



UUMAN TIMES

Unitarian Universalist Metro Atlanta North

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Where Can One Go To Get Help?

Last year, I participated in a poverty simulation sponsored by North Fulton Community Charities. It was an eye-opener. In the simulation, participants play specific roles, generally parent or child in a family unit, and are given the resources that a family might have when living below the poverty line.

As part of the simulation, the participants are informed of social service agencies that can provide assistance. During the simulated week, the participants rush to and from their jobs (or participate in job searches), attend school, find time and transportation to go to the store, pawn shop, or bank.

To be clear, nobody does well in the simulation, but those who do the best take what little time they have to investigate the social service agencies that are available to them. At times, the network of agencies – who they are, what they do, whom they serve, the rules that they must adhere to – can be confusing and daunting to navigate; yet those who take that time to navigate this network fare better than those who don't.

I asked Barbara Duffy, the recently retired Executive Director of NFCC, if she had a resource list for those needing help. I believe this list is important enough to pass along you all. (Please do not hesitate to email me if you'd like for me to send you the list electronically.)

NOTE: The main list is on the following page.

Here are a couple of resources not in the list:

Suicide Prevention Hotline 1-800-273-8255

Trained counsellors at local crisis center

<https://suicidepreventionlifeline.org/>

Crisis Text Line Text HOME to 741741

Volunteer-led text support for people in crisis

<https://www.crisistextline.org/>

The Trevor Project - (866) 488-7386

24/7 suicide prevention hotline for LGTBQ young people from 13-24

<https://www.thetrevorproject.org/get-help-now/#tc>

Georgia Crisis & Access Line 800-715-4225

For Georgia residents wanting access to suicide prevention care (operated by Behavioral Health Link)

<https://www.valueoptions.com/referralconnect/doLogin.do?e=Z2FjbSAg>

Fulton County Behavioral Access & Information Line 404-613-3675

Access line to learn how to handle mental health situations and get referrals to mental health services

<http://www.co.fulton.ga.us/bhdd-resources/bhdd-behavioralmental-health->

Cobb County Access Center (770) 422-0202

A call center for information regarding intake appointments and referrals to mental health services


