

# UUF Galveston Gazette

September 2009



Unitarian Universalist Fellowship of Galveston County

502 Church Street, Galveston, Texas 77550-5502

(409)765-8330

Online at <http://uugalveston.org>

## A Month of Sundays

Services and Children's Religious Education 10:30 a.m. Adult Forum 9am

## President's Message

### September 6

#### Dale Hogan, "Working Toward a Complaint-Free World"

*Our words have power. When our words consist of complaints, grumbling and gossip, we are making our world a more negative place. The Complaint Free World program began in July of 2006 when Will Bowen handed out approximately 250 purple bracelets to people to encourage them to think more positively. The idea was simple: put a purple rubber bracelet on your wrist and, when you catch yourself complaining, switch the bracelet to the other wrist. Learn how and why to use this simple reminder to make you and your world more positive and uplifting. Dale is a Research Scientist in the Department of Biochemistry & Molecular Biology at UTMB. She has 5 children and 8 grandchildren, with 2 more on the way.*

Greeter: Karen Brykczynski  
Facilitator: Bets Anderson

Board Member: Cheryl Henry  
Music: Margaret Canavan

### September 13

#### Gerry Carr, "Water Ceremony"

*As the summer ends and we look forward to fall; it has become a ritual in this congregation to share water (real or symbolic) from our travels and experiences. This year the water ceremony has special meaning as we observe the first anniversary of Hurricane Ike. Please plan to bring water (if you have it) or use symbolic water to participate and share in this special service. Gerry is Past President of our Fellowship and Chairs the Program Committee.*

Greeter: Joni Klein

Board Member: John Hunger

Music: Tony DiNuzzo

### September 20

#### John Pepper, "The Abuse of Fellowship"

*In light of the recent financial meltdown and the fact that we live in a world where people take advantage of friendship, this service will be a reminder to keep our eyes open and to use our prized powers of reason and integrity to get us through these troubling times. This will be followed by "The Miracle of Fellowship" in October, indeed a powerful topic. John Pepper is a Candidate for the UU Ministry working toward full fellowship. He currently lives and works in Houston and is a member of the Unitarian Fellowship of Houston. John plans to work as a hospital chaplain in retirement.*

Greeter: Stephanie Nwadike  
Facilitator: John Hunger

Board Member: Mike Hennen  
Music: Woody Dickson

### September 27

#### POT LUCK AFTER THE SERVICE

#### Laura Emerson, "Emerson on Emerson: Where Does Optimism Live?"

*Laura will discuss Ralph Waldo Emerson, with special emphasis on his optimistic nature. Emerson had a sunny outlook despite a series of family and national tragedies. What sources this kind of optimism? Nature? Nurture? Theology? Decision? Laura will explore these questions in what promises to be an interesting and thoughtful sermon. Laura Emerson is a regular speaker at our Fellowship. She is a member of Emerson Unitarian Church in Houston and teaches liberal religion to adult education groups all over the country.*

Greeter: Kathy Domsky  
Facilitator: Cheryl Henry

Board Member: John Hunger  
Music: Steve Hodgson

Dear UU Colleagues,

With September, we come to the end of a long, hot summer. Now we watch the weather forecasts for the threat of storms. Remember that we endured the worst that Ike could deliver and came through stronger than before.

Susan and I return to Galveston from our home in Mexico the end of August and look forward to seeing you all again at the September 6 service.

Our time in San Miguel has been rich with experiences. We visited the UU Fellowship of San Miguel de Allende every Sunday that we have been here and have heard many exceptional Messages. Dennis Hale, an ordained minister w/ both Baptist and UU credentials, was a standout. I plan to share at least one of his services with you all during an upcoming Sunday.

With the ac system repaired, I trust our building is even more comfortable for our members and guests. Upon my return, other church business will get my immediate attention. The Board's September 14 agenda is full so I will have much to report in my October letter to the congregation.

Until then, stay well.

John

*Love is the spirit of this church, and service is its gift.*

*This is our great covenant: to dwell together in peace, to seek the truth in love, and to help one another.*

## Sunday Morning Education Group Enlivened by *Getting a Grip*

After being enthralled by Frances Moore Lappe's presentation at the international meeting of UU women in Houston last February, our adult religious education [RE] group decided to read her book, *Getting a Grip*. It turned out to be an excellent choice and engendered much discussion. Rather than attempt to summarize the book [an impossibility in the confines of these pages], I will do two things: 1. Urge you to read the book; and 2. Bring out a few salient points to 'whet your appetite.'

