



2016 ~ October

2231 Jefferson Road
Clarklake, MI 49234

(517) 529-4221 voicemail only

LOCATED 3/4 MILE WEST OF U.S. 127

The Bellnote

MINISTER'S OFFICE HOURS:

Monday: Minister's day off
Tuesday: 9:00 am - 4:00 pm
Wednesday: 9:00 am - 6:00 pm
Thursday: 9:00 am - 4:00 pm
Friday: Sermon-writing day,
no office hours
Saturday: By appointment
Sunday: By appointment

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GRACE MULNIX



Dear UUCEL Friends,

There's a lot of exciting things going on this month, and I hope you'll read further into this newsletter to find out all about them. But rather than reflect on upcoming events in my column this month, I wanted to take some time and space to talk about my sabbatical. Some of you may already be aware of this, but I am scheduled to be on Sabbatical in January, February, and March. This is the second sabbatical I've taken during my time here at UUCEL. The first one was from November 21, 2010 to May 1, 2011. Six years later, I'm eligible again for a five or six month sabbatical. However, upon reflection of what is most manageable for the church balanced with what will be effective to give me the needed time, the board and I have agreed that it makes sense to move to a model of taking more frequent, but shorter, sabbaticals. So I am only taking three months, with the understanding that in three or four years I will be eligible to take another three months. As with my five-month sabbatical, I will still take regular vacation and study leave time in this year.

Sabbaticals are a rare thing in the ministry and the professional world, so some of you may wonder first, why sabbaticals are part of my agreement with the church and second, what I plan to do with my sabbatical. For the first, sabbaticals are, indeed, rare, and one of the reasons they are rare is that many ministries do not last long enough for ministers to take their sabbatical. A sabbatical is a very old concept that relates to a period of rest or change. The word "sabbatical," meaning a rest after six years of work, relates to the term "Sabbath," a day of rest after six days of work. While most common in higher education, the concept has its roots in the Bible, where God commanded the people to let fields to lay fallow for a period of time. Sabbaticals are a tool for congregations to help ministers with stress and burn-out by letting them have a "fallow" time. The fallow time helps ministers grow in new ways and have new energy for the work.

Despite its being an old concept, the two places where you most often see sabbaticals today are in ministry and in higher education. The reason for it in ministry is that research indicates that ministry is a high stress, high burn-out occupation. Some of the reasons for that stress are that ministers are always "on call" and never completely away from work, that the job is highly draining because of a high level of interaction with other people, that the church's work is never done and so ministers have a tendency to overfunction, that the hours of the job leave ministers without weekends when they could connect with family and friends, and lastly that ministers often have trouble finding time for their own "sabbath" to worship and engage in spiritual practice.

In answer to the second question, I'm still developing my sabbatical plans. The first plan is to relax, to try to retrain my body to be free from stress, and to focus on physical health. Bodies react to stress in a variety of ways – obesity being one. I don't expect to be able to come back from a three-month sabbatical thin – that wouldn't be healthy – but I do hope to come back healthier, having had time and space to relax, and to listen to my physical self. My second goal is to do some education in nonprofit management. After fifteen years of ministry I feel most in need of further education in the areas of nonprofit management.

Minister's Column

Cindy's column continued ...

I want to understand better different models of governance, learn some new fundraising strategies, and learn more about staff management and volunteer recruitment. There are great programs for this that I can access, but it takes more time than I usually have available. And I want to learn from my peers. In my fifteen years in the ministry, things have changed a lot, and there are areas in which I don't even know that I'm behind the times. I want to visit other churches and learn about things that are cutting edge in our movement. Lastly, I'm hoping to spend more time doing my doodling, and work on finding a publisher for my next coloring book.

I'm grateful that this church and its board are so supportive of my sabbatical, and I understand that it's not without hardship and without controversy that you let me take this time away. I'm grateful for your ministry that you will do during my absence that allows me this time.

In the next few months, you should expect to hear more about the details – the exact dates, who will be guest preaching, what to do in case of pastoral care needs, and how coverage of my many duties is being handled. A sabbatical committee has been newly formed with Vic Marshall, Kathy Haynes, and Joan Bernstein, and many of these details I have been already working on over the last several months. In the meantime, if you have any questions, please feel free to ask me. I'm happy to share more with you.

