



UUMAN TIMES

Unitarian Universalist Metro Atlanta North

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The Children and Families of UUMAN

In the United States today, children are being raised in families where it is customary not to go to church. This was not the case when the baby-boomers were children. Their post-WW II parents went to church in droves...and they took their children with them.

This religious socialization is not happening today. For this reason, if we feel it is in our best interest to instill Unitarian Universalist principles and values in our children in the hope that these children can be our legacy toward creating the Beloved Community of the future, then it behooves us to make every effort to commit and re-dedicate ourselves to any children and families that walk through our doors.

This is not simply about the preservation, or future health and vibrancy of UUMAN. It's more than that. It's about the preservation, the future health and vibrancy of our Unitarian Universalist principles and values carried forward through our children, and for our children, into the future.

I believe that this is very important. Yes, it would be quite sad if UUMAN didn't exist 50 years from now. To me however, it would be a disaster, and our ministry a failure, if there were no Unitarian Universalism – no Unitarian Universalist principles, no Unitarian Universalist values, no Unitarian Universalist life-saving refuges – in a future culture defined by rampant individualism and communal meaninglessness.

Yes, Unitarian Universalism can be described as a “life-saving” faith. Unitarian Universalism was ahead of the curve in accepting and welcoming the LGBT community at a time when they badly needed accepting and welcoming. It wasn't easy at the time, and we can still always do better and re-dedicate ourselves to this work, but

I've heard from members of the LGBT community that when they walk through the doors of most UU churches, they can “smell” the work that's been done to make them feel welcome.

What other communities, walking through our doors for the first time, do we need to “stay woke” to?

One such community is the re-defined, non-traditional family – families having two moms, families having two dads, single parent families, families with an undocumented parent or parents, families with members facing mental illness, families with members challenged with disabilities, families simply struggling to keep their heads above water.

During my summer study leave, I made an effort to spend time with the children of UUMAN in the summer program and in the nursery. Together we washed cars, made shopping bags for NFCC and played with the trains and toys.

Although this never fails to bring me joy, it's not about me. This intentional effort shows these children that “I see them” and that “they matter” to me. It shows their parents that “I seen them and their children” and that “they matter” to me as well.

I'd like for UUMAN to be the place that when children and families walk through our doors for the first time, they'll be able to “smell” that we've done our work to be the most welcoming congregation for them and their needs. What can you do to help?

Take care,

Dave

MCY's Summer Program

Fun, Creativity, and Results!

The young people accomplished some very cool service projects and had a great time at UUMAN on summer Sundays this year.

While Toniann Read, Director of MCY (Ministry with Children and Youth), was on summer leave, long-time member Merri Beth Stephens led the kids and adult volunteers into action. In addition to the pure joy of Water and Games Day (water balloons, sprinklers, getting your friends soaking wet) and the creativity of Tie-Dye Day, there were activities that gave back. Car Wash Day raised money for the MCY program (while also getting your friends soaking wet). Our local birds have some brand-new, good-looking shelter thanks to Build A Birdhouse Day. The back-to-school drive enabled our children to stuff more than 20 backpacks with notebooks, pens, pencils, and numerous and sundry supplies to help other children with their schoolwork. North Fulton Community Charities distributed them to those in need in our community.

Another activity with amazing results was creating shopping bags out of old, clean, colorful tee shirts. In short order, with many young (and not so young) hands working, armfuls of them were donated to the North Fulton Community Charities Food Pantry. These ingenious bags were a big hit there, where typically 1,000 grocery bags per day are needed in order to provide groceries, household items and toiletries to people in our area.

Melody Fortin ("Mel"), Director of the Food Pantry, said she loves these tee shirt bags. They are big enough to hold all the dry goods for a client's order, e.g. popular items like cereal boxes, spaghetti, diapers, etc. When you think about having to hand-carry loads of groceries out to the parking lot, or even all the way home on the bus, as some clients do, you can imagine how handy these bags are. Plus, they are unique and made the clients receiving them smile. Let's continue the tradition next year!

We are very grateful to Merri Beth and the many volunteers and participants for this successful summer program. Each and every person involved made a real difference. A heart-felt thank-you to all!

—Carole Herman





Notes from the Board of Trustees

by Elizabeth Rohan, UUMAN President

What in the World Does Family Systems Theory Have to Do with Leadership at UUMAN?

On August 11th, the Board participated in a day-long retreat, where we gathered to get to know one another better and to set the tone for the year ahead. An important part of the day was watching and discussing a video, based on Edwin Friedman's work (*Generation to Generation: Family Process in Church and Synagogue and Failure of Nerve*), about what it means to be a self-differentiated leader.

Friedman's ideas are grounded in Dr. Murray Bowen's (1913-1990) pioneering work in family therapy. Dr. Bowen is known for developing family systems theory in the late 1960s. His theory states that families tend to function similarly to biological organisms. Central to his theory is the concept of differentiation, which, when applied to behavior within a family, means the ability of a person to maintain a strong sense of self within one's family. A well-differentiated person is able to resist the lure of triangulation, where a person attempts to engage a third party rather than speaking directly to the person in question.

