

UUTC UPDATE

MAY 6TH, 2016



UNITARIAN UNIVERSALISTS OF TRANSYLVANIA COUNTY

A WELCOMING CONGREGATION

IT TAKES A VILLAGE by Rev. Dr. Paula Gable

Sunday, May 8th at 9:30 and 11:00am — *coffee time between services*

On the Sunday we now observe as Mother's Day, we will reflect on the challenges of (great/grand) parenting in a complex world. When we look closely, we see that it really DOES take a village to raise a child, and we all owe a debt of gratitude to the people in our lives who nurtured us like a loving parent.

Brevard Middle needs help from volunteers to serve as Testing Proctors!

Call 884-2091 or sign up [HERE!](#)

Umoja

If you want to
go quickly, go
alone. If you
want to go far,
go together.
African Proverb

Unity

NEXT WEEK at UUTC

Chair & Wall Yoga — Mon 5/9 @ **11:00am**

Christians In Exile — Mon 5/9 @ 3:30pm

Morning Meditation — Tues 5/10 @ 7:00am

Men's Group – Tue 5/10 @ 9:00am

Dream Group – Tue 5/10 @ 2:30pm

SMART Recovery – Tue 5/10 @ 6:00pm

Eclectics Jam — Wed 5/11 @ 9:30am

Being Group — Wed 5/11 @ 1:00pm

Wonderful Wednesday — Wed 5/11 @ 5:30pm

Morning Meditation—Thurs 5/12 @ 7:00am

Living the Tao — Fri 5/13 @ 10:30am

Vitality Yoga — Fri 5/13 @ 1:30pm

Yoga Workshop — Sat 5/14 @ 10:30am

SOFTBALL STARTS NEXT WEEK!



FIRST GAME—TUESDAY, MAY 10TH, FIELD #2, 7:30PM

Wear an old or new UUTC T-shirt and come out to support this year's team! For those who have never been to the ball fields, take Ecusta road (beside Lowe's) to Pisgah Forest Elementary and follow the road that leads around behind the school. Keep going until you reach a parking lot.

Games last just an hour—our first opponent is Brevard Wesleyan. Bring your hoot & holler and come on down!

EMBRACING DIVERSITY

Sometimes diversity is closer than you think. An excellent article from Kathy McGowan is [HERE](#).

RIGHT AROUND THE CORNER . . . SUMMER!

Summer is right around the corner and I am in the midst of putting together a Summer Schedule for our Children's Religious Exploration CRE programming here at UUTC. CRE takes a break from curriculum during the summer and concentrates on SUMMER FUN! **Do you have a talent, special story, book or activity that you would like to share with our children one Sunday during the 11:00 service?** Arts, crafts, environmental education, cooperative games, music, yoga, etc...it's summertime fun! If so, **I would love to hear from you.** If you do not want to take the lead, perhaps you would enjoy being an assistant that day. Just send me an email and let me know what date works best for you to Heather at creuutc@gmail.com.



The age range in the summer can be varied. We tend to get a lot fewer of our usual families and many more visitors, grandchildren and the like. I find that most stories and hands-on activities can be easily adapted to teach and entertain most ages between 4 years old and 10 for one hour. The average number of children on a summer Sunday can range from 2 to 8 youth. Feel free to contact me with questions and for more information.

Currently Open Dates: June 12 & 19, July 3, 10, 24, and 31, August 7 **Help provide happy memories for our children and grandchildren!**

SUUSI 2016



Nothing could be finer . . .

Lynn Halsey has years of SUUSI experience and can be of assistance as well. It's FUN!

**Registration began April 15 • Deadline for early registration \$50 discount- June 1
On-line Registration closes July 1**

MEET OTHER SOUTHEAST UUs!

The Southeast Unitarian Universalist Summer Institute is returning to WNC this summer, July 14-23rd, right in our backyard. Its a 6 night, 7 day UU extravaganza for **ALL ages**. The link is <http://www.suusi.org/index.php>. The offerings are many—go check them out!

A hard copy of the catalog is at the front desk to peruse. Chocolate tasting? Wine tasting? Hiking, canoeing, bird watching, photography with your phone, Asian brush painting...and those are just a TINY portion of the ADULT offerings!

Heather Layton and her son Rion attended SUUSI last year when it was at VA Tech and can answer questions you may have.

BLUEGRASS TO BACH CONCERT SERIES • MAY 7th @ 7:00PM

Salsa Shark is an Afro-Cuban Jazz ensemble based out of Western North Carolina. The group performs classic Afro-Cuban jazz selections, including music by Cal Tjader, Dizzy Gillespie, and Mongo Santamaria, as well as original music in the Afro-Cuban/Afro-Caribbean style. : Jason DeCristofaro (vibes), Warren Gaughan (piano), Kevin Kehrberg (bass), Ruben Garcia (congas), Isaac Wells (timbales). The musicians are amazing and the rhythm is infectious! Wear your dancing shoes!

Doors open @ 6:30, fresh baked goodies during intermission. Unitarian Universalist Fellowship, 2021 Kanuga Road, Hendersonville, NC.

