



UUMAN TIMES

Unitarian Universalist Metro Atlanta North

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UUMAN Year-In-Review

The following question was asked of our Board and Program Council at their respective leadership retreats that were held last September:

“What Does UUMAN Need to Be?”

After lively discussion and small group meetings, the following visionary stretch goals were put forth:

What Does UUMAN Need To Be?

- 👉 Become a new “City on a Hill”
- 👉 Moves the World Forward
- 👉 Every Member “Plugged In”
- 👉 Help Rebuild the Civic Fabric of Our Community
- 👉 A Place to Be Courageous
- 👉 Radically Inclusive

So, how have we done?

Although each one of these is still a “work-in-progress,” I believe we’ve made some real progress at moving toward a few of them. Some still need much more work.

At the May 21 Congregational Meeting, I gave an update as to our progress. Here is a brief summary:

Become a new “City on a Hill”

Moves the World Forward

We need to do more intentional work in this area. We need to be much more “Mission Driven” and “Mission Focused.” UUMAN’s new Committee on Ministry’s purpose is to protect UUMAN’s mission – to make sure that everything we do here at UUMAN serves our mission either directly or indirectly. (I will be introducing the Committee on Ministry to the congregation on “Mission Sunday” in August.)

The Board of Trustees is also forming a Long-Range Planning Committee so that we can be more proactive rather than reactive.

The Committee on Ministry and Long-Range Planning Committee have both been non-existent at

UUMAN in recent years and their re-formation is long overdue.

Every Member “Plugged In”

We often struggle to keep new members plugged into the life of the congregation. (We aren’t alone in this – many congregations struggle in this area.) After our new member UU101 course, what’s next? During the 2017-2018 church year, we will be offering a deeper dive into “what’s next.” “Faith Forward” is an eight-session curriculum developed by First UU Dallas that can take us deeper into Unitarian Universalism and into the meaning of membership. It is currently being used by the UU Congregation of Atlanta (and many other congregations) and they are giving it great reviews. We are excited to be rolling it out next year.

Help Rebuild the Civic Fabric of Our Community

We’ve taken some very intentional steps towards rebuilding our community. Housing the Family Promise homeless families in our church in cooperation with Roswell Community Masjid has been a bold first step. We are also intentionally serving North Fulton Community Charities as a group on a regular basis. We can still do more as a congregation and ideas have been percolating up through some of the UUMAN committees.

A Place to Be Courageous

We are restructuring our Program Council so that cooperation between related committees can occur more organically. We hope to empower committees to make their own decisions as to how they serve UUMAN’s mission. We hope this will be a “bottom-up” Program Council where the Program Council Chair and the Ministry Chairs are empowering facilitators and not micro-managers.

Our new Leadership Development Committee can help us in this area.

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Radically Inclusive

It is difficult work to be “Radically Inclusive” because we often don’t know what we don’t know. We have blind spots. What makes UUMAN welcoming for people “like me” (“like us”) may not be welcoming for people not like me (not like us).

We will be taking our first baby steps in hoping to see, possibly for the first time, what we don’t know. We will be offering the 16 hour, “Living the Pledge” curriculum this Fall. Hopefully this workshop can help us all see how racism, and other “isms” (e.g. classism, sexism, etc.) are built-in to the very fabric of our culture.

I have personally enjoyed my first year with you all here at UUMAN. I have admired your willingness to bend, be flexible...and accept change. It is refreshing!

...and I am very much looking forward to the 2017-2018 church year with you!

Take care & be well,

Dave



UUCA Upcoming Events

JUNE 10 UUCA WINE, CHEESE, AND THE SPOKEN WORD TO FEATURE OLIVE HEMMING

Olive Hemmings, who holds a Ph.D. in Theology, Ethics, and Culture from Claremont Graduate University, has taught at Northern Caribbean University in Jamaica and currently teaches at Washington Adventist University in Maryland in the areas of Bible; New Testament Greek; World Religions; Social, Biblical, and Theological Ethics; and Dogmatic Theology. She is an ordained Seventh Day Adventist minister. The UUCA Performing Arts Coordinating Team is happy to welcome her as the featured artist for the June Wine, Cheese, and the Spoken Word event to share her essays on her travels in Africa and the Caribbean.

