



UUMAN TIMES

Unitarian Universalist Metro Atlanta North

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February 2015

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IN THE INTERIM: Showing Up

I love being an interim minister. I didn't think I would. When I began my first interim ministry with Neshoba



UU Church in greater Memphis, I figured I'd "do" a two-year interim to clear my head following a long settlement, before throwing my hat in the ring for a second settlement. To my surprise, in a few months I was hooked

on interim ministry and its singular pleasures and challenges—despite the tough good-byes to come in two years.

One of my few frustrations with the work I do concerns social action. As an interim minister, the primary focus of my time is readying the congregation I serve for their next settled minister. Two years go by faster than you may think. Weave in other professional responsibilities and the need for a personal life, and there aren't many hours left for involving myself in the wider community as much as I'd like. I also believe a newly settled minister ought to be free to make his or her own choices, not necessarily to follow in the footsteps of the interim. Thus, most of the time my public ministry consists mainly of Showing Up, often incognito. This doesn't bother me. By nature I'm an introvert. I'm not drawn to the lime-light.

Last Monday I marched with a banner-waving, multi-generational cast of UUMANS and other UUs on Martin Luther King, Jr. Day in Atlanta. It was a "Bucket List" afternoon, made even sweeter because I get to repeat it next year. Thousands of marchers trekked along a route paved with spectators, 10,000 or more people in all. Paused at an intersection waiting for those behind us to round the corner, I realized, what is a march for justice anyway if not a chorus of individuals all Showing Up at once?

An essential first step in planting the seeds of a spiritual life is simply to Show Up and be awake to whatever comes next. The same is true for social action (if you distinguish it from spirituality). We Show Up wherever and whenever we live our liberal religious values out loud. The occasion need not be as ambitious as a march or a roadside vigil.

Here's a quieter (seated) opportunity...

On Sunday, February 15, at 12:00 in the Sanctuary, join Dave Hudson and me for a 90-minute discussion of the 2015 UUA Common Read, *Reclaiming Prophetic Witness: Liberal Religion in the Public Square* by Unitarian Universalist theologian Paul Rasor. Copies of the book or e-book are available from the UUA Bookstore. Two loaner copies are in the UUMAN library.

A follow-up session will be arranged if requested by four or more participants. Guests from beyond the UUMAN community are welcome. Older youth are encouraged to take part. Chances are they've got required reading at school. Tell them Rasor's book is short.

Childcare by advance request only. There will be snacks to tide us all over until a late lunch. Contact me at: cynthia.prescott@yahoo.com

Namaste. The divine in me greets the divine in you.

- Rev. Cynthia Prescott

Heart's Desire

GOODS & SERVICES AUCTION AT UUMAN

UUMAN's annual Heart's Desire Goods and Services Auction is **February 7, 2015, starting at 6:30 p.m.** On this date, UUMAN comes together in the spirit of service, stewardship, fellowship, and merri-ment. Patrons of the Hearts (another name for UUMAN members, friends of UUMAN, and guests of all) attend the UUMAN Heart's Desire Goods and Services auction for an evening of food, libations, and acquiring services donated by UUMAN members, friends, and local businesses. Attendees acquire desired items by "just sign up," "silent auction" or "live auction" bidding techniques. The very spirited attendee works hard to out-bid others for items they covet or they know will just help UUMAN. In this one evening, our community generates between \$15,000 - \$20,000 for the benefit of UUMAN.

Tickets will be available at the door February 7, if you haven't already purchased some. They are \$10.

For each ticket purchased, UUMAN members get one guest ticket for non-member friends. Scholarship tickets (at no charge) are available for anyone needing financial assistance to attend. Goods and Service items available for sign-up or bidding come in many shapes and sizes across a variety of bid levels.

A couple of weeks ago we heard it from an announcer speaking from the pulpit that shopping is good for relationships and the soul!

Items available this year fall into the following categories:

- Dining, Wine, and Other Edibles
- Entertainment
- Self Improvement/Self Care/Educational/Spiritual
- Travel and Getaways
- Arts and Crafts (all created with lots of love)
- Neaten Up and Timesavers Services
- Care for Kids and Pets

Thanks to everyone who've already contributed in so many ways to make this event a wonderful success and benefit to UUMAN!

—The Heart's Desire Goods and Services Planning Committee

Mindfulness Meditation



Sunday evenings at UUMAN, 6:00-7:30, starting Sunday, February 1.

