

# UU Galveston Gazette

Unitarian Universalist Fellowship of Galveston County

AUGUST 2011

502 Church Street, Galveston, Texas 77550-5502

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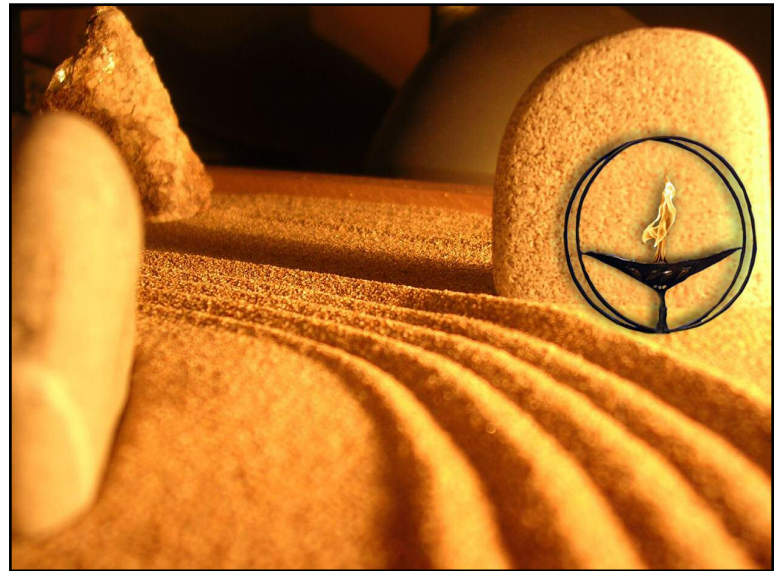
Online at <http://uugalveston.org>

## Becoming Zen...

Sometimes, we really want to achieve something in our lives and we literally do everything to achieve those dreams. We even come to the point of achieving those goals and yet sometimes we do not find the magic of satisfaction that the accomplishment brings us. We find ourselves struggling for the feeling of happiness and joy because we do not seem to create the realization of our dreams in harmony with our inner selves. The spark of experiencing life's magic can be all realized when we learn to muster ourselves with the Zen Philosophy.

The Zen philosophy is all about meditation, focusing our minds at peace and quietness amidst the rumbling cosmic forces and everything around the world we're living. We do the

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## A Month Of Sundays

**John Gorman,**

*"Loving a World of Change"*

**AUG  
7**

Wallace Stevens' long poem "Sunday Morning" wittily refutes an idea of the perfection of stasis in Keats' "Ode on a Grecian Urn." "Is there no change of death in paradise?" he asks. And that's the kicker. Change is the source of so much of our delight, yet one of the things it changes away is—us. For forty years Stevens explored fulfillments for "the never-resting mind" in a world without super-natural access. Never shying from psychological difficulties, he makes it work. In poem after beautiful poem, "The imperfect is our paradise." If you (or I) have poems to the topic, bring them to the service. Dr. John Gorman is Professor of Literature at the University of Houston, Clear Lake.

*Greeter: Dorothy Treviño*

*Board Member: Cheryl Henry*

*Facilitator: Alison Rutledge*

*Music: Steve Hodgson*

**Bets Anderson, Gerry Carr, Cheryl Henry & Billie Rinaldi,**

*"Come to the General Assembly"*

**AUG  
14**

In June four members of our Fellowship journeyed to Charlotte, North Carolina to attend the General Assembly, the annual meeting of the Unitarian Universalist Association. Thousands of UUs from across the country participate in this meeting each year. They returned renewed and enthused about the experience. They will share some of their favorite moments, both spiritual and profound, for this Sunday focused on "GA." Bets and Gerry are Past Presidents of UUFGC, Cheryl is currently President-Elect, and Billie is President!

*Greeter: Stan Blazyk*

*Board Member: Bets Anderson*

*Music: Margaret Canavan*

**Rev. Ken Shuman,**

*"Faith in Tension"*

**AUG  
21**

From Krista Tippett in Speaking of Faith: "Faith is as much about questions as it is about answers. It is possible to be a believer and a listener at the time, to be both fervent & searching, to honor the truth of one's own convictions and the mystery of the convictions of others." Dr. Ken Shuman is a former Southern Baptist pastor with more than thirty years of ministry experience.

