



UUMAN TIMES

Unitarian Universalist Metro Atlanta North

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IN THIS ISSUE

SPIRITUALITY AND SCIENCE: THE JOURNEY CONTINUES	1
SHARING THE PLATE	2
CAMP CORNER	2
MEMBERSHIP TEAM	2
APPRECIATING DIANTHA	2
HOW TO SERVE UUMAN	3
UUCA EVENT	3
LIFE CELEBRATIONS	4
NOTES FROM THE BOARD	4
MONTH OF SUNDAYS	5
JULY CONNECTIONS	5

Spirituality and Science: The Journey Continues



Is there a sweet spot where spirituality and science meet? Rev. Kim Palmer, our long-time UUMAN member, may have found the one that works for her, and it is inspiring.

In addition to her Master of Divinity degree, acquired in 2013, Rev. Kim has just earned a Master of Science in Public Health – Epidemiology, from Emory’s Rollins School of Public Health. In July she will start her new position as Manager of Research Projects for Emory University Hospital’s Spiritual Health Department. In this capacity, she can pursue her dual passions: ministry and science. Congratulations, Kim!

We have been following Kim on her vocational journey for several years, since she made the decision to leave her successful career as an environmental consultant, in search of a more meaningful way to make a difference in the world. Her calling to ministry to people in crisis brought her to Emory University’s Candler School of Theology. After graduating, being ordained as a UU minister (right here in the UUMAN Sanctuary in 2014), and achieving board certification as a chaplain, Rev. Kim was working at Emory University Hospital and loving it. Two years ago, the opportunity to participate in a new program arose. The National Association of Professional Chaplains’ “Transforming Chaplaincy Project” aims to enable selected chaplains across the country to earn a degree in Public Health, become more research-literate, return to do research in the clinical setting, and develop curricula for other chaplains. Kim was honored by being selected as one of the very first in that program. Emory supported her taking leave for it, because the Spiritual Health unit is committed to finding ways to lift patient outcomes and to lower job burnout for their staff. In her new role, Kim will work as a hands-on chaplain 50% of her time, and manage projects, beginning with best practices for targeting stressors for patients and staff, with the remaining 50%.

Kim’s research while pursuing the Master of Science has direct application to her chaplaincy. It may also have direct application to many of us while we are in hospital someday. One of her papers investigated the current state of knowledge about best practices for providing spiritual care to people who are not affiliated with an organized religion, a.k.a. “religious outliers”, or the “Nones”. Her Master’s project established a baseline for an objective data-based understanding of patients’ stress in the hospital, and how different patient populations experience the stressors. The patients were considered in terms of age,

race, sex, disease type, even insurance status, plus, the role of religion in their lives.

The motivation for this project was that current practices to help patients’ anxiety, relieve their pain, and thus aid their recovery, may be lacking a targeted focus on what is troubling the patient. Music therapy, aroma therapy, massage therapy have not necessarily been based on strong scientific methods. Typical efforts by chaplains – attempts at emotional support, Bible readings, praying together – while effective for some, are often done without fully assessing the individual’s spiritual needs or his/her specific stress factors. The project required months of gathering and analyzing data from patients recruited from each in-patient unit at two hospitals. Surprisingly to Kim, she found that diving deep into the data to find meaningful patterns was stimulating and rewarding.

Meanwhile, Rev. Kim’s status as a UU minister in “preliminary fellowship” continues. Her progression toward “final fellowship” was on hold during her studies but will be resumed now that she will be at work again as a chaplain. Her hope is that the UUA will confer “final fellowship” in about another year. As a “community minister” (which is how the UUA differentiates chaplains and other “at large” ministers from parish-based ministers), Kim is also formally affiliated with UUMAN, allowing her to have a role in the ministry of this congregation that she knows and loves. What kinds of duties, and when, are still to be determined, but will likely include occasional preaching, teaching, and assistance with pastoral support. Now that her schedule will permit her to be more active here, we are looking forward to seeing more of her again. Best wishes as your journey continues, Rev. Kim. We are proud to be a part of it.

