

## Sunday Programs

### July 2

9:30 Adult Religious Education: Canceled for today. Please help Rick set up tables in the pavilion.

10:45 Program: Kirstin Mix, DVM  
Title: **"Sit, Stay, Heal: the Healing Power of Pets"**

Service Leader: Maureen Humphries  
Opener: Chris Nix  
Closer: Robbie Henson  
Greeters: Robert Burnham and Ann Newland  
12:00 Picnic in the Pavilion

### July 9

9:30 Adult Religious Education: Olympia Brown: "A Portrayal by the Rev. Dr. Janet H. Bowering" (MH)  
Leader: Jim Humphries (MH)

10:45 Program: Jackie Titus  
Title: **"The Grieving Process and the Importance of it"**

Service Leader: Marj Harlan  
Opener: Sidney Wilson  
Closer: Rick Spradlin  
Greeters: Mark Berger and Robert Burnham

### July 16

9:30 Adult Religious Education: Fannie Barrier Williams: "Elements of Continuity" Dr. Wanda A. Hendricks Leader: Jim Humphries (MH)

10:45 Program: Joyce Hickson  
Title: **"My Story: Encountering a Traumatic Event and Learning to Survive and Thrive"**

Service Leader: Ron Ussery  
Opener: Paul Lee  
Closer: John Kamisky  
Greeters: Ursula King and Maureen Humphries  
GATP: Alterna

### July 23

9:30 Adult Religious Education: Margaret Fuller: "A Woman Ahead of Her Time" Rev. David Carter  
Leader: Jim Humphries

10:45 Program: Teresa Tomlinson, Mayor, City of Columbus  
Title: **"Healing and Renewal Through Civic Engagement"**

Service Leader: Bill Harlan  
Opener: Rick Spradlin  
Closer: Emily Jones  
Greeters: Bill Edwards and Patricia Lassiter

### July 30

9:30 Adult Religious Education: Viola Liuzzo "UU Civil Rights Activist" Leader: Jim Humphries (MH)

10:45 Program: Ed Wilson  
Title: **"Part of the Story of Part of My Life"**

Service Leader: Rick Spradlin  
Opener: TBA  
Closer: Marj Harlan  
Greeters: Orm Burnham and Mark Berger

**Children's Religious Education Programs are on hiatus until September  
Childcare is provided every Sunday from 9:30 until noon**

Thanks to **Joyce Hickson** for coordinating programs this month.

\* A Program Coordinator is still needed for December\*



**Unitarian Universalist  
Fellowship of Columbus**

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**A Welcoming Congregation**

## THE THEME FOR JULY IS **HEALING**



July 2: ***"Sit, Stay and Heal: the Healing Power of Pets"***

Kirstin Mix, Veterinarian

Dr. Mix will discuss the mental, physical, and psychological benefits of animals in our lives.

July 9: ***"The Grieving Process and The Importance of it"***

Jackie Titus



This presentation will describe what normal grief is, the importance of understanding and accepting it, and the relationship between sickness and not going through the grief process.



July 16: "My Story: ***"Encountering a Traumatic Event and Learning to Thrive and Survive"***

Joyce Hickson

Dr. Hickson will describe the impact of being in a head-on automobile collision and being told by the attending surgeon that she would never walk again. Strategies and tools for recovery and optimum functioning are described.



July 23: ***"Healing and Renewal Through Civic Engagement"***

Teresa Tomlinson

This presentation is a look at the power of the collective through government and how our civic structures stabilize and sustain us.



July 30: ***"Part of the Story of Part of My Life"***

Reverend Ed Wilson

Ed will draw some lessons of value from certain life experiences in his youth.



**You do not need to be a member of the Fellowship to attend any of these activities**

## 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. The July meeting will be held at 5:30 on July 13th at Marj Harlan's. We will have a light meal followed by party games (no balls involved). It will be a black and white theme, so please dress accordingly. RSVP to Brenda or Marj by July 10th.

