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## A Note from Reverend Barbara

Rev. Dr. Barbara Coeyman

### End-of-Life Planning Program

This winter we had several initiatives here at UUCR related to planning important life events. I want to take this eBlast article to give you an overview of these initiatives and to encourage you to take advantage of several new support services for members of this congregation.

First, I want to remind you about UUCR's recent four-part program on "End-of-Life Planning: A Gift to Your Family," part of Adult Faith Development, which we offered in January and February. Led by Courtney Wilson, Eileen Roehr, Lee Norrgard, Joyce Kirk, and myself, these four very well attended sessions included concrete information about hospice, final arrangements, important health documents, and the grief process, as well as guidance on defining one's personal spiritual views on death and dying. Many of you who attended reflected on how useful the programs were. I strongly encourage you as a faith community to advocate for and attend a repeat of this program next year with your new minister.

While attendance this year was strong, most who participated were of a "certain age." I can't emphasize strongly enough that preparing documents containing vital life

information is for everyone: persons of any age can benefit from conversations about this very human condition of preparing for end of life. You give your family and other loved ones a gift, sparing them pain and indecision, by having plans and paperwork in place, and you can always revise any plans as life circumstances change.

One follow-up to our AFD program is UUCR's new repository system, which will allow each member to set up a file in which to store personal documents relevant to end-of-life issues. Of the many groups and organization you participate in, your church should be among the primary supports systems for you and your family at times of serious illness or death. This record-keeping system offers practical support and emotional peace of mind.

This program also has spiritual component: as you create your files, find time to consult with UUCR's minister, other professional staff, and one another on these very important and often very personal and sensitive topics. An appointment on this topic will also be a good way to get acquainted with your next minister.

Additionally, the spiritual support we get from each other is invaluable, and as such UUCR is providing an opportunity for us to come together to work on these documents in an atmosphere of good humor and encouragement. Coinciding with National Health Decisions Day, we will meet to work on our documents on Saturday April 16, from 10 a.m. to noon, here in the UUCR Sanctuary.

In attending this workshop, you will find it useful to bring relevant information, such as addresses and phone numbers of loved ones, account numbers, names of your professional services such as doctors, etc. Bring any forms you have started or completed. We will also have forms here for you to complete. All the readings and materials used in the End-of-Life program will also be available for you to reference, and they include many legal guidelines. However, please note this is not a legal workshop, and we are not offering legal advice. Instead we are offering mostly institutional and spiritual support.

Our Office Manager, Beth DiPasquale, has agreed to re-arrange her usual work schedule to be present at this Saturday session to answer questions about filing methods and to schedule appointments. She has a limited number of appointments available on April 16. Please schedule these in advance if you believe you will be ready. Rev Barbara and others from the team who offered the AFD class will also be present.

Finally, do make plans to attend UUCR worship on Sunday April 3, when the service will be on a topic chosen by Renee Fulton, winner of the UUCR 'Sermon Prize' at last fall's auction. Renee requested a service on end-of-life issues and her topic offers opportunity for deeper thought about these issues.

I am pleased that we were able to initiate an End-of-Life program during this interim ministry. From interviews and conversations with many of you, we understood that this was a topic many in the congregation were eager to learn more about, and high attendance at the four programs this winter certainly proved that true. I do hope that you will keep this program going in the coming years. It is indeed a Gift to Your Family to have your own vital affairs in order.

See you in Church!

Rev. Barbara

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## Flower Ceremony: Easter Sunday, March 27

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Friends, don't forget to bring cut flowers for the Flower Ceremony, a service we look forward to each spring. Bring your favorite flowers blossoms, perhaps already growing in your garden, perhaps from the florist. Plan to arrive a few minutes earlier than usual and look for folks near the altar, who will assist you in adding your flowers to the emerging bouquets. During the ceremony, each person will be invited to choose a flower brought by someone else to take home. Our Flower Ceremony celebrates spring as well as this community of caring and sharing. Don't miss this service!

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## Schedule of Events

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Thu 3/24: MSC Meeting - 6:15pm

Thu 3/24: UUCR Choir Rehearsal - 7:30pm

Sun 3/27: Mindfulness Meditation - 9:15am

Sun 3/27: Worship Service: "Easter Sunday: Finding New Life and Hope" - 10:00am

Sun 3/27: Membership Committee Meeting - 11:00am

Sun 3/27: UUCR Yoga - 4:30pm

Mon 3/28: JULIETs Meetup - Tavern 64 - 5:00pm

Tue 3/29: ROMEOs - Virginia Kitchen - 8:00am

Mon 3/28: Transition Team Meeting - 7:30pm

Tue 3/29: Caring Crafters - 10:00am

Wed 3/30: God Talk II - 7:00pm