Peace,

Rev. Cindy

Minister Out of Town

Rev. Cindy will be in Angola, Indiana from Oct. 2 through Oct 5 for a UU ministers conference, but can return easily if there is a strong need, other than the times she is leading programs, and is reachable on her cell phone or by leaving a message at her home phone. From Oct. 24 through Oct. 27, Rev. Cindy will be in California for a meeting of the UU Minister's Association continuing education team, of which she is a part. She is reachable in the same ways while there, but can only return in case of extreme emergency. **Submitted by : Rev. Cindy**

Notes from the Board

The Board met as planned on 9/8/16. We discussed upcoming repairs and improvements to the church and grounds. Our beautiful stone steps will be repaired soon, and our paving project will be completed before winter. We are extremely grateful for the many generous donations that make this possible. The board will meet again the first Wednesday of October, at Elissa Alden's new home

Gratia

**Submitted by: Gratia Karmes
Board President**

Religious Education News

This month our K-5 class will explore more Holidays and Holy Days. On October 2nd we will have an intergenerational service where we will do a blessing of the animals and learn about St. Francis. It's a fun occasion for all ages. Then on October 9th we will learn about Dussehra, which is a Hindu festival celebrated on October 11th this year. Dussehra celebrates the victory of the goddess Durga over a demon. On October 16th it will be time to celebrate Sukkot, the Jewish harvest feast that begins on October 17th this year. On October 23rd, our K-5 class will learn more about United Nations Day, which falls the next day on October 24th and on which we celebrate the work of the UN. Lastly, October 30th will be another very special intergeneration service as we worship outside, walking through our cemeteries and learning about our ancestors, followed by a Halloween party at social hour!

Our youth this month will join the service for the Oct. 2nd blessing of the animals, and also on October 9th where our service will explore mental health. On October 16th they'll be talking about poetry and music on the theme of nature, and on October 23rd they will look at how our UU heritage calls us to do justice in the world. Then they will join the service again on the 30th for our cemetery walk.

Spiritual Exercises & Theme

Group for this

Month's Theme: Healing

Option A: Admit Exhaustion

One way we allow healing into our lives is to widen our view of what it means to be in pain. Too often pain is equated only with dramatic ruptures such as sudden loss or a devastating diagnosis. But often – maybe even more often than we all admit – it's about the slow creeping of never allowing ourselves to rest & replenish.

So this month, finally do it: **Admit to yourself that you are exhausted! And do something about it!**

To get you there, carry John O'Donohue's poem, A Blessing For One Who Is Exhausted (<http://www.dailygood.org/story/734/a-blessing-for-one-who-is-exhausted-john-o-donohue/>) with you throughout this month. Read it regularly. Meditate on it when ever you can.

In the first part of his poem, he offers numerous phrases to capture the nature of exhaustion. In the second half he offers phrases that describe many ways to rescue yourself from it.

Come to our group ready to share one line from the poem that captures the nature of your exhaustion and one line that captures the way out you are committing to.

Maybe even consider committing yourself to do-ing **each** of the healing tasks that O'Donohue recommends. In other words, make it a checklist and do each of them (in your own way) before our group meets:

- ~ take refuge in your senses
- ~ open up to small miracles
- ~ watch the way of rain
- ~ imitate the habit of twilight
- ~ draw alongside the silence of stone
- ~ stay clear of those vexed in spirit

Option B: Rethink Kindness

We also need to widen our view of kindness. Too often we think of it as "sweet." Sometimes we even give into our culture's tendency to mock and make light of it. But there is nothing sentimental or silly about remembering that most pain is hidden. Every-one walks around with wounds we are unable to see. Thus kindness isn't helpful here and there; it's needed everywhere we look. It's not "good to remember" every once in a while; it is necessary all the time. In fact, if everyone is walking around with invisible wounds, we actually allow and cause great damage when we forget to be kind.

