Welcome 2020!
By Rev. Anthony MAKAR, Senior Minister

2020 represents a whole new decade! So how appropriate, that big things are happening for us! Let me tell you about two of them.

#1: MY INSTALLATION AT WEST SHORE
On this day, Sunday, May 31, 2020, at 4:00 p.m., West Shore will install me as its eighth settled Senior Minister. Preaching the installation sermon will be the President of the Unitarian Universalist Association, the Reverend Susan Frederick-Gray. Save this date on your calendar!

But what does that mean, to “install?” Someone once told me that the word “install” brought to mind putting in household appliances, like refrigerators or stoves. “Install” made her think of wrenches. That’s pretty funny!

But when it’s ministers we’re talking about, the image that I’d like to invoke is that of marriage. An installation is a ceremony to formally recognize that a Unitarian Universalist congregation and a minister are entering into a long-term covenantal relationship with one another. That covenantal relationship is one where people are learning to create something beautiful and meaningful together, over an extended period of time.

Installations are a tradition in Unitarian Universalist congregations. Just listen to this description, from The Unitarian, Volume X, 1895. The speaker, lay leader E.V. Wilson, is saying these words as a part of the installation service of the Rev. C.G. Horst, more than one hundred years ago:

> There is something worth noting in the mutual agreement by which the relation of pastor and people is assumed. It is not simply a union of sentiment at the beginning of the relation, but it signifies that there should be the same union of sentiment during its continuance. The pew and the pulpit are to work together. There are certain duties that devolve on each, and each must perform its part if this church shall be and do all that becomes a church. We pledge you our earnest support, and will ask for no truer loyalty on your part then we show on our part.

#2: THE LAUNCH OF NEW ADULT RELIGIOUS EDUCATION EXPERIENCES
As soon as I came to West Shore, I added the “Sermon Chat” as a way of expanding adult religious education offerings in our community. After the Sunday service, at noon, either in the Sanctuary or the Chapel, I meet with whomever attends and we have a fascinating conversation that the sermon for that day inspires. People come with their questions and their own wisdom and stories, and the richness of our time together never fails to amaze me. If you’ve never attended before, you will want to check this out.

(Continue on page 4)
Connect in Worship

We seek to be a spiritual home for people of free faith – all are welcome at worship at West Shore on Sundays. This is a diverse community, encompassing people from many different religious and spiritual backgrounds. All of us aspire to live according to Unitarian Universalist principles, which affirm and promote:

- The inherent worth and dignity of every person;
- Justice, equity and compassion in human relations;
- Acceptance of one another and encouragement to spiritual growth in our congregations;
- A free and responsible search for truth and meaning;
- The right of conscience and the use of the democratic process within our congregations and in society at large;
- The goal of world community with peace, liberty, and justice for all;
- Respect for the interdependent web of all existence of which we are a part.

For more information on the Unitarian Universalist tradition, visit www.uua.org.

JANUARY’S OUTREACH OFFERING
The Justice Council has designated January’s Outreach Offering beneficiary to be Denison Avenue United Church of Christ. Denison UCC is currently facing a "Cease and Desist" order issued on December 24, 2019, from Cleveland city officials. This order was issued regarding their operating as an emergency winter shelter for the Metanoia Project, a project supporting our homeless neighbors. With this, we have decided to dedicate a half of this month’s none designated offerings towards their effort as they try to meet needed code violation upgrades to their historic building. Any amount you are able to give will be deeply appreciated.

SUNDAY, JANUARY 5, 2020, 10:15 AM
The State of Our Justice Union:
Looking Back a Little To Move Forward
Rev. Chris Long, Worship Leader
Judy Montgomery, Worship Associate
West Shore is known throughout Greater Cleveland for its justice making. The work that our congregational Task Forces and our Social Action Committee continues to do, with a few highly dedicated members and friends of the congregation, is astounding. We will reflect on our individual and collective journey over the last year with our justice efforts at West Shore and beyond.

