



## A Message from [Rev. Melissa Carvill Ziemer](#)

The politics of presidential campaigns are always divisive. As candidates try to distinguish themselves and their plans and priorities, our job as an electorate is to take a side. In my adulthood, I've seen and experienced strong feelings about the presidential candidates. This year the passions are stronger than any I've ever seen or felt, both for and against. In the past few days I've talked to a number of people who have expressed disgust, fear, anger, anxiety, sorrow and great confusion about how we have come to this moment in our political history. The strong feelings are not just about the candidates, but also about the challenge of relating to people in our lives who support a candidate that we deeply distrust and dislike. How can we channel our passions and deal with our anxieties between now and the election? I have four suggestions:

1. Do something to support your candidate of choice. Finding a way to participate in the democratic process, large or small, is one way to channel your feelings into productive,

democratic action. By taking some action, you can also take comfort in knowing you have done your part.

2. Take some time to put this election in the larger political and historical context. The President of the United States of America occupies one of the most powerful positions on the world stage. And, in our country, the President is one part of government. History tells us that when poor presidential choices have been made, the legislative and judiciary serve as a check on the President's power.
3. Monitor your media consumption. Choosing media you trust and then limiting your exposure is one way to ensure that presidential politics doesn't take over your life between now and the election. I am working on this myself because I need time and energy and attention for the other loves and loyalties of my life, too.
4. Activate spiritual practices. Spiritual practice of many kinds can help us find and keep our balance. We can do our part, but we cannot control the outcome of this election. Spiritual practice is a powerful tool for living well with the ambiguity, limitations and finitude of the human condition. If you already have a spiritual practice, it can help to deepen it in times of anxiety. If you don't already have a spiritual practice, Intern Minister Dave Clements will be leading a class on developing one that you are welcome to join.

Do you have other suggestions for helping us deal with the anxieties of this particular election cycle? Would it help you to talk with others who are also struggling? Let us know. If there is enough interest, we would be glad to create an opportunity for people to talk. And speaking of talking, please put Wednesday, November 9 at 7 pm on your calendar. Commissioned Lay Minister Rev. Christie Anderson, Intern Minister Dave and I will lead a gathering for you to share your feelings about the outcome of the presidential election and to discuss next steps in bridge building. You can find all the details in the Opportunities for Exploration and Enrichment Brochure, which is attached to this mini newsletter.

In faith,

A handwritten signature in black ink that reads "Melissa". The script is fluid and cursive, with a large initial "M" and a long, sweeping tail on the "a".



## Upcoming Sunday Services

9:45 and 11:30 AM

**2 October 2016**      ***Homecoming***

Rev. Melissa Carvill Ziemer and Worship Associate Kathy Kerns

In celebration of our 150<sup>th</sup> anniversary, we have invited former members and friends and young adults who grew up in the church to join us in a homecoming celebration. Between services, we will have a ceremonial groundbreaking to celebrate the progress we have made in working toward our new fellowship hall. After the second service, everyone is warmly welcome to join in a potluck under the big tent behind the church. Come join us for a joyful and festive day.

**9 October 2016**    ***They Create One Another***

Rev. Don Southworth and Rev. Melissa Carvill Ziemer

The mission of the Unitarian Universalist Ministers Association is to nurture excellence in ministry. What are the factors that enable and create excellent ministry? Your congregation knows more than you probably realize but in this time of transition it may be good to be reminded.

*The Rev. Don Southworth is the founding Executive Director of the Unitarian Universalist Ministers Association. He served congregations in San Francisco, Atlanta and Durham, North Carolina prior to joining the UUMA and has led workshops on stewardship and congregational growth around the world.*

**16 October 2016**    ***Choosing Healing, Healing Choices***

Rev. Melissa Carvill Ziemer and Worship Associate Debra-Lynn Hook

What makes it possible for us to choose healing? How can we embrace healing choices, even and especially when a healing choice isn't our first choice? This morning we will celebrate the way the spirit of life can be our guide in matters of healing and wholeness.

**23 October 2016**    ***Letting the Light In: Transforming Your Pain into Power***

Intern Minister Dave Clements and Worship Associate Lisa Thiel

How do you create the most powerfully fulfilling life? Go where the pain is and come through on the other side. Our experiences in life and our movement through them allow us to grow and evolve. Our pain can be a great informant of what we want to be aware of moving forward, so we want to give it voice and listen and learn how to transform our pain into power.

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**30 October 2016**

***How We Do Anything is How We Do Everything***

Rev. Melissa Carvill Ziemer and Commissioned Lay Minister Lori Fatchet-McGee

I've heard this phrase multiple times in the last year, it seems all of a sudden. This morning we will consider what we can learn about ourselves from the way we say goodbye.

***Some Notes About  
Melissa's Schedule***



From September 26 to 28 I will be attending a meeting of the Ohio Meadville chapter of the Unitarian Universalist Ministers Association. I will be available by cell phone for urgent concerns, but will likely be slower to respond to email.

I will reduce my hours with the church to half time on October 1 as I begin working with the Unitarian Universalist Ministers Association half time. Though it won't work out perfectly, my plan for dividing my time is to focus on my church work on Tuesdays, Thursdays and Sundays and to focus on my UUMA work on Mondays, Wednesdays and Fridays. I hope to take Saturdays off whenever I can since I will be eliminating my usual Monday day off. That said, please don't hesitate to call or email or text me on days I am focusing on my UUMA work if you have urgent or time sensitive concerns. I will need to be flexible with my time given priorities and commitments to you and to the UUMA. In October, I will be traveling to New Orleans for a meeting 10/3 to 10/4 and will be in video meetings most of the day on 10/25 and 10/26.

As I begin to scale back on my work with the church, my priorities include leading worship services, being present to you as needed, tending the details of administration that will ensure continuity of programs and leadership. Our Commissioned Lay Minister, Rev. Christie Anderson, will be assisting

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me with the ministry of pastoral care in October and November and will be the primary contact for pastoral care needs in December.

***Our Mission:  
To Inspire love, to seek justice, and to grow in community.***



**Opportunities for  
Exploration  
and  
Enrichment  
in the Year Ahead**

There are several wonderful opportunities being offered in the year ahead for both exploration and enrichment. Visit our website post, <https://kentuu.org/2016/09/20/opportunities-exploration-enrichment-year-ahead-20162017/>, to view this important message featuring several programs, workshops, group activities, and events for both adults and older youth. Opportunities include: [Chalice and Food for Thought Groups](#), workshops for developing spiritual practices, affinity groups, film and discussion opportunities, etc.

*The Chalice and Food for Thought Groups brochure and sign-up sheet  
are available by clicking on the link above.*

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## Simple Gifts

Our Simple Gifts program is designed to encourage everyday giving. If members and friends of the congregation continue to remember the church with regular gifts, we will be well on our way to building the kind of endowment that can help ensure our congregation's continuing health and vitality.

No gift is too small or too large. Donations can be made in celebration, in honor of someone or something, in appreciation or to note a special occasion. If you would like to participate, the blue Simple Gift envelopes can be found in the pews; please include your dedication and name so we can provide you with a donation credit. Thank you.

### ***Recent Simple Gifts Received . . .***

*from Elaine Bowen aka "Auntie Lanie", in celebration of Kailani Walker's birthday.*

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**Do you miss receiving the monthly Chalice Flame newsletter?**

**Want to help bring it back?**

**We can help train you. Co-Editors welcome if you'd like to share the role with someone else.**



*Sing Together!*

*Community Sing-a-long led by Hal Walker at the Kent Stage on September 11*

*A Unitarian Universalist Church of Kent 150th Anniversary Event*





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