

UUCH
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P.O. Box 275
Hillsborough, NC 27278
919-644-0567;
minister, 919-477-4174
<http://www.uuchnc.org>
Sunday Services at
10:30 a.m.

Minister:

Rev. Patty Hanneman

UUCH Officers:

Moderator:

Nancy Staton

Secretary:

Brydie Palmore

Treasurer:

Carolyn Rhode

CoCo:

Minister Officers

Jean-Michel Margot

Dick Merritt

Eric Moore

Shauna Saunders

Terry Schneider

Cliff Staton

Tim Woody

Newsletter Editor:

Pam Dickens

RE Chair:

Sherrri Woody

Webmaster:

Emily Cooper

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The Free Spirit

Unitarian Universalist Congregation of Hillsborough

VOLUME 4 ISSUE 2

FEBRUARY 2012

Sunday Services:

February 5 – Reflections on Spiritual Practice – Rev. Patty Hanneman

There are many types of spiritual practice, but all have the purpose of helping us pay closer attention to the blessings we receive during our day-to-day lives. We will consider what we mean by "spiritual practice." This service will follow our first Sunday brunch.

February 12 – What do We Believe – Dick Merritt

The word "credo" is the first person singular, present indicative active of the Latin verb "credere", to believe. Now, most of us here do not subscribe to this creed. But what do we believe? We will listen to several short creedal statements from members and friends. If there is time, we may even take questions.

February 19 – Enriching Our Spirits – Rev. Patty Hanneman

How in the world can any of us manage a spiritual practice when our days are spent chaotically juggling work, family, and just-plain-vanilla life maintenance? We will explore ways of reframing the idea of spiritual practices and the benefits they bring to our lives.



February 26 – Standing on the Side of Love – Barbara Green, Terry Schneider, Aimee Tattersall

From the website <http://www.standingonthesideoflove.org/>

"*Standing on the Side of Love* is a public advocacy campaign that seeks to harness love's power to stop oppression. It is sponsored by the Unitarian Universalist Association and all are welcomed to join." The presenters will tell stories about how this campaign is making a difference. If you have a personal reflection and/or photographs to share about *Standing on the Side of Love* please contact Aimee Tattersall.



March 4 – Reflections on Simplicity – Rev. Patty Hanneman

Simplicity is our theme for the month of March. This abbreviated service will follow our first Sunday Brunch.



Minister's Mutterings, Patty Hanneman

February, 2012

When I first began seminary at Duke Divinity School, the first required reading was a book by Marjorie J. Thompson entitled, *Soul Feast: An Invitation to the Christian Spiritual Life*. Even though the book purports to be specifically for those within the Christian faith, the principles it embraces go beyond any particular faith tradition.

Soul Feast lists seven categories that Thompson suggests are ways in which you can spiritually examine, shape, and care for your life –and the lives around you – to achieve greater wholeness, satisfaction, depth, and meaning. Together they provide both food for the spirit and exercise for the spirit, both of which are important for wholeness and balance. They include:

1. Spiritual reading
2. Prayer and/or meditation
3. Common worship
4. Self-emptying through fasting
5. Self-examination
6. Forming a relationship with a spiritual partner
7. Practicing hospitality

Thompson's final chapter, "Putting It All Together," is about how to find your own path through these seven principles to develop what is known in the Christian tradition as a "rule of life," making choices about the practices you will feel called to engage in.

In a similar vein, Scott W. Alexander, a Unitarian Universalist minister, edited a book entitled, *Everyday Spiritual Practice: Simple Pathways for Enriching Your Life*. He lists five categories:


1. Engaging the mind through contemplation
2. Engaging the body through activity and nourishment
3. Engaging the heart through relationship
4. Engaging the will through right action
5. Engaging the soul through creativity

I recommend either of these texts if you are interested in investigating creating, or re-creating a "rule of life" for yourself.

Our theme for the month of February is **spiritual practice**. During our Sunday services we will experience Kathleen Hannan's methods for engaging the body as spiritual practice, hear members of our congregation speak about engaging the mind through reflections on their personal credos, and hear other members speak about engaging the will through work with the Standing on the Side of Love campaign. We will also reflect on spiritual practices in their broader context, and as they relate to our congregation's mission to "enrich our spirits." I look forward to seeing you all on these Sunday mornings!