*Greeter: Vickie Francil*

*Board Member: Mike Hennen*

*Facilitator: Gerry Carr*

*Music: Tony DiNuzzo*

### POT LUCK AFTER THE SERVICE

**Adult Forum,**

*"Ethical Eating: Food and Environmental Justice"*

For this potluck Sunday members of the Adult Forum discussion group will present an overview of ethical eating, why it is important and its effects and ramifications. A "Statement of Conscience" by the UUA regarding ethical eating was generated over the past four years and passed at this year's General Assembly. Bring a dish for potluck that you believe might pass an "ethical test."

*Greeter: Gerry Carr*

*Board Member: Margaret Canavan*

*Music: Woody Dickson*



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# ZEN

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tranquil focusing of our minds by concentrating on what the Buddhists call dhyana. The inner and outer realities are being mustered and results to a continuous flow of our minds. Most Zen masters appear to be quixotic but the fact is their thinking and actions are in tune with the cosmic forces.

When we get to know about the Zen Philosophy, life will be a smooth flow of love and genuine happiness. It

doesn't require any strict rules for living to come up with the desired results.

To live with the Zen Philosophy is to live with the truest meaning of life. We can transform the Zen philosophy into its actual form or counterpart when we know how to be a minimalist focusing on only the simplest but grandest aspects of our lives.

### Living with the Zen Philosophy

Buddhists believe that everything in this world is not permanent and

everything is changing and will change. We should never cling to anything; this will only cause suffering because what we are clinging to will eventually fade out with time. For example, you love your photo frame so much perhaps because it was given to you by someone who is so dear to you. If that thing got broken, naturally, you'll get upset if not angry because you were simply attached to that particular thing. To live with the Zen Philosophy means to let go of attachment to any material

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## Get Connected with UUFGC



Meetings are at the Fellowship unless otherwise noted. Everyone is invited and welcome to all listed activities

**Alcoholics Anonymous Phoenix Group** meets Sunday & Wednesday at 8pm. Contact Robert G. for information at 409-392-7005.

**Adult Forum** meets Sundays at 9am (except potluck days) to explore topics in religion, philosophy, history & politics. Contact Neil Huddleston at (409)744-2369.

**Board of UUFGC** meets the second Monday of each month at 5:30pm.

**Book Club** meets the 2nd Wednesday of each month at 7 pm. Contact Fanny DeGesero if you have book suggestions.

**Book Sale** monthly on second Saturday, 9am-2pm, at the fellowship.

**Bowlers** will meet at 5 pm each Wednesday to create "Empty Bowls" for the annual Jesse Tree fundraiser.

**Choir rehearsals** are held approximately twice monthly and are generally listed in the

calendar in this newsletter. If you would like to participate please contact Bets Anderson, director Susan Vaughan, or any choir member for the future rehearsal schedule.

**Course in Miracles Study Group** meets every Monday at 11 am. Contact Laura Murrell for info: (lauramurrell@att.net).

**Dance Classes:** Galveston Dance Club offers classes each Tuesday & Thursday at 7pm. Questions, call Betty at 281-337-0441. See <http://www.galvestondanceclub.com>.

**Program/Worship Committee** meets the first Wednesday of each month at 6pm, at Mosquito Café in Galveston. Join them or contact Gerry Carr if you have a program to suggest.

**"Spirituality of Poker"** Group meets the third Sunday of each month in a member's home to play "dealer's choice". Location is in the

monthly calendar and is announced in weekly emails and the Sunday bulletin. Game Night is not currently held for lack of a host (let us know if you'd like to host!).

**Social Action Committee** meets the first Sunday of each month after service and welcomes your ideas, energy and enthusiasm.

**Supper Circles** meet monthly. Call Judy Glaister at (409)762-8187 to schedule a supper, sign up for one, or for information.

**Meditation:** *Zen Island Fellowship* meets every Monday at 5:30pm, Contact Cara Geary (gcar@comcast.net) or visit <http://galvestonzen.org/>. *Natural Awareness Meditation* meets Thursdays at 5:30pm, contact Terry Conrad (409)599-7268.

**Have an open group meeting** you'd like to list here? Let us know and we'll add it.



**FREE FREE FREE FREE FREE FREE FREE FREE FREE**

## Provocative Film Series

Friday, August 5, 7 p.m.

502 Church Street, Galveston

### Frozen River

"Frozen River" is a dramatic feature film which takes place in the days before Christmas near a little-known border crossing on the Mohawk reservation between New York State and Quebec. Here, the lure of fast money from smuggling presents a daily challenge to single moms who would otherwise be earning minimum wage. Two women- one white, one Mohawk, both single mothers faced with desperate circumstances - are drawn into the world of border smuggling across the frozen water of the St. Lawrence River. Melissa Leo (21 Grams, The Three Burials of Melquiades Estrada, television's "Homicide: Life on the Street") plays Ray, Misty Upham (Edge of America, DreamKeeper, Skins) plays Lila, and Oscar nominee Michael O'Keefe (The Great Santini, Caddyshack, Ironweed) plays the New York State Trooper who ultimately brings the two to justice.

