

UNITARIAN UNIVERSALIST CONGREGATION OF THE SWANNANOVA VALLEY

August 2014

Volume XIII, Issue 8

Religious Freedom — Diverse Perspectives

From the Minister

Working Through Fear

I wanted to stop and think for a moment about the topic of Fear. Many humanistic and genuine spiritual teachings give us some insights into overcoming fear. I'm not so sure that fear can be "overcome," but it can be dealt with. There are teachings, both from psychology (Transformational, Jungian, and Gestalt), as well as spiritual teachings (The teachings of Jesus, A Course In Miracles, Metaphysics, Buddhist Thought, etc.) that remind us each day that we have the choice of choosing love or fear in our day-to-day lives. In my experience, it seems that when dealing with my own fears, the only way out is through. In other words, I try to embrace the fear. At times I talk to myself and try to make friends with the fear. This is not always the easiest thing to do as many of my fears hide behind the mask of rationality. They just seem so logical and seem to make so much sense.

I have been reading on the topic much these days and also experiencing some fear lately so this is what I will share with you. If it works for you fine. If not, move on.

1st. Recognize the fear. Notice the signs that fear is on the way. Rapid shallow breathing, anger or hurt, anxiety, attack thoughts, all of these are signs. Just acknowledge the fear without judging it or trying to change it.

2nd. Recognize that any quick solutions that your ego offers is motivated by fear. Peace does not always come rapidly.

3rd. Accept the fear. Embrace it. Tell yourself, I am afraid and its no crime to be afraid. Let me investigate the cause of this fear. Slow down and breathe. Feel your feelings and don't get up into your head. Just feel what you feel and then you will feel the calmness of not having to rush into anything take over you physically and mentally.

4th. Tell yourself that you don't have to decide anything right now. You can make decisions later out of a more calm and compassionate place within you. Patience is key.

These things may already have found a place in your emotional tool kit. If so, than this is a gentle reminder. If not, I hope they will be of use to you.



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normankowal@bellsouth.net
Newsletter Deadline: Tuesday 26 August, 10
a.m., covering September 2014

The Winds of Summer

You and I and all of us blew about with the winds of summer.

Following the sun in different ways of freedom and play.

Finding rest in the cool stillness of shadows and moving to the slow heat struck rhythms which turned the long hours of summer light.

Now it is time for gathering in. We come together at this time and in this place on the bridge of autumn.

Summer is fading backward into memory, and winter waits in snowy brilliance.

We meet with eagerness and delight, needing one another for sharing.

We have joys and sorrows and hopes to share, questions, things we care about and want to help make better.

Things that we would like to understand, ideas waiting to be heard.

Today, we are together in gladness, once more the special community that we call our church,

A community of all ages that sings its songs, tells its thoughts, asks its questions, and searches together with courage and with love.

—Unitarian Universalist Patricia Shuttee

Sunday Programming

Sunday, 3 August 2014, 11 a.m.

Work

John Snodgrass

Modern times press us to re-evaluate our cultural notions about jobs and vocations. Are we backsliding from a 'Golden Age' of thirty-year careers and retirement? How long did this 'Golden Age' of the American workforce exist, and what did people do before it? What did 'Success' and 'Satisfaction' mean in the distant past, and what might these concepts look like in the future?

John Snodgrass teaches World Religions at Brevard College and is the author of *Genesis and the Rise of Civilization* and *Turning the Tables: Farming and Feeding in the Gospels*. He lives in Hendersonville with his wife and two children.

Sunday, 10 August 2014, 11 a.m.

The Seasons of Our Lives

Rev. Michael Carter

The writer of the Biblical Book of Ecclesiastes reminds us that there is a time and place for everything under the sun. A time to live and a time to die. A time to love and a time to hate. A time to harvest what we have planted, or said another way, at time to reap what we have sown. We are told that there is indeed a "season," for everything. What exactly does this mean? Are we even really aware of the season of changes and times of transformation in our lives? How do we cope and recognize when these seasons come and go? When do we hold on and when do we let go. Let's explore.



