

UU Galveston Gazette

Unitarian Universalist Fellowship of Galveston County

October 2014

502 Church Street, Galveston, Texas 77550-5502

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Online at uugalveston.org

We welcome the full range of human diversity, that is, age, race, gender, sexual orientation, and ethnicity.

The theme for our October programs is Spiritual Practice.

Many of us may spend very little time on spiritual "maintenance." This doesn't mean that we don't have a spiritual life. Grace does happen and the spirit will break into our obsessed, anxious lives on occasion, whether we do anything about it or not. But we can derive immeasurable benefits from spending a little time each day nurturing our spiritual life. The benefits of a regular practice can produce a feeling of more calmness, of being more available to oneself and others, of being more loving, and of being in touch with a joy that does not depend on circumstances. A spiritual practice helps us get in touch with our own inner wisdom. We hope our October programs will encourage us all to think freely and flexibly about how a spiritual practice might provide for a more joyful, creative, and empowered life.

October 5, 2014 Tom Parker: Unitarian Universalism and the 12 steps--A Spiritual Connection

Tom Parker has been a UU for 18 years and a member of Al-Anon for 21. He will explore the spiritual connection between the two by sharing some of his 12-step experience and comparing it with what he has learned and experienced as a UU. Tom has been a member of First UU church/Copperfield since 1996 and over the years has served on the worship committee, membership and building committees as well as one year as Board secretary. He has spoken before many local congregations including our own. He is an actor, a part-time speech instructor and when he's not acting or teaching he works for the transportation department at Cy-Fair ISD.

BMOD: Judy Glaister

Facilitator: Cheryl Henry

Greeter: Bets Anderson

Concierge: Carol Lobb

Music: Bunny Dinuzzo

October 12, 2014 Rev. Helen Appleberg : Soul Food, What is Yours Being Fed?

In the midst of our demanding busy lives our spiritual nutrition is often left until last or maybe not at all. Explore ways to be more conscious with feeding the soul first to face the day and the demands of life. Rev. Dr. Helen Appelberg is Director, Center for Spirituality of Aging at the Sealy Center of Aging at The University of Texas Medical Branch.

BMOD: John Vanderpool

Facilitator: Bets Anderson

Greeter: Judy Glaister

Concierge: Judy Glaister

Music: Margaret Canavan

October 19, 2014 Billie Rinaldi: The Origins of Our Spiritual Practice

Billie recently had a journey in Eastern Europe, the birthplace of Unitarianism. Learn about our ancient fortress churches and how our ancestors the "Free Churches" of the Sixteenth Century became known as "Unitarian Churches" by 1600. She traveled and performed with a UU choir from Houston that was warmly welcomed and she will describe the similarities as well as the differences between our spiritual practices. Billie is a long-time UU and is a Past-President of our Fellowship. She is a retired educator after 44 years of service, most recently as Principal at Rosenberg Elementary.

BMOD: Steve Townley

Facilitator: Shannon Samuelson-Reeves

Greeter: Sandra Sullivan

Concierge: TBA

Music: Tony DiNuzzio

October 26, 2014 John Vanderpool MD: Humanism, Human Nature, and Religion POTLUCK TODAY

Based on the Fifth Source for our Living Tradition that says: "Humanistic teachings which counsel us to heed the guidance of reason and the results of science, and warn us against idolatries of the mind and spirit," this is a challenging presentation that includes: (1) both an analysis and critique of our view of Humanism, (2) how a variety of religions offer help for people who differ from us, and (3) a clear look at the problem of evil as expressed in religious groups like ISIL that offer help to certain humans who gain a sense of oneness by living on the dark side of life. John Vanderpool is a Board Certified Psychiatrist who has published numerous professional papers in medical journals. He taught for eight years in UTMB's Dept. of Psychiatry before joining his wife, Dr. Beverly Vanderpool in private practice. He serves as our Fellowship's President. His hobbies include golfing, cooking, writing, painting, and being a momma-daddy to his two Cocker Spaniels.

BMOD: Al Smith

Facilitator: Betty Winters

Greeter: Cheryl Sanders Henry

Concierge: Paula Townley

Music: Idalia Avezuela

*Love is the spirit of this church, and service is its gift. This is our great covenant.
To dwell together in peace, to seek the truth in love, and to help one another.*

From the President...

This last Sunday, Steve Townley, one of our at-large Board Members, announced that he and his wife, Paula, would hold a 'Spirituality of Poker' meeting at his house that same evening.

