



Thermal Belt Unitarian Universalist Fellowship News

January, 2016

Happy New Year!

Upcoming Services

January 3, 2016

“The Five Happy Things”

Meg and Todd Hoke

Todd and Meg Hoke share through music and reflection how the practice of "5 Happy Things" has impacted their lives. When people hear about our work, they often say, "How do you do that? It's so depressing!" 5 Happy Things is part of what keeps us balanced. This presentation describes a practice that has helped Meg and Todd work with hospice services for a combined 25+years. This is a 3-step practice that is simple, doable, and useful as a way to discover the positive even while acknowledging the sadness and pain that we wade into on an almost daily basis.



Meg and Todd met in the early 1990's while serving as full-time volunteers at a residential hospice for people with AIDS in Baltimore. They have worked in health-care related fields ever since.

The daughter of a Methodist minister and a teacher/community worker, Meg naturally earned her Master's degree in Social Work. She worked in Austin, TX with community organizations serving clients with HIV, AIDS, and cancer, until moving to Hendersonville ten years ago. She is Family Services Director for Hospice of the Carolina Foothills.

("Five Happy Things" Cont.)

Meg's volunteer work has ranged from working summer camps for inner-city kids in St Louis, MO to digging latrines for homes in the mountains of Appalachia. She loves Missouri, to digging latrines for homes with no septic systems in the mountains of Appalachia. She loves to talk about her dogs and plays the ukulele.

Todd grew up in Conroe, Texas. Besides being an RN at Hospice House, Todd is a singer-songwriter, has three CDs and is recording again. Although he usually plays solo, he recently put together a band called "King Possum". He instigated a Gospel Brunch at Southern Appalachian Brewery as part of a trio called "Redneck Mimosa" which has been a rousing success. His favorite venues are house concerts and any listening room that serves craft beer. Todd completed his ninth marathon in March. He donated all the proceeds from CD sales to Feeding America.

January 17, 2016

The Living Faith of Universalism

Reverend Michael Carter

(Bring a Friend Sunday)

On this MLK Jr. Holiday I want to talk a bit about history and our Universalist History. Martin wouldn't mind if we educated ourselves about this part of our religious journey.

I know many people in our denomination who don't even refer to Universalism when they self identify. Yes, there may be many reasons for this and I believe many folks are not familiar with the history and the theology of Universalism.

I want to review and rethink what it means to be a Universalist in our denomination and community.

This talk will include some of the history of the movement, but more importantly, will unpack what it means to be a Universalist in the 21st century.

Martin would be proud. Don't worry, we'll still remember his legacy.

Is Universalism still relevant? You bet your sweet %!\$#@&* it is!



Rev. Michael J. Carter is originally from Baltimore, Maryland. He moved to New York City in 1980 and lived there for 25 years, working as a professional actor before moving to Asheville with his family.

Michael is an ordained Interfaith Minister and received his BA Degree in Letters from the College of New Rochelle where he graduated cum laude. He received his Masters In Divinity Degree from Union Theological Seminary in New York City (class of 2000).

While serving various Unitarian Universalist Congregations in New York, Michael became an anti-racism instructor and has been recognized by President Clinton for his efforts. Michael was also a weekly columnist for the Asheville Citizen Times.

Rev. Carter is the minister for Unitarian Universalist Congregation of The Swannanoa Valley, in Black Mountain.



Riding Shotgun

I recently had the pleasure of riding with Robbie ter Kuile on her Meals on Wheels route. Robbie shares her Tuesday route with another volunteer, and twice a month she delivers a hot lunch to about a dozen Polk County senior citizens. I rode with her a week before Christmas, so in addition to the two coolers that had been filled with containers of hot soup and cold milk and juice by the staff of the Senior Recreation Center, we loaded the back seat and trunk with two large boxes containing gift-wrapped packages for each client, courtesy of a local church.

Robbie's route winds through the outer edges of Columbus into part of Green Creek. The beautiful pastoral Polk County countryside drew many of us here from other parts, but for most of Robbie's clients, this area has been home for several generations. They are proud to claim a long heritage here, and they feel fortunate to be able to stay in their homes, in part because of the service that Meals on Wheels provides. Many are receiving in-home nursing services and are limited in their ability to move around their homes, let alone get out into the community on their own. All were happy to greet a friendly face and accept the food and gifts.

You might consider becoming one of those friendly faces. It will take only a couple of hours out of the day you run your route, and you can work out a monthly schedule that will fit in with all the other activities in your life. You can be sure that this activity will be making an important difference in several of your neighbors' lives.

Talk to Robbie about joining her on her Tuesday run!

Ellen Douglas

Personal Inspirational Note

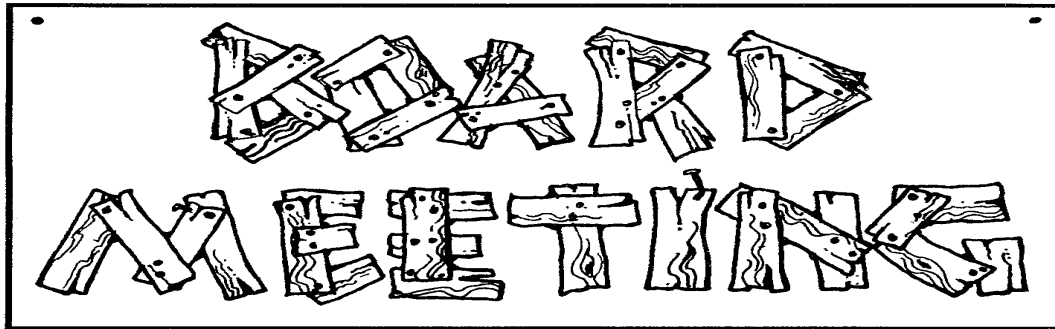
This is a sacred space for members and friends of TBUUF to express some personal thoughts, perhaps, favorite quotes or ideas speaking to each other through our newsletter. It can be a few notes, perhaps a paragraph, a picture or whatever you wish to have in this space. Let's hear from you!

I'll start off the conversation by saying, "I enjoy our fellowship together. I hope to see it grow and be an inspiration to this community and to the larger geographical area of Polk County and its neighbors. My personal philosophy is to be inclusive rather than exclusive. My wish is to better understand people and become a better communicator.

I believe that an atmosphere of tolerance, diversity and curiosity equals innovation – working together we can achieve that.

Now it's your turn----Just send your note to nanccove@gmail.com or slip it to me sometime at Fellowship.

-Nan Covert , Editor TBUUF News



At its December meeting your Board took several actions that I want to share with the Fellowship.

Services through the Summer? A resolution was passed to explore continuing to meet during July and August. Even though these months are part of the next church year, it appears that we will have enough savings in this year's Sunday services budget to fund the Summer. Attendance has been strong this year and we want to continue the momentum. We have confirmed that the meeting space is available and have contacted some of our speakers who can be available. Let me or any other Board member know your thoughts on the issue.

Growing the Fellowship: The Board adopted several action items designed to help grow the Fellowship.

- One item was to occasionally designate a Sunday as "Bring a Friend Sunday". We are designating Sunday, January 17 as one of those Sundays. Please invite someone you feel may enjoy or benefit from our service.
- We are asking members and friends to share personal testimonials about what TBUUF means to them. It can be in the Newsletter like Nan did above, or if you are willing, we would make a short period at our Sunday service for sharing verbally. Let Nan or me know if you are willing to share.

Remember that Sunday sermons can be viewed on YouTube at TBUUF. -Phil Nungesser, President