



Thermal Belt Unitarian Universalist Fellowship News

October, 2016

Services: 1st & 3rd Sundays 10:30 A. M.

Location: 835 N. Trade St., Tryon, NC
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Please follow TBUUF on Facebook



Michael's Message

Dear Friends,

Fall is "officially" upon us. Here in the Asheville area, the leaves are changing a bit and the mornings are significantly cooler. I love this time of year. My favorite color is October and my favorite season is fall. It is the harvest time, where whether we like it or not, we reap what we sow. A friend commented to me that in this season of transition, where things are "dying," it is such a beautiful time of year. Nature has many lessons to teach us about life and the impermanence of things.

I always look forward to this time of year. It soothes me somehow when the weather gets a bit cooler and the colors are changing from fall to winter. The UU writer Max Coots puts it this way:

Is Autumn just a colored rag to fling in November's face; an insult to say to December 21st?

If there is any sense to seasons it is this:

That time is timeless and time is Life.

Not Spring nor Summer, not even Fall is gone.

Each will be what it becomes, as Winter will be Spring.

The Seasons play their walk-on parts, and we can hardly hear the lines, much less know all the plot, except the final line--- "Life Abides."

Enjoy this Season,
Michael

Sunday Service October 2, 2016

Goodbye Mr. Columbus

Reverend Michael J. Carter



This sermon will explore the so called “Discovery of America” by Christopher Columbus, the political vision of our founding fathers, and the incredible diversity of this great nation of ours. Remember, democracy is still an experiment that has not yet been fully realized for all of us. We have come a long way since 1492 and yet there are miles to go before we sleep. The only way to get there, in my view, is to be able to embrace the change that Unity in Diversity can bring. E Pluribus Unum!

Sunday Service, October 16, 2016

Words

Reverend Michael J. Carter



We have all heard the saying at one time or another that *thoughts are things*. Most religious traditions talk about the power of words in our lives. How many times have we wished we had a better filter for our mouths, when perhaps we have said something that cannot be taken back, and the hurt we have caused ourselves and another was so damaging? How many times have we been witness to ourselves or another person to how soothing and healing words can be?

A wise rabbi once said that its not the things that go into us, but the things that proceed out of the mouth and not from the heart that define us by our thoughts and actions. As UUs and just good old-fashioned human beings, what words can we use to unite instead of to divide, to heal rather than to hurt, to invite rather than to shut out? See you on Sunday!

A timely message:

We are very much aware that we do not live in a bubble and there will be many joys and challenges that we will face on a collective level as well as individually. We have a new presidential election looming large ahead of us, and who knows what lies ahead? Whatever it is, it will no doubt be interesting. These are times of change and at times heart wrenching events have made this past summer one to remember for quite awhile, if not forever, for us as citizens of this country.

We have witnessed the anger, grief, horror, sadness, and despair at the level of violence in this country between its citizens of color and law enforcement, not to mention the violence occurring in other parts of the world. As we struggle to digest, process, and come to terms with what is occurring, the most natural question that arises is---What can we do? What can I do? How do we address the broken places in our culture and institutions? At times it appears that the center simply cannot hold. How can we collectively and individually contribute in a healing and beneficial way to the deeper and more authentic actions and conversations that are needed to begin to bridge the agonizing divides in our communities, our nation, and our world?

Our 7 Principles guide us and encourage us to discover and embrace the truth within ourselves—to look honestly at our own shadow side as well as to embrace the light of love that resides within each and everyone of us. In this way we seek to raise our frequencies if you will, and to encourage others to do the same. We seek to create a chain reaction of compassion, empathy, safe spaces, and genuine, authentic community. Violence, hatred, racism, demonizing and blaming the other, and the fear that motivates all of these things, have no place in the world we envision and work towards on a daily basis.

It is non-violence or non-existence for all of us on this planet. The threat is so very real now. We need to keep focusing on the world we want to create and realize that a new world is being born and the birth pangs that accompany this new world must occur. Growth at times means pain. We also need to have the courage to recognize, name, and to stand against these forces that are afraid of the future, both within ourselves and in the institutions and systems in our public life. We need to do this together.

Here are just a few suggestions of what we can commit to:

- * **Educate ourselves** about the structures and dynamics of privilege; about the ways in which both overt and implicit racism and bias continue to permeate our society, and about the ways we consciously or unconsciously participate in maintaining these structures and dynamics.
- * **Become more vigilant about our own tendencies** to turn those with whom we disagree with into the “other,” or to make sweeping negative generalizations about entire groups of people, and interrupting those tendencies every time we do notice them.
- * **Engage in a deeper conversation**, especially with people we may see as different from ourselves---having the humility and the courage to inquire about, listen to, and care about their experiences and to share our own---seeking to discover and to lift up our shared humanity rather than to debate and to justify the “rightness” of our position.
- * **Maintain a spiritual practice** to reinforce and strengthen our resilience, and our connection to each other and ourselves and to keep this connection grounded in love.
- * **Be committed to serving and blessing others** through our prayers and meditations, through our contemplations and inner compassion practices as well as through our engaging in outer actions in support of justice and peace.

