

# UUTC UPDATE

OCTOBER 28th, 2016



UNITARIAN UNIVERSALISTS OF PENNSYLVANIA COUNTY

A WELCOMING CONGREGATION

## WE INTERRUPT THIS PROGRAM FOR... BEAUTY!

by **Marc Mullinax**

**Sunday, October 30th at 9:30 and 11:00am**

Come all ye with autopilot lives, who wish for 25 hours a day, who need two screens on most of the time, who haven't had a moment to themselves in a long, long time. This October 30th may be a day you will remember! Professor Mullinax will speak about the power of "Holy Interruptions" and how we might learn consciously to build interruptions, delays, disorder, and unplanned things into our lives. On the other side of such interruptions, lies a beauty few reach ... or appreciate.

*Join us for coffee between services at 10:30am*

**TEAM LEADERS: PLEASE SEND THE NAMES OF THOSE REPRESENTING YOUR TEAM TO THE ADMIN BY TUESDAY, 11/1, FOR AN ACCURATE PIZZA/SALAD ORDER. THANKS!**

My heart found its  
home long ago in the  
beauty, mystery, order  
and disorder of the  
flowering earth. I  
wanted future  
generations to be able  
to savor what I had all  
my life.

Lady Bird Johnson

## NEXT WEEK at UUTC

**Chair Yoga** — Mon 10/31 @ 11:00am

**Men's Group** — Tues 11/1 @ 9:00am

**Eclectics Jam** — Wed 11/2 @ 9:30am

**Being Group** — Wed 11/2 @ 1:00pm

**Team Mtg Night**—Wed 11/2 @ 5:00pm

**Women's Group**—Thurs 11/3 @ 12:30pm

**Drum Circle**— Thurs 11/3 @ 7:00pm

**Living the Tao** — Fri 11/4 @ 10:30am

**Vitality Yoga** — Fri 11/4 @ 1:30pm

## SOUPER SUNDAY! (SOMETIMES KNOWN AS “SANDWICH” SUNDAY)

Next week is SOUPer Sunday! Given the season, we'll provide some SOUP to get things moving! Connect with Members, friends and visitors after the 11:00 service. Bring bread, fruit, veggies, chips, dip or other finger foods to share. Donations appreciated to offset the cost. Meets in the UUTC Social Hall. Questions? Call Meighan Browning!



## TEAM MEETING NIGHT, NOVEMBER 2ND—5:00PM

### IAN'S SCHEDULE FOR ROTATION AMONG TEAM GROUPS

TIME	TEAMS	LOCATION	FUNCTION	STRATEGIC PLANNING	MODERATOR
5:20-5:40	LHHH, Fellowship & Membership	Sanctuary	Welcome, nurture, support & retention of UUTC community	TBD by Teams	David Parker
5:40-6:00	Aesthetics, Building & Grounds	Small Classroom	management & maintenance of building & grounds in accordance with selected palette	TBD by Teams	Lisa Sheffield
6:00-6:20	Worship + Music	Large Classroom	Assist minister in development of worship experience	TBD by Teams	Joanna Bliss
6:20-6:50	ARE & CRE Start at separate tables	Social Hall	Arc of Education	TBD by Teams	Dave Hunter & Heather Layton
6:50-7:10	Social Action	Foyer	Coordinate social justice activities and programs	TBD by Teams	Bob Bennett

## SOCIAL ACTION FOR OCTOBER— BACKPACK BUDDIES

The Backpack Buddies program provides food packs on Friday afternoons to students who are in extreme need and are likely to have inadequate food over the weekend. Over 300 children received food last year. They have been nominated by school administrators, counselors, and teachers. Food packs are delivered each week by members of Rotary International.

Due to high demand, the amount of funding Manna spends on their packs has dropped from \$5 per bag to less than \$2 a bag. Therefore, if enough funds are received, your local sponsorship dollars will also provide a supplement to the now smaller Manna packs. \$150 sponsors one child for the year. ALL Donations are appreciated! **Please make your tax-deductible checks out to [Change the World \(a tax deductible 501\(c\)3 organization\)](#).**



## WOMEN'S GROUP: THURSDAY, NOVEMBER 3RD, 12:30PM

The monthly meeting for UUTC women, friends and guests will take place on Thursday, November 3rd at 12:30 PM in the Social Hall. Bring your bag lunch and, if you like, a treat to share. After a social time, the topic of discussion will concern a segment of our third UU principle, "acceptance of one another," apropos of not only our current national election dilemma, but in our daily discourse with others. For questions contact JoAnn Crawford at 877-5344.



