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West Shore Unitarian Universalist Church
FALL 2022

Adult LifeLong Learning

Mission Statement

At West Shore Unitarian Universalist Church, we recognize that faith development is a lifelong journey. We engage in this journey to create community, find meaning and purpose, and work for justice.

Providing respectful, inclusive, and brave spaces, our programs offer opportunities to explore and express our intellectual, social, ethical, and spiritual selves. Rooted in Unitarian Universalist history and values, our programs provide ways to engage each other, navigate the stages of life, examine our own truths, discover new perspectives, and enrich our understanding of the world.

Building on these foundations, we encourage each person to live out their values in words and deeds as we aspire to live as a deeply engaged community and member of the Unitarian Universalist Association.



explore

Welcome! We here at West Shore, a diverse and empowered people, share a commitment to embracing a changing world. We are also re-affirming a commitment to engage in more programs that feed our passion for Adult LifeLong Learning. We believe that when we strive for deeper learning, we are able to strengthen our connections and open our hearts and minds to explore the world around us.

Engaging in Adult LifeLong Learning encompasses all that this church offers: **Connecting** with your highest values and with others who share them; **Growing** in wisdom and compassion; and **Serving** needs greater than your own. This booklet highlights the vast array of Committees, Task Forces, Groups and Volunteer opportunities that are open to members and visitors alike here at West Shore. Take some time and **EXPLORE** what West Shore has to offer!

If you are interested in joining a group, contact the designated person for that group or call the church office at 440-333-2255. If you are interested in forming a group, please contact Diane Alcorn, Membership and Engagement Coordinator, at dalcorn@wsuuc.org.

Time to Explore!



GROUP OPPORTUNITIES

Adult LifeLong Learning Committee (ALL)

At West Shore Unitarian Universalist Church, we recognize that faith development is a lifelong journey. We engage in this journey to create community, find meaning and purpose, and work for justice. Providing respectful, inclusive, and brave spaces, ALL programs offer opportunities to explore and express our intellectual, social, ethical, and spiritual selves. The Adult Lifelong Learning team (ALL) coordinates, supports, promotes, and evaluates adult learning opportunities at West Shore. The team meets on the third Monday of each month and new members are welcome. Contact Barbara Walker for more information at momofkatbird@gmail.com.

Aesthetics Committee

This group welcomes individuals who have an interest in the physical environment and visual appeal of the church. The committee works with artists and groups from the church and the community to host exhibits. This opportunity provides emerging and professional artists, including youth and children, a space to share their creativity and visual voices for others to view, reflect, and react to the work. This group is also responsible for the church's permanent art collection and holiday decorations. The Aesthetics Committee meets at church on the first Wednesday of the month from 7:00-8:30 pm. Contact Jerry Devis for more information at devisjj@yahoo.com.

Connection Circles

Connection Circles are small, covenanted groups of 8-10 people that offer a way to connect, form friendships, explore meaningful topics, and be able to be heard and accepted. These groups meet at various times, at least once monthly. New and existing members alike find these groups an excellent way to connect in a meaningful way and form friendships. Some of these groups have been together for ten years or more! **To check available dates and times**, please contact co-leaders Diane Alcorn, dalcorn@wsuuc.org, or Kelly Pinkas, kelly.pinkas@gmail.com.

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Craft Ministry

Craft Ministry meets in person and simultaneously via Zoom on the first Tuesday of each month at 7:00 p.m. from October to June. We take a break in July, August, and September. A casual Zoom-only meeting (usually) takes place on the third Monday of each month, October to June. Zoom links will be shared via email before each meeting.

We carry on our tradition of creating gift blankets for our baby dedications, and healing shawls and lap robes for ill members. We have knit “chain-link” scarves to help West Shore Allies Against Human Trafficking, and hats and mittens for anyone who needs winter warmth. In June, we help to decorate the facade of the building with yarn for Pride month. We look forward to finding other creative ways to make an impact in our Beloved Community, so bring your ideas and make a friend. If you do not knit or crochet, feel free to bring another craft to work on while you sit and chat. If you are interested in learning to knit or crochet, or have other questions, or to be added to the correspondence list, contact Jodith Janes at cuppatea@j2jweb.com or 216-221-0437 or Margaret Gardner at margarguitar@gmail.com or 330-328-6371.

Elder Group

Members of the Elder Support Group help each other with the aging process by sharing our joys, sorrows and wisdom. Members range in age from 70's to 90's. We meet the 2nd Tuesday of each month at 10:00 a.m. at the church.. To find out more, contact Paul Foster at 449-315-1291 or pfoster8034@gmail.com.