<http://www.cobbcsb.com/services/mental-health/>

Take care,

Dave

When You Need Help: a List of Resources and Links

Resources and Links

 NAME OF AGENCY	PURPOSE	PHONE #	Website
requently Called Numbers			
United Way	To find help	211 or 404-614-1000	http://211online.unitedwayatlanta.org/
North Fulton Community Charities	Help in Roswell, Alpharetta, Johns Creek, Milton	770-640-0399	www.nfcchelp.org
Community Assistance Center	Help in Sandy Springs/Dunwoody	770-552-4015	www.ourcac.org
DFACS	Food Stamps/TANF/Medicaid	404-252-2180	http://dfcs.dhs.georgia.gov/fulton-county-dfcs-office
FACAA/LIHEAP	Energy Assistance	404-320-0166	www.facaa.org
St. Vincent de Paul Society	Financial Assistance	770-458-9607	www.svdcpatl.org
Housing & Homeless			
Housing Authority of Fulton Co.	Section 8 and Public Housing	404-730-5841	www.hafc.org
Homestretch/Housing Initiative	Transitional Housing	770-642-9185	www.homestretch.org
Roswell Public Housing	Public Housing	770-993-6226	www.roswellhousing.org
The Drake House	Emergency housing women w children	770-587-4712	www.thedrakehouse.org
Family Promise North Fulton/Dekalb	Emergency housing parent(s) w children	770-609-5407	www.info@familypromisefnd.org
Metro Fair Housing	Housing Discrimination	404-524-0000	www.metrofairhousing.com
Salvation Army	General Assistance	404-352-3597	www.salvationarmy.org
Gateway Center	Emergency Shelter	404-215-6600	www.gatewayctr.org
Travelers Aid/Hope Atlanta	Homeless prevention, newcomers	404-817-7070	www.hopeatlanta.org
Employment			
North Fulton Career Center	Employment	404-612-2273	http://www.fultoncountyga.gov/wia-home
EEOC (Equal Employment Opportunity Com)	Employment Discrimination	800-669-4000	www.eeoc.gov/field/atlanta/
Department of Labor	Unemployment Office	866-873-5676	www.dol.state.ga.us
Family & Childrens Services			
A Beacon of Hope	Pregnancy Counseling	678-893-5290	www.womensclinicofatlanta.com
Child Abuse and Neglect	To report abuse	404-699-4399	http://dfcs.dhs.georgia.gov/how-report-child-abuse
GA Council on Child Abuse	Info, resources	800-532-3208	www.preventchildabusega.org
Child Support Assistance	Child Support Enforcement	877-423-4746	http://dcss.dhs.georgia.gov/
Families First	Counseling	404-853-2844	www.familiesfirst.org
Fulton County Schools	General Information	404-678-3600	www.fultonschools.org
Senior Services North Fulton	Meals on Wheels, Transportation	770-993-1906	www.ssnorthfulton.org
Credit Counseling/ Legal/ Police			
Clear Point	Consumer Credit Counseling	404-527-7630	www.clearpoint.org
NID Housing Counseling Agency	Foreclosure Information/assistance	404-612-0405	www.atlhca.com
HOPE	24 Hour Hotline- Foreclosure assistance	888-995-4673	
Atlanta Legal Aid	Legal Assistance	404-524-5811	www.atlantalegalaid.org
Anonymous Police Tip Hot Line	Roswell – Crime/Drugs	770-641-3959	www.roswellgov.com/index.aspx?NID=238
	Alpharetta – Crime/Drugs	678-297-6307	www.alpharetta.ga.us/index.php?p=71
	Johns Creek – Crime/Drugs	678-474-1610	www.johnscreekgov.com/services/police.aspx
	Milton Police Department General	678-242-2570	www.cityofmiltonga.us/index.asp?Type=B_BASIC&SEC
Rape Hotline	24 Hour Hotline	770-887-1121	www.fultoncountyga.gov/contact-us-solicitor
Grady Rape Crisis Center	Crisis line	404-616-4861	www.gnesa.org/content/grady-rape-crisis-center
Government			
Fulton County Records	Birth/Death Records	404-613-1260	www.fultoncountyga.gov/dhw-vital-records
IRS	Tax Issues	800-829-1040	www.irs.gov
Social Security	Social Security, Disability, SSI	800-772-1213	www.ssa.gov
Tags/Titles	Fulton County Office	404-730-6100	http://motor.etax.dor.ga.gov/tagoffices/selecttagoffice.aspx
Veterans Administration	VA Health, Housing, Benefits	800-827-1000	www.va.gov
Fulton County Housing & Human Service	Info on County programs	404-613-7944	www.fultoncountyga.gov/divisions-and-programs
MARTA	bus, rail schedules, fares	404-848-4711	www.itsmarta.com
Health			
Georgia Crisis & Access Line	24 hour -mental health, addiction & crisis ser	800-715-4225	http://bhlweb.com/
North Fulton Regional Health Center	Public Health (in Alpharetta)	404-332-1958	www.fultoncountyga.gov
North Fulton Service Center	Common Ground (co-located services)	404-612-3917 or 404-612-6372	
North Fulton Health Center - Grady	Primary Care clinic in NF (Sandy Springs)	404-616-1550	www.gradyhealthsystem.org/
Northside Behavioral Health	Mental Health	404-851-8960	www.northside.com/medical_services/addISvcs_behavioral.aspx
Children's at NorthPoint (Mansell Rd)	pediatric primary care	770-643-1792	www.choa.org/About-Childrens/Locations-and-Directions
Good Samaritan Atlanta	primary care clinic downtown	404-523-6571	www.goodsamatlanta.org/
Georgia Highlands	primary care clinic serving North GA	678-887-1668	www.georgiahighlandsmmedical.org
North Fulton Hospital	Hospital - Roswell	770-751-2500	www.nfultonhospital.com
Grady Memorial Hospital	Hospital	404-616-1000	www.gradyhealth.org/
Scottish Rite (Childrens Hospital)	Pediatric Hospital	404-785-5252	www.choa.org/
Emory Johns Creek	Hospital - Johns Creek	678-474-7000	www.emoryjohnscreek.com/
Northside Hospital	Hospital - Sandy Springs	404-851-8000	www.northside.com/
St. Joseph Hospital of Atlanta	Hospital - Sandy Springs	404-581-7001	www.stjosephsatlanta.org

