

UU Galveston Gazette

Unitarian Universalist Fellowship of Galveston County

OCTOBER 2016

A Welcoming Congregation

502 Church Street, Galveston, Texas 77550-5502

409.765 8330

Online at uugalveston.org

We welcome the full range of human diversity, that is, age, race, gender, sexual orientation, and ethnicity.

The theme for our October programs is Spiritual Practice. We can derive immeasurable benefits from spending a little time each day nurturing our spiritual life. The benefits of a regular practice -- meditation, walking, yoga, knitting, creating art, practicing gratitude, praying, etc. -- can produce a feeling of calmness and peace. A spiritual practice helps us get in touch with our own wisdom. Join us for our October programs as we explore how a spiritual practice might provide for a more joyful, creative, and empowered life.

October 2: Radheshyam Miryala MD & Roopa Naidu “Get Out of Your Head - Dive Into Your Heart - Feel the Magic”

We spend so much of our life in our head. There is better real estate in our heart. So much of our attention and focus is the fears, desires, and distractions in our head. Pivoting our attention to our heart can have a profound effect on our well-being. Heartfulness meditation is a powerful way to begin to experience the mystical splendor latent in our hearts. Dr Miryala is an emergency room physician and Mr. Naidu is managing director of information Technology at JP Morgan.

Greeter: Bets Anderson BMOD: Wendy Baker Facilitator: Miso Lee Music: Margaret Canavan

October 9: Bets Anderson- "Spirituality is"

This program will focus on the numerous, and varied, ways to both define and practice spirituality. Bets is a member of the Fellowship and recently graduated from the Community of Hope program as a lay chaplain .

Greeter: Fanny DeGesero BMOD: Mary Case Facilitator: Bets Anderson Music: Bruce Mauzy

October 16: Cheryl Henry “The Blessing of the Animals”

In the Roman Catholic tradition, the first Sunday of October is celebrated as the Feast of St. Francis of Assisi. St. Francis (1182 - 1226) was a monk who was known for his vow of poverty and his special connection to animals. Many Unitarian Universalists have joined in the tradition of blessing animals, particularly pets, at this time of year. We will honor all animals in this special service. You may bring your pet on a leash or in a carrier or simply bring a photograph of your pets, both present and past. Cheryl is a member of our Fellowship. She is lucky enough to live with three big dogs at the present time -- Jack, Sara, and Bela Lugosi -- none of which are well-behaved enough to participate in this service.

Greeter: Carol Lobb BMOD: Steve Townlehy Facilitator: Cheryl Henry Music: Idalia Avezuela

October 23: Rev. Bob Tucker, “Transforming Pain”

Connectedness and Spirituality are a Special gift of Pain. Bob is a native of Minnesota and has served churches in South Dakota, Minnesota, Texas and Kansas. He was, for twenty-eight years, the Senior Minister of First Congregational Church of Houston. He is Executive Director Emeritus of The Foundation for Contemporary Theology.

Greeter: Sharon Goodwin BMOD: Ed Beasley Facilitator: Carlos Price Music: Bruce Mauzy

October 30: Sandra A. Lopez, LCSW “Celebrating Our Loved Ones through Dia de Los Muertos” and POTLUCK after the service

Although historically tied to the Mexican culture, Dia de Los Muertos has become a widespread recognized celebration in the United States and around the world. The presentation will explore some of the unique ways in which death is now openly acknowledged in our community and in the nation. As always, UU members will be invited to take part in honoring their loved ones through the ritual of Dia de Los Muertos. Sandra A. Lopez is a Licensed Clinical Social Worker and for the last several years Sandra has enjoyed the opportunity of drawing from her Mexican culture and family customs in celebrating Dia de los Muertos with the UU Fellowship community.

Greeter: Lisa Windsor BMOD: Steve Townley Facilitator: Kay Schiller Music: Margaret Canavan

*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.*

A Message from our President

Dear Friends,

This month our theme is spiritual practice. This notion brought me to a beautiful 13th century Sufi poet Jalaluddin Rumi (translated and interpreted).

*There are a thousand ways to kneel and kiss the ground.
There are a thousand ways to go home again.*

Unitarian Universalism offers diverse and meaningful ways of connecting with the sacred. Whether we're sitting in Zen Buddhist meditation, listening for truth with Christian *lectio divina*, praying to the spirit of life, or chanting in a circle at winter solstice, our spirituality is unbounded. Our stories and practices draws from our many sources of inspiration.