FaCT Task Force

West Shore FaCT promotes clean air, clean water, healthy soil, and a quick, equitable transition to renewable energy sources and just, sustainable living. We create opportunities for education, advocacy, and action. We are part of FaCT Ohio: Faith Communities Together for a Sustainable Future, consisting of more than forty faith groups from sixteen counties in Ohio, and three in West Virginia. Locally, WS FaCT works with other community groups for environmental justice.

Come and join us in confronting the problems that unsustainable practices cause for communities and families in rural, suburban, and urban areas. Your ideas and your energy are welcome to help address issues of environmental justice! **WS FaCT meets on the 2nd and 4th Sundays monthly, from noon to 1:00 p.m.** To find out more, contact Linda New at westshorefact@gmail.com or check our website at westshorefact.org.

GROUP OPPORTUNITIES

Finding Joy After Loss

This newly formed group is open to anyone who has lost a partner or a spouse and is about making connections, giving and receiving support and crafting joyful experiences to share with one another. We are more than a grief group. We meet the 4th Wednesday of the month in the Fireside Room from 1:00 to 2:30 p.m., with the last half hour devoted to casual conversation. There is no limit to how long you've been without your partner. You are welcome to join us. Our meeting dates are posted on the church calendar and appear in the E-news the Friday before the following week's meeting. For more information contact Marilyn Weske at marilyn.weske@gmail.com.

Friday Book Group

The Second Friday Book Group at Westshore meets at 2 p.m. the second Friday of every month. We alternate between fiction and nonfiction books. Occasionally we use book club collections from local libraries. Everyone is welcome! For more information, contact Brenda Hunt Brown at brendahuntbrown@gmail.com.

Friendship Group

This group meets at church every Tuesday at noon for lunch, friendship, and conversation. When the weather permits, late spring, summer and early fall, we meet outside. Group members bring their own bag lunch. Contact Joyce Oliver at 440-331-1202 or Martie Travis, martie419@yahoo.com, for more information.

LGBTQ+ Parent and Caregiver Support Group

Watching and supporting our kids' journey toward gender identity and/or sexual orientation wholeness comes with a range of emotions from acceptance to grief and even fear. Our youth and young adults are challenging stereotypes and roles in ways some of us could never have imagined and that can leave parents and caregivers worried and confused! This group will delve into the those emotions as well as ways to best support our youth and young adults on their journeys. We'll do our best to answer questions about gender identity, biological sex and sexual orientation as well as language and terms used; it's a rapidly evolving world and staying current can be a challenge! This group is lay-person led and not intended to replace therapy. All are welcome from both the West Shore community as well as those who are not church members. We meet once a month for approximately 90 minutes. Check your ENews for dates and times. Please contact Kelly Pinkas at 440-725-.3892 or via email at Kelly.pinkas@gmail.com with questions.

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Mahjongg

We play the American version of the Chinese tile game. It is a game of skill, strategy and calculation, and involves a degree of chance. Beginners are welcome. We meet the second and fourth Sundays of the month from 6:00-9:00 p.m. For more information, contact Gaile Schafer at jschafer99@aol.com.

Meditation Tuesday Mornings at West Shore

WSUUC's Zazen meditation group meets weekly in the Fireside Room on Tuesdays from 8:30 - 9:30 a.m. After an opening chant, we sit silently (in chairs, although you are welcome to bring your own meditation cushion or bench) for 20 minutes. Then, we do a short walking meditation followed by another silent sitting until 9:15 a.m. We close the practice with another chant. There's informal discussion afterwards. Sometimes we read a book or articles together. All are welcome to this drop-in meditation, however it's helpful to email in advance so we set up enough chairs. There is no cost. Grace Durfee (grace@balancewithgrace.com) is happy to answer any questions and can provide the chants ahead of time. A Zoom option is available.

Meditation Thursday Mornings: DEEPENING CIRCLES

An open meditation group drawing from Buddhism, Yoga, energy medicine and neuroscience, to be fully present, with engaged body, heart, mind and spirit, awakened in the joy of your own true nature. Facilitated by Rev. Mary Grigolia, **we meet Thursday mornings, 10:30 - 11:30 a.m. via Zoom during the pandemic.** For more information and ZOOM link, contact Rev. Mary at mary@marygrigolia.com. **Suggested donation: \$15 per session.**

Pastoral Care Team

The Pastoral Care Team serves to listen and support members in times of need, joys and sorrows. The team offers training to team members, education to the congregation and support for its parish nurses. We connect with people through direct interaction, phone calls, cards and notes, and visits to homes, hospitals and facility sites. If you are interested in finding out more, please consider completing the Pastoral Care Participation Form located on the church's website. Click on "Engagement," then "Pastoral Care Team," and click on the link. You may also contact Kathy Strawser at kkstrawser@gmail.com.