For more information about Kim’s previous milestones, please check out these newsletters:

August 2011	http://www.uuman.org/pdf/UUMANTimes-August2011.pdf
December 2011	http://www.uuman.org/pdf/UUMANTimes-Dec2011.pdf
January 2012	http://www.uuman.org/pdf/UUMANTimes-Jan2012.pdf
July 2013	http://www.uuman.org/pdf/UUMANTimes-July2013.pdf
November 2014	http://www.uuman.org/pdf/UUMANTimes-November2014.pdf
September 2016	http://www.uuman.org/pdf/UUMANTimes-September2016.pdf

—Carole Herman



UUMAN Sharing the Plate--50/50

Once each month, half of our undesignated plate offering is given to a non-profit organization. The other half goes for the work of our congregation. Please consider giving even more generously than usual on these Sundays.

July's 50/50 Sunday is July 15. This month's recipient of 50% of the unpledged plate is **Mom's Demand Action**. Moms Demand Action supports the 2nd Amendment, but they believe common-sense solutions can help decrease the escalating epidemic of gun violence that kills too many of our children and loved ones every day. Whether the gun violence happens in urban or rural areas they must act now on new and stronger gun laws and policies to protect our children. Our non-partisan grassroots movement has grown to include a chapter in every state. We are educating, motivating, and mobilizing supporters to take action that will result in stronger laws and policies to save lives.

Discovering My Purpose was our June recipient.

—Michelle Liebergesell

Camp Corner

Club SciKidz

In early January, Club SciKidz, a STEM camp, hosted holiday camp at UUMAN. They had 15 kids, some of them UUMAN's own (Raffaella and Joel Shanahan, Dillon Callen), building robots, doing science experiments, and just having a lot of fun! Given that we had only solidified this partnership in late November/early December, we thought 15 was a pretty good turnout, since there was limited time to advertise. This summer, UUMAN will be hosting Club SciKidz for the **last 3 weeks of July**. Camp runs from **9 a.m. - 4 p.m.**, but they also have **pre-and post-camp drop off/pick up options**. They will offer 20 different programs

for kids ranging from Pre-K to 9th grade. I've already signed Raffaella and Joel up for the Gastro Mobile Lab (food truck) camp, where they will learn how to run a food truck business, including the chemistry behind

recipes, sanitation/public health, and customer service. Families can order from the food truck on the last day of camp! The more kids register for camp, the more UUMAN benefits. Please register via the link below, and don't forget to share with your neighbors and via your social networks!

<http://www.clubscikidz.com/camp-locations/#location-130>

~Elizabeth Rohan

Meet UUMAN's Membership Team

Did you know that UUMAN has a team of member volunteers whose job it is to help you find a place at UUMAN? The Membership Team has long-time members as well as short-time members, all who want to see you find a place within UUMAN where you can feed your spiritual needs. The team members are: Rosie Popp, Leslie Wolfe, Jane Soule, Jan Wilson, Linda Etheridge and Robbie Kohn (chair).

Rosie Popp leads our Circle Program, which is UUMAN's way of taking care of its members based on their geographic location. Rosie is looking for some area leads, so please let us know if you can help out there. Leading a care circle requires very little time and is very rewarding.

Robbie Kohn is always looking for volunteer greeters. We want new people visiting our church to be greeted and feel welcome, and this task is as simple as saying hello to newcomers and answering their questions. Please consider volunteering as little as once a month for just ½ hour before services start. Our signup sheet for volunteers is located here: <https://goo.gl/MY4eLH>. If you aren't able to access the link, send an email to Robbie at uurobbie@brianandrobbie.com

The Membership Team provides UU-101 classes as an introduction to both Unitarian Universalism and UUMAN twice per year and contributes to Faith Forward classes that go more deeply into Unitarian Universalism. We also help new members connect with other people and other activities going on at UUMAN. With a few more volunteers, we could provide other social activities for guests and members of UUMAN. If you like to plan small events and have a few hours a month to spare, please come join the team. We meet on the second Thursday of each month in Fellowship Hall at 7:00PM. You can reach the Membership Team by email at membership@uuman.org

We look forward to hearing from you!

~ Robbie Kohn



Thank you, Diantha!

On behalf of UUMAN's Care Circle Committee we want to thank Diantha Horton for her long-standing involvement as a facilitator for the Orange Care Circle. Prior to her stepping down, she was the only remaining facilitator since its inception. We appreciate her service!

—Michelle Liebergesell

How do YOU want to serve UUMAN? Here are a few suggestions!

