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Passage Meditation

Tuesdays 7:15 p.m.-8:45 p.m. in the Eastrose Sanctuary

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Please contact Karen Pyle so we know how many will be in our group. Thank you!

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• There will be food, drink and lots of fun!!!
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Don't miss the biggest FUN-raiser of the year at Eastrose.
# A Month of Sundays at Eastrose

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## February 3, 2019

**It Happens to a Lot of Us**  
Reverend Sarah Schurr  
What do we do when those deep bits of wisdom and insight come flooding into us, unbidden? Some people call these moments of grace “Mystical Experiences” and others just try to ignore them. How can we embrace this source of wisdom as Unitarian Universalists?  
Worship Leader: Patty Walsh

**Valentines for Albertina Kerr Youth**  
Children will be making valentine cards for children staying at Albertina Kerr group homes

**Martha and Mary and the Better Part**  
Is it better to organize the home, to prepare a beautiful space, or to sit in silence and seek wisdom? Does this story about two sisters with very different personalities have anything to tell us about what may be important in our own life?  

Community potluck lunch at noon - all are welcome!

## February 10, 2019

**Shining and Sharing Light: The Service Service**  
Debra Moskyok  
By the work of our own hands in fellowship, we will be building chalices to bring the light of love into our homes and to share with new members as they become a part of our light. All generations are welcome to join us in this vibrant and crafty new vision of worship.  
Worship Leader: Phyllis Adams

**Multigenerational service**  
Children will remain in the service with their families instead of going back for classes, and everyone will be working on building chalices together as a part of our congregation’s first Service Service.

**What Is Love?**  
As Valentine’s Day approaches, we ask what it means to love. What is love in an intimate relationship? Is it possible to live without love, either a love we give or a love we receive? What about the love that can save the world? Is there such a thing? If so, how can we cultivate it?

Scrip Sunday: Order prepaid gift cards for your regular shopping, and Eastrose gets a small commission.

## February 17, 2019

Rev. Patti Pomerantz  
Many people who join Unitarian Universalist congregations identify as Humanist, Atheist, Agnostic, or Skeptic. I will begin a two-part exploration of these concepts and how they fit into Unitarian Universalism. Part of the exploration will involve conversing with you about your personal beliefs, so come ready to discuss!  
Worship Leader: Kathie Loveall

**Love Surrounds Us - Session 1**  
“We cannot all do great things, but we can do small things with great love.” — Mother Teresa of Calcutta  
This first session makes children aware of their capacity to “do small things with great love.” They learn that they are each an instrument of love in the world as they get to know each other and discover the strength of the word “love” in this beloved community.

**Make No Assumptions**  
Another of Don Miguel Ruiz’s four agreements, making no assumptions means we must always “check it out,” as I was taught in my chaplain training. Yet it’s easier said than done. Can we remember that just because we think we know what’s going on in someone else, we really don’t? Life would be much more peaceful if we did.

## February 24, 2019

**Why It’s So Hard to Get Over a Painful Childhood**  
Shirley Jean Schmidt, MA, LPC  
Many of us carry burdens from a wounding childhood. Whenever those old painful experiences get triggered, we can suddenly go from feeling like a confident adult to feeling like a sad, fearful, or angry child. Our friends and family may tell us to “just get over it”—as though it were as simple as making a decision—but it isn’t. Shirley Jean Schmidt, a seasoned psychotherapist, shares her knowledge about childhood wounding and how to help heal it.  
Worship Leader: Katie Larsell

**Love Surrounds Us - Session 2**  
“I’ve learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel.” — Maya Angelou  
Children use positive words and actions as they learn and live our First Principle, affirming the inherent worth and dignity of every person. Participants will discover that these attitudes and actions are also taught in Jesus’ Sermon on the Mount.

**We Are Valuable, But Not Special**  
Not everyone accepts we humans evolved from simians. For some reason, the idea that we are created by God matters a lot to some people. Yet we all have ideas and beliefs we cling to because they make us feel okay in the world. They make us feel special. How can we learn to hold our beliefs lightly? Maybe it’s enough just to be valuable.

## March 3, 2019

**Music is the Message**  
Reverend Patti Pomerantz  
Join Lynn Mendoza Khan and Rev. Patti as we kick off Women’s History Month looking at the music that has informed and supported the Women’s Movement from the 1960’s to today.  
Worship Leader: Patty Walsh

**Love Surrounds Us - Session 3**  
“Friendship is born at that moment when one person says to another, “What? You too? I thought I was the only one.” — C.S. Lewis  
We explore how every friendship is surrounded in love. To make a friend is to discover ways we are alike. To meet new people and look first for how we are alike, rather than different, can be a challenge.

**Abstaining from Envy**  
Scripture is full of the hurtful results of envy. When we are unhappy with ourselves, we are prone to envy those who appear to have something we lack. How can we become content with who we are and what we do?
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Contacting Eastrose

Office Phone: (503) 665-2628
Website: eastrose.org
Email: office@eastrose.org

Eastrose Board of Trustees:
Frank Garneaux, President
Eric Tschuy, Vice President
Lynne Pfeiffer, Secretary
Deb Moskyok, Treasurer
Lois Williams, At-Large
Scott Jansen, At-Large
Office Administrator
Kate Katahdin
M-W-F 9:00 a.m. to Noon

Minister:
Reverend Patti Pomerantz
ppomerantz@uuma.org

Children’s Religious Education
DRE@eastrose.org

Staff Pianist
Mary Reese

Webmaster
Sue Steward

eNews Editor:
Lynne Pfeiffer
eNews@eastrose.org

Sunday Order of Service
Joyce Helling

Petals Editor
Kathie Loveall
petals@eastrose.org
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