Rev. Long will also share some of his experiences with our Interfaith Community Partners and other organizations in Cleveland. He will also include details regarding his faithful journey with our denominational efforts in becoming a living tradition striving to become an “anti-racist, anti-oppressive, multicultural” faith movement as we lean into 2020. This holy work needs more of us in it!

SUNDAY, JANUARY 12, 2020, 10:15 AM
The Power of We
Rev. Anthony Makar, Worship Leader
Ryan Rosu, Worship Associate
Hearts hunger to be a part of Beloved Community, which is a place where people feel enlivened and vital and loved. So what’s involved in creating Beloved Community, and then sustaining it? How might you help?

SUNDAY, JANUARY 19, 2020, 10:15 AM
Lessons In Leadership:
Dr. Martin Luther King Jr.
Rev. Anthony Makar, Worship Leader
Jeff Modzelewski, Worship Associate
When we lose touch with our heroes’ stories, we lose touch with our own powers and potentialities. We hear a call to leadership, but our response can be, Who, me? Yet the message of the life of every hero who has ever gone before us, or who may be in our midst right now, is that you don’t need to be perfect to have a dream. Today, we explore some of Dr. King’s story and how it speaks powerfully to our own today.

SUNDAY, JANUARY 26, 2020, 10:15 AM
Courage
Rev. Anthony Makar, Worship Leader
Marty Blachly-Cross, Worship Associate
Courage is key. Maya Angelou calls it the “most important of the virtues, because without courage you can’t practice any other virtue consistently.” As for Winston Churchill, he said, “Success is not final, failure is not fatal: it is the courage to continue that counts.” Let’s talk about courage today.
Connect...to your highest values

Finding Your Way at West Shore
To Help you Connect with Others • Grow in Wisdom & Compassion
Serve Needs Greater than Your Own

Is your New Year’s resolution to “join a church that helps you to Connect with Others, Grow in Wisdom and Compassion, and Serve Needs Greater than Your Own.” You’re in luck!

If you have participated in all three Membership Steps, then join our faith tradition that works to put your values into practice. What a perfect way to start 2020! Contact Karen Kircher, Membership Coordinator, to sign the membership book. If you are new or have not yet attended all of these steps, please plan to join us for these important conversations.

Step 1: Newcomer’s Coffee & Conversation • Sunday, January 12, 11:30 a.m.
This class is for first or second time visitors and guests. Join with the Membership Team to learn more about West Shore and Unitarian Universalism, but most importantly, to meet with others who are sharing the journey in exploring a spiritual home! We meet in the Fireside Room immediately following the worship service until noon. Childcare is always provided, along with snacks and coffee, too!

Step 2: Getting To Know UU • Sunday, January 26, 11:30 a.m.
Learn about the history and values of Unitarian Universalism. Have a chance to engage in deeper conversation about questions of faith, and to learn more about West Shore Church. This is interactive and you will have an opportunity to explore more about your spiritual journey. Register at the church office and indicate childcare if needed.

Step 3: Become A Member • Sunday, February 16, 11:30 a.m.
We will talk about the difference between joining a church and your membership in other organizations. We will explore benefits and opportunities that Membership provides, and how it differs from being just a friend of the church. You will be invited to “Sign the Book,” our official step in becoming a member, but there is no pressure. We want you to be sure that we are what you have been looking for in a spiritual community! We meet in the Fireside Room immediately following the worship service. Register at the church office and indicate childcare if needed.

MINISTRY WITH A CUP OF COFFEE
Join the Coffee Ministry @ West Shore

Our Coffee Hour serves as an important space for fellowship and is an integral part of our Sunday Morning Hospitality. The Membership Team is committed to providing this service but is in need of your help! If you would be willing to serve as part of a Coffee Ministry once every month or two or if your group would like to help out, please sign up in Baker Hall this Sunday after the service. Until we have a regular team in place we will have to resort to using paper, compostable cups instead of the porcelain that we have grown accustomed to. Goodies are welcomed from anyone in the congregation, too! Just drop them off in the main kitchen before the service.
A joint Vocal and String Departmental Recital will be held at West Shore Unitarian Universalist Church. Presented with the support of the Gertrude W. and William O. Frohring Foundation, the program will feature Music Settlement faculty members and select students performing some favorite works for voice and string instruments. The recital will include the magical combination of viola and voice with works by Johannes Brahms and Frank Bridge. Beethoven’s rarely performed Duo for Viola and Cello with "two eyeglasses obbligato" will be a special treat! Faculty performers Visit us online at TheMusicSettlement.org

