



# UUMAN TIMES

Unitarian Universalist Metro Atlanta North

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March 2016

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## In the Interim: Minimalist Moments

*Spiritual practice is not just sitting and meditating. Practice is looking, thinking, touching, drinking, eating, and talking. Every act, every breath, and every step can be practice and can help us to become more ourselves.*

—Thich Nhat Hanh

In my second year as interim minister in Macon, I moved from a tiny downtown apartment to a lovely whole house in Bonaire—south of Warner Robins if you're familiar with the map of Georgia. Bonaire is small and rural. The house was rural and big. A family of four had lived there comfortably. My late cat Isabel and I were a family of two. I adored having all that space, but my traveling possessions only began to fill it. There were a lot of rooms left over.

One day I had an idea. I turned the walk-in closet in my bedroom into a meditation cave.

A window flooded my "temple" with morning light. The wide entrance was doorless. I hung a scrim of sheer curtains there. My chair and altar—and therefore my face—were inches from a built-in shoe rack. Nevertheless, the effect was visually and spiritually stunning. I settled in to meditate. At once the day's work schedule played across what Buddhism would call my chattering "monkey mind". I gave myself weeks to overcome the interference, but a month later, my inner voice was still preoccupied with calendaring.

I admire friends who meditate regularly. Perhaps one day I will join them, although after years of trying, all the enlightenment I've attained is the repeated realization that I'm not cut out for sitting meditation. Nor walking meditation. I've tried that too. I kept tripping over Nothing.

At the Graduate Theological Union Bookstore in Berkeley, there is little room on the shelves for leisure fiction. What's there has to count. Susan Howatch's series on angst in the Church of England from the 40s through the 70s was a favorite in my seminary days, combining theology, sex and capable writing in satisfying proportions. Episcopalian students were uniquely rewarded. They could study church history for the exam while thrilling to a juicy plot.

This is hardly a book recommendation. Howatch's Church of England series goes a long way toward explaining why religion in the UK is a tough sell these days. The focal character in each novel is a clergyman tormented by emotional and spiritual circumstances to such an extent that, to put it mildly, life isn't working out very well for him. Four hundred or so pages later, he's been hauled back from the brink and transformed, thanks to gifted spiritual direction.

Had Thich Nhat Hanh been the spiritual director, Susan Howatch's 400-pagers would have turned into brochures. There are trained spiritual directors skilled at guiding religious liberals.

I sought out a nearby spiritual director in my first interim when I learned she is a Unitarian Universalist. More regularly though, we UUs tend to be spiritual practice minimalists. You might meditate, pray, keep a journal, seek direction, or do something else to sustain your soul, but the key word in "spiritual practice" isn't spiritual. It's practice. Every act, every breath, and every step can be practice and can help us to become more ourselves. Every minimalist moment counts.

- Rev. Cynthia Prescott

# UUMAN

## Ministerial Search Committee

### News You Can Use

### March 2016

Your Ministerial Search Committee (MSC) is pleased to provide you with another installment of News You Can Use—an update on what we've been up to. We are excited about our section on the new [uuman.org](http://uuman.org) website, where you can find the latest information about the search!

#### What has the MSC been doing?

Of the seven ministers who expressed interest in UUMAN, we have identified three "pre-candidates" whom we think and feel are the best fit for UUMAN, based on their Ministerial Records, websites, and other information.

Two of these pre-candidates have traveled to Georgia for weekend visits. Each of the two has been given a grand tour of the local area and a more formal interview. We have also observed each of them delivering a sermon at a "neutral pulpit". We have been asked to keep the identities of all pre-candidates confidential until one is selected over the others.

#### What will happen over the next couple of months?

We will continue our selection process by evaluating the third pre-candidate and checking additional references. We will then decide by consensus which of the three pre-candidates should be given an offer. This selected ministerial candidate will join us to lead the congregation in service and meet the various groups at UUMAN during the week of May 1 – May 8.

The congregation will then vote on May 8 to decide if they would like to ask the candidate to become our next settled minister—we will need 40% of our members to vote, and calling the minister will require a 90% affirmative vote of all those present. This will be your opportunity to affirm and promote the 5th Principle: the use of the democratic process within our congregation! So please mark your calendars to VOTE for the new minister on May 8!

The minister's start date will be negotiated with the Board, but will likely be in the fall of 2016.

#### Communicating with You

- We will continue to provide you a 5-minute update on our work from the pulpit on the last Sunday of every month.
- We will continue articles in the monthly newsletter, the UUMAN-Times.
- We will send out updates and time-sensitive information via UUMAN Announcements and the UUMAN Facebook page.

