



UUMAN TIMES

Unitarian Universalist Metro Atlanta North

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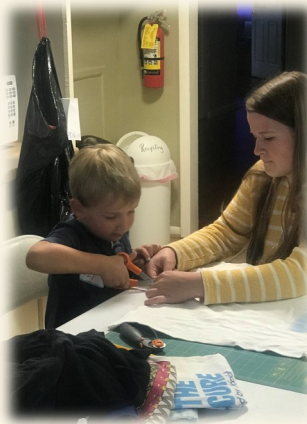
July 2019

Inside this issue:

- NFCC Volunteers 1
- Spiritual Wisdom Studies 2
- Sharing the Plate 3
- Notes from the Board 3
- Life Celebrations 3
- A Month of Sundays 4
- July Connections 4

North Fulton Community Charities (NFCC) Volunteers

Rohan and Raffaella Shanahan led 15 children and several adult volunteers to make 100 carrying bags using old t-shirts donated by the congregation for the NFCC food bank for distribution of food items to families in need of care and grocery items in our community. More than 125 families receive food from NFCC every single day.



Make sure to mark your calendar if you would like to join us next time we volunteer:

- July 29 from 12:30-3 pm (note not in the main building – 11275 Elkins Rd.). We will be stuffing backpacks for the beginning of the school year
- August 19 from 1:30-4:30 pm (or for as long as you can), we will be working at the food pantry.

Volunteer time generously given to NFCC equals to around 52 full-time employees!

I am proud to be part of a congregation that supports NFCC.

- Carla Kapeskas

On June 24, a group of UUMAN volunteers, including Dave and Tammy Dunn, Bob Popp, Pat Carter, Rick Lakes, Michelle Liebergesell, and myself, delivered those carrying bags to Barbara Duffy.

Mel Fortin, Director of Food Pantry Services at NFCC, told us how excited she was to receive our donation of 100 carrying bags because they are sturdy and preferable to plastic.

We also worked in the Thrift Shop. The Thrift Shop is the only source of income for NFCC and, along with donations, it sustains their entire operation. The Thrift Shop generates 1.3 million dollars in revenue a year with 3 full time employees. That is a ratio any for-profit company would be proud of.

Thank you to everyone who participated.



Spiritual Wisdom Studies

About 3 months ago, some of us formed a new spiritual study circle at UUMAN, which we named "Spiritual Wisdom Studies". In April, May, and June we have been studying a book of essays on anger by about 25 different authors from various Buddhist traditions, putting what we've learned into practice in our lives where we could.

It has been inspiring to see how group members have wrestled with the material and taken what works for them to heart.

July 12 will be our first session on our next book, *Bringing Your Shadow Out of the Dark - Breaking Free from the Hidden Forces that Drive You* by Robert Augustus Masters, PhD.

If you are interested in participating in this group, but couldn't get things together in time to join us for the first round of sessions, this would be a good time to jump in. We will cover through the first 7 chapters at our first meeting.

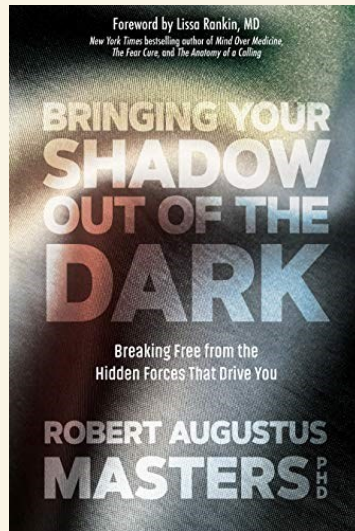
Here are some quotes from this book:

"Our shadow is the place within each of us that contain what we don't know, don't like, or deny about ourselves."

"Our shadow holds our unattended and not-yet-illuminated conditioning - all the programmed ways we act, think, feel and choose without knowing why."

"Our increasingly perilous times call for us to wake up to our shadow, to face and know our shadow very well, to work with it in enough depth to that is can no longer run us. Staying oblivious to our shadow, as is especially common in political and cooperate arenas, simply reinforces our dysfunction, regardless of our achievements."

"Bringing the contents of our shadow out of the dark so we can work with them is a risk because of the potential changes it will catalyze, but not working with them is a much greater risk, personally and collectively."



