



UNISON

January 2010

No. 787

A Month of Sundays

3 *Just Breathe: Liz Connell*

The new year, a time of renewal. Liz Connell, yoga instructor, will lead us in breathing and movement exercises to renew our bodies. You may participate as you wish. Chairs will be spaced to allow for movement.

10 *Beginning Again in Love The Rev. Don Rollins*

Some would say that love is impersonal and universal, just as it is personal and particular. This is a practical, partly meditative look at forgiveness, universal and particular.

17 *MLK Intergenerational Service The Rev. Don Rollins*

Staff members Kathleen, Mary, and Don will lead us in an all-church reflection on Dr. King and the ongoing work of anti-racism.

24 *To Be Announced*

Check Happenings for details.

31 *Time Flies Like an Eagle, Fruit Flies Like a Banana: When Was the Last Time You Had a Belly Laugh? The Rev. Don Rollins*

Midwinter is a good time to have some fun with your UUCS family. Goofiness can be mighty spiritual, you know.

Congregational Meeting

Sunday, January 17, in the Fellowship Hall. See page 3.

Coffee House

Starting Friday, January 29 at 7:00 p.m. See page 2.

PASSIN' THRU

Each year, we're reminded, January is the season of new beginnings. Resolutions and do-overs. Quit smoking, start exercising. Take stock, apply some gentle, spiritual discipline. Well and good. But once you've got a few "rings around your tree," you know that the rush of the new vision isn't worth much without the nuts-n-bolts planning and commitment.

This month's column is an exercise in institutional nuts-n-bolts. You and I are moving into the stage of interim work where we begin to experiment with ideas in a more comprehensive manner, and that means two things: trust and transparency.

Under those two headings, let me just jump in with the practical stuff on my mind in this, the season of new beginnings. (Some of what follows will be given in more detail elsewhere in this month's *Unison*.)

New Mission Statement: The Board has developed and approved the draft of a new mission statement. This is big, folks. It's clear, concise, *planning-friendly*, and reflective of the fine congregation you surely are. You'll have a chance to look it over and make suggestions, but I hope you'll avoid excessive word-smithing on the one hand, and minimizing its potential on the other. I'll say more about this as we go along.

Joys and Concerns and Applause: The Worship Committee and I take seriously our role in shaping Sunday services. Feedback and input are absolutely welcome, but feeding souls *and welcoming new people* are not religious popularity contests. In an effort to respond to voiced opinions, as well the evolving nature of worship itself, we're looking at some changes. Beginning on January 3, *and continuing on an experimental basis*, Joys and Concerns will be streamlined; and, as a compromise between the clappers and no-clappers, we'll ask you to hold your applause of appreciation until the end of the service. (See on page 3 in this issue Sally McClellan's more detailed explanation.) Keep an open mind and heart as your worship life continues to evolve.

Letter from the President

Dear Friends,

Draft Mission Statement—*The Unitarian Universalist Church of Spartanburg is a congregation grounded in the liberal religious tradition. We embody and promote religious freedom, caring community and social justice. We do these things in the service of love.*

Why a new mission statement? During the interim period we are looking at ourselves closely. It is time for an updated mission statement that more clearly identifies who we are. Please let us know what you think of it. You can come to the Congregational Meeting on January 17 (noted on page 3 in the *Unison*) and tell us. You can email me (bk Mitchell@bellsouth.net), call me (579-3791), or let any Board member know your ideas. The Board members are listed on the back of the Sunday bulletin and there is a bulletin board in the Fellowship Hall with their pictures and a bit about each of them. Also on Sunday, January 3, some Board members will be at the 10:00 hour for Bread 'n Board. We bring good bread and we can talk with each other.

Why did the Board propose a Bylaw change regarding membership that we will vote on at the Congregational Meeting? We did it because we think it reflects who we are. See more information in the notice of the meeting on page 3 of this *Unison*.

What else has the Board been doing? We have created a new committee, the Stewardship Committee, as stewardship is one of our three goals for the year, along with administration/infrastructure and governance. You will be hearing more about the Stewardship group as we move along. We will all be learning the concept and how it might be practiced.

In January the Board will be evaluating how the interim time is progressing for us. How is the minister doing and how are the leadership and congregation doing? If you have ideas you want to share on this, let me know.

We are finding this interim period to be an exciting time at the church. We have new ideas floating around in the pulpit, in our music, and in our conversations with each other.

While we take on new ideas, we want to be grounded in our spiritual life. What are you doing to help yourself be in a good spiritual place? We all need a deep spiritual place inside ourselves. Let's help each other find it, in this wonderful congregation.

Fondly,
Karen

Sign Up for Happenings

If you are not receiving "Happenings," our weekly electronic newsletter, go to our website at UUCS.ORG to sign up.

PASSIN' THRU (continued)

Intergenerational Services: For some time now, UUSC children and youth have been invited to worship with the grownups on the first Sunday of each month. Starting in January, staff members Kathleen Anderson and Mary Bracey and I will be designing intergenerational services on a monthly basis. One topic, things for all ages. The scheduled dates for the "intergens" are: January 17, February 14, March 13, April 18, and May 9.