An open mic session between Olive’s two sets offers local poets the opportunity to share their work. Wine, soft drinks, and cheese will be available. Any questions about this event or the series should be sent to Carol Welter at welterdelis@gmail.com

The Underground Theatre is the primary performing arts venue of the Unitarian Universalist Congregation of Atlanta, 1911 Cliff Valley Way NE, Atlanta, 30329 (alternate address for the parking lot: 1597 Interstate-85 Frontage Road, Atlanta, GA 30329). Doors open at 7 pm; readings are from 7:30-9:30 pm. Suggested admission donation is \$5. PLEASE NOTE: The readings may contain adult content and language.

JUNE 24TH UNDERGROUND COFFEEHOUSE: "ANTHEM: A Tribute to Leonard Cohen"

You are invited to a unique variation of UUCA’s monthly Underground

Coffeehouse series. June’s event will be an all open mic session with no featured artist. This evening will be themed as a tribute to legendary Canadian singer, songwriter, and poet Leonard Cohen. You are invited to sing your favorite tunes, whether classic or recent, hit single, or deep cut, we want to hear your version! Please choose 1 or 2 songs and/or poems, and keep the performance under 10 minutes. (Please do not choose “Hallelujah,” as we will all have a chance to sing his most popular work during a special end-of-the-night singalong). Submit your song ideas and questions to coffeehouse@uuca.org and our host Anthony Knuppel will help organize this special event.

The Coffeehouse will be held in the Underground Theatre of the Unitarian Universalist Congregation of Atlanta, 1911 Cliff Valley Way NE, Atlanta, 30329 (alternate address for the parking lot: 1597 Interstate -85 Frontage Road, Atlanta, GA 30329). Doors open at 7 pm; music begins at 7:30 pm. An open mic session will be held between sets. Suggested donation is \$10. Refreshments will be available. Any questions about the performance opportunity or the coffeehouse series (4th Saturday of each month) should be sent to coffeehouse@uuca.org.

JULY 8 UUCA WINE, CHEESE, AND THE SPOKEN WORD TO FEATURE POET PETER MARTIN JUNKER

The UUCA Performing Arts Coordinating Team is pleased to present as the featured poet for the July Wine, Cheese, and the Spoken Word event Peter Martin Junker, a native of Phoenix, Arizona. Peter studied religion at Arizona State and received an MFA in creative writing from the Writers’ Workshop at the University of Iowa, where he served as poetry editor for *The Iowa Review*. After working as an editor in museum publications at The Art Institute of Chicago, he had a long career in nonprofit development as a grant writer and marketing communications specialist. His other jobs have included church sexton, singing waiter, and graveyard manager at a fast-food drive-through. His work aims for the broadest possible range of storytelling within the strictures of a narrow, obsessively controlled form. His idiosyncratic poems—each limited to just 100 syllables—bring music and meaning into focus like curios displayed under crystal. Humor, poignancy, and surprise imbue his writing, whether the subject is a rodeo cowboy’s prayer, a lover’s complaint, or the unruly companion that is bipolar disorder.

An open mic session between the two sets of readings offers local poets the opportunity to share their work. Wine, soft drinks, and cheese will be available. Any questions about this event or the series should be sent to Carol Welter at welterdelis@gmail.com

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Living the Pledge

The Action/Vision Statement from the White Supremacy Teach-In, 5/14/17

"Spirit of Life and Love, Dear God of All Nations, We have so much work to do. We have only begun to imagine justice and mercy. Help us hold fast to our vision of what can be. May we see the hope in our history and find the courage and the voice to work for that constant rebirth of freedom and justice. That is our dream. Amen."

From Reverend Bill Sinkford, former President and current co-President of the UUA:

Oh, my friends, here we are. Taking steps. Together. Are you nervous? I'm kind of nervous. And honored. I am honored and humbled that we, as a faith, have been given so many chances to get this right and we are still here, with yet another try. I am grateful that our UU siblings of color are still willing to do this work with us, together.

So what is "this work?" What is "our vision of what can be" that we might need help holding fast to?

How many of us already feel like we're doing the work of dismantling white supremacy, on some level? How many of us feel like we don't have a clear understanding of what that even means? How many of us get a little irritated or mad when this phrase "the work" comes up, *because* we don't really understand what is expected of us? I'm a little of all three, on any given day.

So please let me share with you a couple of visions of what it could look like to move more deeply into doing the work of dismantling white supremacy, on a very personal and community-based level. Some of you know that my previous congregation was First UU Church of Richmond, Virginia. In December of 2014, as we approached the 50th anniversary of Selma, we had a powerful worship service where we were asked to make a personal pledge to dismantling the racism that exists, when it occurs in ourselves, our communities, or friends and family. It was called the Richmond Pledge to End Racism, based on the famous Birmingham Pledge, and hundreds of members walked forward and literally signed the pledge. And then we all looked at each other, like "Ok, What Now?"