### 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. The book for July 24th is *Circling the Sun* by Paula McLain.

### 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 the Mandarin Cafe each Friday at 12:30 to have fun and discuss current events. All members and friends of the Fellowship are invited to join the group for a lively discussion.

### Exploring Spirituality

This 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. **They will not meet in July.**

### Spirituality Book Club

The book to be discussed is *Man's Search for Meaning* by Viktor Frankl. This meeting will be held on July 20th at 7 PM at the home of Joyce Hickson, 7803 Edgewater Drive, Columbus.

### Mindfulness 101 \*\*\*\*\* NEW\*\*\*\*\*

*"Mindfulness is simply being present to what is happening in the present moment. The course will include discussions on the benefits of living mindfully followed by specific practices to help be more present and more focused."*

This new activity, offered by Joanie Andras will be held Saturdays, August 5—September 9 from 10:30 am—12 noon. The class is limited to the first 20 people who register. To register, send an email to [uucolumbusga.org](mailto:uucolumbusga.org) and put Mindfulness 101 in the subject line. Leave your name, phone number and email address. There is no fee.

## Joys and Concerns

- Congratulations to Justine and Jeff Wade on the birth of twins, Phillip Edward and Claudia Camille, on Sunday, May 28. The twins are still in the NICU but improving daily.
- It was a joy to see Norm and Janet Horofker at our Homecoming Celebration
- Gerda Smith is recovering from a fall.
- Fran Cox has been in the hospital.
- Lis Coss, friend of the Fellowship since 1976, died on May 21, 2017. She was an artist and in 1991 created a drawing of our newly purchased building on Double Churches Road to use as the cover for our Sunday Bulletins. We used that image for over twenty years. We extend our sympathy to her family.



## Third Annual Picnic in the Pavilion July 2, 2017

**Our First Sunday pot luck lunch in July will be held in our pavilion by Heiferhorn Creek after the Sunday service. Please bring a dish for all to share. We will have plenty of tables and chairs. There will be a grill available if you care to use it. After lunch, plan to check out our Meditation Garden and take a stroll along Carolyn's Path by the creek!**

### Volunteers Needed



As you know, our Fellowship is run by volunteer effort. Some people have generously donated their time for years so that everything runs smoothly. We now need a few people to step forward and volunteer to help in a few ways.



⇒ Volunteer to help greet people when they come to Sunday services. See Brenda Stevens for more information.



⇒ Volunteer on the Congregational Care Committee. This Committee assists members and friends when they need aid. See Joyce Hickson for more information.

⇒ Volunteer to co-ordinate our openers and closers. Chris Nix has been doing this for years and would like a break. It does not require a large commitment of time. Let Chris or Brenda know if you will be willing to take on this task.

Marj Harlan  
Bill Harlan  
Jackie Grandy

July 2  
July 19  
July 21



## notes from.....The Social Action Committee

We collected a total of \$450. for the fan project.

We collected \$285. for Brown Bag of Columbus in June.

The focus for July and August will be Immigration.

July GATP: Alterna

August GATP: Southern Poverty Law Center

Both provide needed services for detainees, refugees and immigrants.

STANDING ON THE SIDE OF LOVE

Over 25 people attended our Summer Solstice and World Music Day celebration in the pavilion. We enjoyed hot dogs, potato salad, etc., cooked on our new grill donated by the Midgettes. The program was presented by Hal Midgette, Rick Spradlin, Robert Burnham and Sidney Wilson. Marj Harlan led the group in a variety of songs. A good time was had by all. Thanks to all who came out.

## Bits and Pieces

The Board has approved the installation of a new sound system for Grace Fellowship Hall.

From the Treasurer, John Hart:

If you make a cash donation and want it recognized as part of your 2017 pledge, you must put it in an envelope, label it "Pledge 2017" and include your name. At the end of 2017 you will be mailed a statement of your donations for tax purposes.

**Note:** When you need to mail something to the Fellowship, please use our post office box address listed on the first page of this newsletter. We do not have a mailbox at the Heiferhorn address.

On the third Sunday of each month our Social Action 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.