- We will be present during coffee hour after every service at the MSC table in Fellowship Hall. Look for our bright pink nametags and ask us a question!
- We will continue to post important information to the MSC bulletin board in Fellowship Hall.
- We will update the search committee website as new information becomes available.

#### How to contact the MSC

**Email:** [search@uuman.org](mailto:search@uuman.org)

**In person:** before and after Sunday services; look for the people wearing bright pink nametags.

In faith,

Dirk Bender, Joe Creech, Laura Keck, Lyn May, Shelley Nagrani, Miriam Patanian, and Phillip Seaver

## Stewardship at UUMAN

Many of you that are reading this newsletter article are probably like I was a couple of years ago and don't have a clear idea what the word "stewardship" means. I had to look it up in the dictionary. The first definition in the Merriam-Webster dictionary isn't very helpful - it says "the office, duties, and obligations of a steward". The second definition gets to the heart though - "the careful and responsible management of something entrusted to one's care". In the case of UUMAN that "something" we are entrusted with is UUMAN!

Although we are all customers of UUMAN's services including worship, religious education, adult enrichment to name a few, we are also stewards of UUMAN. As stewards we are committed to build and sustain UUMAN so that we can pass it on to future generations. We do this through the services we provide in our committees and through the financial commitments we make each year during the annual Stewardship campaign.

On February 14, Rev. Prescott kicked off this year's campaign by delivering a wonderful "sermon on the amount"! It was filled with humor and thought provoking messages. In addition we have been holding Care Circle and Stewardship meetings to talk about where we are headed and on how you can help us achieve our goals.

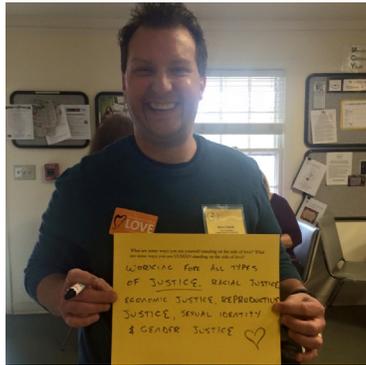
By now everyone should have a pledge packet. If you don't please let your Stewardship team know. Our goal is to wrap up the campaign and have all pledges in by March 6. If you haven't turned in your pledge please do so as soon as possible. You can mail your pledge back to UUMAN or drop it off at UUMAN at any time and put it in the mailbox labeled Treasurer or Stewardship.

Thank you in advance for your continued generosity and support for UUMAN's mission.

— Bob Popp

UUMAN Stewardship Chair

## Thank You for Standing on the Side of Love



On Sunday, February 21, we celebrated the end of Thirty Days of Love: Towards Racial Justice. The Social Justice Committee hopes you were inspired by the messages you read. From Black Lives Matter to Not One More to Stop the Raids, we learned of the amazing efforts of how people, organizations, and UU congregations across the country are standing on the side of love, radical love, and working on behalf of racial justice.

Thank you sharing ways in which you are standing on the side of love and ways you would like to see UUMAN stand of the side of love!

**"Working for all types of justice. Racial Justice, economic justice, reproductive justice, sexual identity and gender justice."**

**"I do volunteer consulting for charities involved with hunger relief and providing healthcare to economically disadvantaged and the homeless."**

**"Black Lives Matter work."**

**"I volunteer at N. Fulton Charities Food Pantry. I get to interface with and assist needy families, and try to do all I can to give them a lift. I hope UUMAN can embrace many categories of people with whom to spread the love around."**

**"I have volunteered many times at Homestretch. I volunteer on the City of Milton's citizen sustainability committee."**

**"I work against gun violence to make our country a safe place for our children. I also volunteer with love for UUMAN."**

**"Would like to see a program that helps Vets."**

**"We would like to plant trees with UUMAN."**

**"Senior support and organization."**

If you didn't get a chance to participate, please look for us at the next Faith in Action Sunday.

Jen Saltzman  
Sheila K. Smith  
Social Justice Committee

## Fundraiser for Mawynjri

Save the Date!- Saturday, April 30th

From 6:30 p.m.-9:00 p.m.

Not only is it the beginning of Candidate week, but it is the date of the fundraising potluck for our partner church in NE India, Mawsynjri. The candidate will be invited.

The food in N.E. India is varied and exotic! So if you have a recipe for fish tenga (sour curry) or momos (fermented cheese chutney), bring it on! The theme of the potluck will be Asian/Indian, but we will need American Food also.