Welcome 2020!
By Rev. Anthony Makar (Continued from front page)

Something else you’ll want to check out is a completely new program, to be launched in the New Year starting Sunday, January 5. It’s called Spark: Adult Explorations For Head, Heart and Hands. Spark is on Sunday mornings at 9:30 a.m. in the Fireside Room, so you can experience something intellectually and emotionally engaging in an adult religious education setting and then come to worship at 10:15 a.m.

One of the best things about Spark is the variety of programming it offers. Spark is designed to engage the whole person: head, heart, and hands. Each Sunday is “hosted” by a different program area or type of activity. First Sundays are hosted by the Pastoral Care Team; Second Sundays are hosted by Socrates Café; Third Sundays are hosted by our Justice Ministry; and Fourth Sundays are hosted by our Poetry Ministry led by Warren Campbell-Gaston. Fifth Sundays will feature special guest speakers. You can find out about Spark’s offerings by reading your monthly Shorelines, the weekly Enews, and the Sunday Order of Service insert.

This new personal and spiritual growth opportunity for adults at West Shore begins Sunday, January 5, with an offering from our Pastoral Care team, as facilitated by Grace Durfee. It’s called “Your 2020 Vision.” Grace says, “Join us to explore what you most want your head, heart, and hands to experience and express in 2020. You will create a vision board, a powerful tool for self-discovery and manifestation. Bring your passions, aspirations, and intentions, mix them with paper, scissors, glue sticks, and magazines to see what takes shape! We will provide supplies, but you may also want to bring your own photos or magazines to further customize your vision.”

I can’t think of a better way to start a new year and a new decade. Join us for Spark!
The West Shore Choir has just finished the first half of this liturgical year with a smashing choral service where the choir performed the beautiful holiday musical, *Carols and Lullabies* by Conrad Susa. What this means is that now is the perfect time to join the choir because in January we start working on a new repertoire and begin work on the gala finale Sunday Choral Service on Sunday, May 17, 2020.

You may be saying to yourself, “Well, I don’t read music.” This is helpful but doesn’t really matter. Many of our choir members have learned to read just by being part of the choir. One of the great advantages of joining the choir here at West Shore is that you will get prime parking every Sunday morning that we sing since we arrive before anyone else. You also get the added health benefit of climbing the stairs to the choir loft. You’ll get your cardio exercise in for the day. And, there is always coffee served in the choir loft long before Baker Hall is open.

Now, truly what are some of the benefits of joining the West Shore Choir?

- **Maybe you have recently found yourself with a bit more spare time in your schedule and wondered how to fill it.** You remember singing in school and how much you loved it. Here are some other reasons to join the choir. You get to sing great repertoire. West Shore prides itself in learning a vast variety of music. When we think about great classical music, we tend to focus on symphonies, concertos, sonatas, string quartets and operas. But the truth is, many of the best composers saved their most inspired creativity for choral music.

- **It’s an excellent stress reliever.** You rush to meet deadlines, deal with unhappy clients, cope with a rage-aholic boss and—if you’re lucky—eat lunch in front of your computer. By the time you get to your choir rehearsal, you’re a nervous wreck. But sitting up straight, relaxing your shoulders and breathing from your diaphragm is a great way to return to your center and leave the day’s stress behind you.

- **You meet new people.** Nowadays people make “friends” without ever meeting in person. Joining a choir is an old-fashioned way to meet nice, like-minded people interested in having a good time together. What a concept!

- **You learn to listen.** While it’s fun to belt it out like Robert Goulet or Julie Andrews, a key to good choral singing is paying attention to what’s going on around you—listening. (It’s a good thing to do outside choir, too!) A rule of thumb is, if you can’t hear the person next to you, you’re singing too loudly.

