



Newsletter - September 23, 2016

Welcome to the Amarillo Unitarian Universalist Fellowship!

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Quick Links

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- [Peace Be With You](#) by Rev. Addae Ama Kraba - August 14, 2016
- [Living our Values, Expanding Consciousness](#) by Rev. Addae Ama Kraba - July 10, 2016
- [Eternal Verities](#) by Rev. Addae Ama Kraba - June 5, 2016

Sunday Worship - 9:30 and 11 AM



September 25, 2016
Bekki McQuay speaks on **Managing Depression**.



October 2, 2016
Rev. Addae speaks on **The Visionary Gleam**. Visionaries are the builders of a new dawn, working with imagination and boldness. What are your individual visions for this community of faith?

Members who have completed the Path to Membership over the past year are recognized at the **11 AM** service in the traditional **New Member Ceremony**.



October 9, 2016
Rev. Addae speaks on **Amazing Grace**. There are both spiritual and corporeal meanings of grace. Let's examine and reflect on that notion to decide if grace is really amazing.

Upcoming Events:

Adult Religious Education

Rev. Addae
Office Hours
10 AM – 2 PM
Tues. & Thurs.

Rev. Addae Kraba holds office hours in the Fellowship on Tuesday and Thursday each week from 10 AM to 2 PM, or by appointment if necessary. Home visits are made upon request.

[Join Our Mailing List!](#)

[Newsletter Archive](#)



Children's Religious Education Update

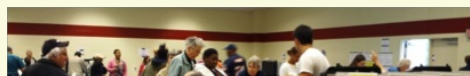
Our Children's Religious Education program is divided into two groups by age. In CRE, which meets each Sunday at 11 AM, we challenge our children with interactive studies about religion and science. The nursery group topics change according to individuals who attend and cannot be listed in advance, but they fall under the curriculum **Tapestry of Faith**.



For the next 2-3 months elementary students will be working from **Tapestry of Faith** an intergenerational curriculum. All 8 sections are called "Mirades." They will also do special classes for each of the upcoming holidays. Children's RE has its own Facebook page with more specific topics and activities outlined. See their page at [AUUF Children's RE News](#).

Contact: **Lydia Miller**, Coordinator of Children's RE

Suppressing the Vote 2016



We are rotating three subjects. Each covers a different aspect of **Adult Religious Education**. All are welcome. No advance reading is necessary and no test will be given.

September 25: The New Testament: "The Deutero-Pauline Epistles"

October 2: My Favorite Universe: "The Search For Planets."

October 9: The New Testament: "The Book of Christian anti-Semitism."

Contact: **John Gay**

Ministerial Search Committee



Sunday, September 25, 12:30 PM

There will be a special Search Committee potluck THIS Sunday. The Fellowship provides beef and ham dishes. Salads and sides are certainly welcomed. Bring all of your questions about the Ministerial Search process. The Town Hall discussion will let you ask the questions for a change. There have already been a number of questions asked at the focus groups and there are likely many, many more. Members of the Search Committee will answer, to the best of their ability, any questions that are asked.

Also, be sure to complete the Congregational Survey before October 16. Don't miss out on this critical opportunity to express your opinions. You should have received an email from the Fellowship on September 4 with a link to the survey. If you did not receive that email, check your junk email folder first. If it's not there, contact the church office and you will be sent a link. Each link is for one person ONLY. If you share an email with someone else in your household, you will need to notify the church office and supply a separate email address for each person. If you don't use email, hard copies are available upon request.

Two more Focus Group meetings at the Fellowship are still coming up:

Thursday, September 29 @ 7-8:30 PM

Thursday, October 13 @ 7-8:30 PM (for Parents Only)

Nothing Much Buddhist Covenant Group



Monday, September 26, 7:30 PM

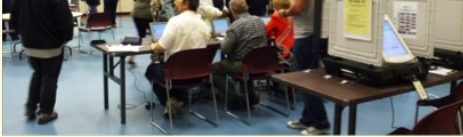
Meditation practice will be followed by a video of Oprah Winfrey's interview with Jon Kabat-Zinn, Professor of Medicine Emeritus and creator of the Stress Reduction Clinic and the Center for Mindfulness in Medicine, Health Care, and Society at the University of Massachusetts Medical School.

September Fiction Book Group



Tuesday, September 27, 7:00 PM

On September 27 the UU fiction book discussion



In 2016, 14 states will have new voting restrictions in place for the first time in a presidential election. The new laws range from strict photo ID requirements to early voting cutbacks to registration restrictions. Including those states which already had suppression laws on the books before, the total reaches 20 states which have enacted voting suppression schemes for the upcoming Presidential election. Despite a recent court victory mitigating the impact of Texas's photo ID law, it is still included because the requirement is more restrictive than what was in place for the 2012 presidential election. Check out the map of those states trying to restrict voting [HERE](#).