Rev. Patty Hanneman

February 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 National Free- dom Day	2 Groundhog day	3 Epiphany	4
5 Sermon: Reflections on Spiritual Practice	6	7 Community Action Committee meeting	8 Boy Scout Day Coordinating Council 7:30pm	9	10	11
12 Sermon: What do We Believe?	13	14 Valentine's Day  Member- ship Com- mittee, 7:30p.m.	15	16		
19 Sermon: Enriching our Spirits Program Committee 12 noon Religious Education Committee, 9 a.m.	20 Presidents Day	21 Fat Tues- day/ Mardi Gras	22 Ash Wednes- day	23	24	25
26 Sermon: Standing on the Side of Love	27	28	29 Leap Day 			
This calendar is used for letting members and friends know what is happening at UUCH, i.e. committee meetings, COWs, and services. To rent/reserve a space at UUCH or see what space is available to be rented go to this link: http://www.uuchnc.org/rentals.html						
						http://www.uuchnc.org

UUCH News—Community Action

Food for OCIM

Orange Congregations In Mission is a private non-profit ministry composed of close to 50 congregations in northern Orange County, North Carolina. As a human services organization, OCIM strives to meet the emergency needs of those who find themselves in a crisis situation.

Please remember rice, beans as well as

- | | |
|---------------------------|-----------------------------|
| Canned Vegetables | Canned Beans |
| Canned Fruit | Pork and Beans |
| Peanut Butter & Jelly | Applesauce |
| Beef Stew | Mayonnaise |
| Tuna | Chicken & Dumplings |
| Soup | Canned Chicken |
| Spaghetti and Sauce | Canned Pasta |
| Toilet Paper | Powder Laundry Detergent |
| Toothpaste & Toothbrushes | Bar Soap |
| Deodorant | Diapers (sizes 3, 4, 5 & 6) |



Orange Congregations in Mission (OCIM)

Thanks to everyone who donated boxes of cornbread mix for the Meals on Wheels holiday boxes. Our tally was approximately 55 boxes. Thanks to OCIM donors and supports, OCIM reached its challenge of \$30,000!

In 2011, Meals on Wheels served:

5,209 meals to those who are homebound.

Samaritan Relief ministry assisted:

8,138 individuals, 3,574 children, 209 individuals 65 and older, 5,128 with food only, 1,723 with financial assistance only, 2,989 households and 639 new households.

UUCH News

Summer Camp for UU Youth (ages 12-17)

Come join other UU youth for a fun-filled, inspiring week at one of our three UU camp sessions this summer. Shelter Neck Youth Camp is located in Burgaw, NC and aims to connect youth from small, mid-size, and large congregations across Eastern and Central NC.

Middle school aged youth are invited to join us July 8-14th for a fun-filled week of workshops, music, games, campfires and more.

High school aged youth can choose from two camps learn community leadership skills and become part of creating camp programs for the future.

- a week of fun, relaxation and friendship July 22-28th, or
- our Leadership Camp, June 24-30th

To register by the March 1 priority deadline, please contact our 2012 Director, Agatha Buell, youthcamps@shelterneckuucamp.org, (415) 240-6638.

For more information, please check out our website: www.shelterneckuucamp.org/2011/youthcamp.htm



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

Newsletter Deadline

Deadline is the 18th of the month. Please put "newsletter article" in the subject line, and e-mail as **plain text or word document** to Pam Dickens at corirooster@gmail.com.

Announcements E-mail List

UUCH e-mails out announcements and upcoming events. To subscribe/unsubscribe, visit 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: Send info to webmaster@uuchnc.org.

The UUCH Coordinating Council met on Wednesday, January 11, 2012.

At the Coordinating Council (CoCo) meeting January 11th we, the CoCo, were discussing the Southeast District annual meeting and the UUA General Assembly (GA) annual meeting.

It was decided that we should put an article in the newsletter, the announcements on the website, and send an announcement though the email about the meetings asking for volunteers to be delegates to the meetings.

The Southeast District meeting information is:

When: April 27-28, 2012

Where: To be announced (TBA)

Topic: To be announced

We can send 2 delegates, (members or friends) an alternate and Patty Hanneman.

The General Assembly meeting information is:

When: June 20 – 24 2012

Where: Phoenix, AZ

Topic: It will be a gathering with multiple ways of engaging in justice work for people of all ages. Joining with the people of Arizona, we will worship, witness, learn and work together.

We can send 2 delegates (members only) and an alternate.