If we at UUMAN hope to help bring about a more just world, can we afford to not understand the shadows we cast, both personally and collectively?

If you sense the importance of doing this kind of work, we invite you to order the book, start reading, and join us on July **12 at 7 p.m.** (or a little earlier to chat and maybe have a snack before hand if you like.)

Sincerely,

Pat Shea

Rollin Mathis

Carolyn Bommarito



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.

On Sunday, July 28, we are sharing the plate with Freedom University. They empower undocumented youth and fulfill their human right to education. They provide rigorous college prep classes, college and scholarship application assistance, and leadership development training for undocumented students banned from equal access to public higher education in Georgia.

Go to <https://freedom-university.org/> to learn more.

If you write a check, make it payable to UUMAN. Your contribution is tax deductible. Half will go to the work of UUMAN and half will go to Freedom University.

- Michelle Liebergesell

UUMAN's "Share the Plate" Coordinator

Notes from the Board of Trustees

Signing Off

by Elizabeth Rohan, Past President

I wanted to take a moment to thank the entire congregation for the opportunity to serve as your president over the past year (and vice president the year before). It is gratifying and humbling work. I have taken my obligations to the congregation seriously, while also trying to maintain a sense of humor and a spirit of fun. Serving on the Board requires sacrifice. Time is our most precious commodity, and I have spent a lot of it in service to UUMAN over the past couple of years.

I am looking forward to having more time to spend with my family beginning on July 1! Stephen, Raffaella, and Joel have also sacrificed while I worked (and sometimes struggled) to balance service to UUMAN with family life, my full-time job at CDC, my adjunct professor position at Oglethorpe University, and my leadership of Raffaella's Girl Scout Troop. I am extremely grateful for my family's support, and I know they were sometimes frustrated. As I pass the torch to Todd Callen, I will focus my UUMAN work on moving forward the visioning process we started back in December. I trust you will welcome Todd to his presidential year with love and grace. We are all in this together... and, together, we will transform the world! Thank you!



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 communications-chair@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 26th anniversary!
	Elizabeth Rohan is celebrating a birthday
7/7	Zoe Read is celebrating a birthday
	Ilona Walker and Randy Jue are celebrating their 23rd anniversary!
7/8	Marjorie Pomper and Ken Fry are celebrating their 29th 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

A Month of Sundays

July Connections

Date	Topic	Service Leaders
7/7	The Equal Justice Initiative The Equal Justice Initiative is committed to ending mass incarceration and excessive punishment in the United States, to challenging racial and economic injustice, and to protecting basic human rights for the most vulnerable people in American society.	Jim Nickens, Elizabeth Rohan, Carla Kapeskas
7/14	In This Delicate Turning After exploring el poder de nosotros/the power of we, what are we ready to do/¿que estamos listo para hacer? Let's not be servants of the past in new cups. Let's all get free by planting faithful seeds of change and together turn to free the faith we love. Please join us July 14 at 10:30 AM in the Sanctuary as we share a viewing of Sunday Morning Worship from UUA General Assembly 2019, recording on June 23.	Dr. Emily Jaworski, Rev. Lindasusan V. Ulrich, Marty Swisher, Rev. Marty I. Valentín
7/21	The Power/Possibility/Struggle/Joy of We - Report from General Assembly Our congregation is a member of the Unitarian Universalist Association of congregations, which had its annual General Assembly in late June, grounded in the intention of engaging in deeper discernment about the future of our faith. We sent two delegates to General Assembly, and during this worship service they will share their experience and insights.	Jennifer Ratcliffe and Randy Blasch
7/28	Freedom University Freedom University is a modern-day freedom school based in Atlanta. They provide rigorous college preparation classes, college and scholarship application assistance, and leadership development for undocumented students in Georgia. Their mission is to empower undocumented youth and fulfill their human right to education. Please join us on July 28 at 10:30 AM in the Sanctuary as we welcome Freedom University to UUMAN to share and learn from one another, deepen our relationships, and renew our shared commitment to immigrants in our community.	Dr. Laura Emiko Soltis, Arizbeth Sanchez

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 lletheridge1@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