



# wayfinding

## Welcome to the Path of Finding Our Center



From the packet: “It’s not simply a place of peace and calm; it’s also a place of being pushed and launched. What you hear in this deep space within is not just the whisper of “Rest” and “Breathe,” but also “Take a deep breath and jump!” We encounter an invitation there, not just relaxation.”

*If one is not faithful to his own individuality, then they cannot be loyal to anything.*

*Claude McKay*

Our Soul Matters packets provide for individual and family study on the theme of the month, which you will also see reflected in Sunday services.

Poetry, activities, music — with plenty of individual choice about what you pursue. Interested? Email [Kevin Lausch](#) or [Rev. Bob](#) to get a packet!

## Social Justice Giving for January: Vecinos

**Vecinos** is a 501(c)3 nonprofit health care organization serving and advocating for farmworkers and uninsured, low-income adults in western North Carolina. They have a specific focus on the Latinx and farmworker community.

Agricultural work is one of the most dangerous jobs in the country and workers face many barriers when it comes to accessing care. Vecinos aims to break down health care barriers by bringing services directly to the community.

Our mission is to provide culturally-appropriate health and wellness services for the uninsured Latinx community. Learn more at [vecinos.org](http://vecinos.org).

This is the first year that UUTC is supporting this crucial non-profit.



# January

**Excerpts from the Minutes:** *There was no Board meeting in December.*

For the full Minutes, the Treasurer's Report, the Operations Report and the Minister's full report, please visit the [Board's Page](#) and select the reports you wish to view.



## Core Values

### Rev. Bob Renjilian

This month's Soul Matters theme is on "Finding Our Center." I admit there are some things that I do that don't help keep me centered. For instance, my news feed has been keeping me agitated and I was too engrossed some days to the extent that I missed my daily walk. Walks help me center. I like to remind myself of what gives me energy - exploring new ideas, helping others, getting to know people, and being with family are just a few examples. Letting a good story carry me away for a bit (good fiction books) shakes me out of negative thinking (de-centering from the negative helps me re-center on my true core values). Getting a good night's sleep helps, too.

I'm going to give up my usual news feed this month, and go back to another which has fewer stories (and is more thoughtful). I want to stay connected to the main issues though, so I'm going to tune into the 30-days-of-love podcasts and online resources. As our Unitarian Universalist Association website describes it, "30 Days of Love is our annual celebration that runs approximately from Martin Luther King, Jr. Day in January through Valentine's Day in February. It is an opportunity to collectively nurture our spirits, deepen our understanding, and take action on our values for collective liberation." Here is a link: <https://sidewithlove.org/30-days-of-love-2022>

The topics are not calm, fluff stuff. As I engage with the material (on reproductive justice, LGBTQIA+ justice, climate justice, and antiracism I know I'm part of efforts of concerned UU's across the nation. Being part of something bigger than myself is good for me - it is a way of de-centering from my own narrow (privileged) viewpoint, to help me find my better self in relation to others.

An exercise in the Soul Matters packet gives resources for finding your core values. I've done something like that before, and I'm going to refresh my perspective with the exercises. I'll be sending out the January Soul Matters packet for home study (PDF format) on January 1 to all on our Realm list - if you're not on the list and want to be added, I can do that at any time and/or send you the packet via email.

Perhaps you'll be thinking of other ways to adjust your focus in January too. There is a new class on meditation starting this month at UUTC if that's something you've always wanted to try, for example. The Spiritual Explorers will be starting a discussion on a new book too. A quick read of the calendar and newsletter shows we're getting busy again after the pandemic.

See you at church.



## Letter from the President

### Alice Wellborn

What a year it's been at UUTC! We can all be very proud of what we have accomplished, the new trail we're blazing for ourselves, and the hope for the future that is in our grasp. We're moving ahead, and it's time for all of us to get on board because the train is leaving the station!

During 2022, our in-person attendance has grown tremendously. We completed an evaluation of the ministry and are working on the goals and objectives that came out of that project. The Advisory Council is up and running again, and working hard on revising our Vision Statement. We had several fun and successful fundraising projects (remember Pi Day?) and we're on track with our pledges. The Grow Getters have a grant to complete their vision of a natural habitat that serves the community as well as the church. UUTC, under Kevin Lausch's leadership, has developed a program to serve and support the LGBTQ teens in Transylvania County, in cooperation with TC Strong. We raised the money together to complete some necessary maintenance and repair projects at UUTC. Rev. Bob is working with other clergy in the county on social justice issues, participating in the NAACP and offering pronoun workshops. Loving Hearts and Helping Hands continues to care for us all with kindness and generosity.