So this month, here's your assignment: **Remember that kindness is needed everywhere you look.** Make yourself walk around with new eyes. Commit to taking kindness a bit more seriously than you have in the past. Remind yourself regularly that it's not about being polite

Continued on next column ...

or sweet; it's about healing unseen wounds – maybe even yours. Here's some guidance and inspiration to keep you on track:

~ Naomi Shihab Nye's poem, Kindness: <https://www.poets.org/poetsorg/poem/kindness>

~ The Power of True Kindness: <https://www.youtube.com/watch?v=8OMGsVnqvYA>

~ Kindness Boomerang - "One Day": <https://www.youtube.com/watch?v=nwAYpLVyeFU>

~ 35 Powerful Images of Kindness Found Within Conflict: http://www.huffingtonpost.com/kindness-blog/35-powerful-images-of-kin_b_6013278.html

~ From Anne Lamott's, *Traveling Mercies*: "On the first Sunday of Advent our preacher, Veronica, said that this is life's nature, that lives and hearts get broken, those of people we love, those of people we'll never meet. She said the world sometimes feels like the waiting room of the emergency ward, and that we, who are more or less OK for now, need to take the tenderest possible care of the more wounded people in the waiting room, until the healer comes. You sit with people, she said, you bring them juice and graham crackers."

Option C: Show Others Your Healing Place

Healing also happens when we expand our understanding of where it comes from. We know it comes from the people who love us, but it often also comes from the places we love. To honor this, you are invited this month to share your healing place with our group. This of course will serve as a way of reconnecting you to this space and reflecting on why it means so much. In particular, here's your assignment: **Turn your healing place into a tangible and portable form!**

In other words, take a picture of your place and bring it into our group. Or maybe instead of a picture, bring in an object from your healing place, or something that represents it. For instance: a shell from "your beach," a leaf from "your forest," your dog's leash representing your walks, your ski pole or maybe even the paddle from your canoe.

And don't forget that music creates its own healing space! Maybe your healing place is not a physical space but a state of mind that you only have access to when you play that healing song. If so, bring it in & play that song for our group. Here's some inspiration to help you on your way:

~ The Science of Healing Places <http://www.onbeing.org/program/the-science-of-healing-places/4856>

~ Healing Songs (in addition to the ones featured later in this packet): <https://www.theguardian.com/music/musicblog/2013/mar/14/readers-recommend-songs-healing>

Option D: Open Your Eyes to a Politics of Healing

As the political race rushes into its last leg, everyone is focused on winning. It's a "race" after all; so taking sides and beating the other side becomes the frame. But with a winner right around the corner, maybe it's time to start focusing on *understanding* the other side. In fact, none of

Continued on page 6 ... ~ 3 ~

Meetings and Events

U.U. Church of East Liberty

New Member Ingathering

Interested in joining the church? We're planning a new member service for **October 23rd**. Please see Rev. Cindy or Membership Chair, Kathy Haynes if you're interested in joining the church.

Halloween Party!

On **October 30th** all souls, young and old, are invited to wear Halloween costumes and join us following the service for a Halloween party featuring a costume contest, pumpkin painting for the kids, and maybe some holiday games, as well.

Adult RE

Presentations on Health

Continuing with the Adult RE Program, Marsha DiCenzo will speak on **Sunday, October 23** after the service on various aspects of physical health. Marsha is a practicing nurse.

This series will occur over the next several months on health. These presentations are being coordinated by Steve Kish and will include presentations by both members and guests. Each session will be held after our church service starting approximately at 12:30 -12:45 pm, and lasting about a half hour.

Submitted by: Steve Kish

Thanks

A big thanks you to Brenda Donoldson, Sue Rainey's daughter who made the new "Welcome" sign in cross stitch that hangs in the church foyer. **Submitted by: Dorothy Kerr**



Our Closing Song

Go now and live your religion.
Its truth reflect in all you do.
Go, may love's presence ever guide you.
Live the good life the whole day through.

JXN Community Forums

...are free and open programs to encourage dialogue about the challenging issues of our day. The series is sponsored by the Universalist Unitarian Church of East Liberty and the Jackson District Library. All forums are held at the JDL, 244 W. Michigan Ave., Jackson, MI and they are usually on the third Thursdays at 6:30-8:30 pm. Childcare may be available for a modest donation. Call Debby Sears at the library at 517-788-4087 ext. 234 for more information or see the JDL website at www.myjdl.com...

