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*Thermal Belt  
Unitarian  
Universalist Fellowship  
November, 2016*

**Services: 1st & 3rd Sundays 10:30 A. M.**  
**Location: 835 N. Trade St., Tryon, NC**  
**Phone: 828-513-0570**  
**Website: TBUUF.org**

Dear Friends,

We had another wonderful turnout for our *"The Subject Of Race"* workshop at the UU Fellowship of Hendersonville on October 11th. We have one more scheduled on November 29th if you would like to attend. I was delightfully surprised to see Phil and Sheila Nungesser in attendance, as well as board member Cynthia Guilfoy (who also attended the first class) last month. We are having very rich and much needed conversations on the subject of race. Thank you all for your support.

It is often said that everyday is Thanksgiving and there is much truth to this statement, and yet as a culture, November is the month when observe Thanksgiving Day as a National Holiday. That being said, we cannot be thankful or grateful enough for what we have. As we look at the trouble spots around the globe, and right here at home, we see how much we have to be thankful for.

The fact that life is not fair to all makes our blessings all the more profound and significant. The coming holiday season of Thanksgiving and Christmas can be very difficult for some. The crass commercialism is more than enough to depress many. We must not forget to bring our mind back to those things, which we are thankful for to counter-act the noise from outside. The German mystic Meister Eckart tells us, that if the only prayer we said each day is "thank you", it would be enough. The fact remains that it is not what we say about our blessings, but how we use them that makes the difference.

Another topic I want to touch briefly regards our first UU Principle. It affirms the inherent worth and dignity of ever person. I have listened to many UUs (especially during this election season) who find this principle difficult to practice in their day-to-day lives. I understand. It is not always easy to affirm this. Perhaps it will be easier if we affirm this worth in ourselves, before we try to affirm it in anyone else. A truly healthy sense of self-worth is more than a head-trip.

Self-worth requires more than repeating flowery affirmations to convince yourself that you believe certain things about yourself or others. Self-worth is not a by-product of others' opinions about you and your abilities. Self-worth is an understanding on the intellectual level initially; trusting at the heart level and accepting deep down at the soul level, that you are worthy simply because you exist. You must not only believe in your own worthiness—you must **know** it! This is a process.

Worth is a function of belief, trust, acceptance and understanding that there is nothing inherently imperfect or wrong with you. In Christian speak this means, "that God didn't make junk." Whatever way you want to phrase it, **you** are the sum total of your worth.

In other words, your worthiness is proven by your very existence—your breathing, the beating of your heart, the expansion of your lungs, your mere presence is all that is needed to establish your worth. And that goes for everyone, not just you or I. What you believe about yourself merely confirms it.

When you understand and feel what a gift it is to be alive, you will **know** that you are worthy. Once you understand and **trust** yourself to be the unique expression of life that you are, you will **feel** worthy and know that you are not a mistake. Know that you have a right, a divine right to be who you are, exactly as you are. Then you will realize that this is true for all people, whether you like them or not or whether you agree with them or not. Then, and only then, will you be able to affirm for others, what you affirm for yourself.

*"...You are a child of the Universe, no less than the trees and the stars; you have a right to be here. And whether or not it is clear to you, no doubt the universe is unfolding as it should..." ( Desiderata)*

*Happy Thanksgiving! Michael*

## *Upcoming Services*



November 6th The Politician

Reverend Michael Carter

This past summer was a season of presidential politics that might have been the ugliest in recent memory. In Donald Trump and Hilary Clinton, both Republicans and Democrats presented the most unpopular candidates, possibly, in United States history. This Sunday, we will focus on a politician with a conscience—The late Mr. Vaclav Havel. Mr. Havel was a human rights activist, a political dissident, a writer of plays, and he later became the president to the Czech Republic in 1989. For Mr. Havel, politics was an art, a politics of values. For Mr. Havel the goal was to awaken the citizens of the planet. He urged Czechs to develop a new sense of responsibility for a more just, fair, equitable, and better world. In this election season, we sure could use him. Imagine, a better world by empowering the citizens of the globe...What a concept!!!