Sunday, 17 August 2014, 11 a.m.

The Duality of The Southern Thing

Rev. Michael Carter

The "duality of the Southern thing" is a line from a song (The Southern Thing) written and performed by the Drive By Truckers. Like much of the DBT's music,

it is an exploration of what it means to be born and raised in the South. The duality that the DBT's speak of will be a foundation for exploring how the inherent opposites of our lives imbedded in our personalities, culture and sense of place are inextricably connected. Without one, the other cannot exist, which is why we must embrace all our frailties and strengths. Believe it or not, the Drive By Truckers and Lao Tzu were on the same page.

Michael Carter (not our regular Michael Carter, but rather that other Michael Carter) is a graduate of the Emory University Chandler School of Theology. He served in the United Methodist Church for eight years working in parishes in Georgia and Kentucky, as well as serving on the staff of one of the oldest statewide peace organizations in the United States. He spent many years in the corporate world and now is a starving entrepreneur living near Brevard.

Sunday Programming

Sunday, 24 August 2014, 11 a.m.

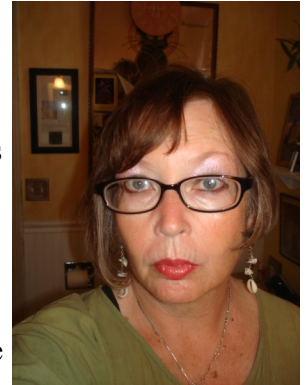
Growing Our Souls

Rev. Michael Carter

Why do we attend services on Sunday mornings? Why do we not sleep in and read the morning paper? I have heard it said that we want to have some type of recharging of our batteries to get through the week ahead. I have heard it said that folks attend in order to heal from the week before. Others come to socialize and to have fellowship, and yes, some even attend for the sermon. I say all of the above is true. But most importantly, I suspect that we attend services to evolve and to grow our souls, so that we can become more healthier, happier, more loving, more forgiving, more empowered human beings. But then again-- I could be wrong. See you at church!



even rebellion. We forget to take care of the one person who needs us most—ourselves. Spend some time this morning with



Byron Ballard as she outlines some strategies for Radical Self-Care.

As advocates and activists, we've been trained to always put ourselves last, which leads to poor judgment, ill health and ultimately to burn-out. If you have been standing as witness and holding vigil without tending your own needs, this is a good opportunity to learn some skills to balance your heart-lived life.

H. Byron Ballard, BA, MFA, is a ritualist, teacher, speaker and writer. She has served as a featured speaker and teacher at Sacred Space Conference, Pagan Unity Festival, Southeast Women's Herbal Conference, Glastonbury Goddess Conference, West Kentucky Hoodoo Rootworker Heritage Festival and other gatherings. Her writings have appeared in print and electronic media. Her essays are featured in several anthologies, including "Birthed from Scorched Hearts" (Fulcrum Press), "Christmas Presence" (Catawba Press), "Women's Voices in Magic" (Megalithica Books), "Into the Great Below" and "Skalded Apples" (both from Asphodel Press). She blogs as "Asheville's Village Witch" (myvillagewitch.wordpress.com) and as The Village Witch for Witches and Pagans Magazine (witchesandpagans.com/The-Village-Witch). Her pamphlet "Back to the Garden: a Handbook for New Pagans" has been widely distributed and her first book "Staubs and Ditchwater: an Introduction to Hillfolks Hoodoo" (Silver Rings Press) debuted in June 2012. Byron is currently at work on "Earth Works: Eight Ceremonies for a Changing Planet". Contact her at www.myvillagewitch.com, info@myvillagewitch.com.

Sunday, 31 August 2014. 11 a.m.

Those September Days

Rev. Michael Carter

The season of Fall will be upon us, perhaps sooner than we think as the days grow shorter. Some are still wondering where the summer went. What lessons do we learn from the month of September and the beginning of Fall? The cycles of nature have much to teach us about the meaning of life and love. Having said that, this sermon may not bring any new lessons to the table, but I am almost sure they will remind us some old ones. I hope you all had a time to rest and rejuvenate this summer for the Autumn ahead. See you at church!