Office Administrator: Our UUCS administrator Penny Hatchell will be stepping down sometime after her birthday, in May. In response to the increasing demands upon her position, Penny has been instrumental in the effort to stretch her limited time. A search to fill the position will begin no later than early spring, and Penny will help before, during, and after the transition. The good news is that she and Mike will still be around!

Coffeeshouse: Well, it looks like we'll be starting a coffeeshouse at UUCS come Friday, January 29. (The details are elsewhere in this issue.) The steering committee includes Jim Brown, Jan Jerome, Linda Leible, and Doug Allen. We'll need a cast of thousands to help with publicity, concessions, setup/teardown, etc. So, contact one of us before we contact you.

Stewardship: This is more than a buzzword, folks. My working definition is fairly simple: a church culture of generosity linked to mission. It's giving—in all its applications—in the service of one's personal values as manifested in the congregation. This is giving, not to simply support UUSC, *but because UUSC is a worthy vehicle for the guts of the proposed mission statement: religious freedom, caring community, and social justice.* Stewardship is code for making sure that the next generation of UUCSers has what they need to advance those same values.

It's nuts-n-bolts time, good people of this truly good congregation. Get involved. Help plan. Speak your piece with love. Compromise where you can. Work, give, and laugh.

Happy New Year,
Don

Coffeeshouse Starts Up

The first as-of-yet unnamed UUCS coffeeshouse is set for Friday, January 29, at 7:00 p.m. in the Fellowship Hall. Don will emcee as poets, musicians, storytellers, and any other area performing artists take turns at the mic. A donation of \$2 and non-perishable food item are requested. (Performers get in free.) Spread the word, get involved, perform, or come to enjoy. Contact Don to volunteer: minister@uucs.org. See you there!

Congregational Meeting Notice

Sunday, January 17, 2010, in the Fellowship Hall

Please plan to attend this meeting. Two things will be happening.

We will review and act on the proposed revision to Article 111 of our Bylaws relating to Membership. It was recommended to the Board by both the Membership and Finance committees, and the Board voted to recommend the changes to the congregation. The major change is that to be a “voting” member of UUCS requires a financial contribution of record—at whatever level the member chooses to give. During the past few years, the Membership and Finance committees, as well as the Board of Directors, have been working to clarify what being a UUCS member with voting rights entails. The expectation of financial support is a basic one and has been increasingly emphasized in our Path to Membership sessions as well as in written materials produced by Membership. This is, however, a departure from what we’ve done in the past, so the Board is calling this meeting to discuss and ask you to amend the Bylaws.

While we are gathered we will ask for input on a new mission statement. During this interim time your Board has been working to help answer questions like, “Who are we, really?” We have a draft mission statement and would like your input on it.

The Unitarian Universalist Church of Spartanburg is a congregation grounded in the liberal religious tradition. We embody and promote religious freedom, caring community and social justice. We do these things in the service of love.

I look forward to our meeting and hope you can be there.

Please contact me with your comments or questions about either of these items. Karen Mitchell, president, (864) 579-3791, bkmtchell@bellsouth.net.

Buddhist Meditation Group

Tuesdays, 6:30 p.m.

All are welcome.

Please call David Stack (542-1324) with questions.

News from the Membership Committee

PATH TO MEMBERSHIP—Have you been coming to the UU Church of Spartanburg for a while now? Have you enjoyed your experiences here and want to find out what is involved in becoming a member of this liberal church community? If so, please consider attending the next Path to Membership classes, which are scheduled over two consecutive Wednesday evenings on January 20 and January 27. Here’s how it will work: The classes will be held in the sanctuary, from 6:30 to 8:00 on both evenings. From 5:30 to 6:30, though, you are also invited to join us for a complimentary Wonderful Wednesday supper in the Fellowship Hall, where you can enjoy a delicious meal and socialize with other UUCS members and friends in a relaxed and friendly atmosphere. During the classes, various church leaders will introduce you to different aspects of our congregational life.

A sign-up sheet is on the Visitor bulletin board in the Fellowship Hall, or contact P.K. Weiss at pkweiss@bellsouth.net to ask questions or reserve a spot. Childcare will be available.

From the Worship Committee

One of our tasks during the time with our interim minister is to try out new things to see how they work and meet the needs of UUCS. The Worship Committee has been discussing a number of issues related to the Sunday morning worship service and will begin trying some new things in January. The three areas we will begin with are intergenerational worship, the sharing of joys and concerns, and applause.

Even though we have had some Sundays when the children have stayed for the entire worship service, we have not made a concentrated effort to design the worship service to truly “include” the young children. What we do in the service to make it more accessible to children in reality makes it more accessible to adults as well. Don, Kathleen, and Mary will work together each month to provide an intergenerational service. Our service on January 3, 2010, will also lend itself to being an intergenerational service. Under the theme of renewal as we begin the new calendar year, Liz Connell, ballet and yoga instructor, will lead us in a series of breathing exercises and movement activities. To accommodate the movement, the sanctuary will have a slightly different look for the day.