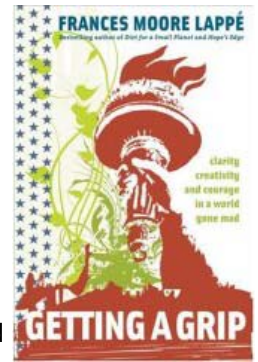
In her opening note, Lappe asks, "Why can't we have a nation – why can't we have a *world* we're proud of? Why can't we stop wringing our hands over poverty, hunger, species decimation, genocide, and death from curable disease that we know is all needless? The truth is there is no reason we can't." And herein lies the crux of her book. We are reminded that

we all are "creatures of the mind" and that our ideas about reality determine what we see, what we believe is possible, and therefore what we become. She concludes the note: "So this little [186 pages] book is about learning to see the killer ideas that trap us and letting them go. It's about people in all walks of life interrupting the spiral of despair and reversing it with new ideas, ingenious innovation – and courage. It's about finding that mixture of anger and hope to energize us for this do-or-die effort. Why not go for it?"

And "go for it" we did. Our group, **Madeline Baker, Neil Huddleston, Laura Murrell, Steve Reubens, Kat Edwards, Julian Conner, Ana Rivera, Dale Hogan, Ken Vaughn, and Jim and Nancy McGlathery** when in town, and a few other drop-ins, not only read the book once, but decided to go through it again. The richness and relevance of the content, especially the many examples of moving from powerlessness to empowerment, had us coming back for more each

week. Lappe's characterization of "living" democracy and its examples highlighted that many of the initiatives began with one person or a handful of people. For example, Wangari Maathai planted seven trees on Earth Day in Nairobi in 1977 to honor seven women environmentalists. Those trees sparked a movement that now includes forty *million* trees, all planted by women across Kenya. When she was told that she had won the Nobel Peace Prize, Wangari said, "I didn't know anyone was listening."

For inspiration and insight into how you can become empowered and can practice living democracy, we highly recommend ***Getting a Grip***. Our copies are available to you; just ask.



***The Biology of Belief: Unleashing the Power of Consciousness, Matter, and Miracles*** is a groundbreaking work in the field of New Biology. Author Dr. Bruce Lipton is a former medical school professor and research scientist. His experiments, and that of other leading edge scientists, have examined in great detail the processes by which cells receive information. The implications of this research radically change our understanding of life. It shows that genes and DNA do not control our biology; that instead DNA is controlled by signals from outside the cell, including the energetic messages emanating

from our positive and negative thoughts. Dr. Lipton's profoundly hopeful synthesis of the latest and best research in cell biology and quantum physics is being hailed as a major breakthrough showing that our bodies can be changed as we retrain our thinking. Join us at 9am on September 6 to begin discussion. The book will be available at the Fellowship for \$15.00. Scholarships are available for those who need them. Come discuss the book that one of our members declares is "very readable" and "interesting."

### Reminders

- Please bring **clean plastic grocery bags** and small **plastic food containers with lids** for **Shirley Hollingsworth's** Saturday work to feed the homeless. Leave them in the box outside the Administrator office.
- Bring old (clean) socks and rags for **Judy Glaister** to use for cleaning on the *Elissa*. They are needed for polishing.
- We can get **CASH CREDITS** at Office Depot with your **used inkjet printer cartridges**.
- **Fair Trade Coffee and Tea** sales in our foyer benefit small coffee farmers & also our Social Action Committee.
- **For visitors & newcomers:** Our members receive the **UU World** magazine, & want to share with you. Feel free to take copies from the display in the foyer.
- **Friendly Sunday morning "Greeters"** are needed! Sign-up in the kitchen or contact **Vickie Francil**.

