



# UUMAN TIMES

Unitarian Universalist Metro Atlanta North

WWW.UUMAN.ORG 11420 CRABAPPLE RD, ROSWELL, GA 30075 770-992-3949

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## Belonging

Pastor Michael Piazza says, "Being a member means taking off the bib and putting on the apron."

At the Board of Trustees retreat last fall, they set four goals for the ministry of the congregation. Do you know what they are? ...and just what is the "ministry" of the congregation? Who does that? Where does that get done?

### UUMAN's Ministry Goals

- A community where every member is connected and engaged
- A community whose numbers and influence are growing
- A vehicle of service to our community and the world
- Radically multigenerational in all we do.

Do these ministry goals have any relevance to UUMAN? It's ministries? Your life? What does it mean if they don't?

What might this mean?

What does it mean to be a member of UUMAN? What does it mean to "belong" to UUMAN? Is being a member and belonging the same thing?

Does your pledge entitle you to anything in return? Is your pledge payment for services rendered (or expected)? Are members "customers"? Are members "investors"? How can you tell the difference?

How are you committed to UUMAN? Do you have an emotional commitment to UUMAN? What does it mean if you don't?

Do you come to church for fun? Do you come to church because your life depends upon it?

What should we be doing?

Could you recite UUMAN's Mission Statement? Summarize it in three words? What does it mean if you can't?

### UUMAN's Mission Statement:

We come together to create an environment that celebrates our differences, nurtures transformative growth, and promotes an open-minded search for truth and justice both within our walls and beyond.

Does our mission statement have any relevance to UUMAN? It's ministries? Your life? What does it mean if it doesn't?

What are your touchpoints with UUMAN?

- Sunday Morning?
- Food Truck Friday?
- Adult Enrichment Class?
- Choir?
- Program Council?
- Earth Ministry?
- Others?

Can you count your touchpoints on the fingers of one hand?

What brings you to church?

I will be thinking about these things deeply this summer. I hope you do as well.

Take care,

Dave

# Discovering My Purpose: A Charitable Organization

## Focused on Helping Youth Lead More Meaningful Lives

The need for purpose:

The need for purpose lasts our entire lives. It is one of the foundational elements required for human beings to thrive. Studies have found that purpose helps us be happier and live longer lives. In fact, areas with the highest levels of centenarians, [The Blue Zones](#), have found that these 100+ year old people are more likely to have a strong sense of purpose.

Our youth are in a place of dramatic need. For this reason, *Discovering My Purpose* focuses on serving youth ages 14 – 24 years-old.

Stanford Professor William Damon conducted a [long-ranging study](#) and in-depth interviews with adolescents and young adults. He found that only about one in five young people expressed a clear vision of where they wanted to go, what they wanted to accomplish in life and why.

In his book [The Path to Purpose](#) Professor Damon states, "The most pervasive problem of the day is a sense of emptiness that has ensnared many young people in long periods of drift during a time in their lives when they should be defining their aspirations and making progress toward their fulfillment. For too many young people today, apathy and anxiety have become the dominant moods, and disengagement or even cynicism has replaced the natural hopefulness of youth."

Professor Damon describes a majority of our youth as "adrift." They are hesitating to make commitments to any of the roles that define adult life, such as parent, worker, spouse or citizen.

How much does it matter if these young people are free floating through life? Studies have shown it matters a lot. Barbara Schneider and David Stevenson conducted [research](#) where they followed seven thousand American teenagers from 8th grade through high school. They found that most of today's young do have ambitions they would like to achieve. They wrote, "Most high school students... have high ambitions but no clear life plans for reaching them." They are "motivated but directionless." Unfortunately, this is a powerfully negative combination.

The results of this can be seen in the fact that our youth are more depressed and unhappy than ever. [recent study](#) by J.L. Buchanan has found that depression is the most common health problem for college students. The CDC has reported record levels of suicide for youth aged 15 - 34 years old. It is now the [2nd leading cause of death](#) for this age group.

The CDC goes on to share that 17% of students in grade 9 - 12 in the US reported seriously considering suicide in the previous year and 8% attempted to kill themselves.

The Power of Purpose:

Helping youth discover their purpose is the best broad-based solution that we have to help them live lives of meaning. Research has found that purpose is one of the most important elements of a happy and fulfilling life. At the heart of it, purpose is about helping you live an authentic life - figuring out what unique contribution you can bring to the world.

Stephen Covey has a great quote about life ambition, "If the ladder is not leaning against the right wall, every step we take just gets us to the wrong place faster."



We have all seen those people whose lives look picture perfect - successful, rich, and well-respected, but they are deeply unhappy. Most of the time this is because they didn't let their purpose direct their lives, so they worked hard to climb the ladder but still wound up in the wrong place.