Intrigued by the name of this meeting, I asked Steve after the service what the meeting was all about. "Twenty bucks in, and that's all you can lose," he said. "But, boy, we have a lot of fun!"

Unfortunately, Beverly and I didn't get to that fun-filled evening. With the excuse that, "Our spirits were willing, but our flesh was too worn out," we missed the meeting, but we don't plan to miss the next one.

One of the joys and blessings of belonging to our fellowship is our having fun together. Whether it be coffee/tea and good conversation after each service, another tasty pot-luck dinner after the last Service of each month, attending a supper circle, a study group, or, well, any number of other groups, we enjoy being together and having fun together.

In our case, our fellowship knows that a family-- this case our extended family-- that plays together, stays together. Visiting, talking and laughing brings wonderful blessings that include learning to take time-outs to rejuvenate our lives, creating lasting friendships and breaking the stress and boredom of being too serious all the time.

So, kudos to the Steves and Paulas of our group that keep us healthy and well!

John Vanderpool M.D.

Membership Has New Chair

Now that **Cheryl Henry** has "retired" from the Board, she has time to get back to her role with the Membership Committee. She is joined on that group by **Margaret Canavan** and **Steve Townley**, and they welcome others to assist them. Their task is to support our membership by providing educational information, maintaining our membership database and orienting newcomers to the joys of being part of our spiritual community.

2014 - 2015 Leadership of UUFGC Board of Directors

<i>President</i>	<i>John Vanderpool</i>
<i>Past President</i>	<i>Susan Persons</i>
<i>President-elect</i>	<i>Mary Case</i>
<i>Treasurer</i>	<i>Stan Blazyk</i>
<i>Secretary</i>	<i>Judy Glaister</i>
<i>At-large members</i>	<i>Al Smith</i> <i>Martha Terrill</i> <i>Steve Townley</i>

Committees and Task Forces

<i>Caring</i>	<i>Carol Lobb/Mitch Philpot</i>
<i>Communications</i>	<i>Madeleine Baker</i>
<i>Gardening</i>	<i>Al Smith</i>
<i>Membership</i>	<i>Cheryl Henry</i>
<i>Program/Worship</i>	<i>Mary Case</i>
<i>Religious Education</i>	<i>Neil Huddleston</i>
<i>Supper Circles</i>	<i>Martha Terrill</i>
<i>Social Action</i>	<i>Bets Anderson</i>

Administration

<i>Administrator</i>	<i>Betty Winters</i>
<i>Newsletter Editors</i>	<i>MaryCase/Margaret Canavan</i>
<i>Webmaster</i>	<i>Neil Huddleston</i>
<i>"C-Team":</i>	<i>Bets Anderson, Carey Battle,</i> <i>Margaret Canavan, Mary Case, Judy Glaister,</i> <i>Carol Lobb,</i>

Membership Directories STILL Available

There are still several membership directories for those who have not yet retrieved (or received) theirs. In addition to contact information for our members, the directory includes information such as UUFGC leadership, bylaws and history, and other useful facts about UUFGC and UUA. Updates are always available to members on the UU website <http://uugalveston.org>, in the "membership resources" section. Username is "member", and if you've forgotten the password just ask.

October Compassionate Offering *Galveston Humane Society*

Our Humane Society began in 1981 with a group of volunteers who did it all, cleaned cages and raised funds. Today we have a humane shelter that is open to the public 6 days a week to facilitate reuniting pets with their families and to promote adoptions.

To think that lost and homeless animals have a secure and humane facility provides comfort to our minds and safety to our community. Give generously to this worthy organization.

Game Night Now on Second Friday

Because another game night for several members is on the first Friday of the month, Game Night is now on the second Friday of each month.

Games begin at 6:30 and end by 9:00. We have on hand the following games, but you are invited to bring others if you wish: ***Mah Jongg, Backgammon, Mexican Train, Uno, Balderdash, Yahtzee, Contagion, Monopoly, Trivial Pursuit, Charades, Green Apple/Red Apple, and Scrabble.***

Everyone is invited to come play and bring refreshments to share.

Best Wishes to ***Erin Gaines*** and ***Andy Gerhardt*** as they re-locate to Austin.

