



LETTING GO—THE PRACTICE OF NON-ATTACHMENT

by Rev. Dr. Paula Gable— Sunday, October 25th

The Buddha taught that the root of all suffering is attachment. Can we be non-attached without being indifferent? Do we even want to? We'll explore these concepts and likely raise new questions about what it would look like to be truly free in this world.

Please join us for worship on Sunday at 9:30 a.m. or 11:00 a.m., and for coffee and fellowship at 10:30.

WHY UUTC IS HOME

For me, labels, creeds, and dogma really get in the way of talking about my spiritual life. I was raised in a Christian home, a Christian church, and went to a Christian seminary. We didn't worry about the creeds, but I found them very constraining nevertheless. I take words and labels with a grain of salt. There are many parts of my Christian background that remain deeply meaningful to me. But I understand them in much the same way that I understand a description of the same thing by a Buddhist, agnostic, atheist, or any other person. My sense of our church is that, more important than any particular belief, what we share is the joy and wonderment of our free and responsible search for truth and meaning among others committed to the same search. And in this environment my faith is alive and growing!

— Peg Hall

GAME NIGHT TONIGHT! 5:30!

Bring a beverage and enjoy your friends!



NEXT WEEK at UUTC

A Fearless Heart – Mon 10/26 @ 3:30pm

Mindfulness Community – Mon 10/26 @ 7:00pm

Morning Meditation — Tues 10/27 @ 7:00am

Staff Mtg — Tue 10/27 @ 10:30am

Men's Group – Tue 10/27 @ 9:00am

Dream Group – Tue 10/27 @ 2:30pm

Youth Outright—Tue 10/27 @ 5:30pm

SMART Recovery – Tue 10/27 @ 6:00pm

UUTC Board Mtg — Tue 10/27 @ 6:30pm

Eclectics Jam – Wed 10/28 @ 9:00am

Being Group – Wed 10/28 @ 1:00pm

Morning Meditation — Thurs 10/29 @ 7:00am

End of Life Conversation — Thurs 10/29 @ 2:00pm

LOVE IS THE SPIRIT OF THIS CONGREGATION...

and service is its gift.

This is our great covenant:

To dwell together in peace,

To seek the truth in love,

And to help one another. (James Vila Blake, 1894, adapt.)



These words are often affirmed in unison at UU congregations throughout the world. During my brief time with you, I have found myriad examples to convince me that spoken or not, UUTC certainly lives by this “creed.”

To name just a few of the gifts of service that UUTC members have offered to the wider community: leadership roles in founding Sharing House, the Bread of Life, the Haven and the Free Clinic; active involvement in SAFE, the Living Wage Coalition, Crop Walk, TRAIN, NAACP, AAUW, Sierra Club, Youth Outright, Muddy Sneakers, Rise and Shine, Boys & Girls Club, Free Rein, Koinonia, Back Pack Buddies; and support of numerous other organizations (with apologies for not mentioning others I have not yet heard of.)

When it comes to seeking the truth in love, I see abundant evidence of this as well. Earlier efforts in Children’s and Adult Religious Exploration (ARE) programs has been significant. In fact, a number of years ago, the ARE Team surveyed the congregation about topics of interest for study. Based on your feedback, I understand that lay leaders developed a curriculum to meet identified needs. The ARE Team accomplished its previous goals and is talking about developing a “new cycle” of program offerings. The one that piques my interest most right now is discussion of joining the global community of the Charter for Compassion: <http://www.charterforcompassion.org/>

If my understanding is correction, this aspiration comes from ARE studying Karen Armstrong’s book, *Twelve Steps to a Compassionate Life*. After winning a \$100,000 prize from TED, Armstrong used the funds to help create, launch and propagate a “Charter for Compassion, crafted by a group of leading inspirational thinkers from the three Abrahamic traditions of Judaism, Christianity and Islam and based on the fundamental principles of universal justice and respect.”

I hope to hear more on this topic during our “Mission, Vision & Values Retreat” to be held on the weekend of November 6, 7 and 8.

Based on conversations with quite a few members of UUTC, the response to “yet another retreat” is quite mixed. Some people are **DELIGHTED** to know that the Board of Trustees is bringing in a highly recommended facilitator to help you fine-tune your existing Mission Statement and articulate a shared vision for your future with your next Settled Minister. Others feel overwhelmed by the rapid pace of

the change. (I can empathize completely.) Still others feel that such focused energy on change and transition somehow negates the past or feels like “trying to fix us.”