Mindfulness meditation is a way of letting go of distractions and training the mind to become more fully aware of every aspect of our experience in every moment, as it unfolds into the next. Life is always experienced in the present moment, right now. Yet most of us spend most of our attention in thrall to the next rumination, the next anticipation, the next regret. We continuously reflect on, wallow in, and plan for our transitory pleasures and discomforts rather than appreciating what we have—until we've lost it. Mindfulness meditation teaches us to break that cycle.

Jon Kabat-Zinn, founder of the Mindfulness-Based Stress Reduction program at the University of Massachusetts, has defined "mindfulness" as "paying attention in a particular way: on purpose, in the present moment, and nonjudgmentally." While the practice of mindfulness meditation in the West comes to us via the ancient Buddhist tradition of Vipassana (the Pali word for "insight"), one need not accept the tenets of any particular religion or ideology to practice. This adaptable method of contemplation can be incorporated into any theology, preexisting religious practice, or scientific or secular worldview without doing violence to the practice. Moreover, researchers have found more and more scientific evidence that mindfulness leads to reduced stress, more focus, patience, resilience, and even better cognitive function.

On Sunday evenings at UUMAN from 6:00-7:30, a group will be sitting together in mindfulness meditation as a complement to the Centering Prayer group that sits on Saturday morning. Subject to the experience level and consensus of the participants, we'll have a brief instruction period for about 15 minutes or so, and then we'll sit in two 10 minute sessions, with a break for a brief discussion in between. Those who wish may stay afterward for further discussion. The Mindfulness Meditation group will be led by Kevin King, (404) 936-4024, jkevinking@yahoo.com

All are welcome.

—Kitty Meyers

Roswell Roots

A Festival of Black History and Culture

February 1-28, 2015



Throughout the month of February, the city of Roswell will celebrate the 14th annual [Roswell Roots Festival](#), the largest and most comprehensive Black History celebration in the state of Georgia.

Special art exhibits, cultural events and history presentations will celebrate the long and storied history of African Americans in Roswell.

Many UU congregations make a special effort to address social and racial justice during Black History Month, so this celebrated local festival should be of particular interest to UUMANites. To review the full listing of February events, click on the link above and also pick up one of the Roswell Roots flyers on counters in the foyer and Fellowship Hall.

—Kitty Meyers

UUMAN PROGRAM FAIR

Put it on your calendar right now and plan to attend the **UUMAN Program Fair** on **March 22**. This will be a fun day for everyone—members, friends, adults, children and youth. Hopefully, it will be sunny and warm. The fun and food will begin immediately after the "Canvas Sunday" service!

The Program Fair will be an opportunity for you to not only have fun but also learn about all of the fabulous programs and groups that UUMAN has to offer. All of our programs will be represented and will have information available so that you can learn more and get engaged in the things you find most meaningful and interesting!

We don't have all of the details worked out yet but we hope to make it fun and enjoyable for everyone. We hope to see you there. If you have any questions or would like to get involved in the event please talk to a member of the 2015 Canvas team—Bob Popp, Donna Guile, Michelle Liebergesell, Ilona Walker, Dave Hudson, Todd Callen, Kelly Callen, and Kirk Bogue.


- Bob Popp



Life Celebrations

We want to commemorate the happy occasions in the lives of our UUMAN members and other friends of UUMAN. We are looking for Naming Ceremonies, Graduations, Marriages, Anniversaries, Retirements, and Birthdays.

Please submit the information about your special day, in the month prior to the event, to Claire Sullivan at cbsullivan@bellsouth.net

Date	Celebration
2/1	Kyra P. of our MCY program is celebrating a birthday
2/3	Kimberley Keeley is celebrating a birthday
	Elizabeth S. of our MCY program is celebrating a birthday
2/4	Phillip Seaver is celebrating a birthday
2/5	Jacob H. of our MCY program is celebrating a birthday
2/11	Fischer S. of our MCY program is celebrating a birthday
	Lily S. of our MCY program is celebrating a birthday
2/15	Kirsten Moore is celebrating a birthday
	Maud vdB. of our MCY program is celebrating a birthday
2/16	Claire Sullivan is celebrating a birthday
2/22	Riahna Lee, who was a 1-year-old when her family joined UUMAN and went through the complete RE program from the nursery through Senior Youth, is turning 21 years old!
	<p>Annelies and Bernard Woesten will be celebrating their 53rd Anniversary!</p> 
2/28	Raffaella S. of our MCY program is celebrating a birthday



Heart & Hand

Heart and Hand Market Was a Great Success!