List prepared by North Fulton Community Charities, 11270 Elkins Rd, Roswell GA 30076 770-640-0399 www.nfcchelp.org



UUMAN Sharing the Plate—50/50



Life Celebrations

Thank you UUMAN for contributing to nonprofit organizations in 2019 through 50-50, the giving of half of our unpledged offering twice a month! It was the biggest year ever with chosen nonprofits receiving \$6, 135. Our giving was up 45% as compared to last year. There were a total of thirteen 50-50s this year; the board allowed an extra one in September to benefit **Hurricane Dorian victims in the Bahamas**.

Benefitting nonprofits included **Black Lives of Unitarian Universalism, International Refugee Committee, VOX Atlanta, Friends of Mimosa Hall & Gardens, North Fulton Community Charities** (May & December), the **Educational Needs of Children of our Partner Church in NE India, Freedom University, Premo School, UUSC Hurricane Dorian Relief, Refugee Women’s Network, Lost-n-Found Youth, and Family Promise**.

Michelle Liebergesell
50-50 Coordinator

We want to commemorate the happy occasions in the lives of our UUMAN members and other friends of UUMAN. We are looking for Naming Ceremonies, Graduations, Marriages, Anniversaries, Retirements, and Birthdays. Please submit the information about your special day, in the month prior to the event, to

communications-chair@uuman.org

Date	Celebration
1/4	Jamie Hagood is celebrating a birthday
1/15	Randy Jue is celebrating a birthday
1/21	Nelson Hagood is celebrating a birthday
	Dharma H. is celebrating a birthday
1/23	Tammy Dunn is celebrating a birthday
1/24	Donna Melcher is celebrating a birthday
1/29	Dave Dunn is celebrating a birthday

Leadership at UUMAN

All organizations need leaders in order to enable their mission and thrive. UUMAN is no exception to this rule. Every year UUMAN has a need for new Board of Trustees and committee chairs as people roll off or move into new roles.

On **Saturday, February 8** we will be having a **UUMAN Leadership Workshop** where we will explore and discuss what it means to be a leader at UUMAN. If you have an interest in serving in a leadership role the Mission and Vision of UUMAN please plan to attend.

Thank you for all you do for UUMAN!

Bob Popp
Vice President



Notes from the Board

In case you haven't heard UUMAN has hired Melinda Mischik to be our Interim Director of Religious Education (IDRE) starting this month. Our goal was to have our Interim DRE in place by the spring of 2020 and we have exceeded that goal based on the excellent work of the Interim DRE Search Team (Margriet van de Steeg, Stephen Seaver, Jacqueline Gore, Bob Popp). Melinda's first day will be January 2, and you will have a chance to meet her on Sunday, January 5th, during and after service.

You are going to really like Melinda. She has considerable experience as the Director of Education for Children at the St. Martin Episcopal Church in Brookhaven. She also has considerable experience with marketing, communications, fundraising, and recruiting and coordinating volunteers. She is excited and looking forward to joining us!

As we begin this transition, please join with me in thanking the RE team (Laurie Wheeler, Mike Chambers, Rosie Popp and Merilee Hufnagel) for everything they have done to get and keep the RE program running over the last 6 months. Also Carolyn Bommarito and her team of nursery volunteers. Without all of them and the many volunteers we couldn't have had such an awesome RE program this fall – so THANK YOU!

The Board of Trustees is thrilled to be welcoming Melinda to UUMAN. Please make sure to welcome her when she comes to service on **January 5**.

-Bob Popp

Developing Lay Leadership

Many Unitarian Universalists experience a deepening commitment to their faith and congregation as a call to accept a position of leadership—as a lay worship leader, a leader of children or youth or a member of a task force, committee or governing board.

If you have an interest or would like to learn and explore being a Lay Leader at UUMAN please join Rev. Dave Dunn and myself starting in January 2020. We will be holding the workshop sessions on Sundays either before or after service. The health and well-being of UUMAN depends on our lay leaders so please consider getting involved and making a difference by attending the “Developing Lay Leadership Workshops”.