For decades, Friedman (and others) have successfully applied Bowen's system approach to family therapy to organizational development. Organizations benefit when their leaders are well-differentiated—calm and responsive—rather than anxious and reactive. We are all leaders in some aspect of our involvement at UUMAN, so this video is beneficial to all of us! Enjoy!!

<https://www.youtube.com/watch?v=RgdcljNV-Ew>



UUMAN Sharing the Plate--50/50

Once each month, half of our undesignated plate offering is given to a non-profit organization. The other half goes for the work of our congregation. Please consider giving even more generously than usual on these Sundays.

—Michelle Liebergesell

Updated Board Goals

The Board has updated the goals (dare we say vision?) formulated last year and drafted these goals (see box) to guide our work for 2018-2019.

DRAFT Board Goals

We will work for UUMAN to be:

Welcoming – we will work to engage and connect those who come through our doors, recognizing that our community is strengthened by greater diversity

Intentionally multigenerational

Financially healthy

A community whose influence and numbers are growing

A vehicle of service to our community and the world

In addition, we want to work with the full congregation to set and affirm our vision

- Elizabeth Rohan

Navigators Chapter 24

Navigators USA is an alternative, secular scouting program that welcomes all families. As part of UUMAN's Family Ministry we intentionally working to counter white supremacy culture and welcome people who identify LBGTQ. You can find more information about what our chapter is planning, how we operate, and when the next meeting is at <https://www.facebook.com/Navigators94/> The Frequently Asked Questions (FAQ) is pinned to the top of the page. You can also contact for additional information.

- Heather Moll-Dunn

The Dark Green Care Circle Potluck

The Dark Green Care Circle had a fun potluck on August 12th in Fellowship Hall. We shared a delicious meal, much laughter, and memories of our summer adventures with each other.

- Ginelle Heller



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 Phillip at communications-chair@uuman.org

Date	Celebration
9/6	Kit Hamblen is celebrating a birthday
9/9	Dirk and Ann Bender are celebrating their 28th anniversary!
9/10	Luc G. of our MCY program is celebrating a birthday
9/12	Alison King is celebrating a birthday Sheila K. Smith is celebrating a birthday
9/18	Nelson and Marcia Hagood are celebrating their 8th anniversary!
9/21	Simon L. of our MCY program is celebrating a birthday
9/22	Carolina Patlis and Sam Friedman are celebrating their 18th anniversary!
9/24	Maeve H. of our MCY program is celebrating a birthday Jesse Read is celebrating a birthday
9/28	Troy vdB. of our MCY program is celebrating a birthday

A Month of Sundays

Date	Topic	Service Leaders
9/2	Just Wholeness From the early holistic thinkers like Goethe, to the current quantum physicists, there is a growing understanding of what wholeness means. Still, there are many questions, like how does wholeness feel? What can we do when despite our best efforts, we have a deep aching sense that something is missing?	Donna Melcher
9/9	Faith Formation 2020 What does "faith formation" mean to a Unitarian Universalist? How do you respond when people criticize UUism for being a faith where you can believe in "whatever you want?" If you believe that your faith (or philosophy of living (and dying)) is important to you, how are you developing it?	Rev. Dave Dunn Adult Enrichment Team
9/16	Yom Kippur Faith In Action Multigenerational Service Please join us for our multigenerational faith-in-action service focusing on the importance of the Day of Atonement and its relevance to our lives.	Rev. Dave Dunn and Toniann Read
9/23	Engaging in UUMAN's Vision We all know UUMAN's mission statement, but what is UUMAN's "Vision" for the future? Where are we headed...and why are headed there? How can you participate in the creation of our shared vision together?	Rev. Dave Dunn
9/30	Renewing Our Promise to Pride The first Pride marches began in the early '70s to commemorate the Stonewall uprising of 1969. With Atlanta's Pride March just around the corner (October 14), might it make sense to revisit the meaning of the march and rededicate ourselves to its significance?	Rev. Dave Dunn Maya Henson UUMAN's Pride Organizers

September Connections

Date	Event
Wednesday nights from 7:00 PM to 9:30 PM in Fellowship Hall.	UUMAN's Painting Group Learn to paint in a relaxed atmosphere (with a glass of red wine if desired). We have easels and tray tables; just bring your paints and a canvas. A portion of the fee goes to UUMAN. Contact: Annette Pate painting@uuman.org
Weekly on Wednesdays at 12:15. Location of meetings vary.	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. dan@uuman.org
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 9:00 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. For more information, contact Carolyn Bommarito at campoften@aol.com
2nd and 4th 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 Linda Etheridge lletheridge1@gmail.com
Saturdays, 1-2:30 in the Sanctuary, or Discovery Hall if the Sanctuary is not available. Childcare is available.	Mindfulness Meditation 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. Contact J. Kevin King at jkevinking@yahoo.com (470) 723-4070

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