



UUMAN TIMES

Unitarian Universalist Metro Atlanta North

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Healing Together in Our Beloved Community

Needless to say, it has been a difficult month for us here at UUMAN. Rev.

Cynthia's sudden passing was a shock to us all. And the tragic events in Orlando continue to remind us, sadly yet again, of the work that we must do to create Beloved Community in our world.

As an outside observer of sorts, I've been inspired by UUMAN's response to all this. At times, your actions have been nothing short of heroic. The leadership exhibited by several UUMAN members who, on Sunday, May 29, lovingly and compassionately improvised and felt their way through a chaotic morning was truly beyond the call of duty. It was done for the love of everyone here who calls UUMAN home.

The Wednesday evening vigil and the refocusing of the following Sunday's service to address "The Lessons from Our Minister" seemed to strike the right note of healing. And the Social Justice Committee incorporated into their monthly meeting a vigil for those who died in Orlando in yet another act of violence. Although it was hard to imagine having yet another vigil, it was done in a simple way that was just right. Beautiful!

The following is a list of reactions to look out for and things to do when experiencing loss. This was generously supplied to UUMAN by the UU Trauma Response Ministry. (Our UU friends have been wonderful in reaching out to us again and again!)

Common Reactions To A Sudden Death

- You feel a high level of distress with a lowered capacity to cope
- Your feelings of control and security may dwindle. You may abandon your assumptions and expectations about life.
- You may have a sense of unfinished business because you were unable to say goodbye
- You may experience acute grief, shock and numbness for a prolonged time.

• The intensity of your emotions may increase
For Children and Families Who Have Experienced Loss

- Listen carefully; being there matters
- Spend time with the children who've experienced loss
- Reassure them that they are safe
- Offer your assistance and listening ear even if they have not asked for help
- Don't take their anger or other negative feelings personally
- Tell them you are sorry that such an event happened and that you want to understand and assist them.

Care For Your Emotional And Physical Well Being

- Rest, exercise and eat properly
- Try to maintain your daily routine and schedules
- Express your pain to someone, such as a trusted friend, counselor or minister, who will understand and acknowledge your feelings
- Reach out and help others who might be experiencing the same emotions
- Keep a journal - write away those sleepless nights
- Make as many small decisions as possible that will give you a feeling of control over your life
- Do those things you know are good for you.

I can always be wrong but I feel that UUMAN is on a good path - the trajectory is healthy. I feel that UUMAN is healing. I feel that UUMAN is poised to move forward in healthy ways. You all have so many positive qualities. As I've said to a few of you, I'm finding you all at UUMAN very easy to love.

May you be well.

- Rev. Dave Dunn

M.U.S.T. Summer Lunch Sunday

Here's what 100 lunches look like!

On June 12, twenty-four UUMAN children and youth worked hard, with many parents and Rev.

Dave assisting, to prepare ham and cheese lunches for 100 needy children in the Roswell area. Each lunch consisted of a ham and cheese sandwich, a salty snack, a sweet snack, apple sauce and a juice box. Because of UUMAN's generosity we were also able to donate \$80 worth of fresh fruit. The children and parents learned about the M.U.S.T. Summer Lunch Program and saw a video about its impact on two sisters. Thank You UUMAN!

— Rosie Popp



A Page from The Page Turners

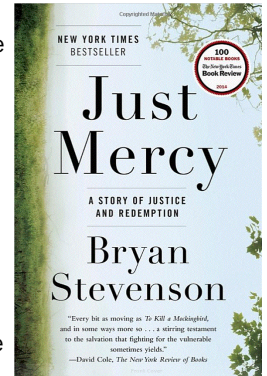


Please note that our women's book club, **The Page Turners**, will be on vacation in July. The next meeting will be on **August 13**, when our book will be **The Color Purple**, by Alice Walker. You may have seen and loved the movie; many people say the book is even better.

After that, our September book will be **Just Mercy**, by Bryan Stevenson. **Just Mercy** is the UUA's "common read" for 2016, so we expect it will have a lot of meaning for us on many levels.