**Sharing House**  
TRANSYLVANIA CHRISTIAN MINISTRY, INC.

## PACK THE PANTRY TIME & 5TH SUNDAY

UUTC attendees frequently say they'd like to be helpful in ways other than writing a check. Here's your chance. Twice a year, Sharing House sponsors a food drive to help fill their shelves for needy people. Will you consider giving an hour of your time between 9:30 a.m. and 3:00 p.m. on Saturday, November 12, to ask Food Lion shoppers if they'd be willing to purchase a few items for Sharing House? **Sign-up at the front counter!**

**October is a month with FIVE Sundays**, so UUTC will be **collecting food for Sharing House** at the end of the month. Baskets will be available in the lobby for your donations on Oct. 23 and 30. Please take with you a list of most needed items from the basket on the counter. The non-food items most needed by Sharing House are diapers, (sizes 5 and 6), laundry detergent, tampons (super), toilet paper, and paper towels. These items cannot be purchased with food stamps.



## PARTY/PARENT'S DAY OUT!

UUTC Halloween Party/Parents Day Out, **Sunday, October 30th, 3:00pm-6:00pm** for all ages. Drop off your children for a fun party hosted by UUTC Middle and High Schoolers and enjoy time to yourself on a beautiful fall day. Donations for this event will be happily accepted to help the youth cover the cost of Youth CON's at The Mountain. Thanks!

## DEFYING HATE: GUEST AT YOUR TABLE—UUSC

Guest At Your Table (GAYT) is the Unitarian Universalist Service Committee's annual intergenerational program to raise support for and awareness about UUSC's work to advance human rights.

This year's program theme is Defying Hate, based on the recent release of the Ken Burns documentary about UUSC founders Martha and Waitstill Sharp. The Sharps defied hate by helping Jews and dissidents escape Nazi Germany using brave, creative methods, many of which could have caused them to be imprisoned, tortured, or worse.

Our CRE Team is working with our children to learn more about UUSC's mission in the world.

## YOUTH CON REGISTRATION IS LIVE!

Youth CON registration is **LIVE** on The Mountain website! Contact [Heather](#) for more information!

**Elementary CON Nov18-20 • Intermediate CON Dec 2-4 • High School CON Dec 9-11**

Thanks to everyone who donated to the Youth CON fundraiser Bake Sale last Sunday. We earned just under \$350, which is enough to send 3 youth and two adult chaperones to The Mountain. Speaking of adult chaperones, we are in need of UUTC male supervisors to attend both the Elementary CON and the High School CON. If you would be interested in spending the weekend at The Mountain with some pretty awesome youth, please contact Heather. Our youth are unable to attend without supervisors from our congregation and each year we struggle to find male supervision. The time commitment is from Friday evening through Sunday early afternoon. It is **FUN** and you are helping to truly enrich the lives of UU youth.

Click [here](#) to get your Taking It Home for Moral Tales lesson for Session 6!

## LAY MINISTERS—CONNECTING WITH SPIRITUAL STORIES



Starting in November, we'll be exploring a new worship element we are calling the Lay Ministry. If you remember my last letter to you, I spoke of the prophethood and priesthood of all believers and my belief that, as spiritual communities, our role is to create opportunities for people to explore their spiritual path. To help in this process, we started using monthly themes in the Sunday worship and in a few of the adult education groups as a way to develop a sense of spiritual competency around theological issues.

Taking this one step farther, I created a team of co-preachers—the Lay Ministers—who will start assisting every service by offering a homily they have written based on the theme for the month. The homily will replace the role of the reading in the service.

The reading, in many ways, is a legacy of the Christian and Jewish lectionaries and often helps focus the service on a particular topic. In Christian and Jewish settings, people become very familiar with these readings because they repeat every two or three years and are central stories to the foundational texts that ground those faiths. The lectionary helps tell the story of the community, what is important to it, and what gives it shape and meaning. Readings in a UU context typically do not have the same type of community-shaping power because sermons rarely examine the readings in depth and very often are never used again. While the readings can be quite insightful, they lack the power of consistency and, more often than not, are quickly forgotten. I believe our goal each Sunday is to help people encounter the sacred, however that looks for them, and I don't find readings to be as relevant to contemporary UU worship as they are to our Christian and Jewish brethren. But the spiritual stories contained in our community can be.

While pastoring my first church in Queens I kept hearing these amazing stories from the members, stories steeped in deep wisdom and courage, and I wanted to find a way to share them. The spiritual intelligence of the congregation is like a precious gem that should be displayed. As UUs, we are often more inspired by how people, both famous and humble, live their lives more than any particular text. So starting in November, the Lay Ministers and I will be working on giving you high quality worship that helps tap into your own spiritual story by sharing some of ours.

I hope you find this as rich as we do.