The fund raising goal will be INR.23.000 (23,000 rupees). This is an amount needed for a bell platform for their bell. If you don't have rupees, the amount equals to about \$400. The total amount needed was \$600, but Bill and Diantha donated \$200.00 last year.

There will be a program presented at the dinner on the Khasi culture.

— NE India Partner Committee

## New Member Corner

### Nina Bharucha

I was born and raised in Rochester, NY, and I started working for State Farm Insurance there nearly nine years ago, handling auto injury litigation for the company. About three years ago, I sold my house in NY and relocated down to Atlanta for a new position in their Commercial Lines Underwriting department, and then recently obtained an Analyst position. I ended up settling down in East Cobb, and my 12-year old son Aidan is a 7th grader at High-tower Trail Middle School. My parents still live in New York and I have an older brother who lives in North Carolina, so we don't have any family nearby, but we have enjoyed learning about Atlanta. We are very happy with the decision to move here and I'm definitely so glad to be out of the snow! We both really love Atlanta's natural beauty, and we really enjoy exploring new places and meeting new people. I ended up stumbling upon UUMAN online while looking for new places to explore, and I have loved it since the first time I visited. Prior to visiting UUMAN, I had never even been to a church, so this is still a learning process for me. That being said, I am so happy that I found UUMAN, as it has given us both a tremendous sense of community and wonderful friendships. I am looking forward to becoming a member and helping to support UUMAN in any way I can.

### Jacquelyn Anderson Bolden

I am Jacquelyn Anderson Bolden PhD, OTR/L. I moved to Smyrna on August 30 from Metro Detroit, Michigan. I am a retired Associate Professor of Sociology. I currently work part-time as an occupational therapist doing early intervention with children ages birth to 3. I graduated from the University of Alabama Birmingham in 1972 (BSOT) and earned a MA in Higher Ed Administration there in 1975. I earned the PhD in sociology from Boston University in 1993. I discovered UU philosophy while at BU. Since that time, I have lived in 7 states. When no UU church was available, I attended Unity or Presbyterian churches. In Michigan I attended services at UU Ann Arbor, UU Wyndote and UU downtown Detroit. My specializations in sociology are medical sociology, organizations and inequality (race, gender and class). My company,



**Holly and Paul Polich, Jacquelyn Bolden, Paul Teal, Paul Gellerstedt, Sally Mullikin, Mary and Nathan Waters, and Nina Bharucha. Not shown: Kelly Johnson.**

Bolden and Associates has provided education and training to small and midsized organizations on topics of diversity management, inclusion best practices and profeminist ideology. In addition, we do focus groups for marketing and research firms.

I have been a community activist as long as I can remember, as my parents were activists. When I was 5 they were involved in planning and implementing the bus boycott in Montgomery. At 15 I marched with Dr King in Birmingham. I was a protestor during Viet Nam. Registered voters in Selma and Birmingham and protested against unfair labor practices for women workers in several states. I've been engaged in fight for reproductive rights of women, pay equity and marched to support domestic violence legislation.

### Paul Gellerstedt and Sally Mullikin

We moved to this area from Raleigh, NC in June of 2015. Paul is an Intelligence Officer for the US Forest Service at their Southern Area Coordination Center in Dunwoody. Sally is a luthier with Beau Vinci Violins in Alpharetta. Our five-year-old, Nick, is into animals, dinosaurs and space. His baby sister, Ida, just turned ten months old and is fascinated by pretty much everything. When we're not busy with work and school, we love to play music and go camping.

*—continued on next page*

# New Member Corner

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## Holly and Rich Polich

We moved to Roswell from Little Rock Arkansas in June of last year. Rich is a Detroit native, spending much of his life in Michigan. He is an engineer, working for GDS Associates, an engineering consulting firm in Marietta. Holly spent parts of her life in Florida, the east coast and Detroit since graduating with Masters Degree in Textile Science. She now spends her time as a potter in her home studio. We have been happily married for five years.

## Paul Teal

I was raised as an Evangelical Methodist Christian near Charlotte, North Carolina and was baptized as a teenager at Weddington United Methodist Church. I attended Bob Jones University, a private Christian Fundamentalist College where I procured a bachelor's degree and a beautiful wife, Trish. At that point, my plan was to become a University Professor teaching Religious Literature or Comparative Religion, so my next step was graduate school. We had moved to Columbia, South Carolina, I studied Comparative Religion at the University of South Carolina and almost finished my masters degree. That plan was financially derailed due to the arrival of two of my favorite people, my son Joshua and my daughter Sydney - neither of whom I would trade for a master's degree. With teaching off the table, I became a corporate trainer and then later a computer programmer. We moved to Roswell in 2010.