To volunteer contact any member of the CoCo:

Patty Hanneman hanne001@earthlink.net,

Nancy Staton maxiecat.staton@gmail.com,

Brydie Palmore pbrydie30@yahoo.com,

Carolyn Rhode crhode@gmail.com,

Cliff Staton, lifeseekertoo@gmail.com,

Jean-Michel Margot jmmargot@mindspring.com,

Dick Merritt dickmerritt@mindspring.com,

Emily Cooper twistedechoes@gmail.com

Shauna Saunders SSaunders@nc.net,

Tim Woody tim.woody@yahoo.com,

Terry Schneider uuch@lambda76.us



Newsletter Deadline

The newsletter deadline for the March newsletter is **February 18th 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. Word format is best. Thanks.

Pam Dickens at coribrooster@gmail.com

UUA

May 8: Vote on Proposed Constitutional Amendment:

Find out more about the Constitutional Amendment on the May 8 Primary Ballot! Become informed, talk with your friends, have difficult conversations, donate your time, and---yes---consider donating some money to the Coalition to Protect North Carolina Families.

Get Informed about the amendment. A proposal to amend the North Carolina Constitution will be on the ballot in 2012.

WHAT IT SAYS:

"Marriage between one man and one woman is the only domestic legal union that shall be valid or recognized in this state."

WHAT IT ACTUALLY DOES:

In addition to prohibiting same-sex marriage, as state statute already does, the Amendment would:

- prohibit North Carolina from passing civil unions;
- bar the state from instituting domestic partnership rights;
- strip the domestic partner insurance benefits currently offered to employees by a number of local governments, including Chapel Hill, Durham, Greensboro, and Mecklenburg and Orange Counties."

Visit the Website of The Coalition to Protect North Carolina Families (<http://protectncfamilies.org/>)

The **Community Action Committee** will be meeting on the second Tuesday of the month. If you are interested, please contact Aimee Tattersall at abt@mebtel.net about time and location.

The Southeast District meeting :

When: May 4-5, 2012

Where: First UU Church Richmond, VA

Topic: Using the theme of *Multiplying Ourselves in the 21st Century*. we will explore new ways to grow, including the use of social media, virtual small group ministry, UU communities, satellite campuses and other avenues.

Keynote Speaker : Tandi Rogers



UUCH

Stewardship as a Spiritual Practice

When stewardship is mentioned, most people immediately think “money”. While money is important and we are approaching the end of our Stewardship Campaign, stewardship goes beyond simply giving money to your faith community. Stewardship is a life style.

Many people, including regular church attendees, go through life without much thought given to stewardship and what their pattern of stewardship is. The way we use our time, talents, abilities, and money make up our personal definitions of stewardship, whether we realize it or not. The more spiritually mature a person is, the more committed to their faith community they are, they realize that stewardship is a life style. Mindful planning and sharing of their gifts and abilities tie in tightly to their personal spiritual understandings and theology.

While this is a time for financial commitments by the members and friends of UUCH, equal consideration should be given to those less tangible contributions that require personal involvement.

Yes, UUCH does need your financial commitment so that we can develop plans and programs that go beyond the basic necessities needed to keep UUCH a viable community. For just as we each have a personal commitment to our congregation, our congregation has a commitment to our community and our world through Our Mission:

- Partner with the earth
- Embrace justice
- Advance freedom of thought
- Connect in love
- Enrich our spirits



**ANNUAL UU COMMUNITY OF CENTRAL North
FEBRUARY Food Fight COMPETITION!**



Carolina

You are invited for a little friendly competition between the congregations to benefit our less fortunate neighbors in our local communities.

Central UU Con-

Each congregation is challenged to collect as many non-perishable food items as possible for the month of February. At the end of the month, we will tally the collections and the number of items collected for each congregation will then be divided by the number of members for that congregation to see who is the winner. This is a WIN-WIN and a fun way to make a difference in our communities.

North Carolina Green Power

We support the NC Green Power by adding \$20 every month to our electricity bill. The Community Action Committee is pleased to be continuing this contribution in 2012!

NC GreenPower is an independent, nonprofit organization established to improve the NC Environment through voluntary contributions toward renewable energy and the mitigation of Greenhouse gases. A landmark initiative approved by the NC Utilities Commission, NC GreenPower is the first statewide green energy program in the nation supported by all the state's Utilities and administered by Advanced Energy, an independent nonprofit corporation located in Raleigh, NC.

Go to: <http://www.ncgreenpower.org>

NC GreenPower

The Power to Choose The Power to Change

"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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E-mail info by the 18th of the month to: Pam Dickens at corirooster@gmail.com

Bulletin Announcements:

Send by noon on Wednesday to: Terry Schneider at UUCH@lambda76.us

Announcements:

To receive e-mail announcements about UUCH activities, visit: <http://uuchnc.org/mailman/>