



The Beacon MONTHLY

*Newsletter of the Unitarian Universalist Fellowship of Montgomery
2810 Atlanta Highway, Montgomery AL 36109-3402*

Rev. Lynn Hopkins, Minister

VOLUME 3, ISSUE 5

MAY 2015

Minister and Staff

Minister: Rev. Lynn Hopkins
RE Director: Courtney McKenny
Music Director: Melissa Galanopoulos
Office Administrator: Steve Pearson

Board of Trustees

President: Christine Freeman
Vice President: Maureene Bass
Past President: Elizabeth Campbell
Members-at-Large: Georgia Banks-Martin
Jeanne Gregorowicz
Nordis Smith

Committee Chairs

Religious Education: Mandy Goheen
Membership: Ron Belcher
Finance: Felicia Wilburn
FUUN Team: Cyndi Brown
Building & Grounds: Jim Stevens
Public Relations: Andrew Goheen
Social Action: Adam Wasserman
Fund Raising & Special Events: Sandy Loveday

Sunday Services for May 2015

May 3 – Reconciliation

Reflecting on relationship, I am drawn to questions of how we heal the brokenness that can tear us apart.

May 10 – Mother’s Day

Motherhood and relationships with mothers are complicated. We will reflect on the larger meanings and implications of “Mother” as a religious idea.

May 17 – Transitions (intergenerational)

Many congregations hold an annual ‘bridging ceremony’ to celebrate graduations or the passing from one grade to another. There are many transitions in the lives of both youth and adults that go uncelebrated. What have we crossed over, or into, in our own lives?

May 24 – Two-Faced

Mandy Goheen offers reflections on authenticity and wholeness of identity in ministry, social media, and life.

May 31 – Difference

Sometimes we speak of family as though it means one thing to everyone. Families take so many different forms, and each one has its own character and function. Can we make religious or spiritual sense of connections that are so deep, and can be sustaining and yet so challenging?

Hard deadline for material for May issue: Friday, May 29. Submissions to: rhodes.peele@att.net.
UUFM PHONE: 334-279-9517; E-MAIL: info@uumontgomery.org; WEB: www.uumontgomery.org

Letter from Lynn

The Membership Renewal Drive was an enormous effort for many people. I hope that you had an opportunity to sit down with a canvasser and reflect on this past year in the life of our congregation – and your part in it. The weeks of canvassing are at a close, and most of the membership renewal conversations have happened. That is the most important part of the drive, by far.

Is it a pledge drive? Yes, there is a pledge renewal and a budget process that is necessary for the daily life of the congregation. Our health as a spiritual and religious body depends on having sufficient funds not only to pay the bills but also to pursue our aspirations. None of the things we hope to find here can happen without a calculation of dollars needed and dollars available. Those resources are vital to our wellbeing. Money is one way that we join our hands and hearts together, each according to individual ability and inclination. It is not less important, nor more important, than the countless volunteer hours. It is not less or more important than the individual viewpoints and life experiences we bring.

Membership renewal is about more than the financial pledge. It is a call to consider how we are connected to each other and to the congregation. One thing that emerged during these short weeks is that we have a number of members who feel less and less connected. Separated by failing health or other life circumstances, they have withdrawn – sometimes abruptly and sometimes gradually – and now feel isolated from the Fellowship.

One thing I hoped to accomplish in the canvass was reconnection. I have begun and will continue to reach out to those of whom I know. I wish I could spend hours every day calling and visiting; what I can do is never enough. I ask for your help in reconnecting with those you might know. Missing someone? Let them know!

In June, we are starting a new program of worship and fellowship on Wednesday evenings. This will run through the summer, and then we will assess whether it has lasting value for the congregation. At the start, it will be led by me, Maureene Bass and Mandy Goheen. We will gather for a quiet service of song, sharing, meditation and prayer; there will not be a sermon or some of the other elements of Sunday service.

Doors will open prior to the service and people are invited to sit in silence in the sanctuary. The service will begin at 6:00, and will last about 20 minutes. Afterwards, those who wish to remain will share food and fellowship. Everyone is invited to bring something to share, and we ask all participants to bring their own plates and utensils. In this way, we can have a community meal together without burdening anyone with preparation or cleaning up.

Following the meal, people are encouraged to consider the meditation and discussion led by Charlie Suhor. If there is sufficient interest, additional evening programming may be added.

More will be said about this program in coming weeks. Mandy, Maureene and I hope that you will join us in this new venture.

Rev. Lynn Hopkins

FELLOWSHIP IS MAGIC



Column from Courtney

Self-Care

My workday starts the minute I open my eyes in the morning. Kids to get ready and off to school, emails to be answered, phone calls to be made, groceries to be bought. I often feel like my life is a never-ending cycle of meetings, appointments and things to get done. My life looks sort of like this:

Work + family + friends + volunteer opportunities = very full calendar

So much to do in so little time! One person seems to be missing from the equation though. ME! Granted I'm the one doing but when do I give myself time to just *be*? As I have gotten older, and maybe just a little wiser, I have realized how important self-care is. I cannot be the best mom, the best DRE, the best friend, or a very good anything if I don't take time to take care of myself.

But, oh my goodness, I feel so guilty! It makes me feel selfish! I always feel like there is something I should be doing instead of whatever it is I am doing. Someone else has got to need my time or my attention.

Slowly but surely I have realized that no, they don't. I need to be taking care of me. I need to be taking time for me. I need to listen to my inner voice that sometimes gets very tired. In order for me to be fully present for everyone and everything else in my life, I need to be fully present for myself too.

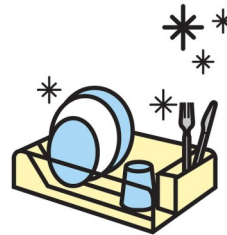
And that can manifest in many different ways. Sometimes it is as simple as sleeping in. Other times, it means planning a trip. But most often it is just taking time out of the day to breathe a little deeper and appreciate my time, to remember to be gentle with myself.

When it comes down to it, self-care is whatever you need it to be. Reading, watching a movie, yoga, running, spending time with a pet, bike rides, gardening. Most importantly, is that it is what YOU need it to be. It is what feeds you. So be sure to listen to that inner voice, be fully present for yourself, be kind and gentle because you deserve it.

Courtney McKenny, DRE

Dishwashers and Coffee/ Snack Servers for May

	Dishwasher(s)	Coffee/ Snack Server(s)
5/3	Michelle Alger	Yvonne Messer
5/10	Marian & Don Parker (same)	
5/17	Bonnie Lynn Mitchell	Cheryl & Rhodes Peele and Janice Wood
5/24	Lynn Shaw	Roger Burdette
5/31	Teri Sweeney	Uschi Kling and Joan Boltz



Lunch Bunch for May

5/3	India Palace	2801 Vaughn Plaza Road
5/10	Panera Bread	2829 Carter Hill Road
5/17	King Buffet	2727 Bell Road
5/24	Asia Bistro & Seafood	7839 Vaughn Road
5/31	Jason's Deli	1520 Eastern Blvd.

On most Sundays, several UUFM members and friends are in the habit of going to a local restaurant for lunch after 2nd hour (usually around 12:30). The group would like to grow. Please consider joining us! We especially welcome visitors. The Peele's usually decide restaurant choices. Suggestions for new restaurants would be appreciated.