Vote the **WHOLE** Ballot: Thursday, Oct. 20

The ballot is very long in a presidential election year, with little known candidates and issues. Speakers will address some of these, including the Jackson District Library millage renewal at the very end of the ballot. Sarah Tackett, the new library Director, will explain it.

Submitted by: Outreach Committee

The Sharp's War

Did you miss the opportunity to watch *Defying the Nazis: The Sharp's War* on PBS? The whole thing is viewable online at <http://www.defyingthenazis.org/>, and copies on DVD are available for purchase through PBS for \$19.99. Waitstill and Martha Sharp were Unitarians who went to Europe to rescue refugees from the Nazis during World War II. Waitstill was a Unitarian minister who was called by the American Unitarian Association and asked to work for this new justice program in Czechoslovakia. They left two small children behind and embarked on a two-year effort that would endanger their lives on a daily basis while helping countless Jews and political dissidents fleeing the Nazis.

Refugee Assistance

Lutheran Social Services, along with the help of several local congregations, is creating a home in Jackson for refugee youth. We'll be sharing more information about how our church might help as we get it. They will be creating wish lists at stores for items they need, so look for more information soon.

Worship Associates Training

Interested in helping with a Sunday service but think you don't know how? Feel like there were things you could have improved on when you led a service before? Don't really know what's involved and are just curious? Come to the Worship Associates Training led by Rev. Cindy after church on **October 16th**. We'll take about an hour after social hour, so you may want to pack a light lunch to eat in social hour. We'll cover everything from how to turn on the sound system and piano, how to position the microphone, how to find things in the hymnals, and even some basic tips on sermon writing. **Submitted by: Rev. Cindy**

Caring Committee

Caring Committee monthly meeting will generally be held on the 2nd Sunday of the month after church at 12:30 in the Nursery. If you are aware of any issues or concerns involving any of our church family for which the Caring Committee can lend a helping hand, please contact any member of the Committee. Those serving on the Caring Committee are: Debbie Hartsuff, Debbie and Fred Marshall, Gretchen Marshall, Alyce Oosting, and Jane Volk as chair.

Submitted by: Jane Volk

Pass the NDO!

Our church's ministers and members has been working to get Jackson to pass a non-discrimination ordinance (NDO) for lesbian, gay, bisexual and transgender people since at least 2001. This **October 11th** is both Coming Out Day and a City Council meeting, so we're asking you to come out to the City Council and tell them why we need the NDO. The City Council meets at 6:30 at 161 W. Michigan Ave. We need your stories, your voice, and your energy to come together. There's every indication that this may be an important date in this 15-year effort, but it might not be if we don't keep going the grass-roots effort that was raised up again at the last City Council meeting.

Future fundraisers for the Jackson Personal Care Ministry

Gospel Sing ~~ We'll be holding our Annual Gospel Sing on **Sunday, October 16**, 3PM at First Congregational Church. If anyone is interested in performing, or joining an existing choir, or forming a choir, please let Nena Obits know. Otherwise please come and enjoy an afternoon of music. Monetary donations are appreciated.

Jewelry Drive ~~ We're looking for donations of unwanted jewelry, and planning for a sale for **November**. Please contact Nena Obits for more information. **Submitted by: Nena Obits**

Personal Care Ministry

The Jackson Personal Care Ministry provides personal and household products to those in need in Jackson County. An average of 150 guests are served weekly. Our team works at the distribution on the third **Thursday** of each month, **October 20** from 4:30 - 6:30 pm. Financial support and donations of new and gently used products are greatly appreciated. For more information, contact Nena Obits. See Supplement Page for her contact information.

~~Here is how you can help, by writing a Check made out to Westminster Presbyterian Church, with the words "For Personal Care" written on the memo line. This can be mailed to Westminster Presbyterian Church 2301 Ridgeway Road, Jackson, MI 49203, or handed to Nena Obits. Please note that there are a few other churches involved in the Personal Care Ministry and this church handles the money part.

Submitted by: Nena Obits

SUNDAY AFTERNOON BENEFIT
PRAISE AND GOSPEL CONCERT
Sunday, October 16, at 3:00 pm
First Congregational Church
120 N. Jackson Street
Including Choirs of
First Methodist Church
Westminster Presbyterian Church
First Congregational UCC
Free will offering to benefit
Jackson's Personal Care Ministry

us will “win” if we fail to find the healing that comes with understanding.