To build a sense of community within our congregation, sharing joys and concerns is one way that we share our lives, both the good and the not so good. We are also a growing church at a size that makes the sharing of these important events during the worship service problematic at times. Therefore, we are going to try sharing them in a written (they will be included in the bulletin) rather than a verbal format. Email your joy or concern to Monnie Cannon (communication@uucs.org with bulletin on the subject line) by noon on Thursday. This will allow time for Monnie to include it in the Sunday bulletin. The joys and concerns book will still be available in the sanctuary for those who have something to share that they do not choose to include in the bulletin. These joys and concerns will not be shared publicly, but others can read what is written in the book. The service leader will share late-breaking emergencies (hospitalizations and deaths). We hope that this will still allow us to know what is happening in our community in a way that fits the size of our church.

As with any group that comes together, many different preferences are brought to our church each Sunday morning. For some, applause is a spontaneous expression of joy and for others it is a loss of sacred space. In an effort to be respectful of all, we are going to ask that applause be held until the end of the service, at which time those who wish to express appreciation for the music or anything else within the service will have an opportunity to do so.

We do realize that we are trying some new things, and therefore we want to hear your thoughts or comments. You may e-mail worship@uucs.org or speak with anyone on the Worship Committee: Doug Allen, Liz Connell, Teretha Fowler, Riley Lanier, Sally McClellan (chair), or Jack Seitz.

Usborne Books Fundraiser

The Usborne Books Fundraiser held on Sunday, December 6, resulted in sales of \$587.76. Sales included books purchased as donations from our church to students at Park Hills Elementary School. Merike Tamm donated the full amount of the sales, \$587.76, to our church.

CUUPs Corner

Chuck Hall, CUUPs Coordinator

Those of us who practice an Earth-centered spirituality are well-acquainted with the idea that season follows season. In the depths of winter, we take comfort in the fact that spring will follow as the Wheel of the Year turns. If you've watched or participated in CUUPs here in Spartanburg over the years, you're familiar with the fact that we've seen our seasons of growth and our seasons of dormancy. Well, it appears that CUUPs is gearing up for a new season of growth!

About two years ago, I had to drop out of CUUPs when I entered my clinical practicum at Converse College. Since that time, I have graduated, and I have a little more time to devote to CUUPs. So I was delighted when Don Rollins contacted me about the possibility of reviving CUUPs once again.

We recently had a very good turnout for our initial meeting, and we discussed future activities for the group. We're planning at least two drum circles per month—one at the church and one to be hosted at members' homes on a rotating basis. We will also be organizing monthly workshops on various Pagan paths, to be facilitated by volunteers within the group, so if you're interested in leading a workshop, please contact me.

In one of those "cosmic coincidences" I've learned to pay attention to, all of this is happening as the Winter Solstice is upon us. To Pagans, the solstice represents new birth and new growth, so for those of us inclined to see omens, this is a good one. As I write this, a group of us plan to attend the Greenville Fellowship's Winter Solstice celebration on December 19. Wouldn't it be great if we could have our own Solstice Celebration next year?

Many people at our recent meeting expressed an interest in workshops, sponsored events, and possibly even public rituals on the Sabbats for those so inclined. Another possibility is bringing in guest speakers from time to time. For example, did you know that South Carolina is home to the world's first Pagan Seminary? Cherry Hill Seminary, in Columbia, South Carolina, is an excellent resource for guest speakers, as well as for those interested in Earth-centered forms of spiritual expression.

At the meeting, we also recognized that there are those who are still in the "broom closet" regarding their practice of alternative spiritualities, and those people have concerns about the ramifications of being too public with their beliefs. As the Coordinator for CUUPs, I will be doing everything possible to maintain confidentiality for those of you who may wish to participate in events while remaining relatively anonymous.

I'd also like to remind all CUUPs members, and those who are interested in CUUPs, that I value your input and your vision for what CUUPs should be. Feel free to contact me (chuck@mindfulecotherapy.org) with ideas, thoughts, and suggestions. Thanks to all who participated in the first meeting, and I'm really excited about the possibilities for the future!

Service and Fellowship Opportunity

Great news! We've outgrown our meeting spaces! Great news! We have spaces to develop. We'll begin by transforming the proposed kitchen downstairs into a classroom. On **Saturday, January 9**, we'll be cleaning out and cleaning up the Lower Level. If you have items of personal interest stored there, please go through them prior to the 9th. A storage space for critically needed items will be created in the elevator shaft; other items will be recycled or disposed of. We'll thoroughly vacuum, wipe down the cinderblock walls to be painted, and hopefully get the primer coat of paint on the new classroom walls. On **Saturday, January 23**, we'll put the finishing coat(s) of paint on the classroom walls. We'll start at 9:00 both mornings, with a morning and an afternoon shift.

Items needed: YOU! Wire brushes, shop vacs, ladders, drop cloths, utility glasses, and dust masks. We had such a good time painting last summer and this project will be fun too. Many hands make light work, so lend your hands to this opportunity for service and fellowship. Meet someone new, renew an old friendship, create an alluring and serviceable new space. Yes, we can! Joyce Harrison will be creating the work schedule, so call 574-1253 or email jharrison1253@charter.net to reserve your place.

