

# THE CHATTAHOOCHEE CHALICE

The official newsletter of the Unitarian Universalist Fellowship of Columbus, GA



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## SUNDAY SERVICES

### September 01 1st Sunday

**9:15** Adult Religious Edu: *Imponderables*  
**9:15** Children's Religious Edu: *What is the "Present Moment"?*  
**10:30** Coffee, Conversation, and Donuts  
**11:00** Sunday Service: Rick Spradlin  
Title: *4th Principle*  
Service Leader: Rick Spradlin  
Opener: [donuts]  
Greeters: Karyann Hull, Chris Nix

### September 08

**9:15** Adult RE: *Mysticism: The Role of Doubt*  
**9:15** Children's RE: *Mindful Hearing*  
**10:30** Coffee and Conversation  
**11:00** Sunday Service: Jim Humphries  
Title: *Reconciliation: Healing for the Narratives of the Lie*  
Service Leader: Maureen Humphries  
Opener: Maureen Humphries  
Greeters: Jeff Gordon, Robert Burnham

### September 15 3rd Sunday

Give Away the Plate Recipient: Double Churches Middle School Special Education Program  
**9:15** Adult RE: *Kierkegaard & Religious Belief*  
**9:15** Children's RE: *Mindful Breathing*  
**10:30** Coffee and Conversation  
**11:00** Sunday Service: Rick Spradlin  
Title: *5th Principle*  
Opener: Sidney Wilson  
Greeters: Bill Edwards, Emily Timmins-Wilde

### September 22

**9:15** Adult RE: *The Yin & the Yang*  
**9:15** Children's RE: *Mindful Seeing*  
**10:30** Coffee and Conversation  
**11:00** Sunday Service: Norman Hardman  
Title: *The Spiritual and Economic Development of Columbus Georgia*  
Service Leader: Ron Ussery  
Opener: Robbie Henson  
Greeters: Orm Burnham, Judy Barnett

### September 29

**9:15** Adult RE: *The Path to Fulfillment: Is Self-Actualization Attainable?*  
**9:15** Children's RE: *Friendly Wishes in Meditation*  
**10:30** Coffee and Conversation  
**11:00** Sunday Service: John Studstill  
Title: *Liberation Theology, The Sandinistas, and UU*  
Service Leader: Ellen Harlan  
Opener: Danielle and Jason Neale  
Greeters: Maureen Humphries, Mark Berger

## Special Announcements for the Month

### Autumnal Equinox/Mabon/Michaelma 9/25

7:00pm grill opens, 8:00pm ceremonies begin  
Mabon is the second harvest festival of the year and time to think of apples, grapes and other fruit. Ceremonies in the Meditation Garden begin at 8:00. Bring your food and drink and maybe some to share. Contact Hal Midgette for more information.

**October 5, 2019** - Yard Sale! Please save your items. For more information, contact a member of the Fundraising Committee. If possible, keep your donations until the week of the yard sale

### Cultivating Compassion and Loving Kindness 9/30

6:30pm This workshop was such a success, it's now returning monthly! Hear talks on cultivating compassion and loving-kindness for ourselves and for others as we then practice these meditations together. Contact Joanie Andras at [jrandras1@gmail.com](mailto:jrandras1@gmail.com) for more information. No charge, however, donations to the UUFC appreciated.

### Yoga with Erika

9:00-10:00am Saturdays, 9/7-10/19\*.  
UU Members: \$45 for all 6 sessions or \$8/class  
Non-UU: \$55 for all 6 sessions or \$10/class  
Contact Erika [erikabloodworth@gmail.com](mailto:erikabloodworth@gmail.com) with any questions.

\*Will not meet 10/5 due to yard sale.

# OTHER UU EVENTS

## **Board Meeting** 9/17

meets on 3rd Tuesdays, 7:00pm

## **Calm Abiding Meditation**

Every Saturday at 10:00am in the Meeting House, followed by **Buddhist Studies** at 10:45am.

