Volume 11, Issue 8

Columbus UU News

Sunday Programs

August 6

- 9:30 Adult Religious Education: Where Are You Now and Where Do You Want to Go? (MH)
- 10:30 Coffee and Conversation
- 10:45 Program: Rick Spradlin, Educator and VP Religious Education, UUFC Title: "*Sacred Marriage"*

Service Leader: David Smith Opener: Marjorie Harlan Closer: Michelle Midgette Greeters: Robert Burnham and Patricia Lassiter First Sunday Potluck

August 13

12:00

- 9:30 Adult Religious Education: The God Who Embraced Me When Daddy Disappeared (MH)
- 10:30 Coffee and Conversation
- 10:45 Program: Reverend Fred Howard, Unitarian Universalist Church of Valdosta Title: "*Emerson and the "Spiritual But Not Religious" Crowd"*

Service Leader: Ron Ussery Opener: Chris Nix Closer: Patricia Lassiter Greeters: Mark Berger and Orm Burnham

August 20

- 9:30 Adult Religious Education: The Holy Grail of Peaceful Coexistence (MH)
- 10:30 Coffee and Conversation
- 10:45 Program: Dr. Mark L. Berger, retired Professor of History at CSU Title: "*The Power of Stories: Stories that Can Enslave Us, Stories that Empower Us, and Asserting Our Own Defining Story."*

Service Leader: Maureen Humphries Opener: Pat Hart Closer: Connie Ussery Greeters: Ursula King and Robert Burnham GATP: Southern Poverty Law Center

August 27

- 9:30 Adult Religious Education: The Space Between Us (Inter-faith Marriages) (MH)
- 10:30 Coffee and Conversation
- 10:45 Program: Dr. Mike Edmondson, retired Science educator, winner of the Presidential Award for Excellence in Science and Mathematics for the U.S., and numerous other teaching and science awards.

Title: "Well, What Do You Know!!!!???"

Service Leader: Kirstin Mix Opener: TBA Closer: Ursula King Greeters: Bill Edwards and Maureen Humphries

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

Thanks to *Mark Berger* for coordinating programs this month.

* A Program Coordinator is still needed for December*

August

Unitarian Universalist Fellowship of Columbus

Meeting Address: 8827 Heiferhorn Way Columbus, GA 31904

Mailing Address: P.O. Box 698 Fortson, GA 31808

Phone: 706-660-1442

Email: uucolga@bellsouth.net

Website: www.uucolumbusga.org

Newsletter editor: Linda Hagberg



A Welcoming Congregation







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. We will be meeting for lunch at Lemongrass Thai & Sushi restaurant at 1:00 pm on August 10th. Please RSVP to Brenda by Aug. 7.

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 August 22 is *Lost on Planet China* by J. Maarten Troost.

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.

Spirituality Book Club

The books to be discussed are **Praying with Katie** by Don Holt, Jr. and **The Four Agreements** by Don Ruiz. This meeting will be held on August 24 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 <u>Saturdays, August 5—September 9 from 10:30 am—12 noon</u>. The class is limited to the first 20 people who register. To register, send an email to uucolga.org and put Mindfulness 101 in the subject line. Leave your name, phone number and email address. There is no fee. Registration for this class is now full. A wait list has been established.

Joys and Concerns

- It is a JOY that Justine and Jeff Wade brought their twins home from the hospital and the family is doing well.
- Grace Jordan has been in the hospital. She is now back at Spring Harbor but please keep her in your thoughts and prayers.
- Gerda Smith is recovering from a fall.
- We send our condolences to the family of our friend, Fran Cox, who died on July 2.

THANKS

- TO ALL WHO DONATED OR MADE MEALS FOR THE WADES. WE WERE ABLE TO PROVIDE MEALS FOR 1 1/2 MONTHS.
- TO RON USSERY FOR MAKING ARRANGEMENTS TO HAVE OUR STOVE/OVEN CHECKED OUT. IT IS READY TO USE FOR FIRST SUNDAY IN AUGUST.

Breaking Bread Together in the Meditation Garden Wednesday, August 2, 7 PM



Please join us as we gather for Lammas, a celebration of the first harvest. It is also a cross-quarter day in the Wiccan calendar. We are all asked to bring a loaf of French bread (for dipping) and your favorite beverage. Oil and herbs for dipping will be supplied. The festivities begin at \mathcal{F} , however a grill will be available at 6 if you wish to bring your own hot dogs, veggies, etc. In case of rain, the event will be held in the pavilion.

August 1– Sarah Saxton 1– David Smith 3– Karen Spradlin 6– Ava Hensley 8– Mark Lupo 9– Elaine Lupo 11– John Nix



August 13– Milton Jones 17– Gerda Smith 18– Joanna Lamb 28– Paul Lee 30– Giulia Gardner 30– Grace Jordan 30– Emmie Williams

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

July GATP donation went to Alterna in LaGrange. August GATP will go to the Southern Poverty Law Center.

Both provide needed services for detainees, refugees and immigrants.

Social Action Committee meeting on Aug. 8 at 10 am in The Meeting House. Anyone interested in this important work is urged to attend.

STANDING ON THE SIDE OF LOVE