Spartanburg Sierra Club

MEETING—Thursday, January 28, at 7:30 p.m. at the Unitarian Universalist Church. Dr. Kaye Savage will present a talk on the **New Environmental Program** at Glendale Shoals and at Wofford College.

HIKE—Saturday, January 30, we will have the first of our local winter hikes at **Croft State Park Nature Trail**. This two-mile scenic trail is rated easy and has its own beauty in the winter. We will learn about some of the plants and animals that inhabit the upstate in the winter. Come and join us for a nice winter walk followed by a tasty sandwich and hot soup downtown and more fellowship. Hike is open to non-members. We will leave from the parking lot of the Unitarian Universalist Church at 9:00 a.m. Hike goes rain or shine (you'll enjoy the hot soup more if it's raining or snowing—guaranteed.) Phone Jack Seitz for more details: office (864) 597-4589; home 948-1080.

January Birthdays

Deb Williams (01/01), Allene Williamson (01/01), David Stack III (01/05), Kate Arrants (01/12), Andrew Costine (01/12), Valerie Stephenson (01/12), Shannon Bracey (01/14), David Hudnall (01/14), Ed Wilde (01/14), Lorie Conrad (01/15), Will Costine (01/19), Vincent Stephenson (01/21), Becca Tipton (01/21), Susan Stallard (01/22), Terry-Christy Patton (01/23), Rose Mary Kramer (01/24), Lisa Godenick (01/27), Turner Burgess (01/29)

If your birthday is in January and your name is not on the above list, please send it to communication@uucs.org, with bulletin in the subject line, and we will include it in the following Sunday's bulletin. If you don't want it in the bulletin, indicate this and we won't include it, but it will help us bring our list up to date.

Leaders Take Note

By Amber Pennington

As we continue to grow, we each need to do our share to make things run smoothly. In order to help each scheduled group begin on time, we would like for each group to set up the room for the next group to use the room. This takes only a few extra minutes but would be much appreciated and most helpful.

To help with this, leaders are asked to please make a sketch of how you want the room set up for your meeting and indicate any instructions about how you need the room set up for the meeting. As soon as possible, please place this information in the publicity box in the volunteer work room. These will be posted in the appropriate rooms for the preceding group using the same space to set up the room for your use.

If we all pitch in, this will only take a little effort. So, please be sure to write in instructions for your group and remember to set up for the next group using the same room. Look to see how the next group needs the room set up. Group members, please help your leader remember to do this. We all appreciate it when things are ready for us when we arrive. That will only happen if we, too, help out the next group.

Thanks in advance for your cooperation. This should really help everyone. It is especially important when the Fellowship Hall is used. It is a large space for one or even two people to set up. Once again, thank you for your support in this effort.

Eating Out with UU Friends

Midweek Lunch Bunch

Friday, January 15, at 11:45

Mellow Mushroom on East Main Street

Thursday, January 28, at 11:45

Bangkok Restaurant near Blockbusters.

Watch the bulletin, calendar, and Happenings for updates; email Monnie Cannon (monniecannon@charter.net) if you want to be included in a group email reminder.

Sunday Lunch Bunch

January 3—Broncos on Union Street,

January 10—Five Spices on East Main Street

January 17—NO lunch bunch

(because of Congregational Meeting)

January 24—Panera in the Hillcrest Shopping Center

January 31—Bangkok near Blockbusters on Main Street

Each Sunday bulletin has a reminder.

Newcomers are especially welcome.

It's a great way to get to know your new community.

EXCELLENT EATS

(on Wonderful Wednesdays)

Supper is at 5:30 p.m. The first Wednesday of each month is potluck—please bring a dish to pass. The following Wednesdays' meals are prepared by various groups, committees, etc. On those nights simply come hungry and pay \$4.00 per person or \$8.00 per family.

The meal schedule for January is:

January 6

Potluck, everyone bring a dish to pass

January 13

Dinner prepared by the Humanist Group, pay to eat

January 20

Dinner prepared by the Rainbow Group, pay to eat

January 27

Dinner prepared by the Communication Council, pay

The meal schedule for February is:

February 3

Potluck, everyone bring a dish to pass

February 10

Dinner prepared by the Finance Committee, pay to eat

February 17

Dinner prepared by the *Jack Seitz Covenant Group*, pay

February 24

Open, looking for a group to “do” dinner

From the TJ District

As we draw closer to the new year, we are continuing to look for ways to make leadership development opportunities more accessible to people in our congregations. From January to June, we will be hosting weekly “webinars” in four major leadership topic areas. UUA TJD District Trustee, **Jake Morrill**, will host one webinar per month on **best practices in congregations**. TJD Director of Faith Development, **Sue Sinnamon**, will host a monthly webinar on **faith development** topics. **Dr. Helen Bishop** will host a monthly webinar on **right relations and conflict**. And **Annette Marquis** will host a monthly webinar on **governance and other leadership development** topics. Watch for further information on www.tjdistrict.org.

Another reminder: if you live in the southeastern part of TJD, don't miss the **Southern Cluster gathering** in Bluffton, SC, on **January 16**. And everyone please plan to attend and participate in the **TJD Anti-Racism Conference** in Richmond on **February 5-7**. Also, please encourage qualified and competent people in your congregation or whom you know to submit a nomination application for one of the seven TJD leadership positions that will be filled at the next Annual Meeting.