828-693-3157 --- offic@uufhnc.org

<http://uufhnc.org>

SOCIAL ACTION TEAM NEWS

SOCIAL ACTION OUTREACH FOR MAY—RISE & SHINE

Rise and Shine Freedom School is a comprehensive academic mentoring program where every child can shine! Tutors include members of UUTC. Scholars of all races are accepted and no Rise and Shine scholar has dropped out of school in the 19 years of the program. R&S is committed to long term support and empowerment for scholars from Kindergarten through 12th grade. Strategies of the program are implemented to ensure scholars leave R&S able to “think, read, write, compute, enjoy the arts and become economically independent”. Help support this empowering program for our Transylvania County youth. Go to www.riseshine.org for more details.



SECTION 8 HOUSING NEEDED

Aaron Vandegrift, who has been attending UUTC regularly, is looking for Section 8 Housing. A property that would qualify would rent for no more than \$550 a month. There are some other limitations, as well. For information on Section 8 rules, contact WCCA, 884-2255. Aaron loves Brevard and would dearly love to stay, but he is having a lot of trouble finding a place to rent. You can reach Aaron at 384-3954 or sageacrin@gmail.com.

SOCIAL ACTION AGENCY ELECTION SURVEY FOR 2016-2017

For 2016-17, SAC is asking UUTC members and friends to choose from this list of social justice or human growth agencies. Please fill out and return [this questionnaire](#) **no later than Sunday, May 15th**. There will be printed copies in the foyer, or you may print your own copy from the link above. Return to the box in the foyer or mail to UUTC, P.O. Box 918, Brevard, NC 28712.

There are **18** choices. Please put an X next to the **9** organizations you prefer to support for the next year [July 2016-June 2017]. The other three months will feature donations to the **Minister's Discretionary Fund**, **UUSC** [Unitarian Universalist Service Committee], and optional participation in **Christmas Blessings**. **An asterisk * indicates a new agency or one not previously supported; please consider choosing one (or more) of those.**

_____ **Backpack Buddies** feeds many children (and sometimes their families) who would otherwise go hungry in the Transylvania County Public Schools over the weekends.

_____ **Boys and Girls Club** is a youth development and after school program for children 5 to 18 years old to help them develop qualities to become responsible citizens.

_____ **Bread of Life** provides hot lunches every weekday for those in need both at their center in Brevard

and via home delivery.

_____ **The Children's Center** provides emergency & educational assistance to families of young children plus new mother support and children's advocacy.

_____ **El Centro** helps immigrant families adjust with language tutoring, after-school assistance to school children, and documentation guidance.

* _____ **Free Rein Center for Therapeutic Riding** uses horses to provide benefits to children and adults with autism, ADHD, physical limitations and other disabilities.

_____ **The Haven** provides shelter, counseling and help with rehousing for the homeless of Transylvania County. Your support helps provide positive outcomes for our residents.

* _____ **The Hunger Coalition's** mission is to strengthen the existing food distribution network and engage additional resources to combat hunger in Transylvania County.

_____ **Meals on Wheels of Brevard** helps clients maintain their independence in their own homes by providing noontime home delivery of nutritious meals and personal contact with its volunteers.

* _____ **The Mediation Center** promotes positive change in individuals and organizations through mediation, dialogue, and the teaching of human relationship skills.

_____ **The Mountain** is a retreat center outside Highlands, NC with programs that inspire people to work for the common good of fellowship, peace, justice and environmental stewardship.

* _____ **Mountain Sun Community School** is a local independent school serving children ages 3-15. It seeks to inspire compassionate, responsible learners while emphasizing the outdoors, the arts, and community service.

_____ **Muddy Sneakers** seeks to awaken in school children a deeply felt connection with the natural world, one that inspires curiosity, stimulates learning, and brings new life to classroom performance.

_____ **Pisgah Legal Services** provides free civil legal aid to the most vulnerable people in WNC—disadvantaged children, senior citizens, families at risk of homelessness and victims of domestic violence.

_____ **Rise and Shine Freedom School** mentors children and empowers parents to equalize opportunity and build a community of racial justice.

_____ **S.A.F.E.** offers shelter, court assistance and free counseling services for anyone affected by domestic violence or sexual assault.

_____ **Sharing House** provides emergency assistance to the poor including food, clothing, household goods, and assistance in paying utility and rent bills.

* _____ **Smart Start** is a public-private early childhood initiative that promotes positive early learning experiences for young children, to help them become healthy and school-ready.

All of these organizations and causes can use your help. Please consider volunteering for those of your choice. Please let SAC know YOUR thoughts. Our meetings are open (Team Meeting Nights!), and we always seek new members. JOIN US!

Name _____

UPCOMING EVENTS



A (LAID BACK) JOURNEY INTO THE WORLD OF MINDFULNESS • TOMORROW, MAY 7

9:00 am -- 4:00 pm with Vegetarian/Vegan-friendly continental breakfast and lunch provided.

The day will be led by practitioners of several different "styles" of contemplative practice.

