandwiches, and desserts.

Lunch starts at 11:45 a.m. and the suggested cost is \$10 which goes into a fund to help with scholarships to leadership training. **Please join us!**

## PARENTS' NIGHT OUT!

Let our Fairy Godparents care and have fun with your child(ren) while you go out with other UU friends, just have some time to yourself, or have a date night on January 25<sup>th</sup>. UUCLR loves to support young families doing things together, but adulting also means also having some adult time. Bring your child to the nursery in the Religious Education Wing which is the north wing of the building from 5 to 8 p.m. on January 25. There is no cost.

Please bring a meal, snack, and drink for only your child and a change of clothes in case of an accident. You must pre-register for childcare by Wednesday, January 22. All Fairy Godparents have background checks and they will cherish your little ones while you are away. Please go to [uuclr.org](http://uuclr.org) to register your child(ren) or in the Goolsby Foyer..

Questions? Email or text Lisa Brents at [lisakbrents@gmail.com](mailto:lisakbrents@gmail.com) / 870-464-7665.





# JANUARY CALENDAR

## JAN. 1

3 pm Strings rehearsal (Sanctuary)  
6:30 pm Choir Practice (Sanctuary)  
7:30 pm NA Group (Mehta Wing)

## JAN. 5

10 am Recycle Sunday &  
Book Exchange (Mehta Wing)  
Forum (Mehta Wing)  
REConnection (with Forum)  
11 am Worship Service (Sanctuary)  
4 pm Indian Education Group  
(All Church)

## JAN. 6

4 pm Rental (Mehta Wing)

## JAN. 8

3 pm Strings rehearsal (Sanctuary)  
5 pm Program Council (Pehrson)  
6:30 pm Choir Practice (Sanctuary)  
7:30 pm NA Group (Mehta Wing)

## JAN 10

All day IllUUmiation Setup  
(Mehta Wing)  
6:45 pm Indian Education Group  
(downstairs RE)

## JAN. 11

All day IllUUmiation Celebration  
(Mehta Wing)

## JAN. 12

10 am Forum (Mehta Wing)  
11am IllUUmiation Service  
(Sanctuary)  
4 pm Indian Education Group  
(All Church)

## JAN. 14

5:30 pm Membership (Pehrson Rm)  
6:30 pm Night Bloomers Garden Club  
(Pehrson)  
7:30 0pm Finance Meeting (Zoom)

## JAN. 15

3 pm Strings rehearsal (Sanctuary)  
6:30 pm Choir Practice (Sanctuary)  
7:30 pm NA Group (Mehta Wing)

## JAN. 17

9 am Exec Team (Pehrson Rm)

## JAN. 18

5:30 pm Small Group Dinners (Off site)

## JAN. 19

10 am Forum (Mehta Wing)  
11am Worship Service (Sanctuary)  
1 pm Freethinkers (Mehta Wing)  
4 pm Indian Education Group  
(All Church)

## JAN. 20

All day Martin Luther King Day

## JAN. 22

3 pm Strings rehearsal (Sanctuary)  
6:30 pm Choir Practice (Sanctuary)  
7:30 pm NA Group (Mehta Wing)

## JAN, 23

4:30 pm Membership Mtg (Mehta)

## JAN. 24

6:45 pm Indian Education Group  
(downstairs RE)

## JAN, 25

5 pm Night Out for Parents  
(RE Wing)

## 26 JAN, SUN

10 am Forum & REConnection  
(Mehta Wing)  
11am Worship Service (Sanctuary)  
12:30 pm LUUnch Out (Off site)  
4 pm Indian Education Group  
(All Church)

## JAN. 28

5pm 8th Principle Meeting  
(Pehrson)

### Minister

Rev. Paul Beedle  
Call for an Appointment  
(504) 458-2254  
RevPaulBeedle@gmail.com

### Office Admin

Karen Walls—Wed-Fri  
501-225-1503  
uuclr@uuclr.org

### Ass't to the Office Admin

Amber Triplett—Tues

### Director of

### Religious Education

Stephanie "Fin" Judkin  
DRE@uuclr.org

### Music Director

Kendi Jensen-Loving

### AV Ministries Director

Chad Loucks  
chadloucks@mac.com

### Board President

Debbie Goolsby  
debbiegoolsby@sbcglobal.net

### OFFICE HOURS

Tuesday - Friday  
Approximately 8 am - 1 pm  
*Hours may vary; call before coming*  
Church Phone 501-225-1503E-mail:  
uuclr@uuclr.org  
Web: www.UUCLR.org

### Program Council Team Liaisons

Communications: Karen Walls

Facilities: Bill Kimpel

Faith In Action: Sue McDonald

Fellowship: Kater Reynolds

Lifespan Faith Development:  
Joe Meehan

Membership: Cas Rifkin

Worship Arts:  
Laurie Smith Prud'homme