We may find joy by keeping a gratitude journal, peace by reflecting in meditation, hope by joining hands in a circle of prayer, connection while marching for justice, wisdom from hiking in the forest. As people of many beliefs, we are each encouraged to embrace and practice forms of spirituality that resonate with our hearts and minds.

Our communities are homes for people with a diversity of spiritual practices. Through our worship services and programs, we offer people the opportunity to learn more and go deeper. We, as a Fellowship, encourage the individual path of discovering opportunities to deepen your personal spiritual practice. For that, I am grateful.

Thank you for your openness, willingness and the enrichment that we benefit from by having you share your life.

Sincerely,

Larry Janzen

Board President



Want more new from UUA? The UU Bulletin is available by email from the Unitarian Universalist Association. This monthly e-publication is full of information about issues and activities of our denomination. You can subscribe at <http://www.uua.org/news/follow/alerts>

Get news out to our members and friends! Send to administrator@uugalveston.org

- ◆ Sunday Order of Service: by 5pm Thursday
- ◆ Weekly email: 5pm Monday
- ◆ Newsletter: by the 15th of the month

2016 - 2017 Leadership of UUGFC

Board of Directors

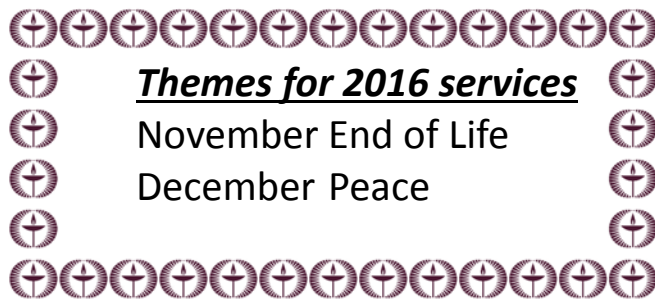
<i>President</i>	Larry Janzen
<i>President-elect</i>	Lisa Windsor
<i>Past President</i>	Mary Case
<i>Treasurer</i>	Carlos Price
<i>Secretary</i>	Judy Glaister
<i>At-large members</i>	Wendy Baker Ed Beasley Steve Townley

Committees and Task Forces

<i>Caring</i>	C.Lobb/M.Philpot/M.Terrill
<i>Communications</i>	Madeleine Baker
<i>Landscape</i>	Margaret Canavan
<i>Membership</i>	Cheryl Henry
<i>Program/Worship</i>	Mary Case
<i>Religious Education</i>	Neil Huddleston
<i>Supper Circles</i>	Mary Ann Fore
<i>Social Action</i>	Billie Rinaldi

Administration

<i>Webmaster</i>	Neil Huddleston
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Themes for 2016 services

November End of Life

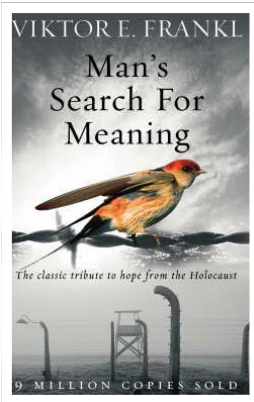
December Peace

Our 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.

--adopted in 2005

Adult Forum



Meetings are Sundays at 9am, in the back RE Room.

In October the Adult Forum will be taking a “break” from the history of the world after the session “Relaxing Roman Style.”

After a discussion of how people cope in impossible situations [prompted by “Being a Poor Roman”], we decided to read Viktor Frankl’s *Man’s*

Search for Meaning for the month of October.

Please read the first 2 chapters and join us October 2nd as we begin that discussion. We plan to resume the history series in November with “Practicing Roman Religion.”

All are welcome to all of these discussions.

Small Group Ministry

Also known as “covenant groups” or “chalice circles,” UU Small Groups of from six to twelve people meet regularly to reflect on and discuss significant life topics in order to develop nourishing relationships that foster growth, learning and spirituality.

Over time, participants build deep connections with one another by engaging in a structured process of conversation that is respectful and caring. In each session, all participants have opportunity to share their perspectives, tell their stories, and listen deeply.

