

UUTC UPDATE

Inclusive. Intentional. *Involved.*

Office Hours

The office is open Mon-Fri from 9:30 to 12:30 and by appointment.

Pastoral Care

Going through a rough spot? Have surgery coming up? Call (877) 510-5603, email lhhh@uutc.org, or let us know [online](#).

Nursery Care

Our Nursery is open Sunday from 9:00am to noon for children ages 0-3. Take advantage of either service —our childcare staff would love to welcome your child.

Coming Up at UUTC

Heartfulness Meditation — Sat @ 5:30
 Caregivers Group — Mon @ 10:00
 Spiritual Explorers — Mon @ 3:30
 Men's Group — Tues @ 9:00
 SMART Recovery — Tues @ 6:00
 Eclectics — Wed @ 10:00
 LHHH — Wed @ 2:00
 Choir Rehearsal — Wed @ 4:00



LIVING AS IF OUR BODIES MATTER

Rev. Sally Beth Shore

It's a New Year, and as usual, many of us have made resolutions about how we will exercise more, go on a diet, start yoga classes, or generally take better care of ourselves, among other goals. But a week in, and some of us are already starting to wane. How come? Why did we make these resolutions in the first place, and what motivates us to follow through? What's possible when we live as if our bodies matter?

Services at 9:15am and 11:00am. Join us for coffee at 10:30am!

*“The body is an
unconscious mind.”*

*- Candace B. Pert
Molecules of Emotion*

Social Justice Giving: UUSC



The Unitarian Universalist Service Committee (UUSC) is a nonprofit, nonsectarian organization advancing human rights together with an international community of grassroots partners and advocates.

Our mission: UUSC advances human rights and social justice around the world, partnering with those who confront unjust power structures and mobilizing to challenge oppressive policies. Our work is grounded in the belief that all people have inherent power and dignity. [Learn more about our unique approach.](#)

All contributions to UUSC are matched by the Shelter Rock Congregation (UU). Since we combine our gifts from the shared collection and send them all as one donation, this is an opportunity for donations of any size to be matched. Make out your check to UUTC with "UUSC" on the memo line. Thank you for your generosity.



SUNDAY, A WEEK FROM NOW Keeping Faith with Martin

Rev. Sally Beth Shore

Albert Sweitzer said, "the only ones among you who will be really happy are those who will have sought and found how to serve." Whoever came up with the idea of a National Day of Service to honor Martin Luther King, Jr., had a great idea. Service can look a lot of ways, what does ours look like? What service will we offer this week to further the vision of a just society wherein all are accorded love and respect?

SOUPER SUNDAY — THIS SUNDAY!

Stay after the second service on the 12th and enjoy a lovely time with members, friends and visitors of UUTC. If you've already signed up to bring soup, Thank you! If you've not signed up but would like to bring something else to supplement the meal, feel free!

Anyone can contribute a donation to help the Membership team offset the costs of providing the other parts of the meal. Hope you can join us! This event brought to you by the Membership Team.



CHILDREN'S RELIGIOUS EDUCATION UPDATE & SUMMARY

OUR WHOLE LIVES RETURNS

The CRE program will again offer the Our Whole Lives (OWL) Sexuality Education for 7th, 8th and 9th graders. This is a sexuality education program for youth that models and teaches caring, compassion, respect, and justice. Our Whole Lives provides accurate, developmentally appropriate information about a range of topics, including relationships, gender identity, sexual orientation, sexual health, and cultural influences on sexuality. **The facilitators are Heather Layton and Kevin Lausch.**



The program will launch in late January and runs for 10 weekly sessions on Sunday afternoons, including two retreats. All 7th-9th youth are invited to attend (whether UU or not), and a parent information session is included. You can learn more about **Our Whole Lives** sexuality education at the [UUA Website](#).



For more information, email Kevin Lausch (kevin@uutc.org).

Our Whole Lives Sexuality Education for 7th, 8th and 9th graders

Length: approx 10 session from Late Jan through mid April plus 2 retreats

Location: UUTC Time: most likely 3pm-5pm on Sunday afternoons

SAVE THE DATE! SUNDAY, JANUARY 26, 3:30-5:00PM

Jason DeCristofaro (piano) will perform a concert of his original Jazz music and some classic Jazz standards with Cameron Austin (bass) at UUTC! This is a duo that you don't want to miss!!!!

Tickets will be available at the door for \$15.00 per person.

Doors will open at 3:00pm. Following is a bio on Jason. Check next weeks newsletter to get to know Cameron a little better!