### Right Relations Covenant

*We will communicate openly, honestly & respectfully. We will listen carefully with open minds & open hearts. We will assume good intentions, practice tolerance & resist the temptation to become offended. We will take responsibility for our speech, actions & feelings, & we will be sensitive to possible conflicts & willing to work toward solutions. We will consider other perspectives & will strive not for unanimity but for mutual respect. We will honor our own boundaries & the boundaries of others. We will respect & support the diversity within our congregation & work to foster a welcoming environment.*

# News & Coming Attractions

## Member NUUs

**Thinking of YoUU:** Please keep in your prayers & thoughts: those persons in need of some extra positive energy.

## UUpcoming Events

**Book Cluub. September 9:** All are welcome to discuss **September of Shiraz** by Dalia Sofer at 7pm. October book will be **The Color of Water** by James McBride.

**"Spirituality of Poker" and Game Night Sunday, September 27, 6:30pm:** Poker will be at Alan Griffin's, location of games to be announced later.

**Supper Circle: Red & Cheryl Henry** will host Supper Circle on Sunday, September 20 at 6pm. Be among the first 20 to sign up on the bulletin board.

**Used Book Sale:** There will be no book sale in September.

### Treasurer OOPs

Following the service on 8/2/09 the bank deposit was made without total documentation of checks that were deposited. We have the amounts of all checks if you gave the UUF a check that Sunday please contact Pete Olsen with the amount so that our records can correctly reflect your contribution.

**"Bowlers"** will resume meeting on Wednesday evenings at 5 pm, beginning Wednesday, September 2. No experience is required to participate in this great endeavor, which creates ceramic bowls for the annual "Empty Bowl" fundraiser to benefit Galveston's Jesse Tree.

**Steve & Mary Hodgson** are planning a round robin Scrabble tournament at UU on September 26 at 9am. Entry fee is \$10 with categories of Novice & Intermediate. Participants need to bring a Scrabble set and a timer. Play will be by Scrabble rules. Round robin, 4 rounds. Dictionaries will be permitted for challenges only. E-mail MaryHodgson97@hotmail.com if you would like to participate. Limited to 70 entrants.

**Program Committee** meetings have moved to the first Wednesday of each month, 6pm, at Mosquito Café (14<sup>th</sup> & Winnie). All are welcome.

The calendar for the 2010 **Supper Circles** has been posted on the bulletin board. Please let **Judy Glaister** know if you would like to host a supper, especially for January or February.

## Around UU

**Virginia Countryside & UU History Mystery Tour:** Enjoy a beautiful fall weekend in the historic Virginia/West

<b>2009 - 2010</b>	
<b>UUFGC Board of Directors</b>	
President	John Hunger
President-Elect	Mike Hennen
Past-President	Susan Persons
Secretary	Cheryl Henry
Treasurer	Pete Olsen
Members at Large:	Fanny DeGesero Kathy Domsky Patrick McGuffey
<b>Committees and Task Forces</b>	
Communications	Madeleine Baker
Landscape	Martha Terrill
Membership	Cheryl Henry
Program/Worship	Gerry Carr
Religious Education	Neil Huddleston
Supper Circles	Judy Glaister
Social Action	Mary Hodgson
Administrative Team	B. Anderson, M. Baker, M. Canavan, J. Glaister, & C. Henry
Webmaster	Amber Zainfeld

Virginia countryside & learn about UU History in the process. For more information and to register for the tour, visit <http://www.uuloudoun.org/tour.html>



## ⊕ News from the Unitarian Universalist Association ⊕

After a busy and exciting start to the summer which included our annual General Assembly (GA) in Salt Lake City and the election of a new president of the Unitarian Universalist Association (UUA), Rev. Peter Morales, we have a lot of news and information to share.

The Lifespan Faith Development staff group has extended its call for authors to write curricula for the Tapestry of Faith Multigenerational Programs. The new deadline is now September 14. Also, a resource for lay leadership development called "Harvest the Power" is now available online.

After a brief summer hiatus, Actions of the Month are back. This month's action is Gulf Coast Recovery. All Souls Church

and other Unitarian Universalist groups have participated in efforts to rebuild and clean up New Orleans since hurricanes Katrina and Rita. But the people in this region still face many challenges. There are many ways that Unitarian Universalist congregations can help.

Newly available from Skinner House Books, *Las Voces del Camino* presents seventy-five songs in Spanish, including songs from *Singing the Living Tradition* and from Spanish-speaking cultures worldwide. Also available, *The Arc of the Universe is Long* examines the recent history of the UUA's journey towards becoming an anti-racist, anti-oppressive, and multicultural movement.