- **It’s a workout for the brain.** Most choirs require basic music-reading skills, which are known to increase the capacity of your memory, sharpen your concentration and improve your spatial organization. You hit the gym three times a week to keep your body in shape (right?)—think of choir as boot camp for your brain.

- **It’s an exercise in teamwork.** A choir is the perfect manifestation of the adage “the whole is greater than the sum of its parts.” You don’t need to have a particularly beautiful voice to contribute to a beautiful, collective sound. Being part of something bigger than yourself is both humbling and motivating.

- **You don’t need to buy any equipment.** All you need to sing in a choir is your voice, a bottle of water and a pencil for marking your music. Simple and cheap!

- **You learn a lot of choir jokes.** For example: How many altos does it take to screw in a light bulb? Answer: None. They can’t get that high.

- **It’s uplifting.** Every day, we are bombarded with bad news—tragedy, terrorism, scandal, etc. While singing in a choir doesn’t make those things go away, it’s the perfect way to bring something positive and uplifting into your life.

So, if you’re interested in learning more about the choir, email me at dblazer@wsuuc.org or simply show up at rehearsal on **Wednesdays in the Chapel at 7:30 p.m.** So again...why join the West Shore’s choir? WHY NOT?
Meet Our New Acting Director: Meghan Ross

Meghan is a life-long Unitarian Universalist and native Clevelander. She holds a Bachelor’s degree in Elementary Education. Meghan has taught Sunday School for over 20 years and is a certified facilitator for Our Whole Lives: Lifespan Sexuality Education and Spirit Play. Her prior work experience includes managing public and private grants with the goal of improving the health of underserved and vulnerable populations, creating and facilitating trainings for health professionals, and providing reproductive health education to learners of all ages. Much of her work was with youth and LGBTQ+ populations. Most recently, she served as the Director of Religious Exploration for the Oberlin Unitarian Universalist Fellowship.

Meghan’s philosophy of Religious Education is: “Religious Education is a space where children, youth, and adults learn about and practice what it means to be a Unitarian Universalist. We do this through worship, classes, conversations, storytelling, art, music, and experiences that help each person learn how to live their values in everyday ways. Religious Education focuses on relationship building—in our families, or congregation, our community, and our world. It helps us learn how to accept people as they are, leaving out no pieces of their identity. It provides brave space for us to wrestle with big and small questions about our lives and our place in the world.”

Happy New Year With Denison UUC

By Michelle MA, Community Affiliated Minister

Happy New Year, West Shore! I’m so grateful to be spending another year with you…and with Denison UCC and Rev. Nozomi Ikuta!

As we roll into 2020, there are two exciting opportunities to engage with Denison UCC, both on our turf and theirs.

First, Rev. Ikuta will join West Shore for a Thursdays @ West Shore on Thursday, January 16. The title of this one is “Decolonizing the Gospel.” Does that intrigue you? Dinner will be Mediterranean fare, catered by Assad’s, just down the street from the church, so that we’ll be supporting a local business in the Denison neighborhood. Then there will be a brief worship service, followed by a lecture and discussion on the historical context and radical message of Jesus and the Gospels. For those of us who were raised as or still self-identify as Christian, this is an opportunity to gain new insight and perspective on a familiar text. For those of us who were raised in a different faith tradition or no faith tradition at all, this is an opportunity to learn more about a text and a religion that has such an important influence on U.S. culture. There will be childcare and relevant programming for children, so: bring the whole family!

Second, please join Denison UCC for worship on Sunday, January 19, at 11:00 a.m. Yes, that’s MLK Sunday, and yes, there is lunch afterward. This is a wonderful opportunity to witness Denison’s dedication to Beloved Community at work—and if you haven’t yet had a chance to see their beautiful building and hear about the potential therein, Rev. Nozomi and myself will be available to give tours afterward!
Witness/Sit-In To Support Denison UUC  
Monday, January 6, 6:30 p.m.

