

## Sunday Programs

### October 2

9:30 Adult Religious Education: Building Your Own Theology. Leader: Rick Spradlin (MH)

10:40 Program: Molly Gross, Assistant Professor, Andrew College  
Title: "*A Woman's Place*"

Service Leader: Nate Gross  
Opener: Sidney Wilson  
Closer: Marjorie Harlan  
Greeter: Bill Edwards

12:00

*First Sunday Potluck Lunch*

Bring donated food or donation for Feeding the Valley Food Bank  
Bring a Friend Day

### October 9

9:30 Adult Religious Education: Building Your Own Theology. Leader: Rick Spradlin (MH)

10:40 Program: Reverend Kim Miner, Member of High Street UU, Macon  
Title: "*Accidents Happen: A Service for Yom Kippur*"

Service Leader: Pat Hart  
Opener: Marjorie Harlan  
Closer: Michelle Midgette  
Greeter: Kirstin Mix

### October 16

9:30 Adult Religious Education: Building Your Own Theology. Leader: Rick Spradlin (MH)

10:40 Program: Brad Huff, Ph.D., Assistant Professor of Geography, CSU  
Title: "*Social Commentary Meets Spiritual Practicality*"

Service Leader: Bill Edwards  
Opener: Chris Nix  
Closer: Connie Usery  
Greeter: Ursula King

12:00

*GATP: Wreaths for veterans at Fort Mitchell Cemetery*  
*Social Action Committee meeting*

### October 23

9:30 Adult Religious Education: Building Your Own Theology. Leader: Rick Spradlin (MH)

10:40 Program: John Studstill, Ph.D., Cultural Anthropologist, CSU  
Title: "*From Methodist Missionary to UU*"

Service Leader: Kirstin Mix  
Opener: Pat Hart  
Closer: Nikki Rohrs  
Greeter: Mark Berger

### October 30

9:30 Adult Religious Education: Building Your Own Theology. Leader: Rick Spradlin (MH)

10:40 Program: David Smith, President of Young Democrats of Muscogee County  
Title: "*Social Justice: A UU Principle*"

Service Leader: Paul Lee  
Opener: Nikki Rohrs  
Closer: Michelle Midgette  
Greeter: Ann Newland

Thanks to **Mark Berger and Michelle Midgette** for coordinating programs this month.



### Unitarian Universalist Fellowship of Columbus

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*A Welcoming Congregation*

# THE CHILDREN'S PAGE



## Children's RE



October 2	We believe that each person must be free to search for what is true and right in life.	Kayla Spradlin
October 9	We believe that all persons should have a vote about the things that concern them.	Ashley Walker
October 16	Art Project	Paul Lee
October 23	We believe in working for a peaceful, fair and free world.	Nate & Molly Gross
October 30	We believe in caring for our planet Earth, the home we share with all living things.	Kirstin Mix



## Children's Story

October 2	John Kamisky
October 9	Kirstin Mix
October 16	Molly Gross
October 23	Maureen Humphries
October 30	Emily Jones



## Activities

### Wednesday Night Discussion Group

This group meets every Wednesday night at 7 pm and is open to everyone. The topic to be discussed is announced on the website calendar a few days in advance of the next meeting. (MH)

### UU Women

The Women's Group meets monthly on the second Thursday. The time of day and the specific plans vary from month to month. The details are usually announced a month in advance and are found in the newsletter and on the website. This month the group will meet on October 13 at 5:30 pm at Country's Barbeque North, Main Street Village, 6298 Veterans Pkwy, Columbus, GA 31909. Let Brenda know if you plan to attend.

### Women's Book Club

A monthly meeting is held on the fourth Tuesday evening of each month at 5 pm in the Meeting House. The current book is announced a month in advance, giving everyone a chance to read it before the meeting. We will meet on October 25th and review the book, A Man Called Ove by Fredrick Backman. We welcome new members!

### UU Singers

If you are interested in music or singing, please consider joining our UU Singers. Rehearsals are held every Wednesday night at 6 pm and on Sundays at 9:30 am before the service. (GFH)

### Friday Lunch Group

This group meets at a different restaurant each Friday at 12:00 to have fun and discuss current events. All members and friends of the Fellowship are invited to join the group for a lively discussion. Please call Bill Harlan at 605.390.0590 to see where they will be meeting this month.

### Exploring Spirituality

This new group meets the first and the third Thursdays in the Meeting House at 7 pm. The purpose of this group is to explore and grow in our own spirituality and to learn how our own spirituality expresses itself in our daily lives.

## Joys and Concerns

- \* John Studstill and Florence Wakoko have a new grandson, Josiah John.
- \* We delivered 143 pounds of food to Feeding the Valley in September.
- \* We donated \$214.00 to Chester Jackson for his Bikes for Kids program.
- \* GATP in October will go towards buying wreaths for Christmas at Fort Mitchell.



Please welcome **Hongling Liang** to our Fellowship.

She joined the Music Team in September and has been providing the wonderful accompaniment to our UU Singers on our baby grand piano. Hongling is a graduate student in piano performance at CSU. Originally from China, she earned a Master's Degree in Piano Performance at the Longy School of Music of Bard College (Boston) and Bachelor's Degree in Piano Performance from Jinan University. Hongling has given concerts and recitals in many concert halls. We are so fortunate to have her join us.