November 20th Acceptance, Letting Go, and Thanksgiving

Reverend Michael Carter

Recently I have been musing about my experiences as a Chaplain, early in my clergy career. I served an eighteen-bed AIDs unit in a New York City hospital. Those experiences as a chaplain shaped me in a most profound way theologically and philosophically. Many of my patients I remember very well, and some are fleeting shadows in my memory. Several do stand out, yet one stands out specifically for me in that unit. Although we did not know each other well, our paths did cross occasionally, as he was an actor in one of my dance classes. We were cordial to each other but never really went beyond pleasantries, when we saw one another in class or at auditions. But as life would have it, several years later when I had changed careers from the theater to ministry, our paths did cross in a very significant way. The lesson still resonates with me some twenty-five plus years. It was a lesson in acceptance, letting go, and thanksgiving. I would like to share it with you for a Thanksgiving sermon. See you on November 20th.

December 4th

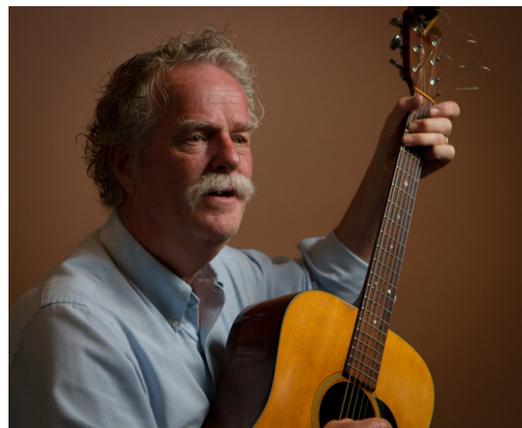
## U-Yule Celebration

Reverend Ernie Mills

TBUUF will celebrate what we hope will be our first annual U-Yule celebration.

Reverend Ernie Mills will lead the service. We can be sure it will contain a lot of seasonal music and possibly a potluck.

Barbara Moffitt is coordinating the service. If you want to volunteer to help, she can be contacted at (828) 894-8695. Stay tuned for more details.



## Announcements

- A workshop entitled “The Subject of Race” is meeting once a month at the Hendersonville UU Fellowship. The next meeting will be on November 29 at 6:00P.M.. The Reverends Jim McKinley, Michael Carter and Judith Long are leading the workshop. You can contact the Hendersonville Fellowship for more information. If you are interested in car-pooling, contact Phil Nungesser at [barnun1225@gmail.com](mailto:barnun1225@gmail.com). or 828 625-3060.
- As many of you know, Robin Edgar has been working hard to get Mrs. Mistake, the mother of her friend Riziki, out of the war-torn Democratic Republic of the Congo. The latest good news is that Mrs. Mastaki is scheduled to join her family in the U.S. in early November! One thing she will need is warm clothing in a size “large”. If you can share something, please let Robin know. We will publish more information after her arrival. Thanks to everyone who donated to help make this happen.
- Ben Ledbetter has agreed to keep our webpage up to date and he has made several improvements. Take a look at [TBUUF.org](http://TBUUF.org). If you want to contribute to the webpage or have suggestions, let us know. Ben can be reached at 336 425-5353 or [benledbetter00@gmail.com](mailto:benledbetter00@gmail.com).
- We are sorry to announce that the Tryon Daily Bulletin will no longer publish our articles about upcoming services. This makes letting people know that we exist through word-of-mouth even more important. Think about bringing friends to our Fellowship.
- Opportunities to get involved:
  - Linda List has been doing the Order of Service for some time and would like some help. You can contact her at 864 457-2292 or [lin17th@aol.com](mailto:lin17th@aol.com).
  - Robbie ter Kuile is chairperson of the Outreach Committee. She would welcome some help. She can be reached at 828 817-0382 or [robbietk@charter.net](mailto:robbietk@charter.net).