So this month, you are invited to engage one particular person’s quest toward political healing: psychologist, Jonathan Haidt. He offers a unique frame for understanding the Left-Right political divide. Your assignment: **Explore Jonathan Haidt’s way of framing the political divide, then see if it heals a real life political divide in your life!**

Here’s a list of works by and about Haidt for you to read. Remember, your task is not to come to our group with a book report or analysis of Haidt’s theory. It is a story, not an analysis, you are asked to share. A story about how looking anew at “the other side” healed an actual relationship in your life.

The Righteous Mind, by Jonathan Haidt (How misunderstanding political mindsets divides us and how understanding them can heal us! - <https://www.amazon.com/Righteous-Mind-Divided-Politics-Religion-ebook/dp/B0052FF7YM#nav-subnav>) **Articles by or referencing Haidt:**

- ~ <http://www.vox.com/2016/2/5/10918164/donald-trump-morality>
- ~ <http://www.scientificamerican.com/article/calling-truce-political-wars/>
- ~ <http://www.bloomberg.com/view/articles/2016-07-20/the-republican-convention-translated-for-liberals>
- ~ <http://freitashugo.blogspot.com.br/2016/03/howtomakeaconservative.html>

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•	Church Website	http://www.libertyuu.org
•	The Bellnote Newsletter	http://www.libertyuu.org/newsletter.html
•	Church’s facebook page	http://www.facebook.com/libertyuu
•	Forum facebook page	http://www.facebook.com/JXNCommunityForum
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We Welcome Your Membership Not a member? We’d love to have you join our spiritual community. New members signify their commitment by signing the Membership Book during a scheduled church service. It is understood that members actively support their congregation through attendance, service and/or financial commitment. To start your process of becoming an official member of our lively, compassionate and challenging congregation, speak with Rev. Cindy Landrum, (517) 529-4221, or a member of the membership committee.

FROM THE EDITORS:
 “THE BELLNOTE” IS A MONTHLY PUBLICATION OF UUCEL.
 IF THIS IS YOUR 1ST COPY OF THE CHURCH’S NEWSLETTER, WELCOME. OUR CHURCH YEAR RUNS FROM JULY 1-JUNE 30. THE CHURCH BOARD ASKS THOSE THAT RECEIVE THE PAPER VERSION OF THE NEWSLETTER PAY A \$17.00 PER-YEAR SUBSCRIPTION FEE. NEW VISITORS WILL GET 3 MONTHS FREE, AFTER THAT A SUBSCRIPTION FEE WILL BE ASKED FOR, OR CHANGE TO AN ON-LINE VERSION THAT IS FREE OF CHARGE.

THE NOVEMBER ISSUE, INFORMATION IS NEEDED BY: SUNDAY, OCTOBER 23. ~~~~~ SEND SUBMISSIONS TO: UUCEL_BELLNOTE@YAHOO.COM OR IN WRITING TO

KATHY OR VICKI, THANK YOU –
WE WANT TO THANK; REV. CINDY LANDRUM, NENA OBITS, JANE VOLK, GRATIA KARMES OUTREACH COMM., CARING COMM. AND MEMBERSHIP COMM. FOR THEIR NEWS ITEMS THIS MONTH.



- OUR 7 PRINCIPLES AND PURPOSES**
WE, THE MEMBER CONGREGATIONS OF THE UNITARIAN UNIVERSALIST ASSOCIATION, COVENANT TO AFFIRM AND PROMOTE:
- ☞ The inherent worth and dignity of every person
 - ☞ Justice, equity, and compassion in human relations
 - ☞ Acceptance of one another and encouragement to spiritual growth in our congregations
 - ☞ A free and responsible search for truth and meaning
 - ☞ The right of conscience and the use of the democratic process within our congregations and in society at large
 - ☞ The goal of world community with peace, liberty and justice for all
 - ☞ Respect for the interdependent web of all existence of which we are a part