Suggested Donation of \$15 including continental breakfast and a wholesome, vegetarian lunch (with vegan option.) You are free to bring your own food if we cannot meet your dietary needs.

Scholarships are available by contacting Paula Gable at revpaula@uutc.org. We encourage an additional Love Offering for those who wish to practice generosity by helping to fund scholarships and child care, provided FREE upon request. (We MUST KNOW in advance if you wish to have child care for part or all of the program.)

Although "mindfulness training" is only now becoming popular in the US, it has ancient roots found in all of the world's contemplative traditions. Mindfulness has two parts. One is being aware of what "is" in the present moment. The other is holding that awareness without judgment. The combination allows us to see ourselves and our surroundings more clearly, which in turn enhances our ability to make effective decisions and be calm wherever we are.

To help cope with the ever-increasing pace of life, millions are now turning to time-honored mindfulness training to cultivate greater joy, ease and equanimity in an ever-changing world.

Please register by sending an e-mail to revpaula@uutc.org. Doors will open at 8:30 at the Unitarian Universalist congregation, located at 24 Varsity Street in Brevard, with programming from 9 AM until 4 PM. A light breakfast and full lunch will be provided. The meals will be wholesome, vegetarian offerings with a vegan option. Please contact Dr. Gable in advance at revpaula@uutc.org if you have questions or special dietary needs. You are also welcome to bring your own food.

Participants are encouraged to wear modest, comfortable, loose-fitting clothing – worn in layers. For those who are able, relaxation exercises will involve lying on the floor. Although most people will likely choose to sit on a chair for most of the workshop, those who already have meditation cushions, benches, pillows and other meditation gear, are encouraged to bring them.

[Check the calendar listing](#) for the latest version of the schedule! Hope to see you there!

UPCOMING EVENTS, CONTINUED

WONDERFUL WEDNESDAY • MAY 11TH — THIS WEEK!

Our May Wonderful Wednesday dinner program will feature renowned Brevard College professor of Philosophy and Religious Studies, Dr. Mel Bringle. Her program is entitled, “Eat Your Heart Out: The Costs of Envy.” Her PhD in Theological Studies is from Emory University. Her scholarly work bridges the disciplines of theology and psychology in a contemporary approach to the seven deadly sins. She has just published her third book, *Envy: Exposing a Secret Sin*.

Dr. Bringle is beloved by her students and is in great demand as a speaker and teacher. In 2002 she was recognized as the “emerging hymn text writer” of the US and Canada. Her original texts and translations are included in hymnals in numerous denominations in North America and Scotland.

The serving line for dinner opens at 5:30. There is no charge for the meal, but donations are gratefully received. Dinner reservations are necessary and can be made at the sign-up sheet on the church office desk, by e-mailing the church, and calling the church (877-6121).

Everyone is invited to enjoy a fine meal and a delightful program with Dr. Mel Bringle.

YOGA WITH KASHMYRA ASNANI — NEW TIMES, NEW OFFERINGS

Several people are already enjoying these classes, and on May 14th, the first workshop begins! The first class of the week, [Chair & Wall Yoga](#), is offered on **Mondays** at **11:00am**. [Vitality Yoga](#) takes place on **Fridays** from **1:30-2:45pm**. You can now sign up at the front desk!

Chair & Wall Yoga is open to all fitness levels, including those who may need walking aids or wheelchairs. With regular practice, students will see improved range of motion, flexibility and strength and reduced stress. Kashmyra has introduced some props to this class to make it more fun.

Vitality Yoga focuses on youthful posture, correct movement mechanics, deep breathing and building core strength. This class is moderately paced, and students must be able to get down to and off the floor safely.

Kashmyra’s WORKSHOPS begin on Saturday, May 14th. See the bulletin board, the front counter and the [Public Calendar](#) for more information!





"We are the certain and the seeking, the lifers and the newcomers, the beloved and the brokenhearted, the insiders and the rejected, all of whom have found a home in the extraordinary, yet intimate, communities of Unitarian Universalism."

Melissa Harris-Perry, MSNBC Host

Our mission is to create a community that encourages free spiritual discovery and growth, celebrates personal and religious diversity, and promotes active, responsible involvement in the larger community.

Inclusive. Intentional. INVOLVED.

Read the latest UUA Southern Region Newsletter [HERE!](#)



SOUTHERN REGION

KEEP UP WITH WHAT'S HAPPENING!!!

VIEW our [church calendar](#). This is the calendar which has ALL events.

For previous issues of the UU Update, contact the office at admin@uutc.org.

SEND news for this newsletter by 10:00am on Wednesdays.

CONTACT US

Our Minister is the Rev. Dr. Paula R. Gable. To reach her out of the office, call **828-553-9410**.

Church office hours are Monday through Friday from 9:00 a.m. until noon and by appointment. The church telephone number is **828-877-6121**. Our mailing address is UUTC, PO Box 918, Brevard, NC 28712. Our website is www.uutc.org. Our church is located at 24 Varsity Street, at the corner of South Broad Street in Brevard. Our email address is admin@uutc.org.