



Thermal Belt UU Fellowship News

March, 2015

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March 1 Odd Sunday Discussion Group (see pg. 2)

March 8 Crossing the Bridge for Justice: The Road from Selma

Rev. Sally Beth Shore and Robin Edgar, Worship Assistant

Today marks the 50th anniversary of the March on Selma, and Unitarian Universalist congregations across the US are devoting this hour of worship to commemorating that event, which was a turning point for the Civil Rights Movement. Since Unitarian Universalism values every individual as well as justice, how are we to be true to these values today and make an impact on our community and the world? Writer, workshop leader, and community organizer **Robin Edgar** will share from her experiences serving on the Charlotte Community Relations Committee and the Thermal Belt Friendship Council as part of this service.

March 22 Bouncing Back: Tales of Resilience

Heather Taylor, Worship Associate

Each of us has bounced back from setbacks in our lives—we wouldn't still be here if we hadn't, nevertheless, most of us don't think of using the word resilience to personally describe ourselves. It is true that some people seem extraordinarily able to get back up on the pony. How do they do it? Today we shine a light on some of our own experiences of coping and overcoming, reminding us that we can cultivate our rebound, making the world a little better in the process.



The Shoreline

My friends, as I write, the snow is coming down. I'm grateful that this is a rather unusual phenomenon for me, and I'm reminded of all those people in New York under literal feet of snow. We are told that such storms bring out the best and worst in people, and I suspect that is true. Stress abounds under these conditions—routines are disrupted, people are worried, and sometimes tragedy happens amidst the chaos.

Recovering well from tragedy is known as “resilience,” which is the March theme we are exploring with our Soul Matters Sharing Circle (SMSC). You can find various resources for thinking about resilience in our packet, which is posted on our website. Just for fun, you might want to spend 3 minutes of your time taking this little quiz about your own resilience habits:

<http://www.resiliencescale.com/your-resilience/test-your-resilience/>

The scale looks useful, and is a starting point to thinking about how we might improve our personal resilience. I'm realizing that this is something I can cultivate, and I'm going to take this month (Lent!) to work on some practices (see those SMSC materials) to help boost my ability to cope. That way, I'll be more ready when the next storm comes, and particularly, ready to move on after it's over.

Blessings be upon you—including the blessing of warmer weather!
Sally Beth

“Odd Sunday” Discussion Group Explores Mindfulness and Meditation

Seventeen people weathered the bitter cold on February 15, to attend our latest meeting at Tryon Estates. Anne Howe and Jim Storrier led the session on mindfulness and meditation. Anne presented a couple of basic exercises, a mindfulness meditation from Jon Kabat-Zinn's book Full Catastrophe Living, and a “loving-kindness meditation” from Sharon Salzberg and Jack Kornfield. Jim, who has been leading a group, “Meditation for Everyday Life”, in Columbus, discussed how meditation has played an important part in improving his life by teaching him to live in and fully experience the present. If you are interested in participating in Jim’s meditation group, information is available at meetup.com, or you can contact Jim at 802-355-0622.

The Odd Sunday participants want to continue our exploration of Mindfulness and Meditation at our next meeting on March 1 at 10:00AM. Even if you missed this week, you’re still eligible to come next time. Let us know if you would like a copy of the homework.

Participants should have received a separate email from Phil Nungesser with a copy of Anne’s handout and instructions for a short exercise (homework?) that we are asked to perform before the next meeting. For more information about “Odd Sundays” or directions contact Phil at 828-625-3060 or barnun1225@gmail.com.

Announcements

From the Treasurer: Mastiki Family Fund

As of February 20, our Fellowship has donated \$370 to the Mastaki family, and Ms. Mastaki's mother is now applying for a passport. There will be many other expenses before she can immigrate to the U. S., and we are continuing to collect money to help the family. Checks should be made out to TBUUF, with "Mastaki Family" written on the memo line. Checks may be given to Gretchen Boyd at a service or mailed to:

TBUUF
P.O. Box 653
Tryon, NC28782

From the President: Nominating Committee

It is time for me to appoint a nominating committee who will select officers for our UU Board for 2015-2016. To serve on our board as president, vice-president, secretary, treasurer, and member at large, one must be a member of our Fellowship. If you’re not a member, but would like to see our Fellowship continue to grow, please tell our minister, Rev. Sally Beth Shore, that you’d like to become a member. Being a member doesn’t mean you’d have to serve in one of these positions, but it does mean that you’re willing to support our Fellowship with “your time, your talents and your gifts.”

Robbie ter Kuile, President

From Linda List: **Activity Groups**

Lunch Group: Tuesday, March 3 will be the first lunch group activity. If you signed up for this group, plan to meet at Huckleberry's in Tryon at 11:30 for lunch. If you didn't sign up but want to attend, please let Linda List know: lin17th@aol.com or 864-457-2292 as she will be making reservations.

Knitters/Quilters: At the present time we don't have a leader for this group. However, we have discovered that a knitting group meets at Open Road Tuesday and Thursday from 10-12 and is open to all.

Memoir Writing: Robin Edgar is holding a Memoir writing group at Oak Hill Wellness Center the last Tuesday of the month at 10:00 a.m.

Morning Coffee Meet Up: We meet the second and fourth Friday at "Southern Delights" in downtown Landrum at 10:00 a.m.

Sunday Brunch

Mark Sunday, March 22 on your calendar. We'll be serving Sunday Morning Brunch before the service at 9:30 a.m. This is a fundraiser to help update our sound system for hearing impaired. Bob and Linda List will be cooking a delicious brunch including quiche, hash brown casserole and a fruit bowl. Donations of \$7.00 will be appreciated.

*Note: Helpers are needed for the set up and clean up before and after brunch. Please sign up at the March 8 service or email Linda at lin17th@aol.com.