July 2018

Committee	Brief Description	Contact
Coffee House	Set up before monthly coffee house; teardown after. And hear great music!	Janet Lacey: jglacey@aol.com Phillip Seaver: gtflip@gmail.com
Greeters	Greeters are part of the Membership Committee and are often the first point of contact for our Sunday morning visitors.	Robbie Kohn (Membership chair): uurobbie@brianandrobbie.com
Hospitality	This committee is rethinking its purpose and would like your help in doing so!	Miriam Patanian (Leadership development chair): Miriam.patanian@gmail.com
Safety	Develops and oversees a comprehensive safety plan for UUMAN.	Heidi Miracle: hmmcmahill@gmail.com Randy Blasch: randyblasch@gmail.com
Sound Board	Searching for volunteer to manage the Sunday morning sound board from time to time	Mark Sexton: mark0sexton@gmail.com

~ Miriam Patanian



Unitarian Universalist Congregation of Atlanta - Event

July 28 – Wine, Cheese & the Spoken Word at UUCA—Featuring Shay Alexi and Christopher Fontes

SHAY ALEXI is a radically tender poet and performance artist. Her chapbook, *DIARY OF A GHOST GIRL*, is forthcoming from Glass Poetry Press. She was the winner of the 2017 Brett Elizabeth Jenkins poetry prize and was the 2017 Java Monkey Slam champion. Shay was a Whiting Scholar at Ball State University where she earned her BFA in Acting, creating her foundation for storytelling. Her work has been featured by Button Poetry, Write About Now, Tinderbox Poetry Journal, Glass: a Journal of Poetry, and FreezeRay Poetry.

CHRISTOPHER FONTES has written and published a collection of poems that embodies his passion to inspire, encourage, empower and awaken. "Let LOVE Remain" explores the cycle of love, heartbreak, pain, anger and the ultimate healing that comes with clearing out the negativity and letting love remain. Chris has competed and performed in several poetry events and was a prize winner in the "Feed a Starving Artist" competition. He has also performed as an actor in the stage play – "The Odds Against U.S.", a story of urban youth told from their perspective.

CAROL WELTER and **TERRY CARPENTER** take the PRE-SHOW stage at 7 PM... Readings will be from 7:30-9:30 with an OPEN MIC in the middle. Sign up when doors to the Underground Theatre open at 6:30. Admission donation \$5, but no one will be turned away. The Underground Theatre is the performing arts venue of the Unitarian Universalist Congregation of Atlanta, 1911 Cliff Valley Way, NE, Atlanta 30329. Address for the adjacent parking lot: 1597 Interstate-85 Access Rd-N.

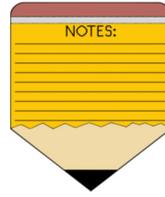


Life Celebrations

We want to commemorate the happy occasions in the lives of our UUMAN members and other friends of UUMAN. We are looking for

Naming Ceremonies, Graduations, Marriages, Anniversaries, Retirements, and Birthdays. Please submit the information about your special day, in the month prior to the event, to newsletter@uuman.org

Date	Celebration
7/1	Samantha H. of our MCY program is celebrating a birthday
7/3	Brian and Robbie Kohn are celebrating their 25th anniversary! Elizabeth Rohan is celebrating a birthday
7/7	Zoe Read is celebrating a birthday Ilona Walker and Randy Jue are celebrating their 22nd anniversary!
7/8	Marjorie Pomper and Ken Fry are celebrating their 28th anniversary!
7/10	Lawton Etheridge is celebrating a birthday Ellie S. of our MCY program is celebrating a birthday Megan Slater is celebrating a birthday
7/12	Dillon C. of our MCY program is celebrating a birthday
7/13	Jonathan D. of our MCY program is celebrating a birthday
7/20	Marcia Hagood is celebrating a birthday Anna Hamblen is celebrating a birthday Evelyn S. of our MCY program is celebrating a birthday
7/30	Benny Ben-David is celebrating a birthday



Notes from the Board of Trustees

by Elizabeth Rohan, UUMAN President

It is my privilege to begin my service to UUMAN as the President of the Board of Trustees. Thank you for entrusting me with this responsibility. I would like to thank Randy Blasch for his leadership last year!!! We worked hard on behalf of UUMAN, and we're poised to continue working hard in support of the congregation's work of standing on the side of love. As we say goodbye and thank you to Bob Popp and Steve Smith, the Board moves forward with Todd Callen (Vice President), Randy Blasch (Past President), Colin Decker (Treasurer), Laura Keck (Secretary), and Jim Nickens (Special Projects Trustee), as well as Rev. Dave and Toniann Read, who are both ex-officio, non-voting members of the Board.