"May Nothing Evil Cross This Door," a

collection of sermons by Rev. Chris Buice, is now available on CD for suggested donation. Rev. Buice is the minister of the Tennessee Valley Unitarian Universalist Church (TVUUC). The sermons record Rev. Buice's response to the tragic shooting at TVUUC and the congregation's progress toward rebirth. All donations will support the congregation's ongoing recovery efforts.

We are happy to announce that the *Now is the Time* Campaign has exceeded its \$50 million goal, including \$20 million in cash and \$30 million in legacy commitments. The successful campaign has enabled us to accomplish many important goals and was made possible by your gifts. Thanks to everyone for your profoundly generous support!



Meetings are at the Fellowship unless otherwise noted. Everyone is invited and welcome to all listed activities.

**Alcoholics Anonymous Phoenix Group** meets Sunday & Wednesday evenings at 8pm. Contact Robert G. for information at 409-392-7005.

**Adult Forum** meets Sundays at 9am to explore topics in religion, philosophy, history & politics.

**Board of UUFGC** meets the 2<sup>nd</sup> Monday of each month at 5:15 pm. All are welcome to attend.

**Book Club** meets the 2nd Wednesday of each month. Contact Fanny DeGesero if you have suggestions for readings..

**Used Book Sale** monthly on second Saturday, 9am . Come help out! Donate your used books!

**Bowlers** meet throughout the year to make bowls for the annual "Empty Bowl" fundraiser. Meetings are each Wednesday at 5pm.

**Comedy Defensive Driving:** "Pokey" Simmons teaches this three Saturdays each month, for \$35. Contact him at (409) 789-8451 to sign up.

**Course in Miracles Study Group** meets every Monday at 11 am. Contact Laura Murrell for information(lauramurrell@att.net).

**Dance Classes:** Meet each Tuesday & Thursday, 7pm: Questions, call Betty at 281-337-0441. See <http://www.galvestondanceclub.com>.

**Gardeners** meet monthly for work that is important to keeping our Fellowship looking good & working properly. See calendar for work dates.

**Program Committee** meets the first Wednesday of each month at 6pm, at Mosquito Café in Galveston. Meetings are open to all.

**Poker and Game Night** is monthly and held in members' homes, open to all. Check the calendar & weekly announcements for date & location.

**Social Action Committee** meets the first Sunday of each month after service and welcomes your ideas, energy and enthusiasm.

**Spirit Circle Covenant Group** meets on the 2<sup>nd</sup> and 4<sup>th</sup> Tuesday at 6pm. Contact Gerry Carr [gcarr@tlc-galveston.org](mailto:gcarr@tlc-galveston.org) or leave a message at the Fellowship if you would like to be contacted by phone.

**Supper Circles** meet monthly. Call Judy Glaister at (409)762-8187 to schedule a supper, sign up for one, or for information.

**Zen Meditation** meets Mondays at 5:30pm, and Thursdays at 5:15pm. Contact Cara Geary ([gcara@comcast.net](mailto:gcara@comcast.net)) or visit [galvestonzen.org](http://galvestonzen.org) about Mondays, or Terry Conrad (409)599-7268 about Thursdays.

Send newsletter information to [administrator@uugalveston.org](mailto:administrator@uugalveston.org) or phone 409-765-8330, or leave a note at the Fellowship.

**Social Action Committee**

**Provocative Film Series**  
**OUTSOURCED**

**7pm Friday September 4**

When his department is outsourced to India, customer call center manager Todd Anderson (Josh Hamilton) heads to Mumbai to train his successor (Asif Basra), and amusing culture clashes ensue as Anderson tries to explain American business practices to the befuddled new employees. In the process, he learns important lessons about globalization -- and life. Ayesha Dharker and Matt Smith also star in director John Jeffcoat's cross-cultural comedy

**Free Admission -- Bring a friend and a snack to share.**

With recent loan repayments, our microfinance "revolving" fund has now made 73 loans, totaling \$2475, to recipients in developing countries. This month we made our first loan to a borrower in the United States! We have donated a total of \$125 to support the activities of Kiva. We make loan as we receive donations and re-lend as existing loans are repaid. All are welcome to help select loan recipients. Take a look at our current microfinance portfolio at

<http://www.kiva.org/lender/unitarianuniversalist3384>.