**Bring a friend and a snack to share.**

### 2011 - 2012 UUFGC Board of Directors

President	Billie Rinaldi
President-Elect	Cheryl Henry
Past-President	Mike Hennen
Secretary	Bets Anderson
Treasurer	Woody Dickson
Members at Large:	Margaret Canavan Holly Fortenberry John Franea

### Committees and Task Forces

Communications	Madeleine Baker
Landscape	John Hunger
Membership	Cheryl Henry
Program/Worship	Gerry Carr
Religious Education	Neil Huddleston
Supper Circles	Judy Glaister
Social Action	Mary Hodgson
Administrative Team	B. Anderson, M.Baker, M.Canavan, J.Glaister, & J. Rainey
Newsletter	Jimmy Rainey
Webmaster	Neil Huddleston



**Book Sale:** The UU Book Sale will be held on Saturday, August 13, from 10 am to 2 pm. Books are \$1.00 for hardbacks and \$0.50 for paperbacks.

**Book Club:** Will Meet August 10 at 7 pm in the living room at the fellowship to discuss *The Sonderberg Case* by Elie Wiesel. All are welcome to participate. Upcoming readings include *Wild Swans: Three Daughters of China* by Jung Chang (September); *Birds Without Wings* by Louis de Bernières (October); *All Those Who Save Us* by Jenna Blum (November); and *Crow Lake* by Mary Lawson (December).

**Bowlers:** Have resumed working on bowls for the 2012 Jesse Tree fundraiser and will meet each week at 5 pm at the fellowship. Come lend a hand. No experience is necessary.

**Supper Circle:** Susan Parsons is

hosting the August Supper Circle on Sunday, August 14 at 6:00 pm. She is preparing cold salads, so bring other dishes. There is no limit, but please sign up on the bulletin board.

**"Spirituality of Poker"** will meet at Roy DeGesero's, at 6:30pm on Sunday, August 21. All are invited to participate. Much of your \$20 buy-in will undoubtedly go to the college fund Bob English has set up for his daughters....

**Ingatherings** are scheduled once a quarter on the last Sunday of the month. The two remaining for 2011 will be on September 25, and December 25. If you are not already a member, think about accepting the joys and responsibilities of membership in this Fellowship. Please contact Cheryl Henry, Membership Chair, if you are interested in becoming a member.

*Please send items for the newsletter by the 15<sup>th</sup> of each month for the following month's edition. Send to administrator@uugalveston.org and put "for newsletter" in the subject line.*

## Nancy Stanley passes

Our dear Nancy Stanley has passed away after a long battle with leukemia. She was courageous throughout and kept her beautiful smile and wonderful

sense of humor. Nancy's family held a private service for her. Please hold Nancy's family in your thoughts and prayers.

## ZEN

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thing. Material things do not define who we are. One day all of those things will get broken, will fade out with time or get lost. We should be mindful about our own happiness, because it isn't derived from the things we own. Real happiness is achieved from within. We should also be mindful of the possible consequence of everything we do. We should be aware of the effects of materialism and consumerism and choosing the things for which we spend our money.

**"The Zen philosophy is also about kindness and compassion and about helping those people who are in need instead of focusing on what you want out of life."**

The basic teaching of Zen Philosophy is simply all about focus. Focusing only on what is important and essential to our lives gives the spirit of bringing out the best in us. The Zen philosophy is also about kindness and compassion and about helping those people who are in need instead of focusing on what you want out of life. If you know how to have more intimate relationships, you'll know how to reach out and learn that there is more than your own personal needs and wants.

To live with the Zen Philosophy is to live with a more satisfying life. Living a Zen Philosophy also means getting out of debt, traveling lightly, being more productive, losing weight, and accomplishing more.

Zen Philosophy can provide you the best standard for living, which is gaining an everlasting happiness without too much emphasis on material gain.

*Story courtesy of <http://www.zen-philosophy.com>.*

## Get Involved and Make a Difference!

Vital Unitarian Universalist (UU) congregations need the participation and leadership of all their members to thrive. And a vital Unitarian Universalist Association (UUA) similarly needs the input and vision of individual committed UUs to continue to grow and bring our faith to the world.