This mixed and oscillating range of emotions is typical during a period of Interim Ministry. As I said in my first sermon, and have repeat ad nauseum, is that change causes anxiety, and human beings dislike the disequilibrium that comes with change. Living systems of any variety, from bacterial colonies to forests to religious communities, organize to maintain homeostasis (a steady state, without change.) The PURPOSE of an interim ministry is to DISRUPT the status quo while simultaneously maintaining some *continuity of community and programming*.

Although you may weary of hearing me say this, the Interim period IS (or should be) the exhilarating, sometimes scary “time between trapezes.” By following the “Interim Ministry Playbook” created by the UUA through decades of experience, you may find that the Interim Period allows you to develop trust in the large “safety net” below, as you explore what it means to fly.

Times of transition inevitably involve feeling “out of kilter.” The downside is that it causes uneasiness and a yearning for the way things were. The upside of purposeful disequilibrium is that it offers the possibility to build on existing strengths and accomplishments to envision and “live into” a shared future together, without the Interim Minister.

Please allow me to repeat and reiterate: THERE IS NOTHING WRONG WITH UUTC. By all objective metrics, you are a healthy, vibrant, successful, creative community. By the “subjective metric” of my “gut feelings” during interactions with you, I have come to the same conclusion.

All the work you have done in the past, (some of which I cited earlier) is exactly what allows you to build on existing strengths to envision and create an exciting future together – if you choose to do so.

The upcoming Visioning Retreat is **YOUR TIME** to purposefully articulate **YOUR ideal future state**. Without me. How you choose to channel your energy during this period of change is up to you. The consultants you are bringing in, through recommendations of senior UUA staff, can help you make the most of this period.

I hope, pray, and trust that you will learn and grow through this purposeful state of disequilibrium as you articulate what it means TO YOU to be a compassionate community in both word and deed.

Here’s to having fun flying through the air with the greatest of ease in our shared “time between trapezes.”

In faith, with sincere gratitude for all you are and do,

Paula

Photo at top of article: Eleanor & Peter Mockridge, Joan Lemire and Tom Bindrim, Paula & Millie at Rough Butt Bald.

BOARD AGENDA, FOR TUESDAY, OCTOBER 27, 6:30PM / CLASSROOM

DRAFT

UUTC Board of Trustees Agenda October 27, 2015 at 6:30 p.m.

Current UUTC Member Count:	155	Current Friend Count:	99
1/24/2015 Certification:	166	1/24/2015:	93
2/01/2014 Certification:	183		

Pre-meeting with light dinner

Discuss Board covenant – Values, purpose, policy for all groups?

Opening Words Paula

Approval of Minutes from August Susan

Check in

Standing Updates

Finalize agenda Peg

Minister's Report Paula

Treasurer's Report Dave
September Treasurer's Report

Administration No

Finance Ed

Property No

Old Business

- VOTE: re-visit email vote on payment childcare teens

New Business

- VOTE: Subscription to the UUA Endowment Fund Dave
- DISCUSS: Move to bi-weekly payment of staff Dave
- DISCUSS: teams charging for dinners Paula
- Updates on task forces Peg
 - Search
 - Transition
 - Vision/Mission
 - Strategic Planning
 - Stewardship

Executive Session: No

Adjourn

BOARD MEETINGS ARE ALWAYS OPEN TO MEMBERS.

SOCIAL ACTION TEAM NEWS

SOCIAL ACTION FOR OCTOBER: MINISTER'S DISCRETIONARY FUND

The Minister's Discretionary Fund helps people in our community who are in need. Needs can be as serious and immediate as a co-payment for life-saving medicine or as joyful as helping a young couple pay for a marriage license – and everything in between. Since most of us are embarrassed to ask for help, the Minister is the only one who knows who received what. The Board is notified only on the type of expenditure and cost but not the individual(s) involved, without their explicit permission.



CREATING SAFE SPACES FOR LGBTQ YOUTH WORKSHOP: TUES 27TH, UUTC

Youth Outright (YO), the leading advocate for lesbian, gay, bisexual, transgender, and questioning (LGBTQ) youth in WNC, will present *Creating Safe Spaces: Working with LGBTQ Youth in WNC*, from 5:30–8:30 p.m.

This free workshop is designed for professionals who work with youth (teachers, counselors, social workers, therapists), wellness professionals, community members and parents. The workshop is offered as part of the *Gay-Straight Alliance (GSA) and Schools Outreach*, YO's program developed to better serve and connect secondary school LGBTQ and allied youth and supportive school personnel in Western North Carolina. *"Youth Outright is eager to work with adults who are open to and supportive of all individuals regardless of sexual orientation, gender identity, or gender expression."*

The workshop is free but reservations are requested in order to plan for a complimentary light supper. Contact info@youthoutright.org or 828.772.1912. Questions? Jim Faucett, Executive Director of YouthOUTright at jim.faucett@youthoutright.org. Please consider attending this workshop and/or inviting friends or others who could be interested in **SAFE SPACES FOR LGBTQ YOUTH**, particularly those people who work with LGBTQ Youth in Schools, Churches, and Law Enforcement.