Lifespan Faith Development January Schedule

Sunday Forums

Sunday, January 3

10:00 **Bread and Board**, Coffee and Conversation, Drinks and Discourse, Eats and Ethics, Fun and Food (you can take it from there). In the Fellowship Hall

Youth Forums

Pre-School: Lessons from *We Are Many, We Are One* (Nursery)
Primary: Spirit Play, *PROMISES*, with Katherine Anderson and Jan Ingerson (Hatcher House)

Intermediates: *UU Mystery Idols*, with Kathleen Anderson and Mary Bracey (Room 6)

Junior High: *Traditions with a Wink*, with Cathy Matthews (Hatcher House)

High School: *Planning Personal Finances*, with Jule Klotter and Karen McKenzie (Hatcher House)

12:30 NO TAROT STUDY GROUP—This group will meet on January 10.

2:00-4:00 p.m. Parent Orientation for Our Whole Lives Human Sexuality Workshops for Junior High and High School Teens. (Please see notes below!)

Sunday, January 10

10:00 **Health and Wellness** Class with Dr. Connie Godenick (Lower Level)

Coffee and Conversation—Fellowship Hall

Youth Forums

Pre-School: Lessons from *We Are Many, We Are One* (Nursery)
Primary: Spirit Play, RED—*Weight of a Snowflake*, with Jan Ingerson and Sally McClellan (Hatcher House)

Intermediates: *UU Mystery Idols*, with Kathleen Anderson and Mary Bracey (Room 6)

Junior High: *Traditions with a Wink*, with Christie Matthews (Hatcher House)

High School: *Planning Personal Finances*, with Jule Klotter and Karen McKenzie (Hatcher House)

12:30-2:00 **TAROT STUDY GROUP** (Fellowship Hall) Bring your lunch and let's practice reading the cards for fun and non-profit!

Sunday, January 17

10:00 **Coffee and Conversation**—Fellowship Hall

10:00 DVD on Demand (Room 6)

Bruce Lipton: The Wisdom of Your Cells (Session 1)

This is an eight part series about the science of intelligence, and the mind-body connection. We will be offering these two Wednesdays and two Sundays per month (as repeats—so you can pick the time that suits you best). Here's a blurb:

Breaking News: Science Discovers Intelligent Life in Every Cell. Rich in detail, *The Wisdom of Your Cells* is a journey that takes you into the world under the microscope, thru the history of evolution, and into the subtle realms of your own consciousness. With elegant clarity reminiscent of such popular scientists as Carl Sagan and Stephen Hawking, Lipton explains how the new science of epigenetics shatters the old, purely mechanic

model of life. You will be challenged and inspired by this riveting examination of the dance between mind and matter that creates the phenomenon of life.

Youth Forums

Pre-School: Lessons from *We Are Many, We Are One* (Nursery)

Primary: Spirit Play: ORANGE—*What if the Zebras Lost Their Stripes*, with Deanna Kloster and Sally McClellan (Hatcher House)

Intermediates: *UU Mystery Idols*, with Kathleen Anderson and Mary Bracey (Room 5)

Junior High: *Traditions with a Wink*, with Margaret Howie (Hatcher House)

High School: *Planning Personal Finances*, with Jule Klotter and Karen McKenzie (Hatcher House)

Sunday, January 24

DVD on Demand: **Bruce Lipton: The Wisdom of Your Cells**, Session 2 (Room 6)

Coffee and Conversation: Fellowship Hall

Youth Forums

Pre-School: Lessons from *We Are Many, We Are One* (Nursery)

Primary: Spirit Play, YELLOW, *My Many Colored Days*, with Susan Prestipino and Sally McClellan (Hatcher House)

Intermediates: *UU Mystery Idols*, with Kathleen Anderson and Mary Bracey (Room 5)

Junior High: *Traditions with a Wink*, with Christie Matthews (Hatcher House)

High School: *Planning Personal Finances*, with Jule Klotter and Karen McKenzie (Hatcher House)

Sunday, January 31

Coffee and Conversation—Fellowship Hall

Youth Forums

Pre-School: Lessons from *We Are Many, We Are One* (Nursery)
Primary: Spirit Play, GREEN: *Mouse at the Seashore*, with Palma and Mitch Eisner (Hatcher House)

Intermediates: *UU Mystery Idols*, with Kathleen Anderson and Mary Bracey (Room 6)

Junior High: *Traditions with a Wink*, with Christie Matthews (Hatcher House)

High School: *Planning Personal Finances*, with Jule Klotter and Karen McKenzie (Hatcher House)

OUR WHOLE LIVES

All parents of UU teens are invited to a parent orientation session for the 2010 presentation of *Our Whole Lives* and *Sexuality and Our Faith* series offered by the Unitarian Universalist Church of Spartanburg on Sunday, January 3, 2010, from 2:00 to 4:00 p.m. in the Fellowship Hall.