**ERNESTINE MATHIS (1939-2016)**

**Our dear friend and adjunct minister, Ernestine, passed away on September 20, 2016. She was a singer, dancer, radio announcer and hospice chaplain. She was also a founder of TSWEET-Truthseekers, Working, Encouraging, Empowering Together. She was a "sojourner" for truth, wisdom and understanding, fully believing that God works in all things for good. We will surely miss her.**

Condolences

- Anna, Chris and Ava Hensley on the death of Chris' mother, Helen B. Hensley.
- Dixie and Bill Turman on the death of Dixie's brother, Bill Close.
- Lisa Pyburn on the death of her father, Ralph Pyburn.
- Anton Flores, founder of Alterna House in LaGrange, on the death of his son, Eli.
- Bill and Marj Harlan on the death of Bill's cousin, Annalee Larson.

Please keep them in your thoughts and prayers.

October 2  
October 5  
October 16

Dick McMichael  
Elaine Chambless  
Rick Spradlin



October 18  
October 21  
October 23  
October 24

Dean Walker  
Nate Gross  
Elisabeth Coss  
Marge Hall

## Christmas in July

We have a **black** Christmas tree set up in the Social Action Corner. Why black? Because Christmas will be very dark for children in poverty. Your donations of **green \$\$\$** from July 24 to November 13 will provide funds for the Social Action Committee to help local children who have been identified by the Salvation Army as having specific clothing needs. A shopping day will be announced in November for those who would like to participate. Thanks for providing your **green** to support a child!



## Bits and Pieces

GATP: This month our donation will go towards buying wreaths for Christmas at Fort Mitchell cemetery.

The next Board Meeting is October 18 at 7PM in the Meeting House.

The Young Adult UU's are hoping to begin meeting again in October. Please contact Kayla Spradlin for more information. They usually meet in the evening at a local coffee shop. They welcome new members.

Donations for Feeding the Valley Food Bank should be non-perishable food in unbreakable containers (no glass). Checks made out to Feeding the Valley and cash are also welcome. **John Hart has volunteered to take the food to Feeding the Valley on the Monday after our first Sunday collection. Thank you, John.**

On the third Sunday of each month our Social Justice Committee designates a local charity to be the recipient of our Give Away the Plate (GATP) offering. The money collected in the offering which is not pledged for the operations of the Fellowship is donated to the charity.

Early Voting begins on October 17th

Government Services Building  
311 Citizens Way  
Columbus, GA 31906

Hours: Monday-Friday	7AM—7PM
Saturday-Sunday	9AM—4PM

For the latest news, visit our dynamic new website:  
[www.uucolumbusga.org](http://www.uucolumbusga.org) for all the latest info about programs, schedules, announcements, etc. Our website is a blog, so click on "subscribe" on the home page and you will be notified by email whenever a new post is made.

## **Caring for You, Caring for Me**

*A program developed by the Rosalyn Carter Institute*

The primary goal of this program is to assist individuals and groups in developing an effective caregiver education and support program.

**The program is divided into five (5) once a week sessions:**

1. What it means to be a Caregiver
2. Taking Care of Yourself
3. Building Cooperative Relationships
4. Preventing and Solving Problems
5. Accessing and Developing Resources

**Goals for the Program:**

1. Gain information on various topics related to caregiving
2. Learn methods of coping with the stresses and strains of being a caregiver
3. Learn what resources are available to caregivers
4. Discover ways of working together to reduce some of the barriers and frustrations that caregivers face
5. Share common concerns with fellow caregivers

Seminar dates:

October 18, 25 and November 1, 8, 15

Times: 1:30-3:30 **OR** 5:45-7:45

Cost: \$10 (includes all five sessions)

**Unitarian Universalist Fellowship of Columbus  
8827 Heiferhorn Way  
Columbus, GA 31904**

**Contact Jim or Maureen Humphries**

**706.505.8223 (J), 706.505.8222(M) or maureenhumphries1946@gmail.com**





## **SPIRITUALITY: A Broader Definition**

By Rev. Ed Wilson

For some, spirituality — just the word spirituality— is a turnoff. Probably nothing has been more discussed and debated among UU's. The problem, in my view, is in a narrow definition of the word. Mark W. Gura, a writer who deals with philosophical themes, says spirituality involves “an altered state of consciousness.” He may be onto something there, but I believe spirituality also involves, *connection*, intense, even profound, connection—for some believers, connection with a supernatural power or source, for some of non-theistic belief, profound connection with the Earth and the universe in which we live, and for some the God connection and the Earth connection may be combined.

Whatever our personal connection, it is ever so important that we recognize the spirituality of others and honor their connection with God or gods, or with Earth—the planet that is our home, so full of mystery and wonder. Broadening our definition of spirituality might just solve the problem that has been divisive at times in our congregation as well as in other congregations.

It may well be that everyone practices some kind of spirituality. For those whose connection is with the incredibly grand physical universe in which we live, and for those whose spiritual connection is necessarily with a supernatural higher power, spirituality is the lifeblood of their religion. It ill behooves either to judge the other. “Acceptance of one another and encouragement to spiritual growth...” is the third of the seven principles we UU's covenant to affirm and promote.

In either the theistic or humanistic perspective, spirituality is the vital connection that takes us away from ourselves and opens a great world from which we can receive vivifying emotional, intellectual and, yes, *spiritual* nourishment.