

THE CHATTAHOOCHEE CHALICE

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



8827 Heiferhorn Way, Columbus, GA 31904 | Mailing: P.O. Box 698, Fortson, GA 31808
(706) 660-1442 | www.uucolumbusga.org | uucolga@bellsouth.net
Newsletter Editor: Karyann Hull | Comments? karyann.erika@gmail.com

SUNDAY SERVICES

November 03 1st Sunday

9:15 Adult Religious Edu: *Spirituality & the Mental Self*

9:15 Children's Religious Edu: *Finders Keepers? A True Story in India*

10:30 Coffee, Conversation, and Donuts

11:00 Sunday Service: Rick Spradlin

Title: *A Ripple of Kindness*

Service Leader: Rick Spradlin

Opener: [donuts]

Greeters: Chris Nix, Jeff Gordon

November 17

Give Away The Plate: Christmas for an Undocumented Family

9:15 Adult RE: *Spirituality & the Social Self*

9:15 Children's RE: *What is Gratitude?*

10:30 Coffee and Conversation

11:00 Sunday Service: Stefan Bloodworth

Title: *Understanding a Changing Climate: Knowledge is Power*

Service Leader: John Land

Opener: Chris Nix

Greeters: Bill Edwards, Orm Burnham

November 10

9:15 Adult RE: *Spirituality & the Physical Self*

9:15 Children's RE: *The Giving Tree*

10:30 Coffee and Conversation

11:00 Sunday Service: Dianne Wages

Title: *DNA Test Results - Who Am I?*

Service Leader: Bill Harlan

Opener: Pat Hart

Greeters: Karyann Hull, Judy Barnett

November 24

9:15 Adult RE: *Spirituality & the Faithful Self*

9:15 Children's RE: *Thankfulness Around the World*

10:30 Coffee and Conversation

11:00 Sunday Service: Rick Spradlin

Title: *What Does It Mean to be a Religious Liberal*

Service Leader: Rick Spradlin

Opener: Sidney Wilson

Greeters: Emily Timmins-Wilde, Mark Berger

Special Announcements for the Month

Yoga for the Holidays with Erika

9:00-10:00am Saturdays, 1x/6 weeks: 11/2, 11/9, 11/16, 11/23, 12/7, 12/14.

Give yourself the gift of increased flexibility, balance, strength, and peace while also learning about mindful strategies for combatting holiday stress!

Price is \$25 for full six weeks* or \$15/drop-in.

*Need minimum 6 people to register in order for class to continue. Registration Deadline: 10/30

Contact Erika erikabloodworth@gmail.com with any questions.

Toastmasters Proposal Reminder

Reminder! John Nix has board approval to determine if the UUFC is interested in establishing a Toastmasters Club. Proposal: 1 hour, 2x/month, time dependent on availability of meeting space and preference of members. Membership not be limited to UU members and friends.

Interested? Contact John at JohnNix3@hotmail.com.

We need at least 20 members to establish a UU Toastmasters club.

Open House at Lisa Pyburn's New Home!

Lisa would like to extend an invite to her new home Saturday, November 16th.

Time: 4-8:00pm



NOVEMBER 2019

OTHER UU EVENTS

Board Meeting 11/19
3rd Tuesdays, 7:00pm

Buddhist Studies*

Saturdays, 10:15-11:15am in the Meeting House, followed by **Calm Abiding Meditation*** 11:15-noon.

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

Mindfulness 301* *Registration closed; must have pre-registered*

Saturdays, 12:30pm

**Will not meet 11/30 due to Thanksgiving*

Cultivating Kindness + Loving-Compassion Meditation 11/18*

4th Mondays, 6:30

**date changed to accommodate Thanksgiving*

Children's Ministry Committee 11/17

9:30am Sunday preceding Board Meeting

Earth-Centered Spirituality Study Group

1st and 3rd Saturdays, 7:00pm

11/2 *New Moon Ritual + Oils for Winter Wellness*

11/16 *Full Moon Ritual + Celtic Goddess of Knowledge*

Exploring Spirituality*

3rd Thursdays, 7:00pm

**Will not meet again until after start of 2020*

Friday Lunch Group*

Every Friday at Mandarin Café, 12:30pm

Contact President Bill Harlan to join.

**No lunch 11/29*

Fundraising Committee 11/2

2nd Sunday after Service

Introduction to Unitarian Universalism 11/17

3rd Sunday, 7:00pm

Presented by Rick Spradlin

Social Action Committee 11/20

Wednesday following Board Meeting, 10:30am

UU Singers Choir Practice*

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

**No choir practice 11/27*

Wednesday Night Discussion Group*

Every Wednesday, 7:00pm

**No discussion 11/27*

Women's Book Club*

4th Tuesdays at 6:00pm

**Will not meet again until January, 2020*

UU Women's Group*

2nd Thursdays

**Will not meet again until January, 2020*

T is for Turkey and Tofu

By Rev. Maureen Killoran

T... starts out with Turkey and with Tofu, and Together,

H...reminds us of Happiness, may it grow beyond all measure.

A...means All who are returning, a reunion in Fall,

N...for Newcomers to our Fellowship, and hearty welcome to all!

K...for Kind friends with whom we will share dinner,

S... means Surely you'll have fun, but you won't get thinner!

G...is Generosity, to share what we've been given,

I... for Integrity, may we bring it to our living.

V...is Very special, because of each one here. . .

I... we give thanks for Individuals, for each one is so dear.

N...stands for this Nation, and its challenges and strength

G...reminds us of our blessings and calls us to give Thanks.

