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# The Free Spirit

Unitarian Universalist Congregation of Hillsborough Newsletter

VOLUME 1 ISSUE 7

JULY 2009

**Minister:**

Rev. Patty Hanneman

**UUCH Officers:**

**Moderator:**

Cliff Staton

**Secretary:**

Tim Woody

**Treasurer:**

Carolyn Rhode

**CoCo:**

Minister

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Jean-Michel Margot

Dick Merritt

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**RE Director:**

Barbara Cain

**Newsletter Editor:**

Nancy Staton

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## Sunday Services

**July 5**

*Sunday Brunch How We Worship (or do we?) - Rev. Patty Hanneman*

Reflections on why we gather on Sunday mornings. This service will follow our 1st Sunday brunch.

**July 12**

*Living Our 3rd Principle Rev. Patty Hanneman*

Acceptance of one another and encouragement to spiritual growth in our congregations. Reflections and discussion about best practices for living this principle, within our own congregation, among area congregations and across diverse theological perspectives.



**July 19**

*Our Building - B&G Committee*

When, why, and how our building came to be what it is today. The past, the present, and the future of our holy place.

**July 26**

*This is History - Joanne Dobbs*

What I learned from ducking bombs and saluting Hitler during WWII.

**August 2**

*Sunday Brunch How We Worship, part 2 - Rev. Patty Hanneman*

A continuation of reflections from July 5th.

## Celebrate the Circle Services

**July 5**

*Open Discussion 4 p.m.*

At the Wooden Nickel, Churton St. Y'all come. Led by Dick and Jenny

**July 12**

*Making Dream Catchers 4 p.m.*

We will make Native American Dream Catchers Led by Bill Rasor

**July 19**

*Journey of Self Discovery - Darkness 4 p.m.*

Dig more deeply into who you are and how it effects your practice. Led by Jenny

**July 26**

*Cooking for the Seasons 4 p.m. Facilitated by Ashley*

**August 2**

*Wheel of the Year - Lammas 5 p.m.*

Together we will celebrate this point on the Wheel of the Year with a ritual. Coordinated by Ashley and Jenny



## Committee of the Whole (COW)

At the June 14th COW, the Moderator announced that we will be forming a new Ministerial Search Committee at the next COW to approve members for this committee.

The COW will be on August 2<sup>nd</sup>, so put that date in your calendar.

## Minister's Mutterings

I've been thinking a lot about "worship" lately. I'm wondering if we see what we do together on Sunday mornings as worship. The Unitarian Universalist Association recognizes the importance of our time together on Sunday mornings, listing "holding regular religious services" as the first of only three *sine qua non* requirements a group must satisfy to demonstrate that they are indeed a congregation. But the UUA does not require (wisely, I think) that congregations "worship".

The word worship derives from the ancient English word *woerscippen*, which can be translated into "considering things of worth." The purpose of worship, then, is to lift up the highest and holiest of human values, a time to remind ourselves of what matters most in our lives. Rev. Laurel Hallman writes that "worship is a communal ritual event with a covenanted community that both links to its past and allows for the elements of surprise."

Is it a problem that we have no common understanding of what we are actually worshipping?

A worship service should have enough *size* to allow each individual to feel that they stand in the presence of the holy – whatever that means for them – together with other members of the covenanted community. Each element of the service – the hymns, special music, announcements, joys and sorrows, even the sermon – should invite us into holy time and help create sacred space. In other words, all elements of worship should reflect those things the community most deeply values.

During the services following the July and August 1<sup>st</sup> Sunday Brunches, I'd like to explore the foundations on which we gather on Sunday mornings: those elements and rituals that link us to our past, speak to our vision of the future and remind us of who we are. Who knows, we may even decide to call what we do together on Sunday mornings "worship".