My relationship to God has transformed over the last two decades as I encountered other religious writings, especially the teachings of Bahá'u'lláh, the founder of the Baha'i faith. I am grateful to UUMAN for providing a place where I can worship God without feeling at cross purposes with everyone in the room. While the language I use when speaking about my faith may sound a little old fashioned and theistic, the changes in my spiritual journey has taught me humility and a willingness to be surrounded by a milieu of different beliefs. I am excited to be a part of a diverse community where any opinion is respected, and anyone can change their mind.

## UMMAN Group Announcements Centering at UUMAN

Dear Members and Friends of UUMAN

Every Saturday morning at 9:30, a small group of UUMAN us gather for some silent meditation and either a short reading or listening to a recorded teaching, followed by lively discussions about how our own experiences compare to what we've heard. The fellowship is delightful and supportive. We'd love it if you could join us. Any type of silent meditation is welcome and whatever you practice will fit right in.

Some of us practice Centering Prayer, some mindfulness, and other forms of meditation that we learned somewhere along the way. Newcomers to meditation are very welcome.

If you need instruction on how to meditate, then please come at 9:00 on your first day. Depending on what fits you better, we can give you some simple instruction to get you started. It helps if you can contact Carolyn Bommarito, campoften@aol.com when you are coming for the first time. If you already have a meditation practice you are happy with, then just come a few minutes before 9:30.

Here is our schedule for March. Note that we are not meeting on March 19, as many of us will be attending a workshop at UUMAN that day.

March 5	Sanctuary	9:30 a.m. sharp—Newcomers needing instructions please come at 9:00 a.m.
March 12	Sanctuary	9:30 a.m. sharp—Newcomers needing instructions please come at 9:00 a.m.
March 19	No Session	
March 28	Sanctuary	9:30 a.m. sharp—Newcomers needing instructions please come at 9:00 a.m.

There is also a Mindfulness meditation group which also welcomes newcomers. For more information on that group contact Kevin King, jkevinking@yahoo.com

— Carolyn Bommarito

## Bible Class

This 9-week class, taught by Rev. Kim Palmer, is based on John Buehrens' book Understanding the Bible: An Introduction for Skeptics, Seekers, and Religious Liberals.

The book (required) is \$16 on Amazon, you may purchase it on your own or request me to purchase it with others in bulk. Classes will be 12-2 pm most Sundays beginning March 6. Pack a lunch!

**March 6, 13, 20;**

**April 3, 10, 17;**

**May 1, 22, 29).**

This class is a whirlwind tour through the Old Testament (Hebrew Scriptures) and New Testament. Gain a perspective on the Bible as literature, as a window into cultures of antiquity, and as a collection of wisdom. Improve your biblical literacy and find your own nuggets of spiritual inspiration. To sign up or get more information:

Email: kpalmer01@gmail.com or call/text 404-668-5538

I hope to see you there!

— Rev. Kim

# UUMAN Group Announcements **Notes from the Page Turners**

## Weekend Women's Group

Beginning Saturday March 5th the Weekend Women's Group will offer women another opportunity to meet in the intimacy and fellowship of small group ministry. This group will meet in the sanctuary at 1:00 on the first and third Saturdays of the month. The goal of the group is to empower women by creating a nurturing and supportive environment to discuss the common experiences that all women share. Topics such as love, trust, caregiving, parenting, relationships, community, and faith will all be explored in a setting that fosters deep listening and mutual respect. Contact facilitator Nina Bharucha for more information at [nybharucha@gmail.com](mailto:nybharucha@gmail.com)

## Healing and Transformation in Small Groups: A Workshop

**Saturday, March 19 – 9:30 AM to 4:30 PM**

UUMAN's Adult Enrichment team is pleased to host a workshop on Small Group Ministry (Covenant Groups) conducted by the Rev. Dr. M'ellen Kennedy, the co-coordinator and co-founder of the U.U. Small Group Ministry Network. For years prior to becoming a UU minister, Rev. Kennedy worked with and studied small groups, and, impressed with their power to heal and transform, did her doctoral work at the University of Illinois on "Worldview Transformation in Small Groups". She lives in Vermont, where she serves the Washington and Springfield UU Churches. See <http://uuspringfieldvt.org/about/staff/rev-dr-mellen-kennedy/>

Learn how Small Group Ministries Circles build trust among their members through sincere, respectful listening, allowing for sharing that deepens relationship and understanding, nurtures spiritual growth, promotes compassion, and facilitates transformation. This workshop is Step One in the process of building a Small Group Ministry program at UUMAN.

