



## IS EATING A BANANA CANNIBALISM?

by Jim Null — Sunday, August 2nd

### Sunday Sermon

Jim Null will talk about race -- not racism in the sense of what we have seen in Ferguson, Charleston, Baltimore and other places -- but the concept of race, which is the origin of racism. What constitutes a race? Who determines this? How many races are there? When did they arise? Do races even exist? And finally, are you a banana?

*Please join us for worship on Sunday at 9:30 a.m. or 11:00 a.m., and for coffee and fellowship at 10:30.*

### USHER NEEDED SUNDAY

We are still need of an usher for the 11:00 service this Sunday.  
Please come ready to serve if you can help!

**AT UUTC AFTER OFFICE HOURS?  
BE SURE TO CHECK & LOCK ALL THE DOORS ON THE WAY OUT.**

### NEXT WEEK at UUTC

**SANDWICH SUNDAY** – THIS SUNDAY, NOON  
**Mindfulness Community** – Mon 8/3 @ 7:00pm  
**Men's Group** – Tue 8/4 @ 9:00am  
**SMART Recovery** – Tue 8/4 @ 6:00pm  
**Eclectics Jam** – Wed 8/5 @ 9:30am  
**Being Group** -- Wed 8/5 @ 1:00pm  
**Drum Circle** -- Thurs 8/6 @ 7:00pm

### HIGHLIGHTS IN THIS ISSUE

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# QUICK BITS

## MEET LEIGH JOHNSON

Leigh Johnson is a new UUTC Friend who has recently moved from coastal Maryland to the "beautiful mountains of Brevard" in this year to join her mother and sister, also relocated here. This summer, her 21-year-old daughter, Maggie, has been able to visit before entering her senior year in college.

Leigh is a pediatrician, recently retired from clinical practice. She enjoys hiking and spending time with friends, both human and canine. She discovered UUTC by searching for churches on the Internet. She appreciates the welcoming and open-minded reception of new people and new beliefs that she has found at UUTC. She is a new member of **LHHH—Loving Hearts, Helping Hands**, our care team.



## LIBRARY UPDATE

A team of busy workers has been sorting and reorganizing our library. We are looking for suggestions for books and book donations.

We are especially interested in UU and social justice books, books on mindfulness, spirituality, world religions, religious history, ethics, etc.

We will have book plates if you would like to make a memorial donation. For more information, contact Penny Davies or Virginia MacDonald.



## DAY OF MINDFULNESS



The second annual Day of Mindfulness will be held on **Saturday, September 19 at UUTC** led by our own Paula Gable. An all day event, from 9:00 AM to 4:00ish PM, the day will include talks on mindfulness in everyday living, sitting meditation, walking meditation and a vegetarian lunch.

## SOCIAL ACTION TEAM NEWS

### SOCIAL ACTION FOR AUGUST: BACKPACK BUDDIES

We are facing an extreme problem in our county: How do we feed the ever increasing number of hungry children? Current trends in compensation continue to contribute to poverty for many of the families in our county. For the eighth year, Transylvania County Schools will be sponsoring the **Backpack Buddies** program. On Fridays, children in extreme need, will be provided with food to take home in their backpacks for the weekend.

Last year, Backpack Buddies averaged over 300 backpacks per week distributed. Many weeks saw 325-330 backpacks distributed. At Christmas, the number reached 350. Backpack Buddies has done two summer distributions this year, with a

final one scheduled for August 13th. This food is not governmentally funded, but is paid for by churches, many individuals, civic organizations, Manna Food Bank and you. **Please make your tax-deductible checks out to [Save the World Foundation](#).**



### SCHOOL SUPPLIES WELCOMED

Sharing House is requesting donations of school supplies. A list of recommended donations is on the bulletin board in the foyer. Supplies or checks gladly accepted in the basket on the front counter. Checks should be written to Sharing House.

### LOOKING FOR VOLUNTEERS: THE CHILDREN'S CENTER

We are child advocates fighting against child abuse and neglect and we are here to help! We have many different programs to help families and individuals in need. Do you have 3-4 hours a week to spare? We have several different volunteer opportunities if you are looking for a way to get involved.

Call Kelly at 885-7286 or stop by 95 South Johnson Street Monday-Friday from 9 AM to 4 PM. Visit our website at [www.thechildrenscenetroftc.com](http://www.thechildrenscenetroftc.com)

# AUGUST 2015 SERMONS

**August 2 • 9:30 and 11:00 a.m. • Jim Null**

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**August 9 • 9:30 and 11:00 a.m. • Rev. Dr. Paula R. Gable**

## **BEGINNING THE INTERIM JOURNEY**

The Interim Period is an intentional time for your congregation to come to terms with its past, and to envision and plan for the future with your new Settled Minister. As your Interim Minister, I am charged with helping you accomplish five essential tasks during the next two years. I will name and briefly describe each of these, and invite you to join this exciting process of self-discovery, visioning and transformation. Please join us as we embark on this exhilarating Interim Journey together.