Help Create the Día de los Muertos Altar

Our traditional *Día de los Muertos* (Day of the Dead) service will be Sunday, November 2. Historically this is a day of celebration for those Latinos in the United States and in Mexico who choose to participate in the beautiful ritual and practice of honoring the lives of their dearly departed loved ones. Our program this year will be presented by Sandra López and Kay Schiller.

We want to make this event even more special by inviting the UU community to participate in the building of the *ofrenda* (altar) after the pot luck lunch on Sunday, October 26th. As believed in the custom, the *ofrenda* will be beautifully prepared and ready for the return of the spirits of our departed loved ones.

All are invited to bring small mementos or photos to commemorate their loved ones who have passed. Table coverings, colorful decorations, *papel picado* (punched paper), candles and tissue paper flowers will be provided. This promises to be a unique opportunity to join together as a community to acknowledge and honor our deceased loved ones. The *ofrenda* will remain in place from October 26 through the service on November 9 at which time all are invited to pick-up their mementos and photos after service.

Kiva Loans Update

This month we made four new loans of \$25 each, using our "revolving fund" of monies repaid by other borrowers. This brings us up to 302 loans! See our loan history at <http://www.kiva.org/lender/unitarianuniversal3384>. Micro-finance makes funds available to entrepreneurs in developing countries, where a small loan can make a big difference and funds are not readily available. Over half our loans have been to women entrepreneurs. We add funds when we receive new donation. Questions/suggestions? Check with ***Margaret Canavan***.

Want to Volunteer? Plenty of Opportunities

We often hear questions about how to become involved with volunteer activities at UUFGC, and these come from "old-timers" as well as newcomers. With the exception of the Board, members of which are elected at our Annual Meeting, all other committees and working groups are open to all who wish to help out. This includes Social Action Committee, Membership Committee, "C" (Connections & Coordination) Team, Caring Committee, Program/Worship Committee, and so on. Don't be shy, if you are interested in getting involved just email the administrator@uugalvesto.org, or ask someone who looks like they know. If they don't, ask someone else!

UU Galveston is "Bringing it"...

Bringit sign-up sheets let you create unlimited sign-up sheets online. With this site, people see what things are needed and can sign up... Yes it is that easy. Each sign-up sheet has a Public URL so people can sign up without needing to login or remember another password. We can even share with folks through email, Facebook, our UU newsletter, or through the "Member Resources" portion of our website. What is even more exciting is that when people sign up, they enter their email address (which is not visible to the public) and they get a friendly, automated reminder two days before the event date. Pretty awesome, right?

As you may know this service was brought to the UU Members back in April as a way to schedule the greeter and concierge volunteer opportunities. In the past it was very difficult to iron out a schedule since nobody knew what anyone else was doing. Now, those days are long gone, and everyone is just one click on the link away from all the possibilities to help out around the church.

It is very exciting to see how in just a few months we have been able to grow the use of this service to benefit our overall organization. We are now using it to schedule the Board Member of the Day, Sunday Facilitators, and the Potluck Clean-up Team. I know that this is just the beginning as we begin to experiment with all the things that this site can do and all the ways we can make it work for us.

Soon the link will be available on our website by logging into the password protected area, "Member Resources." Betty will also be sending the link in the newsletter that you receive each week. Betty Winters and Shannon Samuelson-Reeves are your Bringit contacts for changes, requests or anything else dealing with the site. Don't forget to check it out and get involved!

UU Book Club News

The UU Book Club meets the second Wednesday evening of each month to discuss books selected by the members. It is an open group and anyone is welcome to attend and participate in discussion. The October selection is ***A Confederacy of Dunces*** by John Kennedy Toole.

There is plenty of time to locate your copies of the remaining selections for 2014, which include ***The Sandcastle Girls*** by Chris Bohjalian (November), and ***The Favored Daughter*** by Fawzia Koofi and Nadene Ghouri (December). In the near future we will be deciding on next year's books.

Our "Book Store"

Our back hallway is filled with an amazing variety of used books. Books are available for purchase anytime the Fellowship is open, on an honor system basis. Hardbacks are \$1 and paperbacks 50¢ so they are a fine bargain. A public sale is held the second Saturday of each month from 9-2.

Sorting and organizing these tomes takes **Michael Jozwiak** a great deal of time and he welcomes help from other book lovers. Michael also appreciates volunteers to help during the sale.

How to Get Connected at UU Galveston

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

Adult Forum: Sundays at 9am (except potluck days) to explore topics in religion, philosophy, history & politics. Contact **Neil Huddleston** at (409)744-2369. This is open to all so feel free to attend.