Benefits of Purpose:

Physical Benefits - less heart disease, less substance abuse and lower incidence of Alzheimer's. Purposeful people also live longer!

Mental Benefits - increased resilience and persistence. This is a magical combination because resilience and persistence are the two key components that lead to success.

Emotional Benefits - less depression and anxiety. People who live lives of purpose are likely to be happier.

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### How do we help our youth discover purpose?

There are many ways to discover purpose. After extensive study and testing, Discovering My Purpose has developed a curriculum to help youth discover their purpose through classroom study.

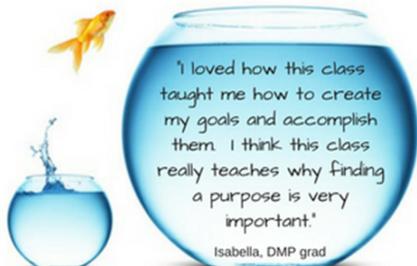
1. **We invite students to get to know themselves.** Self-discovery includes studying the brain, how it is both our protector and – at times – our greatest challenge. How we think wires our brains, for good or bad. Strategies on how to break the negative self-talk cycle are worked on throughout the program.
2. **We help students develop self-control.** We harness the power of mindfulness practices, training our brain, growth mindset, intrinsic motivation and independent self-esteem. Together these help ground participants. Without self-control it is hard for youth to achieve their goals.
3. **We encourage students to dream big.** Purpose lives at the intersection of what we love to do, what we are good at and what the world needs. By understanding their strengths and how they have thrived in the past, youth build their vision for the future on this foundation.
4. **We help them turn dreams into success.** Participants come to understand the power of goals and how to build out kaizen (incremental) action to move themselves forward. Once they have completed the program, graduates can join the Special Interest Group that corresponds with their purpose. In this online conversational space, they receive guidance from mentors and talk with others who share their passion.

#### Ways to Help Discovering My Purpose:

We appreciate your willingness to help us! Here are the three things that we need most.

- Places to [teach the program](#)
- [Sponsorship dollars](#) to offer the program for free
- People willing to [become teachers](#)

Want to learn more about how to welcome purpose into your life or the life of your kids? Visit [Discovering My Purpose](#) to learn more.



—Michelle Liebergesell



## 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.

**Discovering My Purpose** will be the June 50-50 recipient on June 17.

The **Foster Care Support Foundation** was our May recipient.

## Foster Care Support Foundation



Foster Care Support Foundation representative, Amber Rowe, is talking with people after a May service in which we shared our offering with the organization.

—Michelle Liebergesell

# UUMAN Legacy Foundation

At the May 20, 2018 Congregational Meeting, “exciting” news from the Endowment Committee was reported by Bev Jordan, Chair, as follows:

“As advertised in a recent UUMAN Announcement, I really do have exciting news about an easy way for you to immediately help grow the UUMAN Legacy Fund.

But first a little background: A little over a year ago, on the recommendation of the Endowment Committee, the UUMAN Board of Trustees voted for UUMAN to become a member of the UU Common Endowment Fund (UUCEF), made up of deposits from many UU entities and congregations. The UUCEF invests only in socially responsible mutual funds that reflect our UU principles and ideals. Thus the UUMAN Endowment Fund was born with an initial deposit of \$10,000, a bequest left to UUMAN from Rev. Cynthia Prescott who served UUMAN as our interim minister from August 2014 to her untimely death on May 28, 2016. The Endowment Fund’s name was changed to the UUMAN Legacy Fund in March of this year on the recommendation of Elizabeth Coit, UUA consultant with the Next Steps program and with the agreement of the UUMAN Board of Trustees and the UUMAN Endowment Committee.

When I was asked to be Chair of the Endowment Committee, I knew nothing about endowments and the importance of endowment funds to institutions such as UUMAN. But I accepted because of my love for UUMAN and because I wanted to help protect Rev. Cynthia’s investment. With the help of my team mates: Ashok Nagrani, Colin Decker, and especially Donna Melcher, who is responsible for creating the Legacy Fund Policies and Procedures, much of the material that we are distributing today, and so much more, I have learned so much and we are now hopefully able to make what can be a mysterious and difficult subject easier to understand and for all of us to recognize just how important our legacy gifts are and will be to UUMAN.

This clarifying material is included in the packets on the table at the entrance that you picked up on your way in or will pick up on your way home and can read at your leisure. I won’t say more about that, but I do want to talk about the exciting news of a very easy way for all of us to immediately help grow the UUMAN Legacy Fund.