BOX TOPS FOR EDUCATION

Please save your BOX TOPS for Education and bring them to UUTC. Emily and Heather will split up the collection and donate to our county schools. Schools earn cash rewards for educational programs. See this website for more information: <http://www.boxtops4education.com>



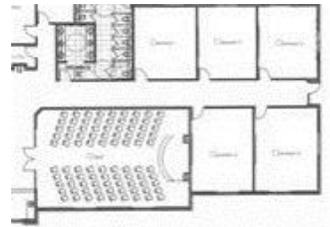
A collection box is on the left side of the front counter. Thanks!

BUILDING USE TASK FORCE

The last time Building Use was assessed was in 2009. Part of the 2009 assessment resulted in the hiring of an architect to produce plans for a new “wing” of the current building. The potential for this wing played a role in choosing to move forward with the partnership with the city to re-route storm water and sewer drains out from under the projected structure.

An update of the data from this assessment is now underway, and if you are interested in thinking about how to best use our space and visioning how we can make it more effective for our needs, please contact [the office](#) so we can get you into the loop. The Task Force is currently comprised of Meighan Browning, Paula Gable, Lynn Halsey, Jim Hardy, and RK Young. We will be quantifying current use, considering various renovation scenarios, considering “timeliness” of renovations and getting concrete numbers for what these scenarios might cost. Information from the updated assessment will be shared with the Board for use in determining the best fit for the Congregation’s Vision. Join us!

NOTE: This illustration is NOT UUTC.



UPCOMING EVENTS

MORNING MEDITATION TUESDAYS & THURSDAYS, 7:00AM

Tuesdays and Thursdays, 7-9am

Paula Gable has begun an informal morning meditation program in the sanctuary. Although you may come and go as your schedule permits, participants are encouraged to be seated before each meditation period begins. Wearing loose-fitting, comfortable clothing is recommended, and you may bring your own mats and cushions, or simply sit in a chair.

The exact format may vary daily based on the needs and requests of those in attendance. We anticipate that the program will be comprised primarily of 20 to 40 minute silent meditation periods, and perhaps some chanting, guided meditation, walking meditation, reading and discussion of meditation-related topics. The details are up to you.

If you are interested, please register from the website [Calendar](#) so we have your contact information in case we need to cancel some mornings, etc. For questions, comments, requests or suggestions, please contact Paula at 553-9410 or revpaula@uutc.org.



END OF LIFE CONVERSATION • CONTINUING OCTOBER 29th

Adult Religious Exploration is sponsoring a series on end of life planning to be held on Thursday afternoons, from 2:00pm until 4:00pm. Betty Kendrick will lead the final session this Thursday and will demonstrate how to have conversations with parents, children, siblings, etc. about your wishes for end of life care. Betty has just completed training in a new program entitled The Conversation Project. If you have questions, contact Jim Null at 877-2550 or jnull69@citcom.net.

ARE YOU “THE MAN” FOR THE MOUNTAIN?

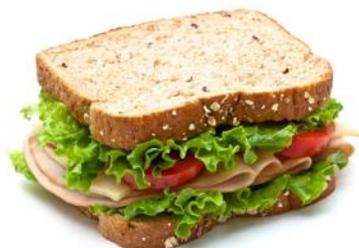
The UUTC youth are fundraising and preparing to attend the fall CONs at The Mountain Retreat and Learning Center in Highlands, for the third year in row. The Youth CON this year will *"explore how we bring our UU faith with us in our personal relationships, in our congregations and in the larger community. Workshops and activities will bring together our Unitarian Universalist youth in discussions, projects and actions to reinforce our UU values."* It is truly a special time for our youth.

In order for our youth to participate, they must be accompanied by an adult supervisor, usually a parent volunteer. We have had three generous adult females volunteer to drive youth to the CON and act as the supervisor, but we are struggling to find an available adult to be the UUTC male supervisor for the Intermediate CON, November 20-22 and we are looking for a male volunteer.

The adult supervisor's main responsibility is to be a monitor during cabin times, and obviously be the overnight supervisor. Supervisors attend meals with the campers and provide support as needed. They DO NOT have to plan or implement any activities. Supervisors will have plenty of relaxation time and the food is delicious and the Youth are awesome! I would be heartbroken if our young males could not attend, which right now is just one young person, but could be up to 3 male youth.