Community-building and social justice activities are a focus for 2023. We have gained several new members, which is very exciting. Our programming is back in gear with Wonderful Wednesdays, Spiritual Explorers, Mindfulness Meditation, the Women's Group, and other offerings. Let's all put our heads together and think about what social actions are needed right here in our community. Many of us are active on an individual level – **let's start working together** as a church community.

And that's my goal for 2023. Let's roll up our sleeves, get personally involved, and do our best to become a strong, beautiful church community. Let's serve each other, our local community, and our greater world community with wisdom and courage. It's on us – not the Board, not the minister – us. Let's go.

Happy New Year!

## UUTC Needs VolUUnteers Like U!

**Peter B. Mockridge, Nominations Committee**



UUTC has a remarkable paid staff in place: Minister, Congregational Administrator, Director of Children’s Religious Exploration, and Communications Coordinator, to name just a few positions. Fundamentally though, UUTC is an organization fueled by the work of many volunteers!

Each year, the Nominations Committee is tasked with identifying Members who are willing to serve and to have their names placed on a slate of nominees to be considered by the Congregation in its annual meeting in May. The Nominations Committee this year is comprised of Midge Hoover, Peter Mockridge, and Susan Zelle.

The Nominations Committee will identify candidates for the following positions on the Board of Trustees: President-Elect, Treasurer-Elect, Secretary, and a Member at Large,

In addition, the Nominations Committee is charged with identifying a Member willing to serve on the Nominations Committee and two members for the Endowment Committee, in each case to replace Members rolling off the Committees in accord with our governance plan.

If you are personally interested in serving in any of the roles identified above, or know of someone whose skill set would make them a valuable addition to the leadership of UUTC, please contact Midge, Peter or Susan with your suggestions. We can be reached through Realm. Thank you!



Photo by [petr sidorov](#) on [Unsplash](#)

## Learning to Meditate

Judith Moore, M.S., CPC. has studied and practiced meditation of various forms for over 40 years - long enough to have learned what works easily and consistently and can be taught with simplicity in any setting or circumstance. She has a Master's in Marriage and Family Therapy from the University of Maryland, and is a Certified Professional Coach.

As the founder and director of a non-profit offering workshops focused on personal growth and transformation from 1996 - 2002, Judith had the privilege of hosting and working with seminal minds in the field of personal growth and transformation. In 2003, she opened the Charleston Cookie Company - having nothing to do with meditation - but some really good cookies were produced and sold for 13 years. The cookie company

reached national recognition with its award-winning cookies and brownies, and appeared on The Food Network. She has studied energy medicine for 25 years, and is currently "retired," and returning to her roots as an integrative practitioner.

***Now— doesn't that sound like someone with whom you'd like to spend some quality time?***

You're in luck! Beginning on Tuesday, January 17th, a new Mindfulness Meditation class is forming, which Judith is leading. This is a drop-in class, and teachings are not consecutive nor are they reliant on a previous week's attendance. The class runs from 2:30-3:30pm. If you have gotten in the groove, you can hang around for the Quiet Meditation group (no teaching, simply meditation) that begins at 4:00pm. This is a weekly class, meeting in the Chalice House.

Our Soul Matters theme this month is "Finding Our Center." One of the spiritual exercises recommended in this month's packet is "purposeful pauses." Make a meditation class one of your "purposeful pauses" this month and see what it reveals in you.



## Souper Sunday!

Souper Sunday is a congregation driven shared meal. It relies on volunteers who cook or bake and on others to attend and enjoy their gifts! This monthly event is a wonderful time to reconnect or get to know others a bit better... and to share what is going on in your own life.

Our next Souper Sunday is **January 8th**. Lauren Agrella-Sevilla will be in the pulpit that day. If you can bring chili or soup for that day, please [email](#) or call RK Young—we'd like to have 7 crockpots of goodness for that Sunday!

## Progress on Sponsored Projects

### RK Young

We had a tremendously successful "Together We Give" campaign. We met the donor match for all projects. All together, \$17,225.00 was raised towards these projects. Thank you for your support! Once we close out the month of December, we can move forward with the purchase of three outdoor tables, one of which will provide for wheelchair access, to provide rot-free seating on the Fellowship Green. Also moving forward very soon (the Aesthetics Team is reviewing the color), is shades for the Social Hall. We are also prepared to purchase the minimum order of choir chairs. Fabric samples for the Aesthetics Team to review have just arrived for that decision making.



Coming soon to the Fellowship Green!

After that, things are a little more complex. Our bid for the sanctuary paint job was 3 years old, and had to be updated. It is likely that we may have to raise a bit more (\$5300 has been raised) to complete that job. The Security Cameras that would tie into our existing security system have not been fully funded — \$1800 out of the \$3200 goal. So Facilities will work with Kevin Lausch to decide whether to pursue a stand-alone system or to wait until full funding is available.