*Led by Joan Andras. Free and open format (come for some or all sessions). Public welcome.*

## **Children's Ministry Committee** 9/15

meets at 9:30am Sunday preceding Board Meeting

## **Earth-Centered Spirituality Study Group**

meets on 1st and 3rd Saturdays, 7:00pm

9/7 *Pagan Romance vs Judeo Christianity*

9/21 *Moon Spells, Triple Goddess*

## **Exploring Spirituality** 9/19

meets on 3rd Thursdays, 7:00pm

*Topic: The Universal Christ by Richard Rohr*

## **Friday Lunch Group**

meets every Friday at Mandarin Café, 12:30pm

*Contact President Bill Harlan to join.*

## **Fundraising Committee** 9/8

meets 2nd Sunday after Service

## **Introduction to Unitarian Universalism** 9/15

Meets 3rd Sunday, 7:00pm

Presented by Rick Spradlin

## **UU Singers Choir Practice**

meets Wednesdays at 6:00pm & Sundays at 10:00am

## **Social Action Committee** 9/18

meets Wednesday following Board Meeting, 10:30am

## **Wednesday Night Discussion Group**

meets every Wednesday, 7:00pm

## **Women's Book Club** 9/24

meets on 4th Tuesdays at 6:00pm

*Topic: The Secret Diary of Hendrik Groen, 83 ¼ years old, by Hendrik Groen*

## **Women's Group** 9/12

meets on 2nd Thursdays

6:30pm dinner at Olive Garden

## **Hold Fast to Summer**

*By: Ben Soule, a Worship Associate and life-long UU*

Hold fast to summer. Enjoy with heightened appreciation these still-warm September days. Create more memories, take more pictures. Enjoy a bit of denial. Suck all the summer sweetness out of your sun-warmed garden tomatoes. Smile at someone. Squeeze a hand. Put up some jam or pickles. We store these things up as we approach the uncertain seasons. And our summer companions will be our winter support and sustenance. In celebration of the changing seasons, we gather together in community.

## **Letter from the Editor**

Hello my Unitarian Universalist family!

I have happily been designing the newsletter since the end of 2018; I consider it my small contribution to our wonderful community. As well, I also ensure our website is up-to-date, post on our social channels (Facebook & Instagram), and serve as a member of the board.

Going forward, I wanted to invite you to send me anything you'd like to see posted. We (I am speaking for myself and the board) would love to have more input on any and all things involving our congregation. Came across a great article that you would love to see UUFC share on social? By all means, please send the link to me! Know of an event you believe our community would find interest in? I'll be happy to post to our Facebook group on your behalf. Have an idea/event/opportunity to get us involved in the community but don't know who to talk to about it? Talk to me! Know someone who would make for a good speaker? I'd love to get them on the schedule.

I would love to see more of our members and friends involved in spreading the good word about our wonderful fellowship, and I'll be happy to bring any and all ideas to the board on your behalf. Please don't hesitate to reach out!

In health,

*Karyann Hull*

karyann.erika@gmail.com | 919.795.8079 call or text

# A SPECIAL TRIBUTE

The following are the words of Gerda Tarkington Smith, which she gave UU in advance for the occasion of her memorial service. These were read during her Celebration of Life, which was held Saturday, August 24, 2019. She was truly a teacher until the end and will be deeply missed.

*Those who know me, are familiar with my religious views. I am not concerned with the hereafter, and I don't believe in immortality. The most one can hope for is that our children will remember us fondly, realizing that we are only human and full of shortcomings. Their genes will carry forward a little bit of ourselves, even as our molecules go back to mother earth when we die, to become part of the primal material that makes up all nature, of which we are a part. That is as close as we ever come to being immortal, and that is enough. The earth is going to be here for a very long time yet, about two billion years. That is when the sun is expected to supernova and destroy most of our solar system. And even then, the particles that make up the sun and the planets will go back into the primeval soup from which new stars and solar systems are born. We truly are children of the universe!*

*Life is too short to waste on useless endeavors, like quarreling over inconsequential matters, reading trashy novels, spending time with shallow persons, or listening to gossip.*

*Problems are part of living, and when they threaten to overwhelm you, know that you can manage them intelligently if you choose your options carefully, to benefit the majority of people, including yourself.*

*We are responsible for making sensible choices in life, and while we cannot control many of the influences that determine our destiny, alas, our decisions do matter.*

*People are wont to blame others or fate, or coincidence for their misfortunes, in denial of the fact that their own responses to a given set of circumstances, for good or bad, count most.*

*What really counts is not what we profess to stand for, but how we treat our fellow human beings and all other creatures living on our lovely planet, ours to care for and keep.*

*Charity begins at home, and there is more value in the little things that we do to make life more bearable for those around us, then there is in heroic deeds and great schemes meant to benefit mankind.*

*Our deeds come back to us in some form eventually, even though we may not recognize the signs, and therefore take care in what you do, and make sure you can live with yourself.*

*Not for gain or reward should we endeavor to do these things, nor out of fear of punishment or loss, but simply from the heart must they come, and because they are the right things to do.*

*Gerda Ladwig Tarkington-Smith*

August 17, 1928 - August 6, 2019