**The Principles of the Unitarian Universalist Association**

*We, the member congregations of the Unitarian Universalist Association, covenant to affirm and promote:*

- The inherent worth and dignity of every person;
- Justice, equity and compassion in human relations;
- Acceptance of one another and encouragement to spiritual growth in our congregations;
- A free and responsible search for truth and meaning;
- The right of conscience and the use of the democratic process within our congregations and in society at large;
  - The goal of world community with peace, liberty and justice for all;
  - Respect for the interdependent web of all existence of which we are a part.

# SEPTEMBER 2009

*Unitarian Universalist Fellowship of Galveston*

*Activities are held at the Fellowship unless otherwise indicated*



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><b>Happy Birthday to:</b>  <b>Kat Joel-Reich</b>  <b>Martha Terrill</b>  <b>John Hunger</b>  <b>Billie Rinaldi</b>  <b>Doris Lee</b>  <b>Steve Reubens</b></p>	<p><b>9/1</b>  <b>9/10</b>  <b>9/16</b>  <b>9/16</b>  <b>9/23</b>  <b>9/30</b></p>	<p><b>1</b>                      1:30pm - Yoga                      7pm - Dance lessons</p>	<p><b>2</b>                      5pm - Bowlers                      6pm - Program Cmte at Mosquito                      8pm - AA Phoenix Gp</p>	<p><b>3</b>                      10:30am - Yoga                      5:15pm - Zen Meditation                      7pm - Dance lessons</p>	<p><b>4</b>                      7pm - Provocative Film, <b>Out-sourced</b></p>	<p><b>5</b></p>
<p><b>6</b>                      9am - Adult Forum                      10:30am - Dale Hogan, <i>Working Toward a Complaint-Free World</i>; Children/Youth Religious Education                      12n - Social Action Cmte;                      8pm - AA Phoenix Group</p>	<p><b>7</b>                      11am - Course in Miracles                      5:30pm - Zen Meditation</p>	<p><b>8</b>                      1:30pm - Yoga                      6pm - Spirit Circle                      7pm - Dance lessons</p>	<p><b>9</b>                      5pm - Bowlers                      7pm - Book Club, <b>September of Shiraz</b>                      8pm - AA</p>	<p><b>10</b>                      5:15pm - Zen Meditation                      7pm - Dance lessons</p>	<p><b>11</b></p>	<p><b>12</b>                      9am - Defensive Driving</p>
<p><b>13</b>                      9am - Adult Forum                      10:30am - Gerry Carr, <i>Water Ceremony</i>; Children/Youth Religious Education                      8pm - AA Phoenix Group</p>	<p><b>14</b>                      11am - Course in Miracles                      5:15 - Board Meets                      5:30pm - Zen Meditation</p>	<p><b>15</b>                      7pm - Dance lessons</p>	<p><b>16</b>                      5pm - Bowlers                      8pm - AA Phoenix Group</p>	<p><b>17</b>                      5:15pm - Zen Meditation                      7pm - Dance lessons</p>	<p><b>18</b>                      Newsletter Deadline</p>	<p><b>19</b>                      9am - Defensive Driving</p>
<p><b>20</b>                      9am - Adult Forum                      10:30am - John Pepper, <i>The Abuse of Fellowship</i>; Children/Youth Religious Education                      6pm - Supper Circle at Henry's                      8pm - AA Phoenix Group</p>	<p><b>21</b>                      11am - Course in Miracles                      5:30pm - Zen Meditation</p>	<p><b>22</b>                      6pm - Spirit Circle                      7pm - Dance lessons</p>	<p><b>23</b>                      5pm - Bowlers                      8pm - AA Phoenix Group</p>	<p><b>24</b>                      5:15pm - Zen Meditation                      7pm - Dance lessons</p>	<p><b>25</b></p>	<p><b>26</b>                      9am - Defensive Driving                      9am - Scrabble Tournament</p>
<p><b>27 Potluck</b>                      9am - Adult Forum                      10:30am - Laura Emerson, <i>Ralph Waldo Emerson</i>; Children/Youth Religious Education                      6:30pm - Poker at Alan Griffin's, Games at ???</p>	<p><b>28</b>                      11am - Course in Miracles                      5:30pm - Zen Meditation</p>	<p><b>29</b>                      7pm - Dance lessons</p>	<p><b>30</b>                      5pm - Bowlers                      8pm - AA Phoenix Group</p>			