And then there was a workshop. Created by two women from the congregation, one Black and one white, where we worked together to figure out how we could live the actions of this pledge we'd signed. It's called Living the Pledge and it is beautiful and powerful and imperfect and it's working. It spans about 12 hours total. There is work into our own internal biases. There is a break-down of what micro aggressions are and how they play out all the time right here in our churches, and we role-played what we can say and do when we see them happening.

There is deep, spiritual work in small groups with facilitators, and occasional affinity-group caucusing to make space for healing. The resources to bring this workshop here are available to us.

Another vision is the enormously successful work of Safety Pin Box, which was created in the wake of the election. While so many of us were reeling, two Black women, one of whom is UU's very own Leslie Mac, got straight to work and created a monthly subscription box for people who want to be more effective allies for racial justice. After compensating themselves, the rest of the proceeds go to support Black Women Being and they've given over Fifty Thousand Dollars so far this year. Some of the tasks for this White Supremacy Teach In come from Safety Pin Box and they are preparing to release material designed for people to do in groups. So we have these resources available to us, which have the added benefit of putting money directly into the hands of Black women activists and therefore into Black communities. So there is a vision of us doing the work. And putting our money where our mouths are.

Neither of these action steps are perfect. I've done both and it is hard. And every time I feel like I've left behind the naiveté that came with being raised by very good-intentioned parents to try to be colorblind while also having zero meaningful relationships with anyone of a different race until adulthood, more painful layers are peeled back and I feel all the feelings. Shame, guilt, anger, remorse. And then I have support, because I'm not doing this work of dismantling white supremacy all on my own. And I work through it and am able to do better, because I am more aware.

And that is the vision I hold fast to, that we, as members of this faith, can wade into this work together, with the faith that it will help us do better, have more meaningful relationships, stop unintentionally hurting people. And that we will do this work while trying to manage our expectations of perfection or painlessness. It's messy, vital work. And I am proud and nervous and honored to wade in with all of you. That IS our dream.

—Leigh Ann Luscan

Shared by Sheila Smith



Adult RE Offering - "Being Peace"

At a time of discord and division, when ideological battle lines are being drawn and we are lining up along them to act, promote, defend, and resist, how do we find peace, either within ourselves or among those around us – those like us or those we might consider the other? Might we learn from the lives and writings of the wise – spiritual masters and other teachers – that developing self-awareness - coming to know ourselves better – and accepting ourselves – is a start, that others see the world and come at it differently than we do, and that, ultimately, peace within ourselves and among our neighbors can only flow from that understanding. The Vietnamese Buddhist monk Thich Nhat Hanh tells us that love flows from understanding – and with it compassion and a visceral knowing of our interconnectedness with all that is.

Join us this summer – the 2nd and 4th Sunday evenings of the month – beginning June 11 for an exploration of this path – in reading, discussion, listening, presenting, and practicing. We are calling it “Being Peace”. Units will include: Thich Nhat Hanh’s book *Being Peace*, Buddhist nun Pema Chodron’s book *The Places That Scare You*, the concept of the shadow side of ourselves – what it represents and how to claim it (as opposed to burying it), and Byron Katie’s *The Work*, a way of identifying and questioning the thoughts that cause our suffering. Members of the group will share in leading/facilitation of our various units. Expertise not required.

The series will continue in the fall, if there is sufficient interest in the congregation.

Please join us!

Childcare will be provided as needed.

– Dave Hudson – for the Adult Enrichment Team

Mindfulness Meditation

Our mindfulness meditation group meets Saturday afternoons in the Sanctuary (or Discovery Hall if the Sanctuary is not available) from 1:00 to 2:30. Before we sit, some of us also have lunch, takeout or brown bag, together at Noon. Whether you have been meditating for years or are curious about possibly starting a practice, we offer a peaceful space to sit as well as a time to share and learn in a community of fellow meditators. Whatever your belief system or spiritual practice, all are welcome and encouraged to come and sit with us. If needed, we offer a brief instruction period in basic mindfulness practice before we start. Afterwards, if you would like to participate, we will discuss our experiences. Please join us as we sit together in community.

We live always in the present moment, right now. Yet most of us spend most of our attention in thrall to our thoughts without even realizing it. Mindfulness meditation is a way of training our minds to let go of that cycle and become more fully aware of the totality of our experience in every moment, as it unfolds.

