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## Notes from the Interim

*There can be no vulnerability without risk; there can be no community without vulnerability; there can be no peace, and ultimately no life, without community.*

--M. Scott Peck

Oh how we resist new experiences! Even though they are what make us come alive. I remember talking with a boyfriend many years ago about whether it's better to buy a larger car to protect us in the event of a crash (my view) or a small car that has high maneuverability to avoid crashes altogether (his view.) These are great metaphors for avoiding emotional risk as well. We either defend our vulnerabilities by cloaking ourselves in various ways, e.g. indifference, sophistication, humor, anger. Or, we keep moving from task to task or person to person so no one gets to know us too well. And those are just some of the defenses.

How do we build community together? It seems to me we start with letting ourselves be known and by taking an interest in knowing others. To be known we have to reveal ourselves as we are beneath the mask. We don't start out there, but at some point we have to if we ever expect to build bonds of love real enough to create community. A community of such people can take a real interest in knowing others in the larger community of Atlanta, and beyond. People who can reveal themselves can build trust with each other and with people they'd like to serve. But alas, we tend to cling to the people and situations that we know in a church and don't often venture further. This creates an atmosphere of exclusion. Newcomers find it hard to break into circles that have these kinds of defenses.

So take a chance this month and meet someone at church that you would normally shy away from. And take some time to get to know them and let them know you. I promise you an interesting if not invigorating experience. Of course you might have to gently work past their defenses! It's a labor of love though and ultimately, aren't we all just waiting to be discovered?

I will return to Roswell on Oct. 7<sup>th</sup> but do feel free to call my cell (678 381-4365) or email while I'm away.

—Frieda Gillespie  
Interim minister, UUMAN



## Happenings

### Potluck Dinners

Every Thursday evening at around 6-6:30 people arrive at UUMAN's Fellowship Hall for a weekly pot luck, fun and fellowship. Come and indulge!

### Healthy Congregations Conference

The Mid-South District's conference is Saturday, October 6, 2007, hosted by the UU Congregation of Gwinnett, GA. The theme for the year and the conference is "Living Unitarian Universalism."

There will be workshops for Finance, Justice, Leadership, Membership and Communication with an emphasis on the UUA, Religious Education, and Worship and Ministry. Ingathering worship at 9:00 am features Kay Montgomery, the Executive Vice-President of the UUA, who will speak about "Insurmountable Opportunities." Closing worship ends the conference at 4pm.

The UU Congregation of Gwinnett has arranged for us to use space at Canon United Methodist Church in Snellville, GA. Full information and registration is online at [www.msduua.org](http://www.msduua.org)

There will be a **JUSTICE AFFINITY TABLE** during lunch at the Healthy Congregation Conference (see above) where we will brainstorm:

- Methods for the MSD Justice Chair to foster more collaboration among UU congregations and provide more support for justice work in the district.
- How a MSD Justice Committee might support your work and how it might be organized

Please come with your ideas, your problems, and your hopes. If you plan to join us, please rsvp to Kate Hudson [HUDSONKD@BELLSOUTH.NET](mailto:HUDSONKD@BELLSOUTH.NET)

## Meeting, Meetings, and More Meetings!

I don't like meetings. They require me to sit and to listen, and these are not things that come easily to me. Communicating as equally valued human beings, is hard work, and can be epically time-consuming. The temptation is to capitulate or to yield to the temptation to use some form of authority or pressure as a short-cut to resolution.

As we continue in our two-year period of transition, I ask you to be patient with the process and with members of our community and to remind those of us (particularly me!) who forget to do so.

While we are not wholly the church of relationship, we are the church of the holy relationship. When we engage in one of our seemingly endless meetings, and we tolerate someone running on at the mouth, we are not deepening relationship; we are simply wasting each other's time.

When we listen with the intent to address each issue raised so we can correct or convert the speaker to our point of view, we are not deepening relationship, we are engaging in duplicitous behavior. When we intently listen to the speaker, and seek to understand both the articulated message and the unexpressed needs, we are engaged in one of our congregation's ministries.