If you enjoy reading and discussing books in a variety of genres, meeting over snacks and wine, getting to know one another, and having fun, this is the group for you. Become a "regular", or just try us out whenever you see that we're sponsoring a book you're interested in. Contact Carolina Patlis for the details. All women, whether UUMAN members or not, are warmly invited to the **Page Turners!**

—Carole Herman



Sharing the Plate: 50-50 Sundays

UUMAN's 50/50 Sunday program continues to help non-profit organizations, some of which are not on the mainstream radar for donations. For instance, in June 50% of the collection plate on the third Sunday went to fund our UU presence at Atlanta Pride. We raised over \$200 which is consistent with our average donation to other organizations throughout the year.

For July and August the Social Justice Committee has chosen the recipient for both months to be Homestretch which UUMAN has supported in the past. Homestretch is an organization that assists people that are homeless by providing temporary housing and also offers a program dedicated to educating them in managing their finances and debt. UUMAN has also provided volunteers (such as the Men's Group) to help with gardening and other maintenance needs and the UUMAN young ones have run "Back to School" supply drives in the past for some of their clients as well.

The next 50/50 Sundays are July 17 and August 21. Please consider donating to this very worthy organization. The congregation collected \$215.50 for the June 50/50 recipient, UUCA for Atlanta Pride.

— Michelle Liebergesell



Brew Crew News

Do you love the fair trade coffee brewed every Sunday for UUMAN's coffee hour? Did you know that you can purchase that coffee online from Equal Exchange? You can buy premeasured packs like we do or you can buy ground or whole beans by the pound. They also sell tea, chocolate, cocoa and gift items. Learn their story and look at their extensive catalogue at: equalexchange.coop

The Unitarian Universalist Service Committee is one of the faith partners for Equal Exchange. For more interesting information look at

<http://equalexchange.coop/our-partners/interfaith-partners/unitarian-universalist-service-committee>

Buying fair trade is only fair!

— Rosie Popp

UUMAN Care Circles

Each month your Care Circle Facilitator looks for you at service or at another UUMAN event. They might even send out an email asking that you "reply all" and give your circle an update about your family. You might think this is a chore or uncool like a corny Christmas card letter – but it doesn't have to be. With John Wheeler's permission I am printing his response to the Orange Care Circle's June check in below:

Things have been busy at the Wheeler household. Some things sad some things cheerful. But I guess that is pretty much life. A few weeks ago Tina's sister walked into the barn to get her husband and found him dead from a heart attack. The two of them took care of 40 horses on their horse farm in Ky. So this has really left a huge burden on Tina's sister. Tina is spending a lot of time in KY helping out with chores and trying to get things in order. The car is really racking up miles and has an organic smell to it. You've probably seen me at a restaurant around town as cooking for one really sucks. But I get to work early, come home early, and walk the dog a whole lot more than he is used to. Getting some unfinished projects around the house done, also.

One weekend while Tina was out of town I got invited to work the Flight Line at the PDK air show. I was really looking forward to doing something different with some friends. Unfortunately there was a horrible accident. One of the pilots I had been talking to and helping push his plane was unable to recover from a maneuver and crashed right in front of me killing him. I have my own history with planes. And combined with my Brother-in-law and now Cynthia I think I am getting a little well you know. However, I do feel blessed to know them all. I got to go skiing and golfing with my brother-in-law, work closely with Cynthia as president, and enjoy a 100 lunches with her (we were both life-long UUs, and have parents with memory issues), and I got to know the pilot (Greg) and share his love of flying in the short time I

knew him. But wow! They leave a big hole in my heart. And a bit of fear of my own mortality.

My sister blew into Tulsa from Australia. Stirred up my mother's routine and then disappeared back to the other side of the planet. So I have spent the last week in Tulsa helping her restore order and routine. She is fighting macular degeneration and dementia. Not a good combination. Forgot where you set your toothbrush down? If you could see you could find it, but she can't see. Got to spend time with my best-man though and that is always delightful. And went to a music event at All Souls Unitarian Church that was spectacular. I grew up there so I ran into several old friends. That was nice.

Storms moved into St. Louis when I was supposed to leave Tulsa. So after delays they sent me to Houston and more delays; followed by being sent home to Atlanta arriving at 5:00 am to find MARTA closed and no way home. I took Uber home, after 3,056 App installs. The driver was a very nice serial murderer and we made it from the airport to Roswell in a little under 12 minutes.

Three hours later Tina and I drove to Columbia, SC where Annie (oldest daughter) was waiting for us to help load her stuff and drive to Knoxville, her new home. She got a new job teaching 4th grade and is one excited girl. We got to Knoxville after her storage unit was closed, of course! Most of the guests at the hotel had just made parole so it was an interesting evening guarding all her worldly possessions in the parking lot that could only be described as Fright Fest II.