The UUA and six other UU Organizations are sponsoring the Wake Now Our Vision Challenge (WNOV). The UU Congregation at Shelter Rock (because of having a very large and growing endowment fund!) has offered a \$5 million grant to incentivize new planned legacy gifts. New legacy gift intentions (gifts pledged in wills and other planned gifts) designating one or more of the partner institutions OR a UU congregation may be eligible for a 10% matching cash gift, up to \$10,000 on a first come, first serve basis, until the \$5 million is dispersed.

And here’s why that’s so exciting: While the original \$10,000 is being invested in socially responsible mutual funds that reflect our UU ideals and thus creates UUMAN’s living legacy, UUMAN is unable to withdraw funds for our own purposes until our account reaches what seemed like an unreachable amount before this challenge (\$100,000). That’s still a large number for a congregation of our size, but our goal is to grow our Legacy Fund as quickly as possible. And this WNOV Challenge is an easy way for us get started on this path. The WNOV pledge forms are also included in the packets together with an addressed envelope for sending it on to the Legacy Campaign Director at the UUA. I’ve filled out the form, it’s very simple to do and it’s been affirmed and recognized as a gift to UUMAN.

The directions are very clear, but I do have a few cautions: 1) If you choose for 100% of your legacy gift to go to UUMAN, be sure to put “100%” in the blank on the back of the WNOV pledge form (next to the + sign); and after “to the UU Congregation:” write “UU Metro Atlanta North (UUMAN)” located in “Roswell, GA”; and 2) put a check in the circle before “Please inform the benefiting UU organization of my legacy gift intentions”. If that circle isn’t checked we may never know that you are an honored member of the UUMAN Legacy Society made up of all those who have donated to or pledged in their wills to give to the UUMAN Legacy Fund between now and October 31st. And that’s it!

There’s a packet for each family unit. If you haven’t already done so, please pick your packet up at the table in the foyer and check your name off the list so we know that you have all the information you need for legacy giving. Even if you think there is no chance of being able to give to the UUMAN Legacy Fund at this time, please read the material in the packet and begin planning for the time when you may be able to do so.”

If you didn’t attend the congregational meeting, you may pick up your packet of endowment materials including the WNOV pledge forms in the foyer each Sunday after church until they have (hopefully) all been distributed. If you have any questions, please email Bev Jordan at [btjordan@mindspring.com](mailto:btjordan@mindspring.com)

# Camp Corner



## Life Celebrations

So far, UUMAN has booked two summer camp rentals! Hooray! Here's a little bit of information about each:

### 2nd Annual Summer Camp



**If you can Imagine it... You can Create it!**

This is our 2<sup>nd</sup> summer offering of the Imagine If... Camp at UUMAN from **June 25-29, 2018, 9am-1pm.**

Snacks will be provided. Imagine If ... is widely known for its social/emotional curriculum using science-based research on higher-level goal-setting, mindfulness and developing core values. Each day we will have fun, engaging discovery based learning activities for all ages! Come join us!

[www.imagineifprogram.org](http://www.imagineifprogram.org)



### 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 9<sup>th</sup> 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

UUMAN Vice President

P.S. If any UUMAN parents enrolled children in Imagine If... camp last year, please let me know, and I'll include that testimonial in next month's Camp Corner.

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](mailto:newsletter@uuman.org)

Date	Celebration
6/1	Charlotte B. of our MCY program is celebrating a birthday
6/2	Jack T. of our MCY program is celebrating a birthday
6/6	Harper J. of our MCY program is celebrating a birthday
	Elizabeth K. of our MCY program is celebrating a birthday
	Miriam Patanian is celebrating a birthday
6/10	Burk and Merilee Hufnagel are celebrating their 29th wedding anniversary!
	Jane Soule is celebrating a birthday
6/11	Marc and Jane Soule celebrate their 41st anniversary
6/12	Corbin M.-D. of our MCY program is celebrating a birthday
6/14	Carole and Larry Marra are celebrating their 49th wedding anniversary!
6/16	Tori S. of our MCY program is celebrating a birthday
	Thomas T. of our MCY program is celebrating a birthday
6/18	Jim Saunders is celebrating a birthday
6/19	Ken Fry is celebrating a birthday
	Phillip Seaver and Suzanne Rezelman are celebrating their 25th anniversary!
6/20	Rowan J. of our MCY program is celebrating a birthday
6/22	Emily K. of our MCY program is celebrating a birthday
6/23	Judy and Willard Jule are celebrating their 34th wedding anniversary
6/24	Marc and Carolyn Lee are celebrating their 28th anniversary
6/27	Bob and Rosie Popp are celebrating their 35th anniversary!
	Ryan and Meghan Vidal are celebrating their 10th anniversary!