When we take the time to reach a conclusion that is truly a consensus, reflecting our best effort to fully meet the needs of our community, we are engaged in important ministry.

*Kevin Kleinfelter,  
President of the Board of Trustees of UUMAN*

## Let's get ready to RUMMAGE!

UUMAN's annual rummage sale is right around the corner! We will be starting to accept donations right after service on Sunday, October 21. We will be sorting and pricing throughout the following week.

The sale is held **Friday, October 26 and Sat. October 27 from 8am to 3pm.**

Please start rummaging through your closets, cabinets and storage units for the best quality items you are willing to part with!

The sign up poster for sorting, pricing, and selling volunteers, as well as food donors, and truck drivers, will be up in Fellowship Hall at the beginning of October.

This is our **LARGEST** fundraiser each year so we hope to have the whole UUMAN community to help out in some capacity. It's not work, it's actually alot of fun and you get to know others at UUMAN.

Reminder: All groups that normally meet in Fellowship Hall or the Sanctuary will need to meet elsewhere during that week.

Any questions? Contact: Carolyn Lee at [carolynlee@comcast.net](mailto:carolynlee@comcast.net)



**Nobel Laureates  
Praise Bold New  
Book by UU  
“Evolutionary  
Evangelist”**

Rev. Michael Dowd and his science writer wife, Connie Barlow, have spoken in more than 250 UU churches and fellowships over the past 5 years.

Rev. Dowd's forthcoming book, "Thank God for Evolution!", has been endorsed by Nobel laureates and other luminaries, including prominent UU ministers.

To learn more, and to pre-order their newest work, for \$15 each (40% off retail) visit Dowd's website: [www.ThankGodforEvolution.com](http://www.ThankGodforEvolution.com)

## The Con of Wrath

Wrath is one of the 7 deadly sins that I never quite grasped. What's so bad about being angry? In a time of government cover-ups, corporate lies and world violence, if you aren't angry then you aren't paying attention. The Bible has all sorts of examples of wrath—God's known for it in the Old Testament. It makes for some cool quotes—Samuel Jackson from *Pulp Fiction* springs to mind. Anger is certainly sexier than the alternative of victim hood. “We're mad as hell and we're not gonna take it anymore” is a far more attractive concept than sitting in your room and crying. And who would want to sit at home extolling forgiveness instead of marching through the village with their torches in the angry mob?

Yes, anger has seduced us from the beginning of time. Oh, sure there have been the naysayers. I can hear Jedi Master Yoda's warning about “anger leading to the dark side.” But wouldn't you have to be a bit miffed going through life being green and two feet tall? And I don't buy that Buddha never got annoyed at some fool climbing the mountaintop and asking the same question about enlightenment for about the zillionth time. So I always embraced anger as a natural birthright and normal state of being. That is, until recently.

I noticed that I was getting angry... a lot. I would fume if the barista at Starbucks gave me a double café latte instead of a half café latte. This transgression seemed naturally worthy of wishing a pox upon her and her unborn children. My language started to become peppered constantly with colorful phrases that would make any sailor blush. Pull in front of me in traffic and you were likely to get a not so friendly finger salute. I was convinced that the world was full of idiots and I was surrounded on all sides. My anger barometer went from simmer to boil in matter of moments if offended. But I noticed that when I looked in the mirror, I didn't like what was staring angrily back at me. Maybe Yoda was right (even though I am loath to admit that a muppet could be wiser than myself)—but maybe anger does lead to the darkside? I certainly was seeing my own dark side. It might not be coated in black Teflon with heavy breathing, but it was ugly and scary just the same. My anger was eating me up and keeping me from feeling other emotions-like joy and happiness. I started to ask myself why I was so angry all the time. Was it really about receiving the wrong coffee? No, it was deeper and much more personal than that. My anger was like a tumor inside my heart that had gone unchecked for so many years and had now spread to the surface of my life. I've been angry since childhood at my father's sudden death and the loss of safety that made me feel. Even as an adult, I still felt unsafe and helpless. And helplessness makes me angry.