GROUP OPPORTUNITIES

Pollinator Garden

Located behind the Church, the Pollinator Garden serves as a visible demonstration of using native plants and shrubs. We hope the Pollinator Garden is becoming a showcase, an educational tool and an example of a low maintenance, yet beautiful and productive alternative landscape. Instead of a lawn, this space creates a space that protects our water, nourishes the soil and is a habitat for pollinators and beneficial organisms. **We meet seasonally** and extra hands are always welcome! To volunteer, contact Jodith Janes at cuppatea@j2jweb.com.

Queer & Allies Task Force

Our first Principle as Unitarian Universalists states, "We affirm the inherent worth and dignity of all persons," and so it goes without saying that lesbian, gay, bi-sexual, transgender and queer persons are not only welcome at West Shore, but expected to participate fully in all church activities. In the late 1980's, West Shore voted to become a "Welcoming Congregation" which means that the church took seriously its commitment to educate its members on LGBTQ justice concerns, and serve as active advocates for, and with, lesbian, gay, bisexual, transgender and queer people. We advocated for marriage equality before it became a reality, celebrated the victory, and support all new efforts to achieve LGBTQ equality.

West Shore's Q&A group is composed of LGBTQ people and their Allies. **This group meets monthly beginning in October through June, and once each summer for a special picnic.** Please check your E-News or contact Jerry Knasel at jerryknase@aol.com or Kathy Little at drkdlittle@aol.com for meeting times and location.

Social Action Committee

Grounded in our UU principles, we strive through education, advocacy, and action to make our church a force for justice on a local, state, national, and global level. We maintain the Food Pantry at West Shore and are responsible for the Social Action Film Series. We organize participants for marches like the Women's March and Protesting Gun Violence. We support the Cleveland Food Bank, WAAHT, and the Inter-Religious Task Force to help immigrants. We work with Urban Hope and with NEOCH, the Northeast Ohio Coalition for the Homeless. We promote voter registration and often provide information about ballot issues. This year we are beginning to work with Rocky River Presbyterian Church and Good Soil Lutheran Church to bring Braver Angels, a nationwide program promoting mutual civility and understanding in our politically divisive world. We meet on the first Monday of the month at 7:00 pm. Please contact Gloria Bemer at mrsb112@aol.com for more information.

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Socrates Café

In Socrates Café, we discuss issues in philosophy, society, psychology, ethics, life and death. Topics are selected by the group, which meets 7:00 - 8:30 p.m. the second and fourth Tuesdays of each month. Contact Gary Nemes at herremes@aol.com for more information.

Tech Team

The Tech Team is responsible for the Sunday worship livestream service and the live production in the sanctuary during the worship service. Volunteer positions include a camera person and a sound board operator. Tech scripts and training are provided. A minimum of one Sunday per month is required. Contact Christine Salontay at csalontay@gmail.com for more information.

Undoing Oppressions

Since 2001, Undoing Oppressions (under various names) has worked to educate ourselves and to provide information and resources to the congregation and the community about the devastating effects of societal and systemic racism. Affecting all of us in different ways, our knowledge of racism is a challenging, but important issue to address with courage, care and compassion. With a willingness to learn (and unlearn), we are taking steps to undo the harm that is being done and to live our Unitarian Universalist principles more fully. We meet the **third Tuesday of the month at 7:00 p.m.** We would love to have you join us! For more information, please contact Mary Jo Maish at maryjomaish@gmail.com or April Stoltz at aprilstoltz@sbcglobal.net.

WAAHT

West Shore Allies Against Human Trafficking. The mission of WAAHT is to "Educate to Eradicate" Human Trafficking. The goals of WAAHT are to bring public awareness to the crime of trafficking, to help address the needs of victims and survivors, and to support public policy and legislation that will halt this crime and redress its effects. WAAHT works in collaboration with other community agencies to accomplish these goals. WAAHT is part of the Social Action Committee. To find out more, contact Joan Clark at jkj.clark@gmail.com.

VOLUNTEER OPPORTUNITIES

AT CHURCH

Weekday Office Volunteer: Office volunteers assist church staff during weekday business hours by answering the phone and helping with tasks such as copying, preparing mailings, and general office duties. Contact Debbie Elliott for more information at 440-333-2255, Ext. 100 or delliott@wsuuc.org.