The Board is pleased to announce two new initiatives to increase communication and interaction between the Board members and the congregation. The first, related to communication, is this column, which will run monthly in UUMAN's Newsletter. Different Board members will provide updates in this space each month. If you have a UUMAN-related topic you would like us to write about, please let us know at Board@UUMAN.org. The second initiative is a casual monthly chat right after church, named, "*Coffee Talk with the Board.*" *Coffee Talk with the Board* will be held the first Sunday of the month. Grab your coffee (and get your child from R.E.) and join (at least 2) Board members in the sanctuary for conversation or to ask questions/voice concerns/offer suggestions. *Coffee Talk with the Board* will be held the first Sunday of the month, beginning on August 5. See you then!



A Month of Sundays

Date	Topic	Service Leaders
7/1	Music, Stone, and Spirit: A Reflection on Ireland Seeking spiritual renewal, what might we find by reflecting on the surroundings and activities in which we find ourselves? And what lessons does it bring for living?	Kim Palmer, Guest Speaker
7/8	Dropping Ashes on the Chalice If someone were to come into UUMAN's sanctuary, light a cigarette, smoke it in front of the alter, and knock the ashes into the chalice, what would you do? In this Zen-inspired sermon, we will explore how our reactions to this scenario illustrate one of Buddhism's most powerful—and paradoxical—insights into the nature of attachment.	Adam Fajardo, Guest Speaker
7/15	GA 2018 - Tales from the Underbelly Report from General Assembly - Join us as our Delegate to the annual General Assembly of Unitarian Universalists in North America shares his experience and what he learned about the denomination's future direction.	Randy Blasch, Guest Speaker
7/22	Music is a Friend of Mine Music has the power to transform. Join Robbie Kohn with Alex Pietsch as they explore how powerfully music can influence your moods, behavior and simply be a friend when you need it.	Robbie Kohn with Alex Pietsch
7/29	Celebrating Lammas Lammas is one of the four great fire Sabbats. It is the first of the three fall sabbats that also include Mabon and Hallowes. Often called the harvest of first fruits. It is celebrated to remind us of the bounty of the earth and sacrifices that are made so that we may reach our goals and desires and to never take these gifts for granted.	Colin Decker, Guest Speaker

July Connections

Date	Event
Wednesday nights from 7:00 PM to 9:30 PM in Fellowship Hall.	UUMAN's Painting Group Learn to paint in a relaxed atmosphere (with a glass of red wine if desired). We have easels and tray tables; just bring your paints and a canvas. A portion of the fee goes to UUMAN. Contact: Annette Pate painting@uuman.org
Weekly on Wednesdays at 12:15. Location of meetings vary.	Daytimers The Daytimers group discusses contemporary, thought-provoking topics such as current political issues or social trends that may affect everyone at some level. All are invited to attend. For information, contact Dan Ben-David. dan@uuman.org
Saturdays from 9:30 a.m. to 10:30 a.m. In the Sanctuary	Centering at UUMAN Silent meditation Saturday mornings at UUMAN. Please come at 9:00 for some basic instruction if it is your first time. The meditation itself begins promptly at 9:30. Please be in your seats on time. Those who wish to may stay after for 30 to 45 minutes of discussion about our experiences. For more information, contact Carolyn Bommarito at campoften@aol.com
2nd and 4th Tuesdays at 10:00 a.m. to 12:00 in Discovery Hall	Circle of Women We aim to develop a warm nurturing circle of trust where we can share ourselves and our lives. Contact Linda Etheridge l etheridge1@gmail.com
Saturdays , 1-2:30 in the Sanctuary, or Discovery Hall if the Sanctuary is not available. Childcare is available .	Mindfulness Meditation Whether you have been meditating for years or are curious about possibly starting a practice, we offer a peaceful space to sit as well as a time to share and learn in a community of fellow meditators. Contact J. Kevin King at jkevinking@yahoo.com (470) 723-4070

For more information about other offerings at UUMAN, go to www.uuman.org.

ABOUT THE UUMANTimes: The UUMANTimes is the newsletter of Unitarian Universalist Metro Atlanta North (UUMAN). We go live with each issue by the first Sunday of the month; deadline for submissions is typically on the 22nd of the month preceding the issue date. Please email your news articles and artwork to Becky at newsletter@uuman.org