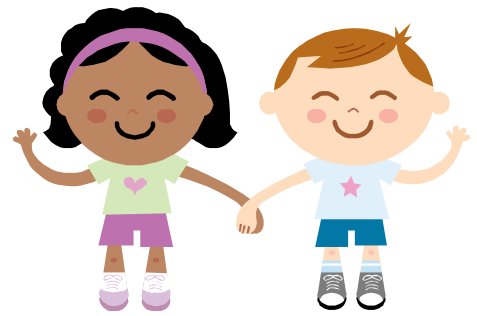
Sunday, 7 September 2014, 11 a.m.

Tidings of Comfort and Joy

Byron Ballard

As the world's troubles continue to baffle, anger and frustrate us, we often forget one important act of courage,

Religious Education Corner



This month's RE material is to be found in the companion PDF: **RE Newsletter—August 3, 2014**

Additional material:

RE needs teachers and assistants in ALL PROGRAM LEVELS PREK-K TO GRADE 12.

Coming of Age needs teachers and mentors. This program will not start unless we have some more volunteers

Inter-Generational Workshop: Next Sunday, August 10th. RE volunteers will lead the first few minutes of the service.

Upcoming Programs:

8/3: Gardening with Linda Blasky, who is new to RE

8/10: Balloon Sculptures with Carolyn Shorkey

8/17: A Story of Beginnings with Evelyn Carter

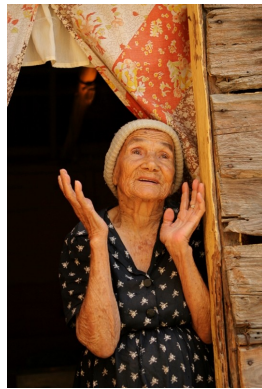
8/24: Origami with parent Jesse Figueroa

8/31: Adventure Afternoon - off campus - at Fern Martin and Monroe Gilmour's place. 11 a - 2pm. Children and parents welcome.

Adult Education Info - attached dates to include

Congregational Care Committee

The first month of Congregational Care has gone very well. We have had several requests for help and I found persons to help with every one. I was especially pleased with the help of two of the men in our group who did double duty, without complaint. Thanks to all who responded and I invite those in our congregation who are not at this time listed on our list of people, to contact me. We are especially in need of more men, for we have many elderly people who sometimes need something moved that is too heavy for them and they call on us. I am looking forward to having many more from our growing congregation join us in this very easy, and very important job. The more people I have to call upon, the fewer times each will be called, and of course if you have other things you need to be doing when I call, I will call someone else, so joining does not make you obligated to immediately drop what you are doing when you get a call.



This is a good time to let everyone know that I will be out of state starting mid August to early September on vacation. Tina Rosato will be the Congregational Care Coordinator as a stand in for me from August 13th to September 2nd, as I will be on vacation. Her home phone is 828 686 0530. She also has a cell phone 828 279 6622, but requests that messages are left only on her home phone.

—Ann Sillman, Congregational Care Committee Chairman

Choir News

For the month of August, our choir will have a slight change in the first rehearsal time, because Linda will be away earlier in the day on a singing camping trip! We will meet later in the day on Sunday August 17th, at 6:30 PM, and also on Thursday the 21st. Our third rehearsal will be on Sunday, August 24th at 10 AM, the day of the performance.



Come enjoy creating beautiful harmony with friendly folks!

—Linda Metzner, Choir Director

Friday Fling

August's Friday Fling, a fun party for grown-ups, every third Friday of the month, will be held on 15 August at 6:30 p.m. at the church. Refreshments (red and white) will be provided. Bring some simple food, so that we can make a potluck supper out of it. The movie *Temple Grandin* (2010; the story of a woman who conquered autism) will be shown. Next month we are planning *Thelma & Louise*. For further information call Norm Kowal (458-4537).



Lifespan Religious Education

Patricia Fahey is the director of UUCSV's Lifespan Religious Education, which includes both adult and youth RE.