Our congregation responded to the UUSC's appeal for financial support to build tire gardens for Haitian families still recovering from the 2010 earthquake by raising \$1,141 through the Heart and Hand Market. UUMAN members responded to the effort by donating beautiful handmade items, by shopping at the Market and by giving generously to the 50/50 offering designated for tire gardens. A special thank you to Jan Wilson who raised over \$300 by selling Haitian jewelry. Thank you UUMAN for providing four Haitian families with sustainable tire gardens.

Heart and Hand will be back for the 2015 holiday season. It's not too soon to start work on your handmade items!

—Linda Etheridge

Interim Committee on Ministry (ICOM) News

Now that we are well into the New Year and Reverend Cynthia Prescott has been with us for several months, some might say our "honeymoon period" is over; we have tested the waters with each other, and we are ready to move forward with the work of the interim. To that end, we would like to update the congregation on what's happening.

First, the UUMAN board is currently working hard to bring us a slate of candidates for consideration to serve on the Settled Minister Search Committee. The in depth interview process will help them form a diverse slate of individuals, balanced in terms of needed skills, diversity, age, and tenure. When the slate is complete, the congregation will vote by secret ballot on five members, and the board will appoint two more from the slate to round out the team for a total of seven members. Ideally the members will demonstrate the ability to work effectively on a team, be capable of both self-assertion and compromise and consensus, have a strong commitment to the congregation as a whole, demonstrate follow-up and resourcefulness, organizational ability, understanding of the UU faith, and not be prone to extreme reactions to ministers. With respect to balance and diversity, a search committee should have a mix based on gender, age, interests, and tenure of membership. Members should also represent major areas of church life such as MCY, Social Action, Operations, Finance, Music, etc. The board is charged with appointing the Settled Minister Search Committee, so if you have any input about who you think would make a good candidate, let a member of the board know. If you would like more information you may visit the UUA website and look at the transition handbook.

The ICOM is also at work compiling our first formal Interim Progress Appraisal. We will submit the document to the UUA by mid-February and they in turn will generate a report which we will share with the congregation. The information will help us assess our progress and guide our focus for the next part of the interim period.

If you have any questions, comments or concerns, please feel free to bring them up with a member of the ICOM. We are: Julie Fogel, Ben Sample, Sheila Smith and Laurie Wheeler.

Life Events Gifting

No one lives a life without emotion. Sometimes events happen which make us joyful but others fill our hearts with sorrow. Oftentimes we want to let others know we are sharing these emotions with them, but it is difficult to express ourselves in just words. When you make a donation to UUMAN Life Events, you are letting someone know you were deeply moved by their sorrow or joy. A note will be sent by the Life Events Committee to the person being honored or remembered to let them know you care.

If you wish to share someone's joy or express empathy for something happening in their lives please contact Jan Wilson or Carolyn Lee. janbillwilson@msn.com carolynalee@bellsouth.net

FROM THE GARDEN

Dear Fellow Gardeners:

If you'd like to know more about the UUMAN Gardening Group, we'll be at the Program Fair in March, just around the time that we'll be beginning our work again in the garden. A UUMAN announcement will be sent out the week before we start as a reminder.

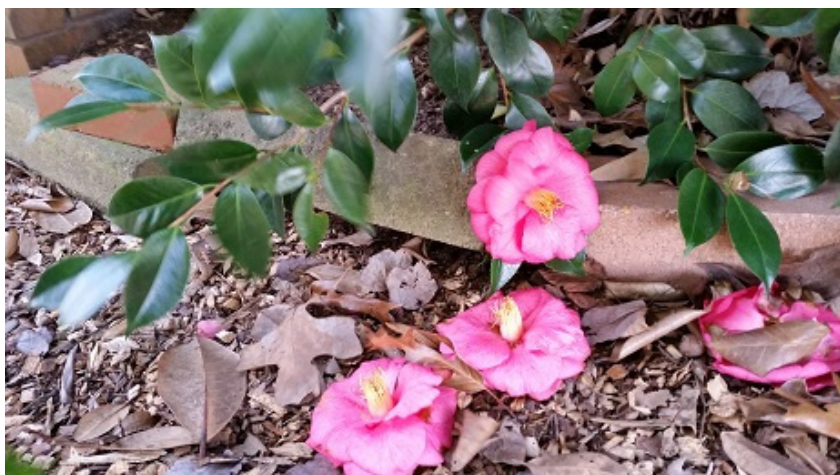
Below are some of the last blooms of the season.