The Bellnote Calendar

All events are at the church, unless otherwise noted



October

2-5	Rev. Cindy in Angola, Indiana
2 Sunday	~~~~ Service ~ Rev. Dr. Cynthia L. Landrum ~ 11:00 am
5 Wed.	Board Meeting ~ 6:30 pm
6 Thurs.	AUUW Meeting ~ 12:30 pm
9 Sunday	~~~~ Service ~ Guest Speaker, TBA ~ 11:00 am
9 Sunday	Caring Committee Meeting ~ After the Service
11 Tue.	Meet Your Neighbor Coffee ~ 9:00 - 11:00 am
11 Tue.	non-discrimination ordinance (NDO). The City Council meets @ 6:30 at 161 W. Michigan Ave
13 Thurs.	Membership Meeting ~ 2:00 pm
13 Thurs.	Theme Group on Healing will meet at 6:30 pm at the Church.
16 Sunday	Worship Associates Training ~ After Church Service
16 Sunday	Benefit Praise and Gospel Concert ~ 3:00 pm @ First Congregational Church
16 Sunday	~~~~ Service ~ Rev. Dr. Cynthia L. Landrum ~ 11:00 am
18 Tue.	Worship Comm. ~ Meets at Members' Homes in the Evening
20 Thurs.	JXN Community Forum ~ Vote the WHOLE Ballot ~ 6:30 pm @ JDL
20 Thurs.	Personal Care Ministry ~ @ 1st Baptist Church, 201 S. Jackson ~ 4:30-6:30 pm
20 Thurs.	JXN Community Forum ~ Candidate Forum/Local Offices ~ 6:30 pm @ JDL
23 Sunday	The Bellnote Newsletter ~ Submissions Due
23 Sunday	New Member Service
23 Sunday	Adult RE Presentations on Health with Marsha DiCenzo
24-. 27	Rev. Cindy in CA for a UU Minister's Association meeting
25 Sunday	~~~~ Service ~ Rev. Dr. Cynthia L. Landrum ~ 11:00 am
30 Sunday	~~~~ Service ~ Lay Leader, Ann Green ~ 11:00 am
30 Sunday	Halloween Party ~ After the Service

Upcoming Events

Weekly Volunteer Schedule

Sunday	Greeter	Nursery	Ushers	Social Host	R.E. K-5	R.E. Youth
Oct 2	Alyce O	Vicki H & Kathy H	Gary & ___	Nena O & Team #4	Intergenerational	
Oct 9	Grace M	Vicki H & Jackie J	Gary & ___	Jane V & Team #5	Dussehra w/ Nancy-Rob & Kristina	Youth join the service
Oct 16	Joan B	Vicki H & Joan B	Gary & ___	Sue R & Team #6	Sukkot w/ Janette & Donna	Poetry & Music on Beauty Elizabeth & Lynn
Oct 23	Betty G	Vicki H & Nena O	Gary & ___	Joan B & Team #7	United Nations Day w/ Jon - Kerry & Peter	Heeding the Call: Gretchen M & Alyce O
Oct 30	Carole H	Open	Gary & ___	Nancy S & Team #8	Intergenerational	

October's Theme: Healing

Oct 2 - "Blessing of the Animals"

– Rev. Dr. Cynthia L. Landrum

Bring your pet or farm animal or a picture of it for our Blessing of the Animals service celebrating St. Francis Day. We trust you to know if your pet can handle coming to worship, but will have plenty of paper towels on hand, because accidents do happen!

Oct 9 - "Healing Mental Health"

– Guest Speaker: TBA

Oct 16 - "Star Trek Theology"

– Rev. Dr. Cynthia L. Landrum

This fall marked the 50th anniversary of the premiere of Star Trek. Gene Roddenberry, the creator of Star Trek, was a humanist, as are many of our members. We'll explore how humanism influenced Star Trek and how Star Trek and its humanism speak to us.

Oct 23 - "Trauma, Healing, and the Spirit"

– Rev. Dr. Cynthia L. Landrum

Rev. Cindy will look at this month's theme of "Healing" with a special focus on healing from trauma.

Oct 30 - "Walking through Our Cemeteries"

– Lay Leader: Ann Green

On this day will be another very special intergeneration service as we worship outside, walking through our cemeteries and learning about our ancestors, followed by a Halloween party at social hour!

Where people care about each other and care about the world.