*Rev. Patty Hanneman*

### WHERE IS THE MINISTER?

**Saturday through Tuesday - afternoons and evenings at I'm at Duke Hospital. Wednesday - at home, writing, study, preparation, Thursday - in the church office, 1-5 pm. Friday - my day off, I'm available for emergencies only.**



### MINISTERS' OFFICE HOURS

**Minister's office hours are: 1-5, Thursdays. I'm available by appointment, just phone (919-477-7174), or email ([hanne001@earthlink.net](mailto:hanne001@earthlink.net)).**

## Month 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Finance Committee, 7:30 p.m. Canada Day	2	3	4 Independence Day (4th of July)
5 <b>How We Worship (or do we?), Sunday Brunch Open Discussion</b>	6	7	8 Coordinating Council 7:30 p.m.	9	10	11
12 <b>Living Our 3rd Principle Making Dream Catchers</b> Welcoming Congregation Committee, 9 a.m. Building & Grounds 12 noon Program Committee 12 noon	13	14 UUCHorale rehearsal, 7:15 p.m. Bastille Day	15	16 Membership Committee, 7:30p.m.	17	18
19 <b>Our Building Journey of Self Discovery</b> Religious Education Committee, 9 a.m.	20	21	22	23	24	25
26 <b>This is History Cooking for the Seasons</b> Green Sanctuary Committee 9 a.m.	27	28 UUCHorale rehearsal, 7:15 p.m.	29	30	31 Hillsborough's Last Friday	
August 2 <b>COW after service</b>				<b>OCIM Food of the Month</b> Juice and Canned Meats (tuna, chicken, Vienna Sausage, etc.)		

### Dream Catchers

An ancient Chippewa tradition  
The dream net has been made  
For many generations  
Where spirit dreams have played.  
Hung above the cradle board,  
Or in the lodge up high,  
The dream net catches bad  
dreams,  
While good dreams slip on by.  
Bad dreams become entangled  
Among the sinew thread.  
Good dreams slip through the  
center hole,  
While you dream upon your bed.  
This is an ancient legend,  
Since dreams will never cease,  
Hang this dream net above your  
bed,  
Dream on, and be at peace.



### Native Commandments

Treat the Earth and all that dwell  
thereon with respect.  
Remain close to the Great Spirit.  
Show great respect for your fellow  
beings.  
Work together for the benefit of all  
Mankind.  
Give assistance and kindness wher-  
ever needed.  
Do what you know to be right.  
Look after the well being of mind  
and body.  
Dedicate a share of your efforts to  
the greater good.  
Be truthful and honest at all times.  
Take full responsibility for your  
actions.  
Let us greet the dawn of a new day  
when all can live as one with nature  
and peace reigns everywhere.  
Oh Great Spirit, bring to our broth-  
ers  
the wisdom of Nature and the  
knowledge  
that if her laws are obeyed  
this land will again flourish  
and grasses and trees will grow as  
before.  
Guide those that through their  
councils  
seek to spread the wisdom of their  
leaders to all people.  
Heal the raw wounds of the earth  
and restore to our soul the richness  
which strengthens men's bodies  
and makes them wise in their coun-  
cils.  
Bring to all the knowledge that  
great cities  
live only through the bounty  
of the good earth beyond their  
paved streets  
and towers of stone and steel.  
Jasper Saunkeah, Cherokee

## Spotlight Committees

### Community Action

The Community Action Committee is a standing committee and coordinates advocacy and service activities for the congregation. Some of these activities are:

1. **Adopt-A-Highway:** We have adopted the Old NC 10 highway, from NC 86 past our church to the railroad underpass (about 2 miles). Each quarter we recruit volunteers to pick up litter on one fifth of our highway, usually right after church.
2. **Habitat for Humanity:** In 2002, we helped Habitat of Humanity of Orange County to build a house for Lucius Enoch and his son, in the Richmond Hills development near Efland. Our efforts continue with this worthy group.
3. **Orange Congregations in Mission (OCIM)** is a private nonprofit ministry composed of over 40 congregations. As a human-services organization, OCIM strives to meet the emergency needs of those who find themselves in crisis situations. OCIM serves the entire Orange County School District and relies on volunteers from member congregations and their denominational offices as well as on the proceeds from the Thrift Shop, United Way, foundations, and private donations. The membership, volunteers and staff of OCIM are committed to providing a helping hand to those in our community who are in need of service.
4. **The Eno River Association (ERA)** is a nonprofit, tax-exempt organization founded in 1965 to protect the magnificent Eno River from the threats of development and pollution. The Eno River is located in central NC and is part of the Neuse River Basin. The Eno flows through both Orange and Durham counties, passing through the towns of Durham and Hillsborough, where the pressures for urban sprawl are great, and where the river most needs protection. The absolutely wonderful Festival for the Eno during the July 4th weekend is presented by the ERA. All proceeds go to preserve and protect lands along the Eno River.
5. **UU Service Committee (UUSC):** With 25,000+ members and supporters, the UUSC is a nonsectarian organization that promotes human rights and social justice worldwide. We maintain partnerships in the U.S., south and southeast Asia, central Africa, Latin America, and the Caribbean. Our programs are based on UU principles that affirm the worth, dignity and human rights of every person — but one need not be a UU to join UUSC.
6. **The Northern Orange AIDS Care Team (NOACT)** comprises members from UUCH and St. Matthew's Episcopal Church. We are affiliated with the Alliance of AIDS Services—Carolina (AASC). We provide care and support for an individual who has HIV/AIDS.