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 practice can be incorporated into any theology, preexisting religious practice, 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. Millions of all stripes around the country have gained these benefits, coming to the practice with varied intentions running the gamut from a tool to better themselves, to a supplement to their spiritual practice, to a search for metaphysical insight, to a way for secular people to engage in a spiritual life without needing to accept any dogmas.

If you have any questions, please don't hesitate to contact me by email or phone call.

We hope you join us.

Sincerely,

J. Kevin King, Esq.
jkevinking@yahoo.com
(470) 723-4070

Your Delegates Would Like to Hear from You!

UUMAN's delegates to the UUA General Assembly will be asked to vote on a number of matters during this year's General Assembly in New Orleans, later this month. Your delegates would like to hear from you regarding the matters on the agenda. We will be meeting in the Sanctuary after worship on June 11, and hope as many UUMAN members as possible can attend and participate in the discussion.

Please familiarize yourself with the matters being voted on.

We are electing a new UUA President to serve for six years. The candidate biographies can be found here: <http://www.uua.org/uuagovernance/elections/president>. You can also find a number of videos of recent Presidential Candidate forums on YouTube. You can find them using this search: https://www.youtube.com/results?search_query=uua+presidential+candidates+forum. The candidates also have their own websites: <http://susanfrederickgray.com/> and <http://www.alisonforuuaresident.org/> and <http://www.jeannepupke.com/>.

There are two Bylaw amendments proposed. You can find the changes here: <http://www.uua.org/sites/live-new.uua.org/files/proposedamendments17.pdf>. The rationales presented for the amendments on their applications can be found on page 2 of this document: https://www.uua.org/sites/live-new.uua.org/files/vmod_rpt_01272017.pdf.

The four-year Congregational Study/Action Initiative on Escalating Inequality is in its third year, during which the association publishes its Statement of Conscience on the matter. The draft can be found here: <http://www.uua.org/sites/live-new.uua.org/files/draftsoc2017.pdf>. There will be a process during GA for amending the statement, if necessary, before its adoption.

Please join us after worship on June 11 to share your perspectives on these issues.

—Brian Kohn



Sharing the Plate: 50-50 Sundays

Half of our undesignated plate funds go once a month to a non-profit organization chosen by the Social Justice Committee.

Last month's 50-50 recipient, **The Link Counseling Center** received \$271.19.

—Michelle Liebergesell

Citizens' Climate Lobby is June 50/50 Sunday Recipient.

UUMAN's Ministry for the Earth will host Citizens' Climate Lobby (CCL) as their 50/50 Sunday beneficiary on June 18. CCL works to foster the political will for Climate Solutions through empowering citizens to engage Congress in a bi-partisan fashion. Approaches include lobbying, letter dissemination, media, and outreach events.

Central to CCL's strategy is the Carbon Fee and Dividend, a revenue-neutral carbon tax designed to return all net revenue to consumer households. This "WIN-WIN" approach will permit continued economic growth while reducing greenhouse gases and saving lives.

Please note that CCL's Roswell-Marietta chapter meets evenings at UUMAN every 4th Thursday, and please plan to attend the important 50/50 service on Sunday, June 18!

—Steve Allerton

If you would like to nominate your favorite charity to be a 50-50 recipient, email socialjustice@uuman.org

Red Care Circle Get-Together

The Red Care Circle group met for good food and conversation at Jan and Doug's beautiful home.



FROM THE GARDEN

Dear UUMAN Members and Friends:

Our UUMAN Gardening Group finally finished mulching in May. We have two regularly-scheduled work days in June; the first on Monday, June 12 and the second on Monday, June 26 (weather permitting). We try to work on the 2nd and 4th Mondays of each month from March through November. UUMAN announcements are sent out on the Friday before each work day. If you've never worked in the garden before, please consider joining us this year. There are so many beautiful plants blooming in the garden now!