AUUF Ad Hoc Movie/ Video Pre-screening Process

To make sure that movies / videos shown at AUUF are in line with our principles and beliefs, we have created a three person ad hoc group comprised of Amy Taylor, John Hintz and Bruce Fielder. Any movie/video/DVD to be shown at the Fellowship by an AUUF member or friend will need to be pre-screened by this group. This does not include the movies / videos selected for the kids' movie night programs or the adult RE instructional programs. Please contact Amy, Bruce or John to schedule pre-screenings and to answer any questions.



Social Action Committee

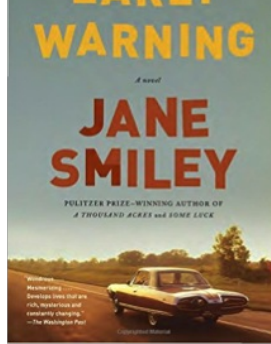


Harvest the Power Leadership Development



The **2016 Harvest the Power** leadership workshop kicks off on October 1. **Harvest the Power** is designed not just for current and future leaders, but also for everyone in the

congregation. The facilitators for the four sessions are: Oct. 1- Amy, Chelsea, Sharon Baker; Oct. 15- Nina, Gary, Rosalie; Oct. 22- Sharon Brewer, Larry Miller, Donna; and Oct. 29- Bruce, Nathan, Keralee. Each session begins at 8:00 AM and finishes by noon. A



group will discuss Jane Smiley's **Early Warning**. This second novel of Smiley's epic trilogy follows the now wide-spread Langdon family (introduced in **Some Luck**) out from the Iowa farm and into the broader American world of 1953 to 1986. The trilogy offers a compelling view of twentieth-century American history from the point of view of one family's experience.

Get your copy and begin reading!

Contact: **Dick Moseley**

Women's Simply Salad & Soup Fellowship



Wednesday, September 28, 6:30 PM
Our women's group meets every 2nd and 4th Wednesday for good food and great conversation. The meetings on 2nd Wednesdays are at the Fellowship-potluck style. On the 4th Wednesdays, the women meet at a different restaurant each month.

Contact: **Ann Benedetti**

Men's Brotherhood



Wednesday, September 28, 6:30 PM
Every 4th Wednesday of each month the Men's Brotherhood meets from 6:30-8:00 PM in Chandler Hall. This covenant group provides men a private place for discussing feelings, for developing the trust to share without judgment in a confidential and safe environment, for permitting open discussion of concerns and receipt of the collective wisdom of

others who have dealt with similar problems, and for finding ways to use new insights to improve one's everyday life.

Contact: **Rick Todd**

In the Community

Buff Allies-Fear into Faith: On Being a Reluctant Role Model



Monday, October 10, 5:30 PM at WTAMU JBK Legacy Hall
Buff Allies presents Shanna Peoples as the Distinguished Lecturer. Reception hosted by Bekki McQuay begins at 5:30 PM; Shanna's speech begins at 7:00 PM. You are invited to

attend the most vulnerable speech of Shan's National Teacher of the Year career. She will be addressing her experience as a lesbian teacher and the personal challenges that being gay has brought her. **Mark your calendar now!**

NAACP/Amarillo Community Relations Committee

Saturday, October 29, 10:00 AM at Southwest Branch Library on 45th
NAACP/Amarillo Community Relations Committee and friends: Our next meeting will be October



session begins at 9:00 AM and finishes by noon. A sign-up sheet is located next to the coffee pots.

Our next meeting will be October 29th, and Dave Henry, editor of the **Amarillo Globe-News**, will discuss his position and how the editorial board determines policies. This meeting will be right before the election so it should be interesting. **Mark your calendar now!**



Newsletter and Website Submissions



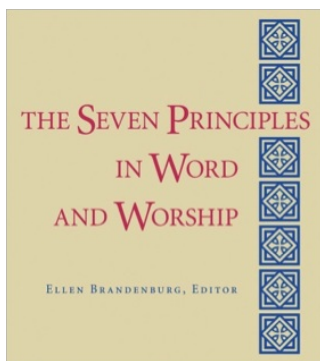
As always, we are eager to publish information regarding committees, boards, Adult RE, CRE, events, and services, but we need your help. The website and Facebook page can be

updated daily, but the newsletter cannot. New information needs to be submitted (submissions@uuamarillo.org) by **noon Wednesday** if you want it to appear in the Friday morning newsletter. If you need an event placed on the website calendar, you may submit that request with description, image (or we can provide one), starting and approximate ending time, specific location, date (or dates for a recurring event), and name of contact person. Help us help you get your message out in a timely manner.

PLEASE, EVERYONE CAN MAKE ALL THESE COMMUNICATIONS MORE EFFECTIVE BY READING THEM EACH WEEK--ESPECIALLY THE WEBSITE AND NEWSLETTER!