Our Whole Lives and *Sexuality and Our Faith* are a series of sexuality education programs developed jointly by the United Church of Christ and the Unitarian Universalist Association. The Unitarian Universalist Church of Spartanburg will be offering program components de-

LFD: OUR WHOLE LIVES (continued)

signed for High School aged youth in a series of week-end lock-ins during January and February 2010. Middle School youth will be joining with Hendersonville UU Fellowship youth, and we will be sharing facilitators and facilities at lock-ins during roughly the same period of time.

OVERVIEW

The OWL program provides an opportunity for young people to learn about sexuality in the affirming and supportive setting of the church. It is based on Embodiment Theology (the idea that we as body-selves participate in the divine creation and that the way we think and feel about our bodies influences the way we think, feel, and behave). It is also based on a philosophy of comprehensive sexuality education, which helps participants make informed and responsible decisions about their sexual health and behavior. It equips participants with accurate, age-appropriate information in six subject areas: human development, relationships, personal skills, sexual behavior, sexual health, and society and culture. Grounded in a holistic view of sexuality, comprehensive sexuality education provides not only facts about anatomy and human development, but supports participants in clarifying their values, integrating sexual and spiritual understandings, building interpersonal skills, and understanding the spiritual, emotional, social, and political aspects of sexuality.

This program requires that all youth registering for the program have parental permission to participate. It is very important that at least one parent or guardian attend the orientation. During this session you will meet the facilitators, view the curriculum and materials, hear from past participants/parents, and you will have the opportunity to ask questions. ***This program REQUIRES 100% attendance*** from participants, so please be prepared to make a firm commitment.

DATES FOR HIGH SCHOOL OWL SESSIONS ARE:

Sunday, January 24, 2-6 PM

Friday and Saturday, January 29-30, 6 PM-6 PM

Friday and Saturday, February 12-13, 6 PM-6 PM

Friday and Saturday, February 26-27, 6 PM-6 PM

Junior High Sessions will be in concert with youth from the Hendersonville UU Church. Dates to be announced at the Orientation.

WONDERFUL WEDNESDAYS

Supper at 5:30—Best Deal Anywhere!

Potluck first Wednesday—Bring a dish to share

Other Wednesdays—\$4 per person, \$8 per family

Wednesday, January 6

Council of Committees — 7:00 Book Club — Wild Tic Tacs

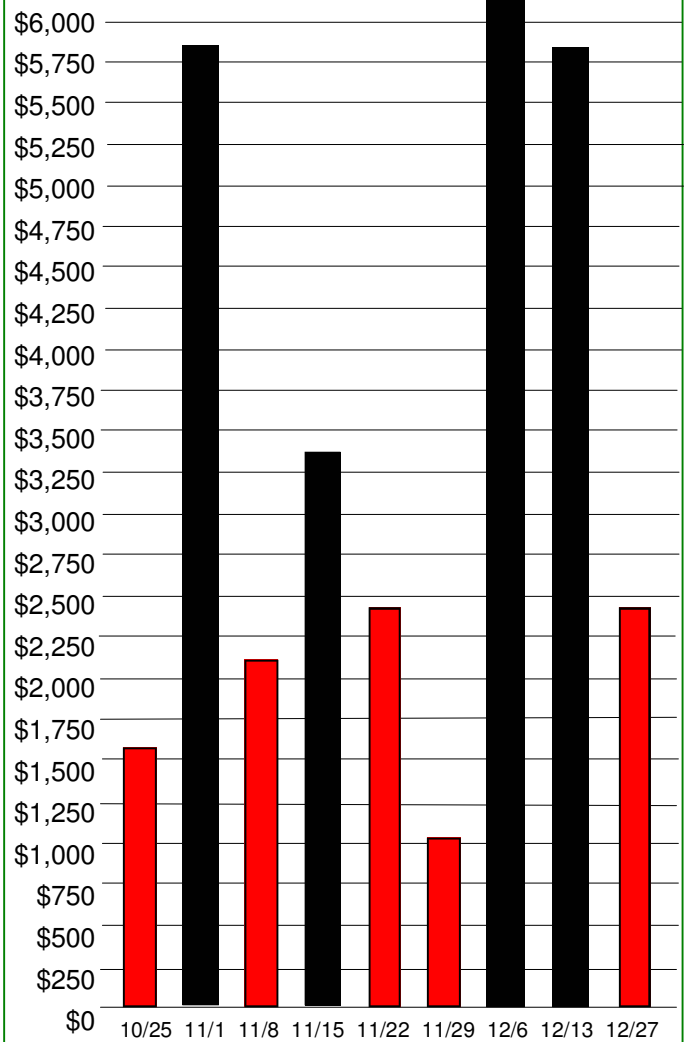
Wednesday, January 13

2:00-4:00 **Telling Our Stories** Group

Join Kathleen Anderson and a group of dedicated story tellers as we dig into our own personal histories and share the stories that have shaped our lives.

UUCS Weekly Revenue

\$10,795.06



Interpretation: A solid black bar for a given Sunday indicates that we met our pledge for that Sunday. A patterned bar for a given Sunday indicates that we did not meet our pledge for that Sunday. As we used our savings to burn the bank mortgage last year, the continued lack of pledge payment results in a cash-flow problem. Please remain up to date on your pledge payment.

