



March, 2016

Monthly Schedule

March 6th - Sara Goodman - How Can We Keep From Moving? A Liberation Dance Party

12 Noon - RE & Worship Committees meet

March 13th - Deb Rostofer -

Daylight Saving Time begins.

March 20 - Sara Goodman - Oppression and Liberation. There are so many ways we would like to help the world be a better place, and only so much energy to go around. How do we maximize our Social Justice efforts and change the world for the better?

12 noon - Board meeting

Weds., March 23 - 1 p.m. - Finance Committee meets.

March 27 - Easter Sunday - Rev. Amy DeBeck returns. She is taking a Sabbatical for a few months from her church in Elkhart, Indiana, but graciously agrees to lead worship for us again. You may remember her last visit January 31st. Welcome again, Rev. Amy.

Tues., March 29 - Welcoming Committee at Laura's

Minister's Article



What does it mean to be a people of liberation? It means that we take the time to do self care, it means we work to break the bonds of injustice and fight for everyone's rights, standing up even against the microaggressions that people experience every day. Liberation can be joyful, or a struggle, but we've dedicated our lives to working for liberation, so it is an imperative we need to take up.

If your's looking for a little liberation from boredom, sign up for DANCEBREAK! At <http://dancebreak.weebly.com/join-the-dance-party.html> to receive weekly videos to watch and take a dance break!

DANCEBREAK was created by Rev. Scott Rudolph, a Unitarian Universalist minister in Pittsburgh. But don't we all need a bit of music and dance to help us step back from the stress? Don't we all need a bit of rhythm and joy to free us from our worries? Who of us doesn't need a mid-week dancebreak?!

If you need more inspiration than the dancebreak songs, try out these links:

<http://tinyurl.com/hbd943s>

<https://www.happier.com/blog/happy-songs-12-songs-to-make-you-happy-right-now>

<http://www.metrolyrics.com/news-story-10-songs-that-will-instantly-put-you-in-a-good-mood.html>

CONQUERING CLUTTER - SAVING THE MEMORIES WITHOUT THE STUFF

WORKSHOP: SATURDAY, APRIL 2, 1:00pm - 4:00pm

Unitarian Universalist Congregation of Rock Valley

329 School Street, Rockton, IL 61072

Lynda Johnson, UUCRV member, will be leading a workshop on "Conquering Clutter" on April 2nd. Do you feel your stuff has taken over your house, and you know you need to do something about it, but are not able to take that first step in getting organized? Lynda will help you find out it's not about the "stuff"....it's about figuring out how to save the memories you want to keep. This fast-paced and funny workshop will help inspire and motivate you! Spring is here - let this year be the year you do something about your clutter messes.

The minimum donation is \$5.00/person. Money collected will go towards the church's fund to pay-off-the-mortgage on the building - participants are welcome to donate more than \$5.00 if they wish.

Please call Lynda: 779-423-0878, or email: lynleebirders@frontier.com to make a reservation.

Green Corner

Almost everyone loves the famous Green Bean Casserole. However, many sophisticated "foodies" regard it with disdain as it is made with (gasp) CANNED green beans and CANNED mushroom soup and topped with those crispy little onions. Nina and I have tried making it with fresh and with frozen green beans, and it just isn't as good (it's like trying to improve on spaghetti-os with fresh pasta).

Well. take heart casserole lovers. It turns out that the canned beans (and other canned veggies) may actually be a better health choice (as long as you stick with producers who use BPA-free cans).

Here are some reasons why:

Less degradation because the produce is canned quickly after harvest.

Possibly less pesticides since most veggies are washed before processing.

Better for the environment, because they are shipped and stored at room temperature.

So now you can hold your head up high as you proudly present your casserole at your next potluck. I predict your casserole will be gone long before the more trendy competition (so be sure and keep back a free serving for your own consumption before unveiling it at the potluck).

Remember, Green Bean Casserole - it ain't just for Thanksgiving!

Ray Herzer

Religious Education

The theme for March is inner voice/conscience. The teaching schedule is as follows:

March 6 Beth

March 13 Alicia

March 20 Judy

March 27 Pam

In February, the RE reached its goal of \$120 to purchase a goat through Heifer, International. Thanks to the children who did chores to earn "chips" and to the congregation for purchasing the chips. Goat milk and goat cheese were available for tasting along with other treats at the coffee hour on February 14.

Ray Herzer, Chairperson

From the Finance Committee

The Finance Committee would like all Committees to look at this year's budget need related to their committee use. Please use this year's budget as a guide for the coming year budget planning. (You will find a copy of the budget in your last year's annual report.) We know that some changes are necessary as we change and grow in all areas of church life. Finance Committee is asking the Chairperson of each committee to responsibly discuss 2016-2017 budget plans with their members and present the alterations to Finance Committee as soon as can be done. When Finance Committee has received all input from the various teams, we can begin to develop a balanced budget plan for the new church year which begins July 1, 2016 and goes through June 30, 2017.

Judy Petree, Chair

PHOTOS FROM RED TO BLACK DINNER





MARCH BIRTHDAYS

12 - Nina Herzer
16 - Hannah Drew
19 - Ray Herzer

2015-16 Officers

President	Denny Broderick	608-289-1432
Vice-President	Susan Busker	815-624-2833
Secretary	Nina Herzer	815-624-2283
Treasurer	Cher Zimmerman	608-365-2342



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