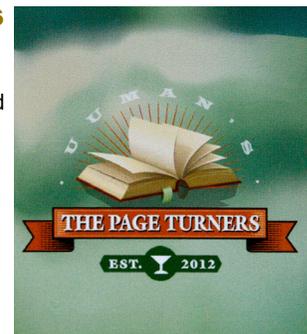
**WORKSHOP PURPOSE:** to explore the question, "What leads to healing and transformation in small groups", as an introduction to Small Group Ministry, and to learn facilitation skills.

**WHO SHOULD ATTEND:** those who would like an introduction to Small Group Ministry, as well as experienced facilitators eager to take the group experience to a higher level.

**FEE:** \$25, includes lunch. Limited scholarship funds are available. Childcare provided by request. Register with Dave Hudson by Wednesday, March 16: [hudsondavid@bellsouth.net](mailto:hudsondavid@bellsouth.net)

Please consider this extraordinary experience, whether or not you are interested in leading a Small Group Ministry Circle in the near future! We promise that it will exceed expectations!

— Dave Hudson



The Page Turners is a women's book club that generally meets on the second Saturday of the month at 7:00 PM in Discovery Hall. If you enjoy reading and discussing books in a variety of genres, meeting over snacks and wine, getting to know one another, and having fun, this is the group for you. Become a "regular" and join us every month, or just try us out whenever you see that we're sponsoring a book you're interested in. Contact Carolina Patlis for the details: [carolpatlis@hotmail.com](mailto:carolpatlis@hotmail.com)

This March is a special meeting, when we will join other clubs and groups for a catered lunch and presentation at the Roswell Adult Recreation Center, on March 12, 11:30 AM. The novel *What Stands in a Storm* by Kim Cross was chosen for the 11th annual Roswell Reads Community Read program. Ms. Cross, the young award-winning journalist who wrote this heart-wrenching and redemptive story of a disastrous day and its aftermath in Tornado Alley, will speak at the luncheon. Advance reservations and tickets (\$20) are required. Kelly Callen has coordinated a table for the Page Turners, or you can also check <http://www.eventbrite.com/e/roswell-reads-literary-luncheon-2016-tickets-19931760432> to see if space is still available. 2015's Roswell Reads event was attended by many of our Page Turners, who had the opportunity to see Reyna Grande, author of the memoir, *The Distance Between Us*.

The Page Turners read a variety of books: new best-sellers, older classics, fiction and non-fiction. Some of the selections coming up this year will be:

-  *My Antonia*, by Willa Cather
-  *The Life-Changing Magic of Tidying Up*, by Marie Kondo
-  *God Help the Child*, by Toni Morrison
-  *The Color Purple*, by Alice Walker
-  *Just Mercy*, by Bryan Stevenson – this is the UUA's 2015/2016 Common Read

Last year, we read several novels, from the Pulitzer Prize-winning *All the Light We Cannot See*, by Anthony Doerr, to the best-seller *The Girl on the Train*, by Paula Hawkins; some serious non-fiction that read like a novel, e.g. Isabel Wilkerson's *The Warmth of Other Suns*; and several memoirs: *Reading Lolita in Teheran*, by Azar Nafisi, *On the Move: A Life*, by the neurologist Oliver Sacks; and *Wild*, by Cheryl Strayed (have you seen the movie?).

All women, whether UUMAN members or not, are warmly invited to the Page Turners!

# FROM THE GARDEN

Dear Fellow Gardeners:

We'll be beginning our work again in the garden on March 14, the 2nd Monday in March, working from 9:00 a.m. to around 11:00 a.m. or noon, depending upon how many people come to work and how much work needs to be done. On March 28, the 4th Monday of the month, we hope to have a large crew available to help put down wood chips. We will continue our work throughout the year on the 2nd and 4th Mondays of each month through November (or sometimes, December). UUMAN announcements will be sent out on the Friday before each work day. If you've never worked in the garden before, please feel free to stop by and see what it's all about. Hope to see you there!

