

THE CHATTAHOOCHEE CHALICE

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



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SUNDAY SERVICES

October 06 1st Sunday

9:15 Adult Religious Edu: *Earth Centered Studies with Orm and Robert Burnham*

9:15 Children's Religious Edu: *Yes You Can! A Lesson on Self-esteem*

10:30 Coffee, Conversation, and Donuts

11:00 Sunday Service: Rick Spradlin

Title: Our 6th Principle

Service Leader: Rick Spradlin

Opener: [donuts]

Greeters: Karyann Hull, Jeff Gordon

October 13

9:15 Adult RE: *Spiritualism and Relativism*

9:15 Children's RE: *Be the Ruler of Your Self-esteem Kingdom*

10:30 Coffee and Conversation

11:00 Sunday Service: Cathy Williams

Title: *The Widening Gap in Housing Affordability*

Service Leader: Pat Hart

Opener: Dori Sterling

Greeters: Chris Nix, Bill Edwards

October 20

Give Away The Plate: Jail Ministries

9:15 Adult RE: *Faith and Materialism*

9:15 Children's RE: *Share the Spotlight*

10:30 Coffee and Conversation

11:00 Sunday Service: Rick Spradlin

Title: Our 7th Principle

Service Leader: Rick Spradlin

Opener: Connie Ussery

Greeters: Orm Burnham, Judy Barnett

October 27

9:15 Adult RE: *God in Philosophy*

9:15 Children's RE: *Lift Each Other Up! A Lesson on Helping Others Find their Confidence*

10:30 Coffee and Conversation

11:00 Sunday Service: Sidney Wilson

Title: *Art as it has Affected my Life*

Service Leader: Ron Ussery

Opener: Michelle Midgette

Greeters: Emily Timmins-Wilde, Robert Burnham

Special Announcements for the Month

YARD SALE October 5th!

Please tell your friends and neighbors! Bring items Sunday 9/29-10/4 from 1:00-6:00pm. On October 4, from 6:00-8:00 pm, come and enjoy the Preview Sale. VOLUNTEERS STILL NEEDED! We need help to arrange the donations and a list of other tasks. Please volunteer to help make this fundraiser a success!

Yoga with Erika 9:00-10:00am Saturdays, 10/12-10/19*.

UU Members: \$8/class, Non-UU: \$10/class

Contact Erika erikabloodworth@gmail.com with any questions.

Mindfulness 301 Course is every Saturday 10/19-11/23 from 12:30-2:00pm

Mindfulness practice provides a doorway or window into the opportunity to respond to situations rather than react. As the mind begins to slow down from the constant chatter, one recognizes a space between thoughts. That space allows for responding rather than reacting. One can begin to make choices that are more thoughtful...choices concerning our communication with others (as well as with our self), priorities for our time and energy, and overall health benefits.

We will be exploring healthy communication styles using the book *The Five Keys to Mindful Communication* by Susan Gillis Chapman (Book included in tuition) as well as examining more deeply the Obstacles to Joy as well as the Pillars of Joy as presented in *THE BOOK OF JOY* by HH the Dalai Lama and Archbishop Desmond Tutu.

Must have taken Mindfulness 101 or equivalent. Pre-registration required. Suggested donation is \$70.00

You can register on line: jrandras1@gmail.com



OTHER UU EVENTS

Board Meeting 10/15
meets on 3rd Tuesdays, 7:00pm

Buddhist Studies *NO CLASS SATURDAY, 10/5
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.*

**Cultivating Kindness + Loving-Compassion
Meditation** 10/28
meets 4th Mondays, 6:30

Children's Ministry Committee 10/13
meets at 9:30am Sunday preceding Board Meeting

Earth-Centered Spirituality Study Group
meets on 1st and 3rd Saturdays, 7:00pm
10/5 *Herbal Properties + Smudge Sticks*
10/19 *Ritual to Honor the Ancestors*

Exploring Spirituality 9/19
meets on 3rd Thursdays, 7:00pm

Friday Lunch Group
meets every Friday at Mandarin Café, 12:30pm
Contact President Bill Harlan to join.

Fundraising Committee 10/13
meets 2nd Sunday after Service

Introduction to Unitarian Universalism 10/20
Meets 3rd Sunday, 7:00pm
Presented by Rick Spradlin

Social Action Committee 10/16
meets Wednesday following Board Meeting, 10:30am

UU Singers Choir Practice
meets Wednesdays at 6:00pm & Sundays at 10:00am

Wednesday Night Discussion Group*
meets every Wednesday, 7:00pm **Will not meet 10/30*

Women's Book Club 10/22
meets on 4th Tuesdays at 6:00pm
*Topic: The Good Heart, a Buddhist Perspective on the
Teaching of Jesus, by: Dalai Lama*

UU Women's Group 10/10
meets on 2nd Thursdays
6:30pm *dinner at Lisa Pyburn's house. Host will serve
Shrimp Remoulade and beverages.*
Optional: BYO-Finger Food

Toastmasters Proposal

Almost everyone wishes s/he could be a more effective public speaker. Local Toastmasters Clubs provide an excellent opportunity for individuals to improve their speaking and listening skills. Toastmasters is the best and least expensive way to improve these skills. Practice in a friendly, supportive environment with people who are there for the same reasons you are—to become better communicators and leaders. Even experienced speakers can benefit from membership.

John Nix has board approval to determine if the UUFC is interested in establishing a Toastmasters Club. He proposes meeting 1 hour, 2x/month, with time dependent on availability of meeting space and the preference of the members. Membership would not be limited to UU members and friends, although it is anticipated that the majority of club members would come from the UU Fellowship.

Skills developed in Toastmasters may enhance some of our current programs and some people not currently part of our UU Fellowship may be influenced to join other UU activities as a result of attending Toastmaster meetings. This would be a great addition to our Fellowship!

Interested?

Visit www.toastmasters.org and call John at (706)324-7086, or write to him at JohnNix3@hotmail.com. We need at least 20 members to establish a UU Toastmasters club.

Samhain Celebration

Samhain is a pagan religious festival originating from an ancient Celtic spiritual tradition, marking the end of the harvest season and the beginning of winter or the "darker half" of the year. Traditionally, it is celebrated from 31 October to 1 November, as the Celtic day began and ended at sunset. This is about halfway between the autumn equinox and the winter solstice.

On October 30, we will celebrate Samhain (pronounced "saa wn"-Halloween-All Saints Day Eve-Day of the Dead, all rolled into one. Providing good weather, we will gather in the Meditation Garden around a fire. The grill will be lit at 6pm for those wishing to grill out. Bring your own drinks and food, and maybe some to share. Celebration starts at 7pm. Costumes will be considered appropriate attire.