The opportunities for your deeper involvement are limitless and can occur at many different levels.

### In Your Congregation:

- Become involved with a project that has caught your passion: whether it's Green Sanctuary, Gift-Based Ministry, as a worship associate, leading a covenant group, or something entirely different, your congregation needs your involvement in order to benefit from your unique talents and gifts!
- Offer to become a lay leader in your congregation. Talk to your nominating committee. If your congregation's in search for new professional leadership, think about whether you might contribute in new and exciting ways to that venture.

• Become a religious educator. Whether you are working with children, youth, young adults, or adults, this work can be deeply fulfilling and fun!

• Witness your faith in the company of others, on behalf of your congregation. Seek out connections with other religious groups who share similar values. Help carry the message — beyond your congregation — that makes clear Unitarian Universalism's values and voice in this challenging world.

• Become a delegate to your UUA District's meetings. You'll learn new skills, develop a sense of Unitarian Universalism that extends beyond your own congregation, and help nurture the vitality of our faith in your district.

• Don't wait to be asked: contact your congregation's Nominating Committee and tell them you're willing to serve. They'll be glad to hear from you!

### In your UUA District:

• Find out — from your district staff, president, or other volunteers — what you can do to support district training events. You'll meet wonderful

people from other congregations and share ideas and skills.

• Check out your district or regional Leadership School. There are many across the United States, each with its own unique character. All of them share a commitment to teach lay leaders new skills that will help them be more effective in their own faith communities and at the district, cluster, or national level.

• Focus on ways in which you can encourage the congregations in your district to become healthier by sharing resources, working together, and exchanging ideas that build energy and commitment!

• Go to UU University prior to the UUA's General Assembly. You can be guaranteed that the keynote speaker will be worth the trip and the workshop tracks exciting and fulfilling.

• Don't wait to be asked: contact your District Nominating Committee and tell them you're willing to serve. They'll be glad to hear from you!

*Story courtesy of the Unitarian Universalist Association of Congregations website.*

# AUGUST 2011



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
<i>Activities are held at the Fellowship unless otherwise noted.</i>	11am - Course in Miracles 5:30pm - Zen Meditation	7pm - Dance Lessons	5pm - Bowlers 6pm - Program/Worship Committee 8pm - AA	5:30pm - Meditation 7pm - Dance Lessons	7pm - Provocative Film, <i>Frozen River</i>	
<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
9am - Adult Forum 10:30am - John Gorman, "Loving A World of Change"; Children/Youth Religious Education 12n - Social Action Committee 8pm - AA Phoenix Group	11am - Course in Miracles 5:30pm - Board 5:30pm - Zen Meditation	7pm - Dance Lessons	5pm - Bowlers 7pm - Book Club 8pm - AA	5:30pm - Meditation 7pm - Dance Lessons		9am - 2pm - Book Sale
<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
9am - Adult Forum 10:30am - Bets Anderson, Gerry Carr, Cheryl Henry & Billie Rinaldi, "Come To The General Assembly"; Children/Youth Religious Ed. 8pm - AA Phoenix Group	11am - Course in Miracles 5:30pm - Zen Meditation <b>NEWSLETTER DEADLINE!</b>	7pm - Dance Lessons	5pm - Bowlers 8pm - AA	5:30pm - Meditation 7pm - Dance Lessons		
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
9am - Adult Forum 9:15am - Choir Practice 10:30am - Rev. Ken Shuman, "Faith In Tension"; Children/Youth Religious Education 6:30 - Poker at Roy DeGesero's 8pm - AA Phoenix Group	11am - Course in Miracles 5:30pm - Zen Meditation	7pm - Dance Lessons	5pm - Bowlers 8pm - AA	5:30pm - Meditation 7pm - Dance Lessons		
<b>POTLUCK 28</b>	<b>29</b>	<b>30</b>	<b>31</b>	<b>HAPPY BIRTHDAY TO:</b>		
10:30am - Adult Forum, "Ethical Eating: Food and Environmental Justice"; Children/Youth Religious Education 12n: Potluck lunch 8pm - AA Phoenix Group	11am - Course in Miracles 5:30pm - Zen Meditation	7pm - Dance Lessons	5pm - Bowlers 8pm - AA	Susan P. Baker 8/2 Kathy Domsy 8/2 Susan Rainey 8/3 David Singleton 8/4 Stan Blazyk 8/6 Larry Janzen 8/6	Jodie Mitchell 8/10 Trey Kettle 8/19 Laura L. Murrell 8/19 Ken Vincent 8/20 Dennis McFadden 8/28	