Denison Avenue United Church of Christ needs our continued support and solidarity. Please click the link below for details regarding a "Witness/Sit-in" for Three Kings Day on Monday January 6, at 6:30 p.m. Those willing to witness, please show up at City Hall to bare witness as shared in the link. Those willing to engage in the "Sit-In" please email Rev. Anthony Makar (amakar@wsuuc.org) for more details. Again, thank you for your continued support of this growing Interfaith Partnership!  https://www.denisonucc.org/

Queer & Allies: 11th Annual Salon 
Monday, January 13, 7:00 p.m.

The Queer & Allies Task Force will host the 11th Annual Salon in the Fireside Room. The salon is an evening for you, as an artist, writer, or musician, to present your creative works to an appreciative audience. If you wish to present your creative work in a brief presentation (five minutes or less), please contact Kathy Little at drkdlittle@aol.com or 216-570-8097. All are welcome to attend as participants or audience. Please bring an appetizer or dessert to share. Beverages will be provided by Q&A.

Tai Chi Easy 
Begins Wednesday, January 15, 11:15 a.m.

Tai Chi Easy is a form of health practice that involves relaxed breathing, with gentle, flowing movements, self-applied massage for energy, and walking meditation. It is sometimes called “meditation in motion” or “medical qigong.” At the end of the class, you will feel centered and energized. You will be healthier! This class will be offered at West Shore weekly beginning Wednesday, January 15, from 11:15 a.m. to 12:15 p.m. The charge is $10 per class. No equipment is needed, just wear comfortable clothing. Michael Reiling, a retired theology teacher from St. Edward High School, is the practice leader. For more information or to register, contact Mike at 216-251-8717 or mreilingllc@gmail.com.

Death Café Returns! 
Thursday, January 16, 7:00 - 8:30 p.m.

It’s the one thing we all share—mortality! Please join us for a warm, open, engaging and lively conversation about what is often a taboo subject. All voices are welcome. The objective of a Death Café is to increase awareness of death to help make the most of our (finite) lives. It is not intended as a bereavement, grief counseling, or therapy group. There is no intention of leading participants toward any theology, product or conclusion. There is no agenda, but there definitely will be cake!

RSVP is required. Sign up at the office on Sunday morning, call the church, or email deliott@wsuuc.org. Space is limited to 10, but there will be a waitlist and we will offer a concurrent Death Café if there’s enough interest. A Death Café is an independent event and sponsored by the Pastoral Care Team. To learn more, visit www.deathcafe.com.

Humanists, Atheists, Free-Thinkers and Agnostics (HAFA) 
Sunday, January 19, 7:00 p.m.

In his book "The Moral Landscape," Sam Harris suggests that religion does not provide a sound basis for morality. He argues that most believers don’t actually adhere to the "divine" morality, following instead their own moral impulses. We’ll begin our session with a brief presentation of ideas from Harris, Richard Dawkins and Daniel Dennett, followed by an open discussion. No reading is necessary, but consider this statement by Isaac Asimov: "Perhaps the greatest tragedy of mankind is the hijacking of morality by religion."

Art Show: “Beautiful Memories Shared” 
New Beginnings In Prints and Paintings 
Sunday, January 26, 11:30 p.m.

The Aesthetics and Permanent Collection Committee is proud to host our next art exhibit opening featuring the work of artist Richard Skerl. Richard is a printmaker and painter and will exhibit his work in the Fireside Room. His prints are a white line engraving and works both in watercolor and acrylic. He is a member of the Ohio Watercolor Society and was an art educator with the Cleveland Municipal School District.
“If you have come here to help me, you are wasting your time. But if you have come because your liberation is bound up with mine, then let us work together.”
~Aboriginal Activist Group, Queensland, 1970s

Welcome to 2020! A new decade has begun, and we need not rush into this year even as things seem and are ever pressing on so many fronts in the world. We are still able to be mindful of how we will individually and as a faith community spend our time in living out the mission and vision of this congregation, in community here and beyond these walls.