## Unitarian Universalist Congregation of Atlanta - Event

### Hadley Kennary – June 23, Underground Coffeehouse

UUCA is pleased to announce that Singer/Songwriter Hadley Kennary will be featured in our June 23 Underground Coffeehouse. Her folk/rock music is honest, captivating and totally entertaining. Hope you and some of your congregation can join us for an enjoyable evening.



Hadley Kennary is a singer-songwriter whose music is a warm blend of pop and folk – refreshingly honest and contagiously catchy. Kennary, appropriately pronounced like the bird, has independently released a full-length album and two EPs. She has performed around the country at such venues as SPACE in Chicago and the Bluebird Café in Nashville, as well as several show places in Ireland and the UK. Her songs have been featured in renowned songwriting competitions such as Rocky Mountain Folks Festival, Songwriter Showcase, Kerrville Folk Festival, New Folk Competition for Emerging Songwriters, Falcon Ridge Folk Festival, Emerging Artist Showcase, and Telluride Bluegrass Festival Troubadour Songwriting Competition (where she won 2nd place in 2015). A graduate of the prestigious Berklee College of Music in Boston, Hadley now lives in Nashville where she writes, records, and performs live.

Click here to listen to a sampling of her delightful music: <https://m.soundcloud.com/hadleykennary>. Hadley will perform 7:30-9:30 pm with an Open Mic session in the middle.

Sign up for Open Mic when the doors open at 7. Admission donation is \$10, but no one will be turned away. The Underground Coffeehouse is held at the Unitarian Universalist Congregation of Atlanta, 1911 Cliff Valley Way NE, Atlanta 30329. The adjacent parking lot is 1597 Interstate 85 Access Rd.-N, Atlanta 30329

## A Month of Sundays

Date	Topic	Service Leaders
6/3	<b>OBEY JESUS!</b>  Those of us who grew up in the Christian church were taught to emulate Jesus and obey his teachings, but what does that mean? What would that emulation REALLY look like, and what was Jesus REALLY teaching? The truth may surprise you...	<b>Steve Smith, Guest Speaker</b>
6/10	<b>Moving Beyond the Comfort Zone</b>  Shelley Nagrani will share her experience of learning to do that which seems undoable and finding comfort in that which seems uncomfortable. The Leadership Development Committee will talk about taking on roles at UUMAN that feel like a stretch and end up fitting like a glove.	<b>Shelley Nagrani, Guest Speaker</b>
6/17	<b>Cats in the Cradle</b>  Reflections on fatherhood, masculinity, and the wounds we pass on down the generations.	<b>Noël Lemen, Guest Speaker</b>
6/24	<b>NOTE SPECIAL START TIME: 10:00 AM All Are Called</b>  Join us for the largest annual gathering of UUs joining in worship. This powerful, communal worship experience will take place at the Kansas City Convention Center on Sunday, June 24, 2018 at 10AM Eastern Time (note special start time!) and will be live-streamed into our Sanctuary at UUMAN.	<b>Rev. Susan Frederick-Gray, Guest Speaker</b>

## June Connections

Date	Event
<b>Wednesday nights from 7:00 PM to 9:30 PM in Fellowship Hall.</b>	<b>UUMAN's Painting Group</b>  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 <a href="mailto:painting@uuman.org">painting@uuman.org</a>
<b>Weekly on Wednesdays at 12:15</b>	<b>Daytimers</b>  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. <a href="mailto:dan@uuman.org">dan@uuman.org</a>
<b>Saturdays from 9:30 a.m. to 10:30 a.m. In the Sanctuary</b>	<b>Centering at UUMAN</b>  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 <a href="mailto:campoften@aol.com">campoften@aol.com</a>
<b>2nd and 4th Tuesdays at 10:00 a.m. to 12:00 in Discovery Hall</b>	<b>Circle of Women</b>  We aim to develop a warm nurturing circle of trust where we can share ourselves and our lives. Contact Kate Hudson <a href="mailto:hudsonkd@bellsouth.net">hudsonkd@bellsouth.net</a> or Linda Etheridge <a href="mailto:lletheridge1@gmail.com">lletheridge1@gmail.com</a>
<b>Saturdays , 1-2:30 in the Sanctuary, or Discovery Hall if the Sanctuary is not available. Childcare is available .</b>	<b>Mindfulness Meditation</b>  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 <a href="mailto:jkevinking@yahoo.com">jkevinking@yahoo.com</a> (470) 723-4070

*For more information about other offerings at UUMAN, go to [www.uuman.org](http://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 proceeding the issue date. Please email your news articles and artwork to Becky at [newsletter@uuman.org](mailto:newsletter@uuman.org)