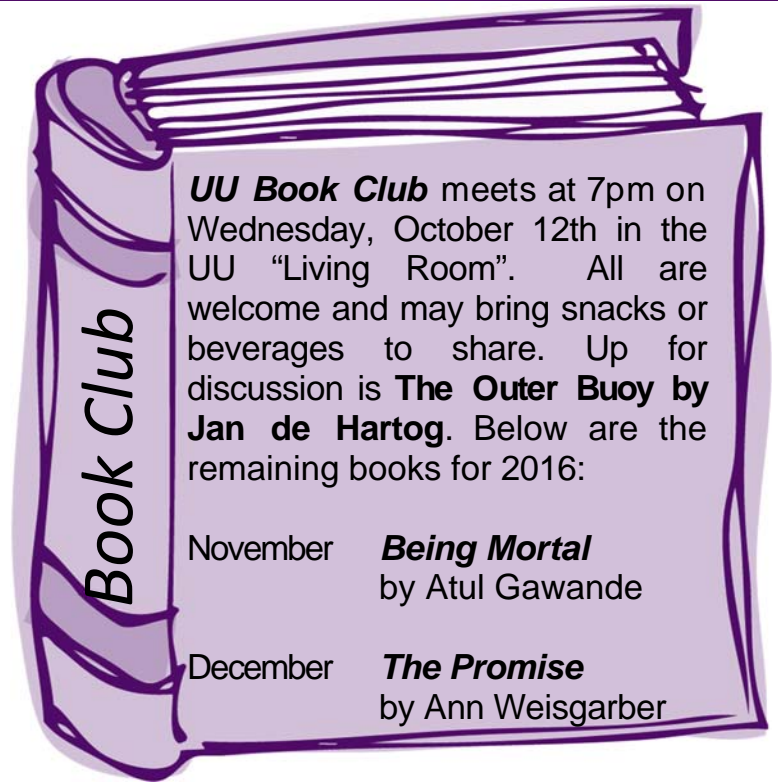
Soon we will begin a Chalice Circle. Be watching the announcements for details, and meanwhile, please direct your suggestions or questions to Cheryl Henry

UTMB Lunch and Learn — Prevention of Falls

The UTMB Center for Spirituality of Aging in the Sealy Center on Aging through a grant from the First Presbyterian Church of Galveston Presents Join us for lunch, interactive presentations by UTMB experts and games to follow. Series will be held at the McGuire Dent Recreational Center, 27th and Seawall Cost: \$3.00

Please call 409-266-9692 to RSVP

- Oct 4: “Help, I’ve Fallen” — Elena Volpi, MD Tues.
- Oct 11: “You Are What You Eat” — Juliet McKee, MD Tues.
- Oct. 18: “Every Time I Feel the Spirit” — Rev. Helen Appelberg



UU Book Club meets at 7pm on Wednesday, October 12th in the UU “Living Room”. All are welcome and may bring snacks or beverages to share. Up for discussion is **The Outer Buoy** by **Jan de Hartog**. Below are the remaining books for 2016:

November **Being Mortal**
by Atul Gawande

December **The Promise**
by Ann Weisgarber

Don’t Miss the Friends of Rosenberg Library Used Book Sale!

Browse through a HUGE collection of gently used books! Member preview and sale Thursday October 5, 5-7pm (can join at the door), and Public Sale Friday October 7, noon 6, and Saturday, October 8, 10-4.

NEEDED: Small Committee of 1 or 2 People to Head-up the Annual Thanksgiving Dinner

Judy Glaister has organized this event for quite a few years and cannot do it this year. If you are interested please contact Judy and she can fill you in. There is mainly recruiting workers to help set-up and help clean-up. It is a wonderful event and always delicious food.

October Compassionate Collection to Benefit Project Clear Light

The October Compassionate Collection will be dedicated to "Project Clear Light." The sole purpose and intent of Project Clear Light is to bring the peaceful and soothing Dharma teachings into the lives of participating offenders, to guide them in their understanding of these teachings and practices, and to become a bright clear light unto the world.

It is a Dharma based program that is pledged to work with and within the administration, staff, policies and procedures of the Texas Department of Criminal Justice. It is not evangelical or in any way a religious, social or political advocacy agency, supporter or contributor for any individual offender or group. Leader of the group is our friend and welcome presenter at UU, Terry Conrad.