I want to continue to thank each of you for the work you do to build our West Shore Justice Action Ministry (WSJAM) into what it is to become. With this, let’s reflect a bit on some of the amazing justice work that took place in 2019 within the congregation, in the community and with our Community Partners. First, our Justice Council (Leaders from of our congregational Task Forces: FaCT, Q and A, Undoing Oppressions and WAAHT) and our Social Action Committee (Urban Hope, CASE School, The Food Pantry, The Cleveland Food Bank, etc.) continue to bare the lion share of engaging our justice efforts that permeate these walls and throughout Greater Cleveland. Everywhere I go in the community, even before people know that I am the Justice Minister at West Shore, to a person, the compliments given to our justice work are glowing, so heart-warming and inspiring regarding what more we can do. Please be sure to thank these “SOULdiers” for their ongoing, tireless efforts to live out the mission and vision of this congregation and our larger faith movement.

Also, a continued note of thanks to those of you who participated in this year’s “Justice-pa-LUUza.” Thank you to Rev. Anthony, our congregational staff, the many volunteers, Dr. Glen Thomas Rideout, M. Carmen Lane and our Community Partner Organizations, for the countless hours of emails, phone calls, meetings and planning that went into this event. This and other events continue to provide glimpses into an assessment on where we are as an entire congregation as we grow into our mission and vision.

As you may also know, our Community Partnerships with the Interreligious Task Force on Central America and Columbia (IRTF), with The Council on American-Islamic Relations (CAIR), Tea Time for Peace, Esperanza, Miss Samaria Rice and The Tamir Rice Foundation, and with The Renee Jones Empowerment Center continue to be strong and growing in spiritual depth in our ongoing efforts to live out what it means in becoming an “anti-racist, anti-oppressive, multicultural” congregation.

I wanted to take a moment to thank the many of you who have become involved in our Interfaith partnership with The Reverend Dr. Nozomi Ikuta and the members of The Denison Avenue United Church of Christ (Denison UCC). There have been many growing opportunities to live out “how” we show up in our Beloved Connections building with this amazing community. Specifically, when we can continue to observe, witness and uplift the experiences of our interactions with members of this community, and examine our insights of our similarities and differences through lenses we may face that are different than what we might have once known—this, I believe, builds on Beloved Connections, of mutuality and collective liberation.

Let us continue to engage these experiences through a deeper curiosity of following the leadership of those most impacted by so much of what ails our society. Then come back to small and large groups here at West Shore to share these experiences of our growing edges. We do this so that we might continue to deepen the inward, sacred, religious work, even as we reach out into the community, as we are called to do.

In closing, I would value being in communication with any of you who have spent time with your personal racial justice goals as I have invited you to do throughout 2019. Also, I would love to hear your reflection on what you were most grateful for in 2019, and what you hope for in your spiritual, religious endeavors in 2020? To all, may you have a great HOLYday Season and a grand 2020! ☃️
INTRODUCING
Spark: Adult Explorations For Head, Heart and Hands
Sunday Mornings, Fireside Room, 9:30 a.m.

Spark is a new personal and spiritual growth opportunity for adults at West Shore. Spark is on Sunday mornings at 9:30 a.m. so you can experience something intellectually and emotionally engaging in an adult religious education setting and then come to worship at 10:15 a.m.

One of the best things about Spark is the variety of programming it offers. It is designed to engage the whole person: head, heart, and hands.

You can find out about Spark’s offerings by reading your monthly Shorelines, the weekly E News, and the OOS insert.

SUNDAY, JANUARY 5, 2020, 9:30 AM
Your 2020 Vision
Grace Durfee, West Shore’s Pastoral Care Team

Join us to explore what you most want your head, heart, and hands to experience and express in 2020. You will create a vision board, a powerful tool for self-discovery and manifestation. Bring your passions, aspirations, and intentions, mix them with paper, scissors, glue sticks, and magazines to see what takes shape! We will provide supplies, but you may also want to bring your own photos or magazines to further customize your vision.

Drop-ins are welcome, but it would be helpful for our set-up to have a rough head count. Please call or sign up at the church office if you plan to attend.