Thank you,

Bob Popp

North Fulton Community Charity Volunteer Day

UUMAN had its monthly volunteer day at North Fulton Community Charity on December 16.

We had a wonderful show of new and experienced volunteers. Some of us worked at the Thrift Store and the rest of us unloaded 2 full trucks of food and personal hygiene items.

It was a magnificent afternoon, enjoying each other's company while doing good for the community. I hope you can come and join us next time.

North Fulton Community Charities' mission is to build self-sufficiency and prevent homelessness and hunger in our community by providing emergency assistance and enrichment programs.

For more information please visit <https://nfcchelp.org/volunteer/>

Thank you,

Carla Kapeskas

Help Wanted

There are many ways that you can get involved in support of the UUMAN mission. Here are some of the current needs:

Greeters

Greeters welcome visitors and everyone that enters UUMAN on Sunday morning prior to service; this is a great way to get to know people; if you are interested, contact membership@uuman.org

Choir

The UUMAN Choir is always looking for people interested in singing; For more information, contact Alex Pietsch at music-director@uuman.org

RE Teachers

The religious education program for our children and youth is well under way. If you are interested in getting involved in teaching or helping, please email re@uuman.org

Coffee House

Every month on the third Saturday we set up the Sanctuary to have live local music. We need help moving chairs around in the Sanctuary, setting up tables and putting up the backdrop for the show. It takes an hour or less if we have four or more volunteers helping. If you'd like to help, contact coffee-house@uuman.org

UUMAN Upcoming Events

Date	Event
1/5 12:00pm-1:00pm	The UUMAN Cancer Support Group meets on the first Sunday of every month , 12:00 – 1:00 pm in Discovery Hall. The group is for cancer survivors and their care-takers. Bring your own lunch. Questions? Contact the facilitator Kim Palmer at kpalmer01@gmail.com
1/6 7:00pm-8:30pm	<p>Earth Ministry</p> <p>We deeply embrace the natural world and are stewards of our Earth for now and for the next seven generations. We are respected in our community for environmental action.</p> <p>We invite YOU to join us! We meet the first Monday of every month at 7 pm in Fellowship Hall, the small brick house to the right of our UUMAN sanctuary. There is much we can do together! For more information, contact earthministry@umman.org</p>
7:00-9:30pm	<p>Common Grounds Coffee House</p> <p>Common Grounds Coffee House is held the 3rd Saturday every month in the UUMAN Sanctuary. Music starts at 7:30 PM. Doors open at 7:00 PM.</p> <p>\$5.00 suggested donation at the door. We also collect food donations for North Fulton Community Charities.</p> <p>Our Coffee House has live music, poetry, and refreshments for sale, including sweet treats, fruit with cheese and crackers, sodas, tea and of course fair trade coffee. You are also welcome to bring your own refreshments. Tell a friend! Bring a friend!</p>
1/10	The Spiritual Wisdom Study group is beginning a new book, Active Hope by Joanna Macy, on Fri Jan 10, 7-9 PM in the fellowship hall. We had a workshop on this subject this past fall using Dr. Macy's program. Subject & subtitle: "How to Face the Mess We're in without Going Crazy." No reading necessary for the first session, all are welcome to drop in.
1/14 7:00pm-9:00pm	<p>Citizens' Climate Lobby – Roswell-Marietta Chapter</p> <p>Citizens' Climate Lobby is a non-profit, nonpartisan, grassroots advocacy organization focused on national policies to address climate change. The Roswell-Marietta Chapter meets at UUMAN on the 2nd Tuesday of every month. Contact Donna Melcher or Bob Popp for more information. melcherdonna@gmail.com bpopp@att.net</p>

UUCA Event:

Wine, Cheese and the Spoken Word

Saturday, January 25 at 7:00pm

Unitarian Universalist Congregation of Atlanta (UUCA)

The Katherine Basden Story, plus Tai Chi led by Furman Riley, and an Open Mic.