May all of us, treat others and ourselves with loving-kindness. Let us be gentle with ourselves during this time. May we be as aware of our own prejudices and judgments, as much as we are aware of those of others. May we provide and be a safe space for others and may we acknowledge and understand our humanity, our fear, and use this knowledge of ourselves to create a better world---together. May we always honor the inherent worth and dignity that resides within all of us.

In Mēttā (loving-kindness)
Michael

Town Hall Meeting Notes:

TBUUF Town Hall Meeting 9/4/16

Volunteers are needed to be involved with the planning and work of the Fellowship.

Ben Ledbetter volunteered to help with the website.

Christine, Annie and Ellen would like help with music. Please contact them to volunteer.

Christine suggested that anyone who would like to practice hymns to please come at (10:00) to rehearse before the service

Michael's suggestions:

More testosterone needed on the Board (calling men to action).

What is TBUUF's mission statement? Are we a theistic or non-theistic fellowship?

Michael is in charge of his worship services, including music.

Announcements

Date Change for Friday Coffee Group - Linda List

Friday Coffee will meet on the 3rd Friday, October 21, 10 a.m., at Open Road Coffee, located on Route 108 in Columbus.

Meeting for coffee in a relaxed atmosphere is an enjoyable way to get to know members better through casual conversation. If you've been a long time member or resident of the community, take an hour on Friday, once a month to get to know new members and welcome them to our Fellowship.

Sometimes we get so busy it's easy to forget that people who have attended a service or two, like to have the opportunity to chat with long time members, learn who they are, where they might have lived before, and just get to know one another.

So put Friday, October 21, 10 A.M. on your calendar and stop in for a cup of coffee, tea, a delicious cinnamon roll or pastry and some friendly conversation.

National Mental Health Awareness Week

Join your friends and neighbors for the 2nd Annual Walk/Remembrance on October 8, 6:30-8:30 P.M. at Harmon Field. Free tee shirts, food, drinks and music will be provided. Various organizations will be present with handouts. Dove release at 7:00.

It is time to end the silence, end the stigma and shine hope on those who suffer with depression and mental illness. Equally, we must never forget those who have lost their battles.

Event is on Facebook or for additional info please call Mary Wells Prioleau [828.899.9699](tel:828.899.9699).

Dismantling Racism Workshop

**Saturday October 29, 2016
9:00 am to 3:00 pm
at the Roseland Community Center
56 Peake Street off East Howard, Tryon**

Join your neighbors in a racially diverse gathering for teaching and interactive conversations about recognizing racism and working to dismantle it.



Hosted by
Good Shepherd Episcopal Church
The Friendship Council
Holy Cross Episcopal Church

**Please register by calling the Holy Cross church office 828 859-9741
Between 9:00A.M. and 1:00P.M.**

There is no charge for this workshop but participation is limited to 30.
Morning Coffee and lunch are provided by area churches.

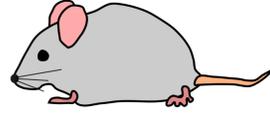
Course material and speakers are provided by
the Episcopal Diocese of Western North Carolina

Weekly Meditation Group

A group of members and friends of the Fellowship meets every Wednesday at 4:00 P.M. for an hour of meditation at the Tryon home of Gillian Behrend . The practice varies but typically consist of two 20 minute meditations, one silent and one accompanied by music. Space is limited, but we can accommodate a few more. For more information contact Gillian or Jim at the addresses below.

Gillian Behrend
behrend@windstream.net
(828) 859-5888

Jim Storrier
vtspiritualman@gmail.com



The Mouse and the Snowflake

By Jean Thiemann Lutheran World Relief

A mouse once asked a dove to tell him the weight of a snowflake. “Nothing” was the answer. But then the mouse told the dove a story.

“I sat on the branch of a fir tree, close to its trunk when it began to snow—not heavily, not in a raging blizzard, but just like in a dream without any violence. “He said. “Since I didn’t have anything better to do, I counted the snowflakes settling on the twigs and needles. The number reached exactly 3,741,932.

When the next snowflake dropped onto the branch—the next *weightless snowflake*, as you say—the branch broke off.”

The dove thought about that story for awhile and then mused, “If something as light as a snowflake can break a branch with the combined weight of many, perhaps the combined weight of people working together can also make a difference—That is, in a positive way.”

The moral of the story is: unless you are truly weightless, pull your positive weight and say “YES” the next time your asked to do a job.

Fellowship Job listing:

Are you computer savvy and have a little spare time? I've been responsible for the Order of Service the past two years and am a little weary of it. If there's anyone out there that might like to take it over, let me know and I can show you the process.

Linda List

U-Yule

Would you like to help plan for a fun time? If so please volunteer to help with our next fellowship event—“A U-Yule” celebration coming in December. Let any Board member know if you would like to help.