SUNDAY, JANUARY 12, 2020, 9:30 AM
What causes evil? What can we do about it?
Gary Nemes, Socrates Café

Socrates Café is a discussion group based on the book "Socrates Café" by Christopher Phillips, who developed his program by traveling around America to cafés and starting discussions with anyone who came by. For each of our sessions, we will focus on a topic from philosophy, society, psychology, ethics, life and death—you know, that kind of stuff. The moderator will call on participants who wish to contribute their thoughts.

SUNDAY, JANUARY 19, 2020, 9:30 AM
Learn About Our Task Forces
Kathy Little, West Shore’s Justice Ministry

What do you know about West Shore’s Social Action Committee and the four Justice Task Forces: Faith Communities Together for a Sustainable Future (FaCT), Queer & Allies (Q &A), Undoing Oppressions, and West Shore Allies Against Human Trafficking (WAAHT)? A brief overview of each group will be presented. Find out how you can help West Shore achieve its justice goals.

SUNDAY, JANUARY 26, 2020, 9:30 AM
Reading Poetry Like Colombo
Warren Campbell-Gaston, West Shore’s Poetry Ministry

A poem, like a crime scene, is a treasure trove of evidence that, taken together, allows the reader to experience the originating moment that moved the poet to write the poem. The poet employs the full force of language; sound, rhythm, rhyme, association, juxtaposition, mood, and meaning. Like a detective reading a crime scene, we read a poem with careful attention to detail that we might experience the full power of the poet’s insight expressed in the poem.

2020 SERVICE AUCTION
Don’t miss church Sunday, January 12th!
Volunteer at the Cleveland Food Bank
Thursday, January 16, 9:30 a.m. - 12:30 p.m.
Wednesday, January 22, 9:30 a.m. - 12:30 p.m.

Throughout Northeast Ohio, one in six people is food insecure, meaning they may not know where their next meal will come from. The Greater Cleveland Food Bank seeks to bridge the meal gap, connecting individuals with the nutritious meals they need to succeed. If you are interested in volunteering, please contact Betsy Hutcheson at 440-331-3027 ahead of time so names can be given to the Food Bank to facilitate the login process. Carpool from the church parking lot at 9:25 a.m.

All-Church Read & Book Discussion
So You Want to Talk About Race
Sundays, January 26 & February 2, Noon

This year’s All-Church Read, sponsored by Undoing Oppressions, is entitled “So You Want to Talk About Race,” by Ijeoma Oluo. With candor and clarity, Oluo shares insights into ways to talk and approach issues of race that are based on her own lived experiences, activism and research.

Written for audiences of all races, each chapter presents a question. From there, we are invited into deeper learning on the topic and are presented with concrete steps that we can follow or find inspiration in. Chapters include:

- What is racism?
- What if I talk about race wrong?
- Why can’t I touch your hair?
- Talking is great, but what else can I do?

As our opportunities to engage in justice work within and beyond the walls of West Shore increase, it is important to keep justice and love at the center of the work. The strategies and tools shared in “So You Want to Talk About Race” are worthy of discussion and incorporation as ways to help us give deeper expression to our values. Undoing Oppression will be hosting two discussions on Sundays, January 26, and February 2, following the service. All are invited and welcome!

General Assembly: Providence, RI
Rooted, Inspired, and Ready
June 24 -28, 2020

General Assembly is the annual meeting of our Unitarian Universalist Association. You can join thousands of other UUs to attend worship services, workshops, business meetings, and more. Registration is already open, but please note: the process has changed. Adult full-time registration is $400, but that price is only good through Sunday, March 15. A payment plan is now available. With a $50 down-payment, the cost of registration can be paid over the next several weeks, but final payment must be received by February 29, 2020. Once the final registration and payment are complete, financial aid and volunteer opportunities will become available. Registration for housing opens Monday, March 2, at 9:00 am EST, and tends to fill up very quickly!

Anyone can attend General Assembly, but you must be a church member to be a delegate, which entitles you to vote at business sessions. Each congregation gets a specified number of delegates based on its size. There are also opportunities (at a reduced cost) for youth participation or to attend some sessions off-site. More details and additional information available at www.uua.org/ga.