Jason DeCristofaro is an active musician, music educator and composer based in Asheville, NC. He is adjunct music faculty at Warren Wilson College (where he teaches applied percussion, applied piano and directs the Jazz ensemble) and A-B Tech (where he teaches music theory, music appreciation, and Jazz history). A published composer with C. Alan Publications and Tapspace Publications, Jason's concert works have been performed in China, Germany, Italy, New Zealand, the Philippines, Sweden, and throughout the United States. The winner of the 2011 Yamaha/Percussive Arts Society Terry Gibbs Competition, Jason has performed as a guest artist at numerous jazz festivals and given clinics on Jazz improvisation and performance at several universities throughout the Southeast. Jason holds a Master of Music in Performance, Master of Liberal Arts and Sciences, and is currently working towards his Doctorate in Music Education (Boston University, ABD). He hosts Jazz Night at Southern Appalachian Brewery every Wednesday in Hendersonville, NC and co-hosts the weekly Monday Jazz Night at One World Brewing West in Asheville, NC.

NEW CLASS OPPORTUNITIES FOR 2020 — IN ORDER OF APPEARANCE

***The One Life We're Given*, led by Luanne Allgood Jan 23rd — Feb 27th, 11-12:30, Thursdays**

Based on the book of the same title by Mark Nepo. Class limited to 12 people. Meets in the large classroom. *"This new book affirms how precious this one life is and opens the chance we have to be fully alive and to be of use to each other and the world. Drawn from my years of teaching, I'm exploring how our hard work and authenticity readies us for meaning and grace. I'm looking to unfold how, by loving what's before us and concentrating on what's particular and personal, we can begin to make sense of our experience."* — Mark Nepo Sign up at the front desk.

***Women's Creative Café*, led by Jeannie Bernard & Cantey Carpenter Jan 19 — Feb 12, 10-12, Wed**



The doors are now open for the Women's Creative Café! The purpose of the Creative Café is to provide women with opportunities to access their creativity. There will be a series of short course offerings in small groups of women exploring and experiencing creativity (no art experience necessary). We often think about creativity as making something, but it can also be a way of living that makes unique connections. These classes will provide opportunities to develop and express ourselves in new ways.

The First session will be Intuitive Collage. Other sessions may be contemplative smartphone photography, life in color, puppetry, writing stories of recipes, etc. The intent is to experience creativity, to build a community while diving deep into inner life, and to explore creativity as a possible spiritual practice. Limited to 6 women. Sign up at the front desk. Meets in the large classroom.

***Final Acts of Love*, from Adult Religious Exploration Thursdays, beginning January 30th, 3:00-4:30**

Meets in the sanctuary. This offering covers a number of topics related to end of life issues. The opening speaker is Dr. Jackson P. Rainer, a renowned Doctor of psychology with extensive speaking experience on grief, caregiver fatigue, and spiritual responses to these end of life events. He is the author of ***Life After Loss: Contemporary Grief Counseling & Therapy***, and ***Isolated and Alone: Therapeutic Interventions for Loneliness*** and other titles. Dr. Rainer's chosen areas of research include grief and bereavement, end-of-life care, quality of life enhancement, rural mental health, and psychotherapy processes. On a side note, Kay Webb played a role in his wedding many years ago!



Dr. Morris Jenkins will speak on February 6th on hospice care and end of life decisions on medical care. Jim Null will speak on February 13th on end of life financial choices. Rev. shore and a panel will speak on February 20th on grief and memorial services. The program for the final session on February 27th is not yet confirmed, but in the works. Sign up at the front counter!

MEMBER, FRIEND, VISITOR — WHAT'S THE DIFFERENCE? AND HOW DO I MAKE A CHANGE?

Long ago, in a file cabinet...ok, so it was here in this office...

UUTC has different classifications of labels (don't you love that?) for the people who come through our doors, or *have* come through our doors. And when anyone wants to change that label, we have forms called "Status Change Request." But I get ahead of myself.

We all start as visitors. And, until we let somebody know we want a closer relationship than that by either sharing an email, a phone number, an intention... that's where we stay. But if we DO happen to mention in conversation that we want to be more involved in this community, then of course there is paper involved. And usually there is a class involved, for, you know, "full disclosure." We don't want you stepping into the deep end unaware, **because there is this thing called a Covenant.**

All Friends and Members are encouraged to give of Time, Talent and Treasure without impoverishing themselves of any of these particular assets. Bring your humor, your warm heart, your skills of whatever variety and let us find you a home, a small group, to join. Members have the privilege of voting. They are honored with brass leaves on the trees in our Memorial Garden. They may serve in elected office. Friends abstain from voting or serving in elected positions but can serve on Teams or Committees that suit their interests. There's more, but I don't want to bore you with minutia!