If you have a desire to help out our family in need, please contact Heather, creuutc@gmail.com, 553-3810. Per The Mountain Youth Protection Policy, all adult supervisors will need to have background checks, which UUTC will provide. Thanks so much. — Heather

SANDWICH SUNDAY, NOVEMBER 1ST



Food, Fellowship and Fun! In the Social Hall, unless the weather is fabulous (and then we will move to the park). Bring a little something to share!

YOUTHFUL SUCCESS!

October 18th was a full day for the CRE. We started our morning with a very successful Bake Sale. All the funds we collected go towards attending Youth CONferences with UU youth from all over the southeast at The Mountain Retreat and Learning Center in Highlands. During our Sunday school lesson, we created Halloween crafts to be



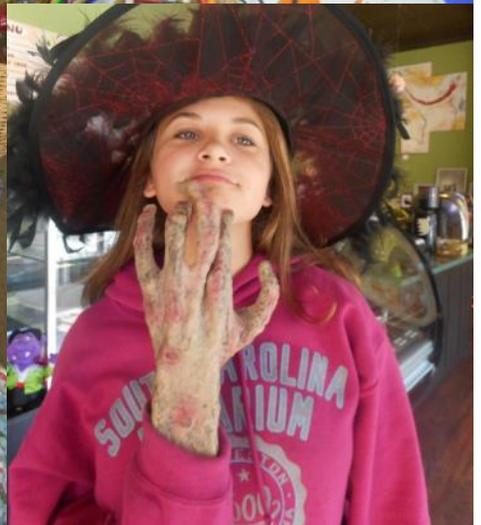
given to participants of the LHHH Luncheon on the 22nd. Following the Bake Sale/11:00 service, the UUTC Teens were treated to a "Create Your Own Sandwich" Lunch complete with a walk downtown for dessert at Kiwi Gelato. This time together allowed us to catch-up after a very busy 2 months of school and extra-curricular activities and plan for the Youth CON's. It was tons of fun to pick through the costume box, choose a wacky something to wear and troop into the Heart of Brevard...you know, it's great to be alive in Transylvania County, especially in October!

At 3:00pm, our younger children began to arrive for the Youth Group sponsored "Parents Day Out." Parents Day Out is a time for parents to have a few hours to themselves while the children have fun with their UUTC friends. Our PDO theme was of course, HALLOWEEN PARTY, and as you can see in the photos we had a fun costume party! This PDO was the biggest yet! 19 children between the ages of 18 months and 10 years old showed-up! Along with our 6 teenage leaders, they spent three hours singing, playing games, creating crafts and watching a bit of Casper the Friendly Ghost. The highlight of the day was the teenagers acting out the story BIG PUMPKIN on the stage in

the sanctuary for the younger children. So funny and so entertaining!

We exceeded our donation goal and are now gearing up for the Youth CON's next month. Thanks to everyone who contributed to the Bake Sale and the Parents Day Out. Please rest assured that your donations are going to the very best cause, our children, and their spiritual journey's as budding UU's.







"We are the certain and the seeking, the lifers and the newcomers, the beloved and the brokenhearted, the insiders and the rejected, all of whom have found a home in the extraordinary, yet intimate, communities of Unitarian Universalism."

Melissa Harris-Perry, MSNBC Host

Our mission is to create a community that encourages free spiritual discovery and growth, celebrates personal and religious diversity, and promotes active, responsible involvement in the larger community.

Inclusive. Intentional. INVOLVED.

PHOTO SHOOT FOR THE DIRECTORY—NOVEMBER 7TH



You, too can look this great— but you must contact [Barbi Smith](#) and let her know that **you want to be scheduled for the Photo Shoot on Saturday, November 7th.** Well-behaved canines can also be included. And don't forget—children grow. It may be time to update that photo!

Members and Friends may request the PDF of the most recent Members and Friends Photo Directory by email —click here! admin@uutc.org.

KEEP UP WITH WHAT'S HAPPENING!!!

VIEW our [church calendar](#). This is the calendar which has ALL events.

For previous issues of the UU Update, contact the office at admin@uutc.org.

SEND news for this newsletter by 10:00am on Wednesdays.

CONTACT US

Our Minister is the Rev. Dr. Paula R. Gable. To reach her out of the office, call **828-553-9410**.

Church office hours are Monday through Friday from 9:00 a.m. until noon. The church telephone number is **828-877-6121**. Our mailing address is UUTC, PO Box 918, Brevard, NC 28712. Our website is www.uutc.org. Our church is located at 24 Varsity Street, at the corner of South Broad Street in Brevard. Our email address is admin@uutc.org.