If you might be interested in going to GA or being a delegate, talk to a member of Denominational Connections: Soren Hansen, Jerry Knasel, Irene Morley, Cynthia White or Anne Osborne.

Social Action Film

For the last 10 years, the Social Action Committee has been showing films on the second Saturday of each month. Over the years, we’ve noticed that the January film is the least attended and usually the weather is very unpleasant. For those reasons, we have decided to not show a film in January. Please plan on joining us on Saturday, February 8, 2020, for the film “The Public,” a 2018 drama written and directed by Emilio Estevez that examines issues surrounding homelessness. See back page for more details.
West Shore’s Child Care Center Update
By Caprice WRIGHT, Director

What a year the West Shore Child Care has had. As I start my second year as Director, and we have seen so much progress and growth—I am beyond excited. In only 12 short months, we have almost doubled our enrollment thanks to our new Infant Wing and added room for our Young Toddlers. We have a waitlist that continues to grow as well. We have also added staff, and I love each one of them! I am especially proud of our cook, Kim — she has introduced great cooking adventures with the children and gives each class special cooking time and rewards them with their little cooked treats.

The Child Care Center will once again host a Happy Pancake Breakfast and Tour of Italy Dinner. We hope to see more future events where the Center and Church come together for the community of the children. We are also closing the gap for our Parent Advisory Committee which will begin meeting in January.

I look forward to this year, and many more in the future as we continue to follow the mission of the West Shore Child Care Center. As a program of the Church, we are committed to promoting the well-being of children in our community by providing quality, affordable childcare. The Child Care Center nurtures the social-emotional, cognitive, language and physical development of the children enrolled in our program.

Happy New Year, and thanks to everyone who have supported us and share our joys of growth.

Has Sitting Gotten a Bum Rap?
By Martie TRAVIS, Parish Nurse

Though Shalt Not Sit! This has been the message from most health care providers over the years, but is this valid? Targeting sedentary behavior as a lifestyle seems entirely warranted. Why would anyone do otherwise? Let’s take a closer look at the facts.

There is a relationship between sedentary behavior and a long list of metabolic and cardiovascular diseases. The best evidence was a study showing that the mortality curve accelerates once the sitting time exceeds 9 hours a day. There is also a 20% increase in the development of diabetes, for each additional hour spent sitting over the 9 hour cut off. So if you sit only 8 hours a day, are you home free? Not really, each hour sitting should be broken up by a short burst of about 3 minutes, spent stretching, moving or walking. Doing this can reduce glucose levels significantly, however about a third of diabetics don’t undertake any form of physical activity.

On average, most people report that they sit 6-8 hours per day. so encouraging them to sit less might fall on deaf ears. There is sitting and then there is sitting that causes more health problems. Unhealthy sitting is often done while watching TV. Prolonged viewing is recognized as a risk factor for obesity and metabolic diseases. This is related to an association with other factors, like snacking.

If you sit one less hour per day, you get the same benefit as you would by walking for about 3 minutes. Actually, even an extra 6 minutes of physical activity per day greatly improves the physical, hemodynamic and metabolic well-being of most people. Emotional well-being is also improved.

Changing sedentary behavior is hard. Many people are employed in jobs that require sitting at a desk for long periods of time. Prolonged sitting is the major concern, which may occur while you are binge watching Netflix, and perhaps snacking on high calorie foods. The goal is to sit less than 8 hours a day, and to move more, and more often. The old message encouraging you "to be more physically active" isn’t working. Instead the message should be "sit less and move more."
Social Action Film Series
To Host
EMILIO ESTEVEZ’
the public

SATURDAY
FEBRUARY 8

2020

WEST SHORE
UU CHURCH
7:00 PM

FREE
OPEN TO THE PUBLIC
REFRESHMENTS

Check our website, www.wsuuc.org, for updated information.
Next Shorelines deadline: Wednesday, January 22, @ 3:00 p.m.