Claire Sullivan

[cbsullivan@bellsouth.net](mailto:cbsullivan@bellsouth.net)



## 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 Claire Sullivan at [cbsullivan@bellsouth.net](mailto:cbsullivan@bellsouth.net)



A Camellia Disguised as a Rose



Purple Pansies



Yellow Pansies



A Spring-blooming Camellia



The First Daffodil

Date	Celebration
3/5	Marty Harvey and Kim Palmer are celebrating 22 years together on this, the first Saturday of March. As Marty said, "We always get to celebrate on a weekend"!
3/6	Fiona K. of our MCY program is celebrating a birthday
3/12	Claire C. of our MCY program is celebrating a birthday
3/16	Liz Garcia is celebrating a birthday
3/18	Maya H. of our MCY program is celebrating a birthday
3/20	Marc Lee is celebrating a birthday
3/24	Seph R. of our MCY program is celebrating a birthday
3/26	Dirk Bender is celebrating a birthday
3/27	Lucas B. of our MCY program is celebrating a birthday
3/29	Danielle B. of our MCY program is celebrating a birthday
3/31	Guillermo Kuhl is celebrating a birthday
	Janet Lacey is celebrating a birthday
	Stephen S. of our MCY program is celebrating a birthday

## A Month of Sundays

Date	Topic	Speaker
3/6	<b>Our Caring Community</b>  UUMAN is a community of relationship and mutuality, where we look out for each other and care for each other. The ways we care are sometimes individual and sometimes communal; sometimes structured and sometimes spontaneous. Although caring for one another is grounded in our principles, it is fundamentally a spiritual practice... one that we can deepen.	Rev. Kim Palmer
3/13	<b>A Dispatch from the Borderland of Forgiveness</b>  What happens when you've followed every rule of forgiving and being forgiven but, later, doubts emerge, and the first person you doubt is yourself?	Rev. Cynthia Prescott
3/20	<b>Understanding and Acceptance</b>  Join us as the Ministry for Children and Youth presents its annual youth-led worship service.	MCY Randy Blasch
3/27	<b>Easter: For the Earth Forever Turning</b>  A multi-generational celebration of the many traditions of spring and Easter among us. May we learn from one another.	Rev. Cynthia Prescott

## March Events

Date	Event
<b>2nd Sunday of each month, after the service, in the sanctuary.</b>	<b>21st Century Humanism</b> focuses on the philosophy of mankind as the center of all things, informs members of Humanism's nature and history, and emphasizes free and frank discussion of the effect on humanity of past and present events, safe from the influence of contravening public opinion. For more information, contact John Peltier at <a href="mailto:peltier.john@gmail.com">peltier.john@gmail.com</a>
<b>Wednesdays from 7:00 - 9:30 p.m.</b>	<b>UUMAN's Painting Group</b> Come paint with us in a relaxed atmosphere with a glass of wine. All are welcome. There is a fee but half is donated to UUMAN. <b>The 25TH ANNIVERSARY ART SHOW</b> is now exhibiting at UUMAN. Please enjoy the show, and remember a portion of all sales benefit UUMAN. See Annette Pate or the artist to purchase.
<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 at <a href="mailto:dan@uuman.org">dan@uuman.org</a>
<b>Fourth Saturday of the month at 7:30 p.m.</b>	<b>The Common Grounds Coffee House</b> Connecting people who love to play music with those who love to listen!  Doors open at 7 pm and the show starts at 7:30 pm. Live music and delicious refreshments, \$5 suggested donation, held in the Sanctuary.
<b>Saturdays from 9:30 a.m. to 10:30 a.m. in the sanctuary</b>  <b>No session on March 19.</b>	<b>Centering at UUMAN</b> Silent meditation Saturday mornings at UUMAN. Please come at 9:10 for some basic instruction if it is your first time. The meditation itself begins promptly 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>

## March Events

<b>Monday 7:30–9:00 p.m.,</b>  <b>Discovery Hall</b>	<b>Spirit of Life</b> A 9-session course offering participants space, time, and community to explore their Unitarian Universalist spirituality. Each focuses on a different aspect of the spiritual life, framed by the lyrics of Carolyn McDade's song "Spirit of Life."  See <a href="http://www.uua.org/re/tapestry/adults/life">http://www.uua.org/re/tapestry/adults/life</a> for a course description and session materials. Dave Hudson and Jim Saunders will facilitate.
<b>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:l1etheridge1@gmail.com">l1etheridge1@gmail.com</a>

*For more information about events, see the UUMAN Events Calendar at [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 preceding the issue date. Please email your news articles and artwork to Becky at [newsletter@uuman.org](mailto:newsletter@uuman.org)