So how do you "change your status" from Visitor to Friend, from Friend to Member, from Visitor to Member? Or even from Member back to Visitor? **On Saturday, February 15th, the Membership Team begins its next class, "Introducing UUTC." A sign up sheet is on the front counter. Join them for breakfast at 8:30am, or come at the start of "actual" class at 9:30, running until 11:00.** (Seriously, though—you'll kick yourself if you don't try Victoria's cooking.) A second session will be on Sunday, February 23rd after the second service, for just a little over an hour.

Speak with a member of the Membership Team— (*pictured from top to bottom*) Midge Hoover, Victoria Kerr, Tim McGann, Peter Mockridge or the already-ready-with-paperwork Lauren Hufnagel (did I mention these folks are friendly?) and let them start the process for you.

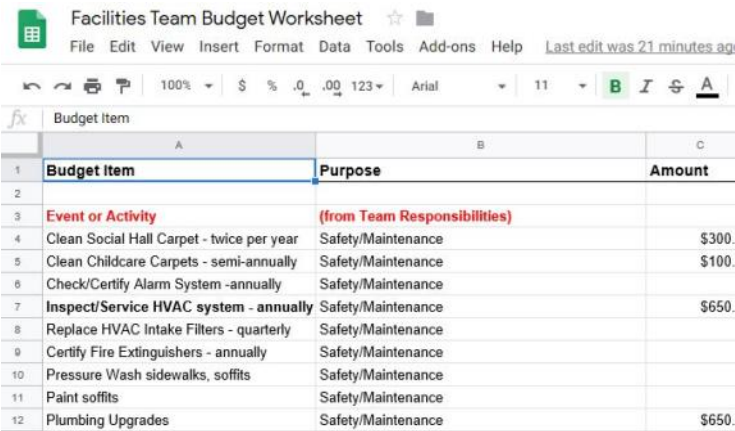
We'd love to include you!



BUDGET TIME — WHAT TEAMS NEED TO KNOW

The Finance Committee is about to jump back into the budget-making pond, and will rely on the last two years' spending by Teams *and their budget worksheets* to determine what is needed to meet Team needs for the 2020-2021 Fiscal Year.

As we began last year, Teams can use their budget worksheets to indicate the minimum necessary to meet the need, but also describe costs that would allow special projects or programming to move forward. As an example, the Membership Team might choose to supply all Members and Friends with new name tags such as have been created for Greeters and Ushers. The Worship Team may choose to purchase more hymnals to deal with our ever-larger numbers of people attending. (Average weekly attendance is now at about 145 people each Sunday. How 'bout them apples?) And our unpaid Director of Music may need more music for the ever-growing choir—especially if we want to hear something new!



	A	B	C
1	Budget Item	Purpose	Amount
2			
3	Event or Activity	(from Team Responsibilities)	
4	Clean Social Hall Carpet - twice per year	Safety/Maintenance	\$300.
5	Clean Childcare Carpets - semi-annually	Safety/Maintenance	\$100.
6	Check/Certify Alarm System - annually	Safety/Maintenance	
7	Inspect/Service HVAC system - annually	Safety/Maintenance	\$650.
8	Replace HVAC Intake Filters - quarterly	Safety/Maintenance	
9	Certify Fire Extinguishers - annually	Safety/Maintenance	
10	Pressure Wash sidewalks, soffits	Safety/Maintenance	
11	Paint soffits	Safety/Maintenance	
12	Plumbing Upgrades	Safety/Maintenance	\$650.

Teams can reach their Budget Worksheets from the Team page on the website, found in the bottom navigation band on each page of the website. To edit, you need a Google (gmail) account. These worksheets have already been “shared” with people from each team, but if you have any trouble accessing the documents, contact RK. Worksheets are due on January 31st — you do not have to “turn them in,” as Finance has access to the worksheets as well. Just make sure you’ve made your budget!

Inclusive. Intentional. INVOLVED.

Our Mission, as a welcoming, inclusive community acting from love, compassion and respect is:

To support individual spiritual journeys and To promote social, economic and environmental justice.

KEEP UP WITH WHAT'S HAPPENING!!!

VIEW our “insider” [church calendar](#). For previous issues of the UUTC Update, click [HERE](#).

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

CONTACT US

Our mailing address is UUTC, PO Box 918, Brevard, NC 28712. Our church is located at the corner of Varsity Street and South Broad Street in Brevard. Our email address is admin@uutc.org.