The poster is divided into several sections. At the top left, it says 'SAT JAN 25 2020'. Below that, 'SUGGESTED DONATION: \$5' with the note 'BUT NO ONE WILL BE TURNED AWAY'. To the right, 'AT THE UNITARIAN UNIVERSALIST CONGREGATION OF ATLANTA'. In the center, the title 'WINE, CHEESE, AND THE SPOKEN WORD' is written in large, bold letters. To the right of the title, '7PM' is displayed in a large font. Below the text, there are two photographs: on the left, a portrait of Katherine Basden smiling, wearing a red shirt; on the right, a full-body photo of Furman Riley in a yellow shirt and khaki shorts, performing Tai Chi. At the bottom, the text reads 'The Katherine Basden Story AND Tai Chi led by Furman Riley'. Below this, a quote from Katherine Basden is provided: "There are two doors in my life . . . Behind Door #1 is depression . . . I almost called it quits in August of last year. My uselessness consumed me to the point I reached out to Door #1. A funny thing happened as I twisted the knob, my phone rang . . ." followed by 'The Katherine Basden Story'. At the very bottom, it says 'Open Mic between sets' and the address '1190 W DRUID HILLS DRIVE NE, SUITE 150, ATLANTA, GA 30329'.

A Month of Sundays

Date	Topic	Service Leaders
1/5	<p>Faith In Public Life</p> <p>We will be faced with an unprecedented decision in the November elections. We've now seen the implications of our toxic political landscape and its accompanying ideologies. As a nation, we must now choose a path forward. In addition to merely choosing, what does UUMAN's Vision compel us to do?</p>	Rev. Dave Dunn
1/12	<p>30 Days of Love</p> <p>This year marks the 8th anniversary of the UUA's 30 Days of Love campaign. It is a period for intentional action, service, education, and reflection running from Martin Luther King Jr.'s birthday to Valentine's Day. How might we deepen the connection to our faith at this time?</p>	Rev. Dave Dunn
1/19	<p>MLK World Café Multigenerational Service</p> <p>Come and engage with others in a multigenerational world café format as we unpack the implications of Martin Luther King Jr.'s work on our work today. What can we learn from one another?</p> <p>50/50 – Equal Justice Initiative Multigenerational Service – No RE</p>	Rev. Dave Dunn
1/26	<p>Cultivating a Relationship with Uncertainty</p> <p>No doubt the coming year will bring with it an uncertain future. Nobody particularly likes uncertainty but it is a condition of our existence. How does uncertainty affect us? Can it ever be productive? Can it change us for the better?</p>	Rev. Dave Dunn

January Connections

Date	Event
<p>Wednesday nights from 7:00 PM to 9:30 PM in Fellowship Hall.</p>	<p>UUMAN's Painting Group</p> <p>Learn to paint in a relaxed atmosphere (with a glass of red wine if desired). We have easels and tray tables; just bring your paints and a canvas. A portion of the fee goes to UUMAN. Contact: Annette Pate painting@uuman.org</p>
<p>Weekly on Wednesdays at 12:15. Location of meetings vary.</p>	<p>Daytimers</p> <p>The Daytimers group discusses contemporary, thought-provoking topics such as current political issues or social trends that may affect everyone at some level. All are invited to attend. For information, contact Dan Ben-David. dan@uuman.org</p>
<p>Saturdays from 9:30 a.m. to 10:30 a.m. In the Sanctuary</p>	<p>Centering at UUMAN</p> <p>Silent meditation Saturday mornings at UUMAN. Please come at 9:00 for some basic instruction if it is your first time. The meditation itself begins promptly at 9:30. Please be in your seats on time. Those who wish to may stay after for 30 to 45 minutes of discussion about our experiences. For more information, contact Carolyn Bommarito at campoften@aol.com</p>
<p>2nd and 4th Tuesdays at 10:00 a.m. to 12:00 in Discovery Hall</p>	<p>Circle of Women</p> <p>We aim to develop a warm nurturing circle of trust where we can share ourselves and our lives. Contact Linda Etheridge lletheridge1@gmail.com</p>

For more information about other offerings at UUMAN, go to www.uuman.org.

ABOUT THE UUMANTimes: The UUMANTimes is the newsletter of Unitarian Universalist Metro Atlanta North (UUMAN). We go live with each issue by the first Sunday of the month; deadline for submissions is typically on the 22nd of the month preceding the issue date.

Please email your news articles and artwork to Becky at newsletter@uuman.org