— Claire Sullivan

cbsullivan@bellsouth.net



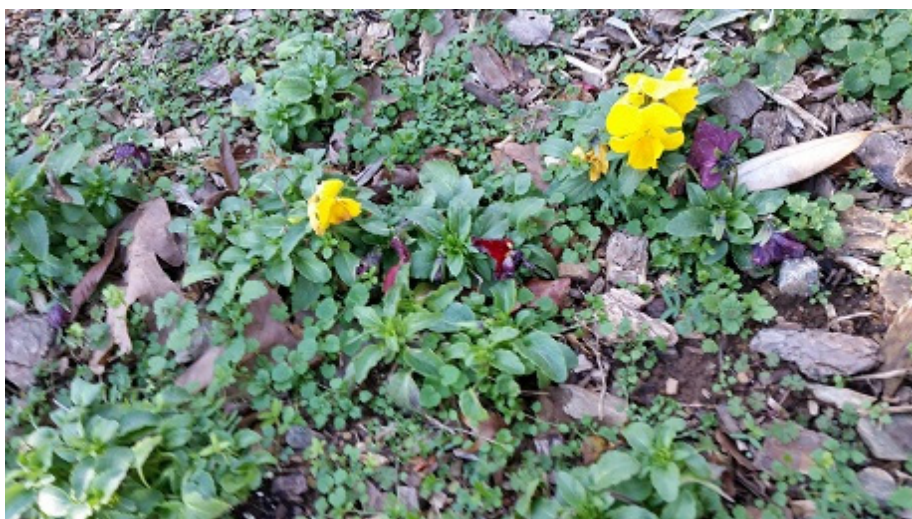
The Last Loropetalum Blooms



The Last Camellias



Ornamental Cabbages



A Few Pansies

A Month of Sundays

Date	Topic	Speaker
2/1/15	Rosa Parks and the Power of Quiet Eulogies celebrated her gentle humility, but in her autobiography, Quiet strength, Rosa Parks asked, Why shouldn't quiet be strong? And what else can quiet do that we don't give it credit for? Introverts like Ms. Parks, this one's for you.	Rev. Cynthia Prescott
2/8/15	TBA	Lay Speaker
2/15/15	"Blood Done Sign My Name" Eudora Welty wrote, People are mostly layers of violence and tenderness wrapped like bulbs, and it is difficult to say what makes them onions or hyacinths. Like true love, the course of human transformation never runs smooth (Title is from an African American spiritual.)	Rev. Cynthia Prescott
1/22/15	Knocked on the Head with a Rose What it means to "get religion" in the liberal religious tradition. Also my regrettable reply to the person who once asked me what happens in a Unitarian Universalist child dedication.	Rev. Cynthia Prescott

More February Events

Date	Event
Humanism 2nd Sunday of each month, after the service, in the sanctuary.	21st Century Humanism focuses on the philosophy of mankind as the center of all things, informs members of Humanism's nature and history, and emphasizes free and frank discussion of the effect on humanity of past and present events, safe from the influence of contravening public opinion. For more information, contact John Peltier at peltier.john@gmail.com
Tuesdays at 10:00 a.m. to 12:00 in Discovery Hall	Circle of Women We aim to develop a warm nurturing circle of trust where we can share ourselves and our lives. Contact Kate Hudson hudsonkd@bellsouth.net or Linda Etheridge lletheridge1@gmail.com
Wednesdays from 7:00 - 9:30 p.m.	UUMAN's Painting Group Come paint with us in a relaxed atmosphere with a glass of wine. All are welcome. There is a fee but half is donated to UUMAN.
Every Friday at 6:00 pm in Fellowship Hall.	Bridge Group Join us for Bridge! New players of any level of Bridge knowledge are welcome to join us. A 30-minute lesson by an expert Bridge player is offered for \$5 for those who want to play but don't know how or want to refresh their knowledge.
Weekly on Wednesdays at 12:15	Daytimers The Daytimers group discusses contemporary, thought-provoking topics such as current political issues or social trends that may affect everyone at some level. All are invited to attend. For information, contact Dan Ben-David at dan@uuman.org

For more information about events, see the UUMAN Events Calendar at www.uuman.org

ABOUT THE UUMANTimes: The UUMANTimes is the newsletter of Unitarian Universalist Metro Atlanta North (UUMAN), located at 11420 Crabapple Road, Roswell, GA 30075. We welcome nearly all imaginable newsletter submissions, and publish as many as possible. We go live with each issue by the first Sunday of the month; deadline for submissions is typically close of business on the 20th of the month proceeding the issue date, although we have been known to accept submissions within a reasonable time before publishing. Please email your news articles and artwork to Becky at newsletter@uuman.org

More February Events

Saturdays from 9:30 a.m. to 10:30 a.m. in the sanctuary	Centering at UUMAN Silent meditation Saturday mornings at UUMAN. Please come at 9:10 for some basic instruction if it is your first time. The meditation itself begins promptly 9:30. Please be in your seats on time. Those who wish to may stay after for 30 to 45 minutes of discussion about our experiences. For more information, contact Carolyn Bommarito at campoften@aol.com
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MINISTRY WITH CHILDREN & YOUTH

Faith Communities & Fulton County Schools Partnering to Support Children & Families...