To help simplify things Annie's sister had given Annie a puppy but she was not supposed to get it until the next week. So when Megan's friend (who lives in Oxford but is from Knoxville) shows up with a puppy at the biker barbecue drive-in we had so carefully picked out to be mugged at, weren't we surprised!? Turns out bikers love puppies and we immediately became honorary members of the Knoxville Hell's angels.

The next morning we dumped the stuff and went house hunting. Believe it or not we put in an offer on a cute little house 3/10ths of a mile from Annie's school. Monday evening they accepted the offer. So in one weekend Annie has a new house, a new puppy, and a new job.

Tina and I drove home (in a '01 Jeep dragging a trailer). When I was 25 all this would just be exiting and I would be headed to the next adventure.

At 60? I'm tired.

Love
John Wheeler

North Fulton Community Charities and UUMAN

UUMAN has a long history of supporting North Fulton Community Charities (NFCC), which is located at 11270 Elkins Road in Roswell. Our monthly "Brown Bag Sunday" and "Common Grounds Coffee House" events provide related food & staple support through ongoing participatory campaigns. In June, our youth facilitated the collection of over 2,000 diapers and baby wipes (much needed items) for donation to the organization, and recently also drove the collection of toothbrushes and dental supplies, as well as assorted foodstuffs. We have a large basket in the narthex where canned goods and other food/staple items can be deposited at any time. Clothing/merchandise is NOT collected, but may be donated directly to the NFCC thrift store, also at the Elkins Rd. location.



NFCC has been a community presence for over 30 years, founded by Mary Drake in 1982 as a consequence of LBJ's War on Poverty, and currently provides assistance to over 12,000 people, including more than 4400 families. Assistance includes varied training and job search support and counseling, in addition to material sustenance. For \$3.6 million budgeted in 2015, \$5.6 million in income (or "in-kind" assistance) was received, with 12% (nearly \$380K) coming from community faith organizations, including UUMAN. NFCC holds a four-star rating by Charity Navigator, the highest rating possible.

As part of UUMAN's Eco-Justice initiative, several women have regularly given their time in producing eco-friendly laundry soap for donation to NFCC. Laundry soap, something possibly taken for granted, is a much-needed and typically under-supplied staple for those in need. The soap produced by UUMAN is painstakingly fashioned from Ivory soap, Borax, and washing soda, and is labeled in both English and Spanish.

Margie Jacobs and Kate Hudson (co-founders), Susan Wilson, Jeannie Holford, Barb Sample, Beverly Jordan, Sheila Smith, and Mary McGrath have contributed to this effort.

Currently, Sue Tromblee (7 years), Steve Allerton (4 years), and Rosie Popp (2 years) volunteer their time weekly at the NFCC Food Pantry, where they stock and inventory food and staple items, and distribute parcels to clients.

- Steve Allerton

Diapers, Diapers, and More Diapers

Oh my goodness! UUMAN you are the best. We were able to deliver 2801 large sized diapers to North Fulton Community Charities. Our children and youth bundled all these diapers up into packs of 8 so they are ready to be given out at the food bank. We also took packs of wipes and divided them up into zip lock bags so lots of families could get a little instead of just a few families getting a lot. The food bank volunteers were so glad we had done the bundling. Our work last Sunday saved them many volunteer hours.

When we delivered the diapers last Friday, the front desk ladies at NFCC told me they had just turned away a mother who requested size 6 diapers for her disabled child. They were total out. After receiving our donation, they were going to call that mother back and let her know they had diapers for her child. What a great thing we all did helping those less fortunate than we are. Thank you to all who donated or helped out. There were so many diapers and wipes, we almost couldn't get them in my big car!

- Rosie Popp



FROM THE GARDEN

Dear Fellow Gardeners:

We'll be continuing our work in the garden at UUMAN on Monday, July 11 and Monday, July 25, working from 9:00 a.m. to around 11:00 a.m., although someone is usually there around 8:30 or so, if you'd like to get an early start in the hot weather. We will continue our work throughout the year on the 2nd and 4th Mondays of each month through November (or sometimes, December). UUMAN announcements will be sent out on the Friday before each work day. If you've never worked in the garden before, please feel free to stop by and see what it's all about. Hope to see you there!