Contact: **Myrna Raffkind**

Read and Learn



Ellen Brandenburg, ed. **The Seven Principles in Word and Worship** (2007)

Each of the seven Unitarian Universalist principles becomes the focus of a separate chapter. Seven UU ministers each reflect on one of the Principles, not in an abstract way but in practical real experience. But each chapter also provides related passages that accompany the Order of Worship: Opening Words, Chalice Lighting, Responsive Reading or Litany, Prayer, Meditation, and Benediction. Each of these elements comes from various sources: anonymous, Richard Gilbert, Edward Everett Hale, Henry David Thoreau, Commission on Common Worship, Abraham Lincoln, and many others. The "sermons" (reflections) vary widely in personality since the ministers also vary widely in their personal perspectives.

Recommendation Level



Just Saying



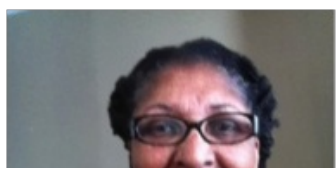
"The first part of interfaith literacy is an appreciative knowledge of other traditions. This means learning about what we admire in other faiths, the beauty in their texts and rituals, the contributions that their members have made to our society, the type of knowledge that fosters friendships and facilitates work together. The second part of interfaith literacy is the ability to identify values that all religions share—compassion, mercy, hospitality, service. The third part is an understanding of the history of interfaith cooperation in our nation and our world. The final part is developing your own theology of interfaith cooperation, based on the texts, stories, and rituals of your own tradition. Taken together, these four parts are a knowledge base for cultivating pluralism in a religiously diverse society."

– Eboo Patel, **Sacred Ground: Pluralism, Prejudice, and the Promise of America** (2012), pp.95-96.

Heart to Heart



We invite you to explore our



Universal Feelings September, 2016

Every day we hear stories of personal suffering and loss that far exceed our own. When we compare our situations to those of people living in war-torn countries or those who have lost

Fellowship, a place of belonging where **you** are welcome regardless of who you are, what you believe, your background, or whom you love.

Worship

Join us every Sunday at 4901 Cornell St. for either the 9:30 or 11 AM service.

Childcare is provided during both services; school-age Children's Religious Education is provided during the 11 AM service only.

With welcoming arms for all,
The AUUF Beloved Community

Our Mission

To be an inclusive progressive community for spiritual, intellectual and social transformation.

Our Vision

A world without borders where all are valued and supported.



their homes and livelihoods to natural disasters, it is tempting to minimize our own experiences of suffering. We may feel that we don't have a right to be upset about the breakup of a relationship, for example, because at least we have food to eat and a roof over our heads.

While awareness of the pain of others in the world can be a valuable way to keep our own struggles in perspective, it is not a legitimate reason to disregard our own pain. Pain is pain and yours is not greater than or less than anybody else's pain and deserves to be acknowledged as such. Disparaging your feelings as being less important than other people's emotions leads to denial and repression. Over time, an unwillingness to experience your own feelings leads to numbness. It is as if our internal systems become clogged with our unexpressed emotions. This in no way helps other people who are suffering in the world. In fact, it may do just the opposite because when we devalue our own sorrow, we become impervious to the sorrow in others.

Feelings of loss, abandonment, loneliness, and fear are universal, and, in that sense, all feelings are created equal. Fully experiencing our own hurt is the gateway to compassion toward other human beings. Regardless of what leads us to feel the way we do, our comprehension of what it means to be human is deepened by our own experiences. Our personal lives provide us with the material we need to become fully conscious. If we reject our emotions because we think our experiences are not dramatic or important enough, we are missing out on our own humanity. We honor and value the human condition when we fully inhabit our bodies so we can experience and feel life fully. Accepting our emotions and allowing ourselves to feel them connects us to all human beings. Then, when we hear the stories of other people's suffering, our hearts can resonate with understanding and compassion for us all.

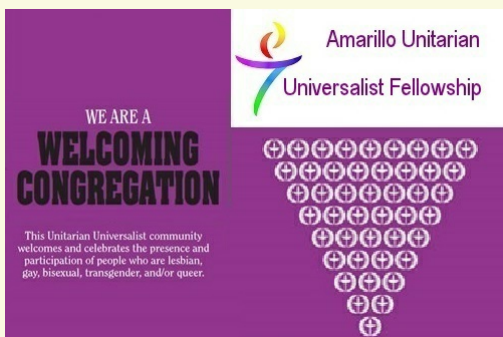
From My Heart to Yours,
Rev. Addae

In addition to the events described in this newsletter, you can find a complete listing by clicking on the [Calendar](#) icon above.

Want more detail? Check both the News and the Events sections of our website, uuamarillo.org. Also on our website, you can learn more about our Fellowship and our faith, Unitarian Universalism.

All events are held at the Fellowship, 4901 Cornell St., unless otherwise noted.

If you are unsure how to reach any of the individuals named as contacts, please email the [AUUF office](#) or call our Office Administrator, April Myers, at 806.355.9351 and leave a message. She will return your call during her office hours, which are Tuesday - Friday from 9 AM to noon.





BELIEVE IN GOOD.

Find us on Facebook