I wish I could tell you that I had some magical cure for my anger. That I took a pill and dissolved it away. But it still resides in me from time to time and I am learning more healthy ways to express it. Like many 12 step programs, it really is a one-day-at-a-time approach. And while anger has its place in the realm of our emotions (and can even be healthy in some stages), I've learned that living angry is really no way to live at all. But maybe you, like Yoda, already knew that.

“Anger makes dull men witty; but it keeps them poor”  
—Queen Elizabeth I in Francis Bacon, *Apophthegms*

—Patty Odom



## Adult Programs at UUMAN

### OCTOBER-NOVEMBER-DECEMBER 2007

**Daytimers**—A group which discusses contemporary topics such as politics, social issues, spirituality, and everything in between. All are invited to attend. Facilitators: Larry and Lois Curry, 770-998-4717, [lecurry22@yahoo.com](mailto:lecurry22@yahoo.com).

*Wednesdays, 12:15 pm in the UUMAN Fellowship Hall or a nearby location.* Bring your own lunch. Please call facilitators to confirm meeting date and place.

**21st Century Humanism**—A group that fosters, promotes, and studies modern Humanism, both transactionally and historically, together with its influences on Unitarian Universalism.

Facilitator: John Peltier, 770-569-7647, [peltier.john@gmail.com](mailto:peltier.john@gmail.com)

*First Sunday of each month, after the service, in the sanctuary.*

Confirm with facilitator.

**Sunday Morning Discussion Group**—We discuss books on religious topics. Each session begins with five or ten minutes of meditation. Books are available, new or used, from online booksellers ([amazon.com](http://amazon.com), [alibris.com](http://alibris.com))

Facilitator: Pat Shea, 770-993-7528, [patshea000@aol.com](mailto:patshea000@aol.com).

*Most Sundays at 9:15 am in Discovery Hall.* Confirm title of current book and dates of meetings with facilitator.

**Spiritual Awakening Group** (replaces the former Spiritual Explorations Group). —We'll continue to explore various spiritual topics through discussion and experiential exercises. Please call the facilitator for information about the current topic.

Facilitator: Pat Shea, 770-993-7528, [patshea000@aol.com](mailto:patshea000@aol.com).

Status: Open to all, but please pre-register with the facilitator.

*Every other Friday night. 7:30 pm.*

**Welcoming Congregation Workshops**—We have completed a series of workshops exploring gay, bisexual, lesbian, and transgender issues, and will be moving forward with a more informal program to continue exploring and raising our awareness of GLBT issues. Events will be announced in the Order of Worship and on UUMAN announcements.

Contact person: Kara Sweeney, 770-650-5993, [kara\\_sweeney@hotmail.com](mailto:kara_sweeney@hotmail.com). Open to all. *Events to be announced.*

**Spice of Life**—A covenant group for families that include different races, ethnicities, cultures, nationalities, and/or religions. We offer a safe and supportive environment for individuals to share and discuss our experiences.

Facilitator: Kara Sweeney, 770-650-5993,

[kara\\_sweeney@hotmail.com](mailto:kara_sweeney@hotmail.com). Status: Open to all. *Contact facilitator for details.*

**Sustainability Group**—We plan to investigate the Green Sanctuary Program of the UU Ministry for Earth.

Facilitator: Kate Hudson, 770-578-1425, [hudsonkd@bellsouth.net](mailto:hudsonkd@bellsouth.net)

Open to all. *Please confirm meeting times with the facilitator.*

**Yoga for People With Real Bodies**—Yoga classes are not offered at this time, but may resume in the future. If you're interested in groups for teenagers or adults, beginners or advanced, please contact Lisa Macy, a teacher of Hatha Yoga, at [lisa@uuman.org](mailto:lisa@uuman.org) or 770-395-7166.

**Play Group**—We meet at a park or a parent's home, depending on weather or preference. Children's ages range from newborn to pre-schoolers during the year, and over the summer older siblings also join us.

Facilitator: [kara\\_sweeney@hotmail.com](mailto:kara_sweeney@hotmail.com), 770-650-5993. Open to all. *Please contact meetings times and place with facilitator to confirm time and place.*

**Painting**—Working in oils or acrylics. Instructor: Annette Pate, 770-312-8020. Cost: \$150 for members, \$200 for non-members, plus cost of materials. Open to all over age 16. Space is limited to ten students.