Claire Sullivan

UUMAN Gardening Group
 cbsullivan@bellsouth.net



Stella de Oro Daylily



Yucca



Texas Skullcap



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



Knockout Roses



Lantana



Pink Evening Primrose



Pink Daylily

Date	Celebration
6/1	Charlotte B. of our MCY program is celebrating a birthday
6/2	Jack T. of our MCY program is celebrating a birthday
6/6	Harper J. of our MCY program is celebrating a birthday
	Elizabeth K. of our MCY program is celebrating a birthday
	Miriam Patanian is celebrating a birthday
6/10	Burk and Merilee Hufnagel are celebrating their 28th wedding anniversary!
6/12	Corbin M.-D. of our MCY program is celebrating a birthday
6/14	Carole and Larry Marra are celebrating their 48th wedding anniversary!
6/16	Tori S. of our MCY program is celebrating a birthday
	Thomas T. of our MCY program is celebrating a birthday
6/18	Jim Saunders is celebrating a birthday
6/19	Ken Fry is celebrating a birthday
6/20	Rowan J. of our MCY program is celebrating a birthday
	Phillip Seaver and Suzanne Rezelmann are celebrating their 24th anniversary!
6/22	Emily K. of our MCY program is celebrating a birthday
6/24	Marc and Carolyn Lee are celebrating their 27th anniversary
6/27	Bob and Rosie Popp are celebrating their 34th anniversary!
	Ryan and Meghan Vidal are celebrating their 9th anniversary!

A Month of Sundays

Date	Topic	Service Leaders
6/4	<p>What in Nature Inspires Me</p> <p>UUMAN poets come together for our annual Poetry Service, featuring music and poems weaving a spiritual experience. This service has become one that is highly anticipated each year.</p>	<p>Jim Saunders, Worship Associate</p>
6/11	<p>Who needs Sanctuary?</p> <p>Guest speaker Brenda Lopez, Georgia State Representative from district 99 explains the legal scenario many undocumented immigrants face in Georgia. What actions have other churches in our region taken? UUMAN stands on the side of love, are we committed to working to provide refuge to our neighbors? After worship, please join us to provide your input to your delegates to UUA General Assembly regarding the business of the association to be voted on in New Orleans later in June.</p>	<p>Bruce Langston, Worship Associate</p> <p>Guest Speaker: Rep. Brenda Lopez</p>
6/18	<p>What's God Got to Do with It?</p> <p>At a time when we take sides and shout at each other across a vast chasm, when true communication has disappeared, perhaps the only way to bridge that chasm is, first, to listen deeply to each other and hope that in so doing we can find the common humanity and, yes, even the Divinity, in each other. Some call that spark of recognition "God" and such deep listening work as holy work. We suggest that the non-partisan work of the Citizens' Climate Lobby is such work.</p> <p>A screening of the documentary <i>Defying the Nazis: The Sharps' War</i> will be presented after worship. This film tells the story of Martha and Waitstill Sharp, two young Unitarians who stood up boldly against injustice to defy the Nazis and rescue Jews, dissidents, and other refugees during WWII.</p>	<p>Brian Kohn, Worship Associate</p> <p>Guest Speaker: Dave Hudson</p>
6/25	<p>Through the Looking Glass of Perspective</p> <p>How does our culture and experiences affect how we look at and assess the world and those around us? How does travel to other countries with very different cultures and life experiences can open our eyes to the variety of perspectives?</p>	<p>Jim Nickens, Worship Associate</p> <p>Guest Speaker: Darya Aberback</p>

June Connections

Date	Event
<p>Wednesdays from 7:00 - 9:30 p.m.</p>	<p>UUMAN's Painting Group</p> <p>Learn to paint in a relaxed atmosphere (with a glass of red wine if desired) on Wednesday nights from 7:00 PM to 9:30 PM in Fellowship Hall. A portion of the fee goes to UUMAN.</p> <p>Contact: Annette Pate painting@uuman.org</p>
<p>Weekly on Wednesdays at 12:15</p>	<p>Daytimers</p> <p>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</p>
<p>Fourth Saturday of the month at 7:30 p.m.</p>	<p>The Common Grounds Coffee House</p> <p>Connecting people who love to play music with those who love to listen!</p> <p>Doors open at 7:00 pm and the show starts at 7:30 pm. Live music and delicious refreshments, \$5 suggested donation, held in the Sanctuary.</p>
<p>Saturdays from 9:30 a.m. to 10:30 a.m. In the Sanctuary</p>	<p>Centering at UUMAN</p> <p>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 at 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.</p> <p>For more information, contact Carolyn Bommarito at campoften@aol.com</p>
<p>2nd and 4th Tuesdays at 10:00 a.m. to 12:00 in Dis- covery Hall</p>	<p>Circle of Women</p> <p>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 l etheridge1@gmail.com</p>

For more information about other offerings at UUMAN, go to www.uuman.org.

ABOUT THE UUMANTimes: The UUMANTimes is the newsletter of Unitarian Universalist Metro Atlanta North (UUMAN). We go live with each issue by the first Sunday of the month; deadline for submissions is typically on the 22nd of the month preceding the issue date. Please email your news articles and artwork to Becky at newsletter@uuman.org