

## Sunday Programs

### August 5

9:15 Adult Religious Education: "Sikhs, Seventh-day Adventists, & Mennonites" (MH)  
10:15 Coffee and Conversation

10:45 Program: Rick Spradlin  
*Title: "Criticisms of UU"*

Service Leader: Rick Spradlin  
Opener: John Kamisky  
Closers: Volunteer Closing Team  
Greeters: Judy Barnett and Chris Nix

12:00 **FIRST SUNDAY POT LUCK LUNCHEON**

### August 12

9:15 Adult Religious Education: "Orthodox Christianity on Mount Athos" (MH)  
10:15 Coffee and Conversation

10:45 Program: Rick Spradlin  
*Title: "Response and Ability "*

Service Leader: Rick Spradlin  
Opener: Linda Hagberg  
Closers: Volunteer Closing Team  
Greeters: Orm Burnham and Jeff Gordon

### August 19

9:15 Adult Religious Education: "Exploring Bahaim" (MH)  
10:15 Coffee and Conversation

10:45 Program: Rick Spradlin  
*Title: "Measuring the Spiritual Health of a Nation"*

Service Leader: Rick Spradlin  
Opener: Connie Ussery  
Closers: Volunteer Closing Team  
Greeters: Maureen Humphries and Patricia Lassiter  
**GATP:** Double Churches Elementary School for school supplies

### August 26

9:15 Adult Religious Education: "The Rise of the "Nones"" (MH)  
10:15 Coffee and Conversation

10:45 Program: Kenneth Hoats  
*Title: "Lifetime Fitness: Taking Care of Ourselves Mentally, Physically and Spiritually"*

Service Leader: Ron Ussery  
Opener: Michelle Midgette  
Closers: Volunteer Closing Team  
Greeters: Mark Berger and Bill Edwards

***Childcare is provided every Sunday from 9:15 until noon***

Thanks to Joyce Hickson and Connie Ussery for coordinating the programs this month.



***Unitarian Universalist  
Fellowship of Columbus***

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***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 in the Meeting House at 7 p.m. 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 usually 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. There will be no meeting in August.

### **Women's Book Club**

A monthly meeting is held on the fourth Tuesday evening of each month at 5 p.m. in the Meeting House. The current book is announced a month in advance, giving everyone a chance to read it. The next meeting will be on August 28 to discuss "The Beekeeper's Apprentice" by Laurie R. King. The discussion will be led by Sue Henderson.

### **UU Singers**

If you are interested in music or singing, please consider joining our UU Singers. Rehearsals are held every Wednesday night at 6 p.m. and on Sundays at 10:00 a.m. 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 on the third Thursday in the Meeting House at 7 p.m. 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. On August 16th we will discuss the book "Transforming Faith: Stories of Change from a Lifelong Spiritual Seeker" by Fred Howard.

### **Caregivers Support Group**

This group meets on the first and third Thursday mornings of each month at 10:30 a.m. in the Meeting House.

### **Calm Abiding Meditation at 9:45 followed by Buddhist Studies at 10:30**

This group meets on Saturday mornings and has a free and open format (come for some or all sessions) and is led by Joan Andras. It is held in the Meeting House. The public is welcome.

## Committee Meetings

**Congregational Care**—Tuesday, August 14th at 10:30 in the Meeting House

**Design Team** — Fourth Tuesday of each month at 3:00 in Grace Fellowship Hall

**Fundraising** — Thursday, August 9th at 10:30 in the Meeting House

**Social Action** — Wednesday, August 8th at 10:30 in the Meeting House



*Children's Religious Education*  
(on hiatus for the summer)

Childcare is available on Sundays from 9:15-12:00

Wednesday, August 1, 8 p.m.

**Celebrating Lammas (or First Harvest)**



Join us in the Meditation Garden to celebrate the First Harvest by bringing some bread to share. The grill will be ready at 7 p.m. if you wish to bring something to eat before the ceremony. Also, BYOB and maybe even some to share.

The ceremony will begin at 8.

In the event of rain, meet at the Pavilion.

***BARBEQUE COOKOUT***

August 4th from 5-8:30 p.m.



The **fundraising committee** will host a barbecue cookout to fund their projects. It will be held in the pavilion and inside Fellowship Hall and will feature meat, side dishes and desserts.

Cost will be \$10 per person, BYOB  
There will be Entertainment!!!

## *Bits and Pieces...*

- *Sending get well wishes to Jim Humphries who was hospitalized in July..*
- *Paint has been donated for the hallway next to the kitchen. If you can be part of a painting team, please let the office know and we'll plan a work day. With your help we can apply a great color to a sad surface!*
- *Plan to attend the First Sunday Luncheon as it will be a good time to visit with Hongling before she leaves for Texas.*
- *We collected \$750.00 for UUFC member Emily Jones who lost her house in LaGrange due to a house fire. Thanks to all for your generosity.*



Some of the guys from UU took a field trip to Wetumpka in June. They had a great time!



### August Birthdays

- 1 Michael David Smith
- 3 Karen Spradlin
- 8 Mark Lupo
- 9 Elaine Lupo
- 11 John Nix
- 13 Milton Jones
- 17 Gerda Smith
- 18 Joanna Lamb
- 30 Giulia Gardner
- 30 Emmie Mix