I am proud to serve on the Fulton County Schools (FCS) Faith Summit Steering Committee, where I represent UUMAN and the values of Unitarian Universalism. We recently hosted the 4th Annual Faith Summit which Kara Sweeney attended as UUMAN's Family Ministry Coordinator.

There were 260 school, faith, and community leaders present. We were all there because we care deeply about the lives of children and families, wondering how we can work together to help them become stronger, healthier and happier. There is a shift in awareness happening around the unmet needs of our young people and their families. We, in faith communities have known this for a while, and now FCS administrators are catching on! We sat in a room listening to the Superintendent of Schools, Dr. Robert Avossa, say that he wants us to make our schools and our homes 'safe places to fail', and to peel back to the 'veneer of achievement and charm' so that we can be more real about our struggles, and that we all have them. Wow!

Our children and families are struggling with issues of poverty and privilege, sexuality, drugs, alcohol, suicide, racism, dropping out, criminalizing discipline issues, violence, isolation, exceptionalism and perfection.

This is a moment filled with opportunity, and we are right there at the heart of it. Kara and I made many connections with both educators and fellow faith leaders, and are excited about the possibilities.

Stay tuned for information about how YOU can be involved as we go forward...

MCY CALENDAR HIGHLIGHTS

FEBRUARY 2015

Feb 1 – MCY Council Meeting

Feb 1 – K-1 OWL Begins

Feb 6-8 – OWL Retreat

Feb 7 – Hearts Desire Auction

Feb 8 – Youth Adult Committee Meeting

Feb 15 – 'Mystery Friends' Begins

Feb 20 – Family Ministry Potluck



CONTACT TONIANN

Office Hours

Tuesday 10.00am-3.30pm

Wednesday 10.00am-3.30pm

Friday 10.00am-3.30pm

Sunday 9.30am-2.30pm

Office Telephone: (770) 992-3949

Email: dmcy@uuman.org

STANDING ON THE SIDE OF LOVE

UUMAN VALUES ALL FAMILIES!



Calling all 'Mystery Friends'...



'Mystery Friends' is a fun, multi-generational event at UUMAN. This program matches younger members with adults for the purpose of building community among people of all ages.

Look for the hanging 'mailboxes' in Fellowship Hall...exchanges begin Sunday February 15!

After 6 weeks of mysteriously exchanging notes, there will be a '**Mystery Friends Celebration Party**'. That is when everyone's mystery friend will finally be revealed.

MINISTRY WITH CHILDREN & YOUTH

'Our Whole Lives' (OWL) Lifespan Comprehensive Sex Education

How is sexuality education part of a ministry with children and youth?

Great question! We believe that an important aspect of family ministry is supporting parents as the primary sexuality educators for their children and youth. This is a role for which most of us have been poorly prepared. When we offer 'Our Whole Lives' (OWL) sexuality education at UUMAN, we are providing our families a safe place in which to make meaning of all areas of their lives. Parents receive welcome support, and young people learn to feel positive about themselves, and their sexuality, while they clarify and apply their values to their experiences, and gain knowledge about their bodies, feelings, and behaviors. When we offer 'OWL', we are helping to transform a cultural climate of fear and confusion about sexuality, creating a new reality in which every person's inherent worth and dignity is valued. Now, that's a powerful ministry with children and youth!



Young Religious Unitarian Universalists

'Our Whole Lives'

Coming Of Age Youth

Jan 25 – Mar 29

Kindergarten & 1st Grade

Feb 1 – Mar 22



Youth-Adult Committee (YAC)

Calling all Adults!

The YAC has an opening for a non-parent adult to serve on the committee. This is a wonderful opportunity to support our young people, while making relationships that can last a lifetime. Serving on the YAC is challenging, life changing and fun!

Please contact Suzy Rezelman to learn more Suzanne@rezelman.org



FAMILY MINISTRY GATHERING

**Friday February 20th
(5:30-8.30 pm)**

Potluck supper at 5.45 pm
Bring a main dish to share...

**Followed by; Childcare &
Parent Meeting 7.00-8.30 pm**



Stay Connected! UMAN Website: www.uuman.org or

Facebook: <https://www.facebook.com/groups/149792048379354/?ref=bookmarks>

Contact dmcy@uuman.org to be added to the Parents Email List