Evening January 13

7:00 Board Meeting — Wild Tic Tacs

DVD on Demand: Bruce Lipton: *The Wisdom of Your Cells* (Session 1). See the previous page, column 1.

Wednesday, January 20

7:00 Knit, Love, and Crochet — Humanist Discussion Group — Coltrane Covenant Group — Wild Tic Tacs

Wednesday, January 27

Social Concerns Committee

DVD on Demand: Bruce Lipton Series (Session 2). See the previous page for a description of this series.
Wild Tic Tacs

New Puppy, from "Lessons in Earth School"

By Kathleen Anderson

I have a new puppy. I wanted a dog, and suddenly, it happened. He doesn't even have a name yet, but I can already tell he is going to be my teacher just as much as I will be his. It's been a long time since I had a puppy, or took care of a baby, and already I'm remembering the lessons. Maybe the lessons are just about training a new dog, but with my genetic tendency for seeing a lesson in any old thing, I have decided the lessons are also about parenting, and about ways we need to take care of ourselves, and each other. And they are about New Undertakings—like the New Year, or our plans for our church. So I'm sharing: apply where needed.

The first lesson is about joy. When you aren't attached to a big agenda, you're free to experience what is, and everything is such a gas! How amazing this grass is! This stick! Woh! Dirt! Yay! Kibble! I LOVE this BALL! Oh, time to pee! It's great to really BE present in every moment, open to whatever life brings, and ready to embrace simple joys and cheap thrills. In fact, I'm pretty sure that simple joys have the most to do with heart, and cheap thrills are the greatest: they happen so often, you can share them, and the only thing you need to pay for them is attention.

The second lesson is about gentleness. Gentleness reassures, comforts, pleasures, and opens the heart and mind. Let's face it: No one likes to be yelled at or bullied. When did you ever learn something, take a risk, become more confident, or relax and have fun when you were afraid or nervous or ashamed? It's good to know that the person you depend on most isn't going to hurt you. My puppy needs to know for sure that he can trust me, just like our children need to know that about us, and like we need to know it about the way we treat ourselves, too. We all need TLC, and lots of it.

The third lesson is about setting goals. I want this puppy to be a GREAT DOG. How can I support that and make sure it happens? It's easy to get so busy with busy-ness that we forget why we're doing what we do. Goals provide focus, direction, a reason to act, and a benchmark for measuring the effectiveness of our action. Our church is very involved in this work now—we're deciding what we want to be, and we have to understand that clearly before we can decide what we need to do to become it. It's important on a personal level, too. Whether it's about a dog, a job, a relationship, a place to live, what we want for our children—first we have to decide exactly what we want. There's an old Buddhist saying: "Whatever your thoughts cling to with will becomes real." So once the thought is clear, the will can engage to bring success.

The fourth lesson is about simplicity, repetition, and patience. I've known some great dogs, but they didn't get to be that way overnight. While it's important to keep the destination in mind, it's also necessary to remember that the journey has lots of little steps. I've taught several hundred children to read and tie their shoes. I've taught horses to accept the bit and step into the can-

ter, and dogs to sit and stay. I have learned to ride a bike, play guitar, and operate a digital camera, among other things. Through all those lessons run the threads of simplicity, repetition, and patience. You start small, with what is already known, and then extend. You watch, you listen, see what is needed. You encourage and correct, you try again. And again. Come here. Sit. Stay. Good dog! You get better, add something new and keep at it. Learn it on the left—learn it on the right: Come. Sit. Stay. Heel. Load up. Good dog! Little by little it happens, until one day you discover you have the thing you wanted. Whether it's with a dog or a child or your own self, anything that requires mastery takes showing up over and over again, lots of practice, and understanding that good things take time.

The fifth lesson is about praise and encouragement. "GOOD DOG!" We all need to hear it. We'll jump through hoops for it. It makes my puppy wag all over. As a teacher, I heard a gazillion variations on "Y'all are doing a great job," in staff meetings, but it was twenty years before I ever had a principal praise me directly and specifically, and I never forgot it. He said two things: "Did you know I stand outside your room sometimes to listen to you tell stories?" And "I loved your displays about Native Americans. Every part of it was interesting and fun and I could really tell that your kids had been learning." It was the human equivalent of "Good dog!" and because it was specific, it gave me confidence and greater awareness of how my work mattered. AND (here's where that praise had a ripple effect), it made me work harder and with more joy. Notice when folks are being good or doing good, and TELL THEM. This means your dog, your children, the people who work with you or for you, your friends, and your SELF.

The sixth lesson is about redirection. Redirection is when you substitute an appropriate action for an inappropriate one. It works great for children and puppies. (And pssst! It works on friends, too.) Hey, Puppy! Don't chew on the rocking chair leg! Here's a chewie. No, don't chase the cat. Look! Get the ball! Honey, don't bother your brother's toys. Let's fix supper. Oh, Self, don't smoke a cigarette! Try that breathing exercise. Feeling glum? Take a walk. Your friend taking the conversation in a weird direction? Ask a question about her life, and listen to the answer. Redirection almost always works better than punishment or criticism (which is not the same as consequences). And no hitting! The general idea is to make the right thing easy, and the wrong thing less attractive. It works on a lot of levels.