*Tuesday evenings at UUMAN.* Contact Annette to determine space availability.

**UUMAN Singles and/or Social Group**—A group which meets occasionally for social events.

Facilitator: Craig Kaufman, [craigrad@comcast.net](mailto:craigrad@comcast.net), 678-393-2642. Open to single or partnered adult friends and members of UUMAN. *Contact Craig to determine time and place.*

**UUMANDRUMS**—The UUMAN Drum Choir is open to anyone interested in learning West African drumming.

Facilitator: Pamela L. Reich, 770-641-3956 (Work); 770-552-2526 (Home); [drummerpr@bellsouth.net](mailto:drummerpr@bellsouth.net).

Contact: Bev Jordan, 770-993-5070,

[jordansa@mindspring.com](mailto:jordansa@mindspring.com). Cost: \$15 per class.

Open to all from beginner to advanced. Some loaner drums are available. *Classes are held the first and third Sunday of every month, 1:30 to 2:00 beginner and warm-up, 2:00–3:30 continued instruction.* Please contact facilitator to confirm meeting date. Drum building workshops are held annually and are available on request. Contact instructor Tom Harris at [tom.harris@innerharbor.net](mailto:tom.harris@innerharbor.net).

**Lunch Ministry**—After service most Sundays, we assemble at a nearby restaurant for food and fellowship. The restaurant chosen is indicated on the blackboard in the greeting room. Facilitator: Ashok Nagrani, [anagrani@mindspring.com](mailto:anagrani@mindspring.com), 678-524-6741. Open to all. Typically, restaurants chosen have lunches under \$10 per person.

**Green Wheel Covenant Group** — A group that explores and celebrates neo-pagan and earth-centered traditions.

Facilitator: Julie Lepp, [jclepp@comcast.net](mailto:jclepp@comcast.net), 770-509-9255

Meeting Times: We meet monthly at UUMAN. Please contact facilitator to confirm date and time.

**Ken Wilber Study Group** — To become more familiar with the integral worldview of philosopher/psychologist Ken Wilber. We are currently studying his book *Integral Spirituality*. Facilitator: Carolyn Bommarito, 770-880-8106, [campofthen@aol.com](mailto:campofthen@aol.com). At UUMAN (with coffee and bagels for a small donation) at 8:30 am on the 2<sup>nd</sup> and 4<sup>th</sup> Saturdays of each month. If UUMAN space is not available, we meet off campus, so please confirm time and place with the facilitator.

**Saturday Morning Silent Meditation**—*Second and fourth Saturday mornings from 8:00 am until 8:25 am.*

Facilitator: Carolyn Bommarito, 770-880-8106, [campofthen@aol.com](mailto:campofthen@aol.com). Open to all. Usually in the UUMAN sanctuary, but please confirm time and place with the facilitator.



**UUMANTIMES** is the monthly newsletter of the Unitarian Universalist Metro Atlanta North Congregation.

We're online!  
at:  
[www.uuman.org](http://www.uuman.org)



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**UUMAN TIMES**

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**Submissions:**

We welcome all types of newsletter submissions. Please send us your articles, editorials, announcements, poetry, rants (in relatively good taste), creative writing, or anything else! Please send an email to our newsletter editor, at [newsletter@uuman.org](mailto:newsletter@uuman.org)

## October Service Schedule

October 7th – *Aging as a Spiritual Journey*

Eugene Bianchi coined this phrase as the title of his book about the spiritual stages of mid to end of life. We treat old people differently often in our society. If we aren't now, we will be old too (hopefully!). What is the meaning of aging for us?

October 14th - *The Pursuit of Happiness*

Do we really know what makes us happy or do we follow the cultural beliefs about what that is? If we are missing the mark in what we pursue, perhaps what we avoid has potential for us.

October 21st - *It's a Sign of the Times*

By this time, the new UUMAN sign will have been started, if not completed. What does this new sign say about UUMAN and our movement?

## UUMAN Committees & Chairs

*Care Circles*

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*Committee on Ministry*

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