Board of UUFGC: meets the **second Monday** of each month at 5:30pm. Members are welcome to attend.

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

Book Sale: monthly on **second Saturday**, 9am-2pm, at the fellowship. All adult hardback books are \$1, paperbacks, 50¢. Your book donations are tax-deductible, just ask for a receipt. Books can be purchased anytime on the "honor system"; a payment piggybank is available.

"Bowlers": This group meets weekly to create pottery bowls for the annual fundraiser for Jesse Tree, a local social service organization. They meet each Wednesday from 5-7pm and you do not need to be an experienced potter to participate. Questions, contact Madeleine Baker (madbaker3124@gmail.com).

Caring Committee: is coordinated by **Carol Lobb** and **Mitch Philpot**, with the goal of identifying those who may need assistance, encouragement or support of some type. Of course they need our help to do this important work. Please contact them if you have ideas or information, or wish to help out.

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

Potluck Lunch: happens on the **last Sunday** of each month following the service. Bring the dish of your choice, but if you can't for some reason there always seems to be enough food. Everyone is welcome.

Program/Worship Committee: meets the **first Wednesday** of each month at 6:00 pm, at the Fellowship. Join them if you have a program or speaker to suggest.

The Games We Play: The second Friday of each month from 6:30—9 PM the Social Action Committee invites everyone to come play. A variety of games are available, refreshments are potluck.

"Spirituality of Poker": meets **monthly** on the third Sunday at a member's home, generally at 6:30pm. There is a \$20 buy-in, and is Dealer's Choice (games depend on size of attendance, we'll teach you if you don't know the games). Everyone is invited to participate. We generally bring snacks and beverages.

Social Action Committee: welcomes your ideas, energy and enthusiasm. This group plans our monthly Compassionate Collections, Provocative Films, organizes the Empty Bowls creation and event, and plans for our participation in Martin Luther King and Juneteenth parades.

Supper Circles: These are monthly potluck dinners held in members' homes. Upcoming events are posted on the bulletin board in the foyer and you may sign up to attend. If you have questions or would like to host a dinner contact Martha Terrill.

Newcomers' Meeting: meets the **second Sunday** of each month right after the service. All are welcome at these meetings, if you are curious about Unitarian Universalism in general, this Fellowship, or becoming a member. Questions, contact Membership Chair Margaret Canavan.

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

October 2014

at UU Galveston

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Happy Birthday to <i>Neil Huddleston 10/7</i> <i>Christine Wamble 10/9</i> <i>Phil Sullivan 10/15</i> <i>Alan Griffin 10/23</i> <i>Sheri Aspen 10/27</i> <i>Robert Oler 10/29</i> <i>Al Smith 10/31</i>			1 5pm Bowlers 8pm AA Phoenix Group	2	3	4
5 9am Adult Forum 10:30 Tom Parker, Unitarian Universalism and the 12 steps—A Spiritual Connection; Children’s Religious Education 8pm AA Phoenix Group	6 11am Course in Miracles	7	8 5pm Bowlers 7pm Book Club discusses A Confederacy of Dunces 8pm AA Phoenix Group	9	10 10am “C” Team 6:30pm Game Night	11 9am -2pm Book Sale
12 9am Adult Forum 10:30 Rev. Helen Appleberg : Soul Food, What is Yours Being Fed?; Children’s Religious Education 12n “Newcomers” meeting 8pm AA Phoenix Group	13 11am Course in Miracles 5:15pm Board Meeting	14	15 5pm Bowlers 8pm AA Phoenix Group <div style="background-color: red; color: white; padding: 5px; text-align: center;">Newsletter Items Due Please!</div>	16	17	18
19 9am Adult Forum 10:30 Billie Rinaldi: Origins of our Spiritual Practice; Children’s Religious Education 6:30 Poker @ DiNuzzo’s 8pm AA Phoenix Group	20 11am Course in Miracles	21	22 5pm Bowlers 8pm AA Phoenix Group	23	24	25
<div style="background-color: red; color: white; padding: 2px;">Potluck Today</div> 26 10:30 John Vanderpool MD, Humanism, Human Nature, and Religion; Children’s Religious Education 8pm AA Phoenix Group	27 11am Course in Miracles	28	29 5pm Bowlers 8pm AA Phoenix Group	30	31 	