The Adult Religious Education committee was formed just a year ago and has offered a variety of courses with many leaders and good attendance. Rev. Carter facilitates a monthly discussion group called Lunch Bunch which meets the first Tuesday of every month at noon. Rev. Carter along with Alton Hancock taught a well attended course on Transcendentalism. Our minister also educated us on UU growth with a series of DVDs followed by discussion. Linda Tatsapaugh, Barb Rogers, Willow Allen and Ann Sillman each provided us with interesting TED talks. One evening Robbie Madden and Anna Stern informed us about the status of the ERA amendment and how we can help to get it passed. Robbie also conducted a four week anti-racism series held at the Carter Center. In May Linda Metzner and Byron Ballard hosted an eight week Goddess program.

The committee is gearing up for a second year of interesting courses. If you weren't able to attend any classes in the past, look for upcoming sessions starting in September. Patricia Fahey will include adult RE news in her monthly article in the newsletter and weekly article in the Current. Lunch Bunch continues, TED talks resume, Rev. Carter teaches a new course, and there will be a different offering one night a month on various topics. We are very pleased that another covenant group will be starting. This will be an evening group, meeting twice a month.

This is a great committee to be on; meets only three or four times a year! Ann Sillman, Alton Hancock, Michael Carter, Patricia Fahay and Helen Bell hope that one or two people will join the committee. Please call Helen if interested in joining the committee or leading a TED talk or covenant group. Also call if wanting to be in a covenant group. The success of adult RE depends on you!

New Member: Linda Blasky

Linda Blasky grew up in both Florida and North Carolina, but has lived in this area since 1979. She's a former RN and has one grown daughter, Jessica, and a dog named Ebi. Her hobbies are arts/crafts and gardening; her volunteer interests are choir, children and helping out folks who need a meal and company. Spiritually, she's studied Buddhism, Hinduism and is lately reading about Sufism, which she finds very appealing to her heart. She believes in one thing and that is: unconditional love. She's happy to join such an awesome bunch of people here at UUCSV!

New Members: Dave and Alice Wells

Dave and Alice Wells live at 71 Galax Avenue, Asheville, NC 28806 (828-255-4583, dmw8@psu.edu (Dave), aliceeanddave@msn.com (Alice)). They have a daughter Sarah (41) and a granddaughter Bella (12). Dave grew up in Pittsburgh, and Alice in Ellwood City, PA (about 40 miles from Pittsburgh). They have also lived in Columbus, OH (1973-79), where they were members of a small UU fellowship. They have lived in this area for two years. Dave has a Ph.D. in mathematics, and taught math at a branch of Penn State until 2012. Alice trained as an LPN, and was a nurse until 2008. Their hobbies are hiking, guitar (Dave), and cooking (Alice). For pets they have three cats and two parakeets.

Room in the Inn Volunteers Needed for September

Our final Room in the Inn event for the year in Black Mountain will take place on Friday, September 26th at the Black Mountain Presbyterian Church annex. Through this program homeless women are provided a safe haven. UUCSV will provide all the meals and volunteers for the day, including van drivers and overnight volunteers. Sign-up for volunteers will begin in early August. A sign-up sheet will be in the foyer. Folks can also contact me at 828 686 3112 or flora258@isp.com.

—Connie Krochmal, Social Action Room in the Inn coordinator

Birthdays

- August 13 Joe Motzko
- August 13 Sydney Wilson
- August 15 Deb Vingle
- August 17 Connie Krochmal
- August 19 Susan Shaw
- August 20 Carolyn Fryberger
- August 21 Dick Stennett
- August 23 Ursula Goebels-Ellis
- August 23 Barbara Rogers
- August 29 Barbara Pleasants



If you would like your birthday posted in the church bulletin, please fill out the form located on the table in the

From the Editor—The Last Word

Your prayers and thoughts for my brother, in Wisconsin, are welcome. (We are both confirmed atheists, but—hey!—it all helps.) He appears to be sinking into dementia—thus my frequent trips up there, and considerations of relocating.