The last lesson is about cleaning up messes. There are going to be some. Plan for the ones that are part of the deal, and keep them in their place. Other messes? If you don't want to step in them or have them repeated, clean them up right away. And practice prevention. Have a plan and follow it. Don't wait to do what you need to do. And don't leave your good shoes out.

UNTIL NEXT TIME: Happy New Year, and may Dog bliss you!

Deadlines

Unison—18th of Each Month
Bulletin—Wednesday Nights, 9:00
communication@uucs.org

Please don't leave material in the Unison mailbox without notifying Monnie.

UUCS Board Meeting Minutes

Wednesday, December 8, 2009

Called to Order 7:00 by President Karen Mitchell

Chalice lighting and opening words by Don Rollins

In attendance: Mary Frances Crivellone, Kim Danner, Ben Harris, Margaret Howie, Nancy Mandlove, Karen Mitchell, Bobbie Schoss, David Stack, P. K Weiss, Ex-officio Ed Wilde (Finance), Interim Minister Don Rollins, Youth Representative Katie Mierek, Visitors: Mary Miles, Membership Committee, Ruth Stanton, Wedding Bells Committee

Board Check in

November Board minutes approved. Motion Margaret, Second Kim

Financial report: Ben Harris

President's Report: Karen Mitchell

Mission Statement: After discussion/motion the mission statement draft will be given to congregation for their feedback.

The Unitarian Universalist Church of Spartanburg is a congregation grounded in the liberal religious tradition. We exist to embody and promote: religious freedom, caring community and social justice. We do these things in the service of love.

Stewardship Objectives were discussed with the Interim Minister.

Stewardship Committee—Ed Wilde will be chairing this committee.

Greg Lynch's Family Gift—Copier: we will review in January when we will have more information. There is consensus that we are interested in spending some of the gift on a copier.

Lower Level:

Motion: Bobbie Schoss, Second Mary Frances

Authorized up to \$1,000 for lower level improvements.

Christmas Eve Collection

After discussion, motion made to donate the Christmas Eve collection to Total Ministries Motion: David Stack, Second P. K. Weiss. Motion passed.

By-Law Change—Change approved by Board. Now the by-law change will go to the congregation.

Building Usage Fee Schedule—Board approved the proposed changes.

Penny will be leaving her post in May for personal reasons. We will need to search for a new church secretary.

Board adjourned at 8:53 pm.

Park Hills Christmas

THANKS TO YOU, UUCS collected almost \$800 to help Park Hills families have a Christmas to remember. That money allowed us to assist about 25 families, which totalled over 100 individuals.

Last week, Joyce Harrison, PK Weiss, Susan and Niki Prestipino, and Launa Blackburn hugged moms, kids, and senior citizens. We saw smiles on faces that hadn't smiled for quite a while and hope in eyes that had been filled with despair. We helped wipe tears away, shook hands with strong young men down on their luck, and spoke words of support and encouragement to many. We were reminded, once again, that need knows no season.

Launa says, "I am so humbled and honored to facilitate our church's wonderful partnership with the Park Hills school, as well as its community. On Christmas Eve, I rested and slept well, knowing that UUCS helped put coats and gloves, shoes and socks, and even boots on many little ones who would otherwise be cold this winter. We have helped to restore hope to the hopeless and strength to those who were feeling so weak. Bellies were filled, books were read, and little ones' eyes lit over the magic of Santa. One Park Hills home in particular is being warmed by heaters given by someone who cares and children snuggle into sleeping bags that will keep them warm for days and nights to come."

May the warmth and joy these families feel radiate through your own families in the days ahead. Happy New Year!

Unitarian Universalist Church of Spartanburg

210 Henry Place—P.O. Box 1942—Spartanburg, SC 29304

The Rev. Don Rollins, Interim Minister

Minister's Office Hours: 10:00-1:00 Tuesday—Thursday

Worship Service: 11:00 a.m. Sundays

Kathleen Anderson, DRE

Keith Plumley, Director of Music

Penny Hatchell, Church Administrator

Church Office: Monday-Wednesday, 8:00 a.m. to 1:00 p.m.

Church Phone (864) 585-9230

Off South Converse Street by way of Hudson Barksdale

Hatcher House on Wheeler Court

Website www.uucs.org—Regular e-mail: office@uucs.org

Announcement for weekly e-mail and publications—

uucs.communication@uucs.org

BOARD OF TRUSTEES, 2009-10

Officers: President, Karen Mitchell (579-3791); President-Elect, P.K. Weiss (576-3274); Secretary, David Stack (542-1324); Treasurer, Ben Harris (591-1526). Trustees-at-Large: Mary Frances Crivellone (864-472-5454), Kim Danner (641-9512), Margaret Howie (573-6752), Nancy Mandlove (573-6433), Bobbie Schoss (541-7121). Ex Officio: Finance Committee Co-Chair, Ed Wilde (573-2130).

**Unitarian Universalist
Church of Spartanburg**

210 Henry Place
P.O. Box 1942
Spartanburg, SC 29304

Return Service Requested