**Ian**

Nov. 6<sup>th</sup> — Peter Mockridge

Nov. 13<sup>th</sup> — Brigid Fox

Nov. 20<sup>th</sup> — Erika Macula

Nov. 27<sup>th</sup> — Will Sims

## MEDITATION AS A SPIRITUAL PRACTICE — BEN BROWNING

*Do you have a spiritual practice you would like to share? Email the Admin!*

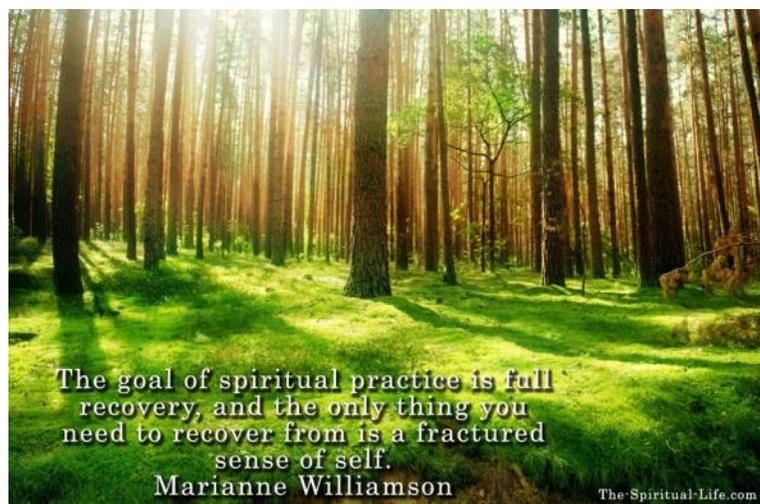


Interest in meditation has spiked in the last several years, in part due to advances in

scientific research that give us new glimpses into the human brain in an attempt to quantify and prove its effects. An internet search for “benefits of meditation” is all it takes to be inundated with scientific (and pseudoscientific) claims that meditation does everything from reducing stress and improving concentration to slowing the aging process, preventing arthritis, and increasing happiness. Perhaps meditation does some of these things and perhaps not - I cannot say with any certainty.

What I can say with certainty is that for me, meditation is a deeply spiritual practice. It did not start out that way; my inner skeptic was tempted to try meditation because of some of the scientific claims mentioned above. Somewhere along the journey, the science ceased to matter. The distractions and thoughts in my head ceased to matter. The dull aching in my legs and even the passage of time itself ceased to matter. All that mattered was this breath, this moment. And then the Emptiness - the vast, peaceful Emptiness - the Emptiness from which all things arise and fade away.

Here, alone, within the boundless sky of your own consciousness, your spiritual practice awaits. Just as the mountains called us to Brevard, the Spirit beckons us from within. We need only to sit to hear it. What will you find when everything else fades away?



Find a quiet place and sit in a relaxed upright posture on a cushion or chair. Take a few deep breaths then breathe naturally while counting your inhalations and exhalations. Breathe in - one. Breathe out - two. Breathe in - three. Continue until you get to ten and start over. When you lose count, start over at one. When thoughts, emotions, and sensations arise let them pass away without judgement or clinging.

Focus on the breath. Do this however long and however often feels right for you. Establishing a routine is more important than the actual duration or frequency of meditation right now.



## UUTC COVENANT CIRCLES ARE COMING!

**Small Group Ministry Covenant Circles** will be forming soon, with the first meetings scheduled for November. Covenant Circles will meet twice a month at UUTC from November through May for approximately two hours each meeting.

**There are many ways to grow spiritually. Covenant Circles provide a uniquely effective way of doing so.** The Circles are small, 6 to 10 members, so everyone gets a chance to speak. Topics are known ahead of time so members have a chance to reflect, meditate, read and write before we meet. We share our own experiences, thoughts, insights. Since there is no cross-talk, advice-giving or fixing, we are free to listen deeply and compassionately, not needing to think of a reply or comment on what is being said. In Covenant Circles this is known as “deep listening,” truly hearing one another. Through this, we build community.

The Covenant Circle sessions will follow the themes presented by our interim minister, Rev. Ian Maher, in his sermons. Beginning with November the monthly themes are: Surrender, Stillness, Grace, Pilgrimage, Threshold, Commitment, Celebration.

Our first Covenant Circle will be meeting on Wednesday, November 9<sup>th</sup>. Meeting time will be either 10 am to 12 pm or 1:30 pm to 3:30pm, depending on the preference of the majority of those registering.

If you are interested in being part of this UUTC Small Group Ministry, or for more information, please contact Joan Lemire at 828-231-9259 or Karla Maar at 828-384-0078. Covenant Circles require more of a commitment to the other individuals of the group; when you call, Joan or Karla will explain more.

## WONDERFUL WEDNESDAY—NOVEMBER 9TH

“Oil & Water: The Challenge of Mixing Science and Politics” is to be presented by Dr. Robert J. Cabin, Professor of Ecology and Environmental Studies at Brevard College. Dr. Cabin will discuss the challenges of using ‘science-based’ policies to solve our problems and resolve our political and philosophical differences. An insert will be in this week’s order of service providing more detail.

Reservations are a must for dinner! Fire code regulations require that we limit seating for dinner to 80. There is no charge for dinner, but donations are gratefully received to assist with covering the cost. Reservations for dinner may be made through the sign-up sheet at the front counter, or by calling the office at 877-6121 or by [emailing the Admin](#). No reservations are needed to attend the program.



*"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, click [HERE](#).

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

### **CONTACT US**

Our Minister is Rev. Ian White Maher. Reach him at [ian@uutc.org](mailto:ian@uutc.org) or by calling (877) 510-5603.

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](http://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](mailto:admin@uutc.org).