This committee is no longer viable and we are asking people to volunteer to be on this committee

### Ministerial Search Committee

The Ministerial Search Committee (MSC), which is an ad hoc committee, will be conducting a search for a settled half-time minister in accordance with UUA settlement procedures. The members of this committee consists of at least five (5) members and will be elected at the August 2nd COW. Rev. Patty Hanneman's contract ends next Summer (2010). The CoCo asked the congregation to restart this process at the COW June 14th.

This is a closed committee because of the confidentiality involved in the committee's selection of a ministerial candidate. Only UUCH members can be on it. The CoCo will be asking volunteers and if you would like to volunteer contact any of the officers or CoCo members.

## Hillsborough Events

### Hillsborough's Last Fridays

UUCH has a table at the Last Fridays in Hillsborough and it is staffed by a few members of the Welcoming Congregation committee. We would like to invite other members and friends to help us staff the table. As the name implies these are held on the last Friday of the month from April thru September. Contact any of the members of the Welcoming Congregation committee or the CoCo and let them know what Friday you can help.

#### Newsletter Deadline

The newsletter deadline for the August newsletter is July 18<sup>th</sup> at 5 p.m.

When you send an article for the newsletter, type it with no special formatting, i.e. special fonts, extra paragraph returns, boldface text, all caps. I'll do the formatting when I place it in the newsletter. Thanks.  
Nancy Staton

## Meg Barnhouse Concert

Meg Barnhouse in concert

With Kiya Heartwood (of Wishing Chair)

Tuesday evening Concert

7pm, July 7, 2009

in Founder's Hall at the Unitarian Universalist Fellowship of Raleigh

KIDS OF ALL AGES ARE WELCOME

Admission \$10 Adults and \$5 children (12 and under)

<http://www.uufr.org/>

"Meg has served as the full time minister in Spartanburg, SC for the past seven years. This August she will begin an Interim Ministry at the UU Congregation of Princeton, NJ."

She travels nationwide as a speaker, singer/songwriter and humorist, and is a commentator for **NC Public Radio** on a segment called "Radio Free Bubba." Her books, "Rock of Ages at the Taj Mahal," "The Best of Radio Free Bubba," "Waking Up the Karma Fairy," "Return of Radio Free Bubba" and "Did I Say That Out Loud?" are compilations of stories from the radio. Her CD, "July Blue," is a mix of 12 original songs and 3 stories. The newest CD, "Mango Thoughts in a Meatloaf Town," contains more original songs, including "All Will Be Well."

"Her partner, Kiya Heartwood, is an award-winning singer-songwriter who has been a professional road musician for 26 years. Her music can be heard at <http://www.wishingchair.com/>

## Communications

### Bulletin

Deadline is Wednesday at 9 p.m. Please put "Bulletin" in the subject line, and e-mail as plain text to). Terry Schneider at [UUCH@lambda76.us](mailto:UUCH@lambda76.us)

### Newsletter

Deadline is the 18th of the month. Please put "newsletter article" in the subject line, and e-mail as plain text to Nancy Staton [maxiecat@verizon.net](mailto:maxiecat@verizon.net).

### Announcements E-mail List

UUCH e-mails out announcements and upcoming events. To subscribe/unsubscribe, visit [www.uuchnc.org/mailman/listinfo/announcements](http://www.uuchnc.org/mailman/listinfo/announcements) and follow the instructions. Please ensure that your e-mail program will accept messages from the uuchnc.org address.

### UUCH Website

[www.uuchnc.org](http://www.uuchnc.org)): Send info to [webmaster@uuchnc.org](mailto:webmaster@uuchnc.org).