# Wonderful Wednesday, January 18th

## Rev. Bob Renjilian

When members of UUTC heard Mel Bringle speak at a public event at Brevard College they came back saying “we need to have her speak for Wonderful Wednesday!” Mary Louise (Mel) Bringle is a Professor of Philosophy and Religion and coordinator of interdisciplinary studies at Brevard College in Brevard, NC. Her Ph.D. in practical and pastoral theology is from Emory University. An award-winning hymn writer whose original texts and translations appear in the hymnals of numerous denominations in North America and Scotland, she has served as President of The Hymn Society in the US and Canada and as chair of the Presbyterian Committee on Congregational Song, responsible for creating the hymnal Glory to God. In the summer of 2020, she was named a Fellow of the Hymn Society.

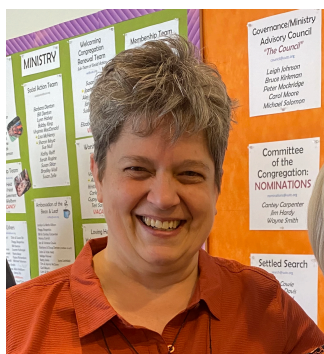


Dr. Mel Bringle

She is bringing a fascinating presentation about her work on the place of other-than-human animals in the western hymn tradition.

Dinner is at 5:30pm, and please [SIGN UP HERE](#) so that our cooks can prepare enough for everyone. The presentation is at 6:30pm and walk-ins are welcome!

*Please note: the Registration process in Realm has been made less cumbersome. Give it a try! You can also add guests with just a number, and not names. Remember that the meal is limited to 60 people, so if you can't negotiate the online sign up, please email RK and she will get you signed up quickly so you don't lose the opportunity.*



## Realm — Support Sessions Begin Jan 9

### RK Young

Beginning on Monday, January 9th, I'll be providing a weekly support session for anyone who would like to get more proficient on their mobile devices with our Realm Connect app. If you are able to edit your profile, you can make sure your mobile phone is listed as “mobile” and not “home,” and that will mean you can receive text alerts for cancellation of services, pop up Fellowship on Tap, or other events. If you can't edit your profile, bring your device and come to a work session!

If Realm is completely new to you, by all means **drop in at 1:30** and let me introduce you to the features others are enjoying — messaging inside groups (teams or class groups), managing your giving, and the NewsFeed. The newsfeed is where you will see upcoming events for groups to which you belong, and church-wide events.

I'll host this support group every Monday the office is open for two months. Come see me!

## Connections

### RK Young

Not too long ago, we ordered yard signs and threw them up in our yards...this might have been linked to a political event, or not... I really don't remember. Mine has finally crumbled to bits.

They came to mind, however, after reading the columns from Alice Wellborn and Rev. Bob. It is, of course, really easy to stick a sign in your yard.

Then you can dust your hands off and feel like you've been heard. Those of us who negotiate social media may do this exercise regularly as we share memes we like or reject what we don't. The trouble with these is that they create no real impact, other than, perhaps, raising our blood pressure.

Alice pointed out that many, many Members and Friends of UUTC are involved individually with organizations in the community that work to be, as this sign above says, Love's hands in the world. And just a very few years ago, we as a congregation have been able to boost our giving in the community thanks to the Community Outreach Endowment fund. This past year, Grow Getters formed and started making a difference that will continue to ripple outwards as their work for the earth continues.

How does the work that you do fit? How are you connected? I think of John Austin, Carlene Ragan and Janice Canon—who helped hold us together (and still do) with the comfort and joy of music. I think of Jeanie Bernard, who is introducing WAC\*ky Women to art as a spiritual practice. Or Bob and Mary Bennett, or Howie Friedman, who keep the building and grounds (with the help of the Facilities Team) from becoming hazardous. Of David Alff, Joanna Bliss and Judith Moore, who are helping to build “centering support” through meditation. In the realm of making us stronger together, these folks have been terrific.

But what about the “Love's Hands in the World?” It doesn't say “our money in the world.” The Social Action Team has been working with The Haven as missional work. They worked with St. Phillips and PowerUp. They coordinated with Davidson River School to give us the opportunity to support those young adults who struggle with the season. **They could do more with more hands.** Join them at Team Meeting Night this coming Wednesday at 5:30.