**August 16 • 9:30 and 11:00 a.m. • Rev. Dr. Paula R. Gable**

## **THE “G WORD”**

I feel I must confess that I sometimes use the word “God,” but also practice Zen Buddhism, which is known as an atheistic religion. Sort of. Some say there is a god, of sorts, in Buddhism. Others say it’s not really a religion. As UU’s, does this sound familiar? How can we use language to explain the beliefs, values and principles that guide and motivate us? How do we use words to describe the infinite? And, are words really necessary? I have my opinions – and I sincerely want to know yours. For, it is in dialogue that we find a common language, common ground, and common practices to transform ourselves, our community, our nation, and the world.

**August 23 • 9:30 and 11:00 a.m. • Dr. Donald Emon**

## **WHY WE ARE THE WAY WE ARE**

The field of Evolutionary Psychology starts with the basic idea that we are born with a brain that has information in it that has helped previous generations to survive and provides motivation for many of our acts. It includes a strong attachment to others in OUR TRIBE and provides a basis for our: love, need for justice, compassion, and competitiveness. It also helps explain other tendencies like: our need to enhance our image, a tendency to lie when it benefits us, and racial bias. On occasion, we are willing to take a small risk for a large reward even if the risk involves an un-ethical act. Understanding this hidden part of ourselves will allow us to more clearly choose how we act or choose to not act. It also assists us in understanding the acts of other people.

**August 30 • 9:30 and 11:00 a.m. • Rev. Dr. Paula R. Gable**

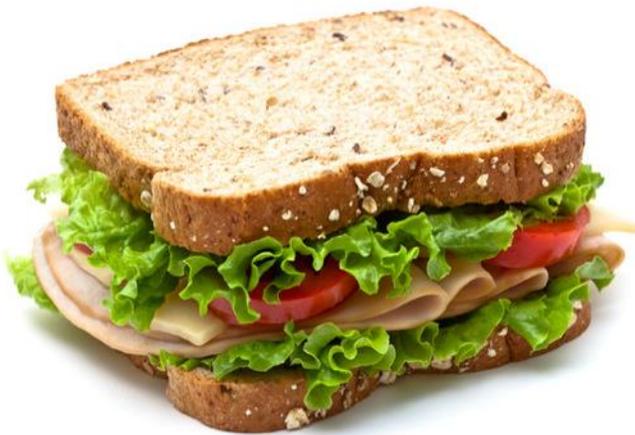
## **TRANSITIONS AND TRANSFORMATION**

I’m really looking forward to “Interim Ministry Boot Camp” in Minneapolis from August 24-28. During this rigorous, mandatory training, I’ll learn new “best practices” and strengthen ties with colleagues throughout the UUA – one of the five main tasks of the Interim Period. I plan on sharing highlights and insights, with a focus on accomplishing the interim goals we set for ourselves. I will keep the homily short so we have time to engage in conversation about upcoming transitions and transformation. In the “ancient past,” this dialogue was called a “Talk Back.” I prefer the words Q&A. Please bring your curiosity, your questions, and your highest aspirations.

# UPCOMING EVENTS

## THIS WEEK IS SANDWICH SUNDAY!

Get to know members, friends and visitors at **Sandwich Sunday on August 2nd** after the 11:00 service. Bring a sandwich (and maybe one to share?) and a piece of fruit or chips. The Membership Team will provide lemonade. We'll gather at the park across the street--so bring blankets, chairs and



maybe some frisbees or yard toys. Coffee time is never long enough—come join us in expanded social time! In the practice of being green, bring your own napkins and cups. In the event of rain, we'll set up in the UUTC Social Hall. Contact Elizabeth Thompson at [etville@gmail.com](mailto:etville@gmail.com) or **384-0778** for more information.

## WORKSHOP CANCELLED

The “Workshops That Work” event planned for Thursday, August 6th, has been cancelled. This was the financial workshop on Recognizing Early Symptoms of Dementia.

## YOU, ME, AND UUTC

Thinking of becoming a Member or Friend? Need a refresher, or just more information about UUTC? Been here forever but never attended class in the first place? Our Membership Team will get you squared away! Save the date for Saturday, October 17th. Information, fellowship and fun! Contact [Elizabeth Thompson](mailto:Elizabeth.Thompson@uutc.org) or [Susan Slocum](mailto:Susan.Slocum@uutc.org) to get signed up!

**SATURDAY, OCTOBER 17TH 9:30-3:30**





***“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**

### **UUTC Mission Statement**

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.

### **Join Us!**

Discover what it means to have a personal faith which is anchored by diversity and acceptance. Join in Sunday services with the Unitarian Universalists of Transylvania County. Contact information is below.

## **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](mailto:admin@uutc.org).**

**SEND news** for this newsletter by close of business on Wednesdays. Please include date(s), a description, and the contact person's name and telephone or email address. Send to [news@uutc.org](mailto:news@uutc.org).

**SCHEDULE events** on the UUTC calendar by sending an email to [calendar@uutc.org](mailto:calendar@uutc.org) with the date, start and end times, space to be used, and contact person.

## **CONTACT US**

**Our Minister** is the Rev. Dr. Paula R. Gable.

**Church office hours** are Monday through Friday from 9:00 a.m. until noon. The church telephone number is 828-877-6121.

**Our mailing address** is UUTC, PO Box 918, Brevard, NC 28712.

**Our email address** is [admin@uutc.org](mailto:admin@uutc.org). **Our website** is [www.uutc.org](http://www.uutc.org).

**Our church is located** at 24 Varsity Street, at the corner of South Broad Street in Brevard.