## The Stars and Stripes Forever! - Our National March

Written by David Lovrien

It is arguably the most famous march in the world and it's certainly one of the best! It is recognized by the U.S. government as the official march of the United States (U.S. Code, Title 36, Section 304). It has that are definitely bombastic brass their feet, clap-



most famous march in the world and it's certainly one of the best! It is recognized by the U.S. government as the official march of the United States (U.S. Code, Title 36, Section 304). It has original lyrics by Sousa and some other words you may have learned as a child NOT by Sousa ("Be Kind To Your Web-Footed Friends"). With crashing cymbals, and chirping piccolos, "The Stars and Stripes Forever!" gets millions of people on their feet, and cheering every year.

### The Story Behind The Music

In late 1896, Sousa and his wife took a much-deserved vacation to Europe. While there, Sousa received word that the manager of the Sousa Band, David Blakely, had died suddenly. The band was scheduled to begin another cross-country tour soon, and Sousa knew he must return to America at once to take over the band's business affairs. Sousa tells the rest of the story in his autobiography "Marching Along":

*"Here came one of the most vivid incidents of my career As the vessel out of the harbor I was pacing on the deck, absorbed in thoughts of my the many duties and decisions which awaited me in New York. Suddenly a rhythmic beat of a band playing within my brain. Throughout the that imaginary band continued to unfold the same themes, echoing most distinct melody. I did not transfer a note of that music to paper steamer, but when we reached shore, I set down the measures that my playing for me, and not a note of it has ever changed."*

The march was an immediate success - Sousa's Band played it at almost every concert until his death over 35 years later. Sousa even set words to it:



*(the Teutonic) steamed manager's death and denly, I began to sense whole tense voyage, and re-echoing the while I was on the brain-band had been*

### The Stars and Stripes Forever! (lyrics by John Philip Sousa)

Let martial note in triumph float  
And liberty extend its mighty hand  
A flag appears 'mid thunderous cheers,  
The banner of the Western land.  
The emblem of the brave and true  
Its folds protect no tyrant crew;  
The red and white and starry blue  
Is freedom's shield and hope.  
Other nations may deem their flags the best  
And cheer them with fervid elation  
But the flag of the North and South and West  
Is the flag of flags, the flag of Freedom's nation.  
Hurrah for the flag of the free!  
May it wave as our standard forever,  
The gem of the land and the sea,  
The banner of the right.  
Let despots remember the day  
When our fathers with mighty endeavor  
Proclaimed as they marched to the fray  
That by their might and by their right  
It waves forever.  
Let eagle shriek from lofty peak  
The never-ending watchword of our land;  
Let summer breeze waft through the trees  
The echo of the chorus grand.  
Sing out for liberty and light,  
Sing out for freedom and the right.  
Sing out for Union and its might,  
O patriotic sons.

Other nations may deem their flags the best  
And cheer them with fervid elation,  
But the flag of the North and South and West  
Is the flag of flags, the flag of Freedom's nation.  
Hurrah for the flag of the free.  
May it wave as our standard forever  
The gem of the land and the sea,  
The banner of the right.  
Let despots remember the day  
When our fathers with might endeavor  
Proclaimed as they marched to the fray,  
That by their might and by their right  
It waves forever.

### Be Kind To Your Web-Footed Friends (attributed to Fred Allen)

Be kind to your web-footed friends.  
For a duck may be somebody's mother.  
They live all alone in the swamp,  
Where the weather is cold and damp.  
Well, you may think that this is the end.  
Yes, it is, but to prove that you are wrong,  
We're going to sing it once again,  
Oh, yes we will, but it will be just a bit louder!  
Be kind to your web-footed friends.  
For a duck may be somebody's mother.  
They live at the bottom of the swamp,  
Where the weather is cold and damp.  
You may think that this is the end.  
Well, it is ## you are right!  
So, just remember:  
Be kind to your web-footed friends!  
Be ever kind, yes, oh, so kind to all the duckies!

**"We are a welcoming community of diverse, open-minded individuals seeking personal spiritual expression, exploration, and ethical growth.  
We provide a nurturing home in which to work for trust, understanding, social justice, and universal peace."  
—Identity Statement adopted March 2005**



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