And finally, we have folks who have been serving as Greeters. They have worked to make us feel welcomed, cherished and connected. They are part of what used to be a Membership Team. If you would like to be part of making others feel welcomed, cherished and connected, grab me on Sunday. Tell me how you would like to participate in this team... or come to Team Meeting Night on Wednesday, January 4th at 5:30pm as we reboot this essential team. Because our first job is love. If you want to be part of that work, **I need you.**

# WE ARE:

ALL CONNECTED

STRONGER TOGETHER

LOVE'S HANDS IN THE WORLD

CALLED TO CREATE JUSTICE

RESPONSIBLE FOR ONE  
ANOTHER AND THE EARTH

 UUA.ORG/IMAGES

# January 2023 at UUTC



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>VECINOS</b> this month's <b>Social Justice Giving</b>	<b>NEW CLASS</b> <b>Mindfulness</b> begins on Jan 17th Tuesdays @2:30	<b>CRE and Nursery</b> <b>Care available</b> during Sunday services	<b>Don't miss it!</b> <b>WONDERFUL WEDNESDAY</b> Jan 18th 6:30	<b>New Session</b> of <b>Spiritual Explorers</b> begins Jan.12. Look for details	<b>NEW</b> <b>Men's Group</b> Meeting live on Thursdays @ 9am (Tues Zoom continues)	<b>Don't miss it!</b> <b>SOUPER SUNDAY</b> Jan 8th after service!
<b>New Year's Day 1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
<b>10:00</b> service In-Person & livestreamed <b>3:30 Book Grp</b>	<b>5:30 Week of Peace</b>	<b>9 am Men's Grp Zoom</b> <b>9-11 Grow Getters</b> <b>11:30-1:00 Fellowship</b> in the Hall <b>3:30 Book Grp</b> <b>4 Quiet Meditation</b>	<b>1:30- Women of UUTC</b> <b>4pm Choir Rehearsal</b> <b>5:30 Team Night</b>	<b>9am Men's Grp Meeting</b> <b>4pm A Course in Miracles</b>	<b>5pm Emotional Centering</b>	
<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
<b>10:00</b> service In-Person & livestreamed <b>11:30 Souper Sunday</b> <b>2:00 On Being</b>	<b>10 Caregivers Support Group</b> <b>11:30 Grief Support Group</b> <b>1:30 Realm Support</b> <b>5:30 Week of Peace</b>	<b>9 am Men's Grp Zoom</b> <b>9-11 Grow Getters</b> <b>11:30-1:00 Fellowship</b> in the Hall <b>4-5 Quiet Meditation</b>	<b>1:15 Dream Group</b> <b>4pm Choir Rehearsal</b>	<b>9am Men's Grp Meeting</b> <b>2pm Spiritual Explorers</b> <b>4pm A Course in Miracles</b>	<b>1pm WAC*ky Women's Art</b> <b>5pm Emotional Centering</b>	
<b>CHOIR SINGS 15</b>	<b>MLK Jr Day 16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>
<b>10:00</b> service In-Person & livestreamed	<b>OFFICE CLOSED</b> <b>2 LHHH</b> <b>5:30 Week of Peace</b>	<b>9 am Men's Grp Zoom</b> <b>9-11 Grow Getters</b> <b>11:30-1:00 Fellowship</b> in the Hall <b>2:30 Mindfulness</b> <b>4-5 Quiet Meditation</b>	<b>1:30- Women of UUTC</b> <b>4pm Choir Rehearsal</b> <b>6:30 Wonderful Wednesday</b>	<b>9am Men's Grp Meeting</b> <b>2pm Spiritual Explorers</b> <b>4pm A Course in Miracles</b>	<b>5pm Emotional Centering</b>	
<b>CHOIR SINGS 22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
<b>10:00</b> service In-Person & livestreamed	<b>10 Caregivers Support Group</b> <b>11:30 Grief Support Group</b> <b>1:30 Realm Support</b> <b>5:30 Week/Peace</b>	<b>9 am Men's Grp Zoom</b> <b>9-11 Grow Getters</b> <b>11:30-1:00 Fellowship</b> in the Hall <b>2:30 Mindfulness</b> <b>4-5 Quiet Meditation</b>	<b>1:15 Dream Group</b>	<b>9am Men's Grp Meeting</b> <b>2pm Spiritual Explorers</b> <b>4pm A Course in Miracles</b> <b>5:30 Board Mtg</b>	<b>5pm Emotional Centering</b>	
<b>29</b>	<b>30</b>	<b>31</b>	<b>February 1</b>	<b>2</b>	<b>3</b>	<b>4</b>
<b>10:00</b> service In-Person & livestreamed	<b>1:30 Realm Support</b> <b>5:30 Week of Peace</b>	<b>9 am Men's Grp Zoom</b> <b>9-11 Grow Getters</b> <b>11:30-1:00 Fellowship</b> in the Hall <b>2:30 Mindfulness</b> <b>4-5 Quiet Meditation</b>	<b>1:30- Women of UUTC</b>	<b>9am Men's Grp Meeting</b> <b>2pm Spiritual Explorers</b> <b>4pm A Course in Miracles</b>	<b>5pm Emotional Centering</b>	