Sunday Morning Volunteer: Sunday morning volunteers are essential for providing a warm welcome and great experience to all who attend our Sunday services. Opportunities include door greeter, Welcome Center, front office, ushers, coffee hour, and tech support. Most volunteers help one or two times per month. Training is provided. Please contact Diane Alcorn for more information at 440-333-2255 or dalcorn@wsuuc.org.

IN THE COMMUNITY

Cleveland Food Bank

The Greater Cleveland Food Bank serves Northeast Ohio providing food for the many who desperately need it. Twice a month, the 3rd Thursday and 4th Wednesday, volunteers from West Shore carpool to the Food Bank to help with sorting, repacking, or whatever needs to be done. We leave the church parking lot at 8:20 a.m. and return by 12:30 p.m. If you wish more information or would like to sign up for a shift, please contact Betsy Hutcheson (hutchb5280@att.net). There is no long term commitment. You sign up when the date suits your schedule.

Greater Cleveland Congregations (GCC) Core Team

West Shore is a founding member of Greater Cleveland Congregations. GCC follows the community organizing strategies of the Industrial Areas Foundation. It includes over 30 dues-paying congregations and organizations from across Cuyahoga County. It is Christian, Jewish, Muslim, and secular. West Shore is one of three Cuyahoga County UU congregations who are active GCC members.

Core Teams like ours listen and act in concert with our sister institutions to make social change. We support GCC in connecting individuals and organizations to multiply its power and mobilize its members by the thousands to make our voices heard to build a better community for all county residents. A GCC staff of four paid organizers supports clergy, lay leaders, and member institutions to carry out its mission of being a catalyst for social justice. The West Shore GCC Core Team generally meets on the first Tuesday of the month. For more information, contact Joe Schafer at jschafer99@aol.com.

VOLUNTEER OPPORTUNITIES

Urban Hope

In 1998, URBAN HOPE began as a West Side inner-city community outreach program and storefront presence that was conceived by Rev. Mary Grigolia. Doris Matthey, a West Shore member, was the Chairman of the Steering Committee and a guiding force of the new movement. Members on the committee were volunteers from four local UU churches. In 2018 West Shore committed to hosting every 3rd Sunday. Currently, Debby Purdy, Cathy Ross, and Jillian Cook are on the Steering Committee and represent West Shore. West Shore member Jean Kosmac serves as the Steering Committee chair.

Generally, we meet the third Sunday afternoon at The Urban Hope Store Front at 4241 Lorain Avenue from 3 to 5 p.m.. During non-Covid times, UU members and neighbors meet for a meal and fellowship. Members are asked to volunteer to help serve a hot meal, assist with shower coordination, hand out undergarments and toiletries. The neighbors also can take showers when the store front is open. West Shore volunteers say that their one-on-one connections with neighbors have been meaningful and even personally profound. We are always looking for new volunteers to join us in sharing and caring! To volunteer, contact Jillian Cook at jilliancook55@gmail.com. **Check your E-News for program updates. You can watch the Urban Hope program video by clicking here: <https://youtu.be/IyiRGB96YPA>.**

Urban Hope Monthly Tour Event Opportunity

Please take this opportunity to come and visit the Urban Hope Storefront the third Sunday of every month, with the exception of August! It gives you a chance to see the fantastic Outreach Center located on the Near West Side of Cleveland. You will be able to see how all of your generous donations from West Shore assist in providing the neighbors a place to come for a meal, showers, undergarments, toiletries and most important a sense of community. There is a clinic located directly across the street which is closed on Sunday. Ample parking is available. After your visit you may decide that you would like to be a part of the team that serves the neighbors every third Sunday. To sign up, more details or questions please contact Jillian Cook by email at JillianCook55@gmail.com or call 216-333-8886. Location: 4241 Lorain Road. Time: 4:-5 PM.

Urban Hope Children's Garden

The Children's Garden is a neighborhood program of Urban Hope.. Our goal is to show urban children where our food comes from, help them discover how delicious fresh veggies can be, and nurture a love of the outdoors. We work with children from the school across the street during spring planting and fall harvesting seasons. In the summer, we work with neighborhood children. Each session offers hands-on gardening (including weeding), cooking with the veggies we grow, and a craft. The garden is located in Kentucky Community Garden at West 38th and Franklin. **We meet seasonally and are always looking for extra helping hands! Our day and time vary from year to year depending on our volunteers' schedules.** To volunteer, contact Cathy Ross at estrogen05@yahoo.com.



UUs are life-long learners!

Help us grow in mind, body
and spirit by
offering a class, workshop,
or program to our
community.

Contact mross@wsuuc.org
for more information



WESTSHORE
Unitarian Universalist Church

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