— Claire Sullivan
 cbsullivan@bellsouth.net



Life Celebrations

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 Claire Sullivan at cbsullivan@bellsouth.net

Date	Celebration
7/1	Samantha H. of our MCY program is celebrating a birthday
7/3	Brian and Robbie Kohn are celebrating their 24th anniversary!
	Elizabeth Rohan is celebrating a birthday
7/7	Kyson P. of our MCY program is celebrating a birthday
	Zoe Read is celebrating a birthday
	Ilona Walker and Randy Jue are celebrating their 20th anniversary!
7/8	Marjorie Pomper and Ken Fry are celebrating their 26th anniversary!
7/10	Lawton Etheridge is celebrating a birthday
	Ellie S. of our MCY program is celebrating a birthday
	Megan Slater is celebrating a birthday
7/12	Dillon C. of our MCY program is celebrating a birthday
7/13	Jonathan D. of our MCY program is celebrating a birthday
7/20	Marcia Hagood is celebrating a birthday
	Anna Hamblen is celebrating a birthday
	Evelyn S. of our MCY program is celebrating a birthday
7/30	Benny Ben-David is celebrating a birthday



Red Roses



Field of Orange Daylilies



Lantana



Yellow Daylilies

A Month of Sundays

Date	Topic	Speaker
7/3	From Corinth to Roswell	Rev. Kim Palmer
7/10	TBA	Rev. Kim Palmer
7/17	All Things Considered, I'd Rather Be Bowling	Randy Blasch Worship Assoc.
7/24	TBA	Darya Aberback Worship Assoc.
7/30	TBA	Shelley Nagrani Worship Assoc.

July Events

Date	Event
2nd Sunday of each month, after the service, in the sanctuary.	21st Century Humanism focuses on the philosophy of mankind as the center of all things, informs members of Humanism's nature and history, and emphasizes free and frank discussion of the effect on humanity of past and present events, safe from the influence of contravening public opinion. For more information, contact John Peltier at peltier.john@gmail.com
Wednesdays from 7:00 - 9:30 p.m.	UUMAN's Painting Group Come paint with us in a relaxed atmosphere with a glass of wine. All are welcome. There is a fee but half is donated to UUMAN. The 25TH ANNIVERSARY ART SHOW is now exhibiting at UUMAN. Please enjoy the show, and remember a portion of all sales benefit UUMAN. See Annette Pate or the artist to purchase.
Weekly on Wednesdays at 12:15	Daytimers 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 at dan@uuman.org
Fourth Saturday of the month at 7:30 p.m.	The Common Grounds Coffee House Connecting people who love to play music with those who love to listen! Doors open at 7 pm and the show starts at 7:30 pm. Live music and delicious refreshments, \$5 suggested donation, held in the Sanctuary.
Saturdays from 9:30 a.m. to 10:30 a.m. in the sanctuary	Centering at UUMAN Silent meditation Saturday mornings at UUMAN. Please come at 9:10 for some basic instruction if it is your first time. The meditation itself begins promptly 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

July Events

2nd and 4th Tuesdays at 10:00 a.m. to 12:00 in Discovery Hall	Circle of Women We aim to develop a warm nurturing circle of trust where we can share ourselves and our lives. Contact Kate Hudson hudsonkd@bellsouth.net or Linda Etheridge l etheridge1@gmail.com
First and third Saturdays of the month at 1:00 in the sanctuary.	The Weekend Women's Group Offers women another opportunity to meet in the intimacy and fellowship of small group ministry. Topics such as love, trust, caregiving, parenting, relationships, community, and faith will all be explored in a setting that fosters deep listening and mutual respect. Contact facilitator Nina Bharucha for more information: nybharucha@gmail.com
Beginning June 5, then every other Sunday 12-2:00 p.m. 8 sessions	Spiritual Autobiography Explore, through writing exercises, the key passages of our lives, in a way that allows us to begin to uncover our true selves, our vital inner core, and the spirit of life that animates us. We come to know ourselves in a new, deeper way; we glimpse our souls. And, by sharing our stories with each other, we get to know each other in a richer, deeper way. For more information, contact Dave Hudson: hudsondavid@bellsouth.net

For more information about events, see the UUMAN Events Calendar at 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 proceeding the issue date. Please email your news articles and artwork to Becky at newsletter@uuman.org