**The compassionate collection in August for the ADA House Campaign was \$459.
Thanks to all for your generosity.**

**You too can host a supper circle!
Use the sign-up sheets on the foyer
bulletin board.**

If you are interested in hosting a dinner at your home (or at UU if you don't have room at home) sign up today. You can choose how many people you'd like to invite and everyone brings a dish to share. Plenty of upcoming months are available!



"Like" us on Facebook
<https://www.facebook.com/UUGalveston>

Save the Date for these Upcoming UU Regional Events!

- **TX Women's Retreat**, Oct 14 – 16, 2016, Mountain Home, TX <http://ubaru.org/home/Womens-Retreat>
- **UU Womenspirit Fall Retreat**, Oct 19 – 23, 2016, Highlands, NC, <http://uuwomenspirit.org/Events/fall-event/>
- **Southwest Fall Conference**, November 11-13, Glen Rose TX
- **TX Extended Leadership Experience** - North Texas, December 3, 2016, Denton, TX 76201, Contact Kathy Charles, kcharles@uua.org, for additional information
- **Small Congregation UU Leadership Experience** (aka SCUULE), February 5-10, 2017, Paisley FL
- **Spring Gatherings**, April 7-9, 2017, we will be holding this event concurrently in each of our Southern Region

The Almighty Love

By: Theodore Parker, 1864

In darker days, and nights of storm,
Men knew Thee but to fear Thy form,
And in the reddest lightnings saw
Thine arm avenge insulted law.
In brighter days we read Thy love
In flowers beneath, in stars above;
And, in the track of every storm,
Behold Thy beauty's rainbow form.
Even in the reddest lightning's path
We see no vestiges of wrath,
But always Wisdom, —perfect Love,
From flowers below to stars above.
See, from on high sweet influence rains
On palace, cottage, mountains, plains;
No hour of wrath shall mortals fear,
For the Almighty Love is here.

"Any activity done with love and presence is a spiritual practice."

- Rhonda Hendricks

OCT 2016



at UU Galveston

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

Happy Birthday

Neil Huddleston 10/7
 Teresa Salgado 10/14
 Alan Griffin 10/23
 Robert Oler 10/29
 Al Smith 10/31



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<p>2 9am Adult Forum 10:30: Radheshyam Miryala MD & Roopa Naidu "Get Out of Your Head - Dive Into Your Heart - Feel the Magic." Children's Religious Education 6:30pm Game Night @TBA 8pm: AA Phoenix Group</p>	<p>3 Course in Miracles Cancelled</p>	<p>4</p>	<p>5 5pm Bowlers 8pm AA Phoenix Group</p>	<p>6</p>	<p>7 10:30am "A" Team</p>	<p>8</p>
<p>9 9am Adult Forum 10:30: Bets Anderson- "Spirituality is"; Children's Religious Ed. 8pm AA Phoenix Group</p>	<p>10 11am Course in Miracles</p>	<p>11</p>	<p>12 5pm Bowlers 6pm Program Committee 7pm Book Club 8pm AA Phoenix Group</p>	<p>13</p>	<p>14</p>	<p>15</p> <div data-bbox="1360 982 1528 1129" style="background-color: red; color: white; padding: 5px; text-align: center;"> Newsletter Items Due Please! </div>
<p>16 9am Adult Forum 10:30: Cheryl Henry "The Blessing of the Animals"; Children's Religious Education 6:30pm: Poker @ TBA 8pm AA Phoenix Group</p>	<p>17 11am Course in Miracles 5:30pm Board Meeting</p>	<p>18</p>	<p>19 5pm Bowlers 8pm AA Phoenix Group</p>	<p>20</p>	<p>21</p>	<p>22</p>
<p>23 10:30: October 23: Rev. Bob Tucker, "Transforming Pain" Children's Religious Education 8pm AA Phoenix Group</p>	<p>24 11am Course in Miracles</p>	<p>25</p>	<p>26 5pm Bowlers 8pm AA Phoenix Group</p>	<p>27</p>	<p>28</p>	<p>29</p>

<p>30 10:30: Sandra A. Lopez, LCSW, ACSW, DCSW "Celebrating Our Loved Ones through Dia de Los Muertos"; Children's Religious Education 8pm AA Phoenix Group</p> <div data-bbox="147 1919 415 1961" style="background-color: red; color: white; padding: 2px;"> Potluck Today </div>	<p>31 11am Course in Miracles</p> <div data-bbox="516 1835 667 1934" style="text-align: center;"> </div>
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