

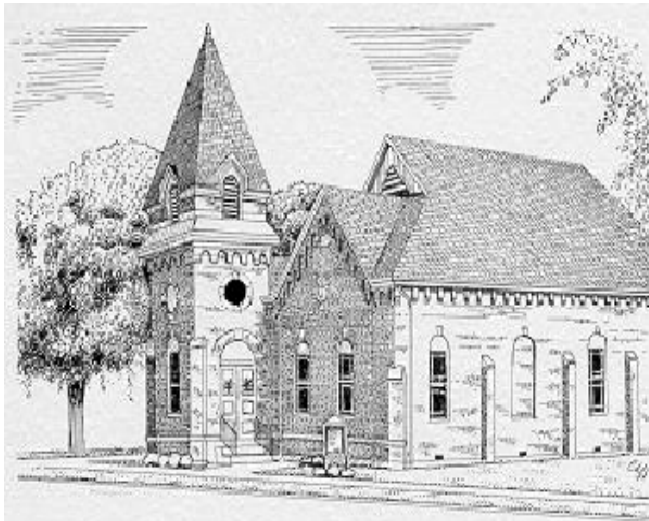


UUCC Newsletter



Unitarian Universalist Community Church of Hendricks County

July 29, 2008



This Sunday, August 3

9:00 am Credo Adult Discussion

Stem Cell Research

10:00 am Amy Hayden,

Certified Wellness Coach

Menu for the Future

Being able to make informed decisions about the food we eat is important. There are consequences to our modern food system to our bodies, our economy and our earth. There are no pat answers but becoming more aware will help in our decision making.

11:00 Coffee and Conversation

Upcoming Sundays

August 10 Andy Burnette

Serving the Sick: Reflections on a Summer of Hospital Chaplaincy

What is the job of a minister in a hospital? I'll offer some reflections on my summer of chaplaincy training at Clarian West Medical Center.

August 17 To be announced

August 24 Andy Burnette

Purifying the Spirit: The Coming of Ramadan

Ramadan begins September 2nd. We'll examine its major themes.

To Talk to Rev. Andy -

Andy is available to see you by appointment. Please call him at 317-361-5833. **Andy's blog:** andyb1015.wordpress.com/

Come listen to the Big River Band

The next "Keys, Strings & Other Things" show will be held this **Saturday, August 2**, beginning at 7 p.m. at UUCC, and will feature The Big River Band.

The Big River Band has performed at various local festivals and other community events. They perform a mix of rhythm & blues, revised gospel hymns, folk, light rock, some originals, and some songs that are just plain fun. This will be The Big River Band's first appearance at our smoke-free, family-friendly venue.

Admission is \$10, with children 16 and under admitted for \$5. For questions about the "Keys, Strings & Other Things" series, contact Sam Carman at scarman@tds.net, or phone 317-892-4239.

Come join us for a wonderful evening!

Don't Forget Our Summer Social Next Sunday, August 3

Swimmers and non-swimmers, join us at the pool in Danville's Ellis Park for our UCC Summer Social on Sunday, August 3, from 7 – 9 p.m.. There is plenty of seating near the pool for non-swimmers if you don't mind getting splashed, or up by the building if you prefer to stay dry! Bring your own snacks and drinks. Keep it simple. This is all about having fun. Life jackets are available for free use. Lifeguards are there, but are not officially "on duty" so you will want to keep that in mind in case you have little ones who aren't great in the water. For questions or more information contact Meg Comer (745-1544 and comer28@comcast.net).

Rummage Sale –August 7, 8 & 9

Our 2008 UCC Rummage Sale is scheduled for Thursday, Friday and Saturday, August 7, 8 & 9 from 7:30 a.m. to 4 p.m. **You can start dropping off your donations in the RE room off the hall near Friendship Hall.**

We still need volunteers to work the Sale in August. Here is what we need:

- Volunteers to set up tables in Friendship Hall on Sunday, **August 3.**
- Volunteers each evening to help set up the Rummage Sale between 4 p.m. to 8 p.m. on Tuesday, **August 5** and Wednesday, **August 6.**
- Volunteers to work during Rummage Sale Thursday, Friday and Saturday, **August 7-9.**
- Volunteers to pack up leftover donations and drive them to Goodwill between 4-7 p.m. on **Saturday, August 9.**

Please indicate your availability and interest to Susie Poole, sspoole@lightbound.com or call 317/837-8801.

Got Stress? Get Less! Workshop

Stress can show up in your life in many ways: illness, anxiety, anger, low energy and depression. This workshop, scheduled **Saturday, August 30**, 9 to 11 a.m., will teach meditation, Qi Gong exercises, emotional releasing techniques, journaling and more. Gain

inner peace, energy, focus and joy. Join Wellness Coach Amy Hayden and explore the possibilities. **Cost is \$15.** Call **317-441-2111** to register or email at WellnessCoachAmy@earthlink.net.

FREE Tai Chi Easy Sample Class

Join us this Monday, **August 4, at 7:00 p.m.** at UCC to sample a free Tai Chi Class by Amy Hayden. This is a great program for those who want the benefit of Tai Chi and Qi Gong without learning the many movements. This program shows you 5 Tai Chi Movements and several Qi Gong meditations, along with self massage. It's easy to weave these activities into your day for better health and well being. You can do the movements sitting, so mobility isn't an issue.

Some Thoughts... by Rev. Andy

This month, I offer a reading from “365 Tao,” a Taoist daily devotional by Ming-dao Deng. It reminds me of the importance of looking at ourselves again and again, of deciding what is good and less than good about ourselves, and using these realizations to help us grow. Enjoy.

*From a bud, only a promise.
Then a gentle opening:
Rich blooming, bursting fragrance,
The fulfillment of the center.*

Our glory has nothing to do with our appearance or our occupation. Our special qualities come from an inner source. We must take care to open and bloom naturally and leisurely and keep to the center. It is from there that all mystery and power comes, and it is good to let it unfold in its own time.

Just as a flower goes through stages – bud, open, bloom, pollinate, wither, fruit, fall – each of us will go through the obvious stages of birth to death. We aren't of a single character throughout our lives. We change and grow. Our identities unfold and bloom. Unless we attain center and keep to our progressions, we cannot ever reach true independence in our lives.

--Peace, Andy

Religious Exploration News

Summer time means fun in the sun! I am so grateful to the children and youth for working hard outside. We have established a butterfly garden with plants to attract butterflies and also those on which they like to lay their eggs. Not all of the plants have taken hold, but those that have look beautiful! And, we have a better idea of what to plant next year!

The children have:

- trimmed multiple bushes – even the 3 year olds were fantastic and safe with clippers although they couldn't reach the high branches!
- picked up trash; picked up sticks
- made a sign and trellises for the morning glory
- blown bubbles and drawn with chalk
- established and maintained the garden (digging plot, prepping soil, planting, watering, weeding)
- made stick picture frames; colored leaf stencils
- made bug food to attract insects to the tree
- twice attempted to make pencil holders out of parts of limbs – the book made it sound so easy!
- taken interest surveys
- made fresh lemonade to help cool down

We're really lucky to have amazing youth at our church. They've been happy to work across age groups, to help each other fill out forms, or to complete jobs together. Coming up we'll have the chance to swim together at Ellis Park, to sell lemonade and baked goods at the Rummage Sale, and we're hoping to help with music at the Water and Stones Ingathering. We're also preparing to start a 12 & Up social and service group in late August.

While I'm at it, I'd just like to say that I'm sure there could not be a friendlier congregation to children! No one gets annoyed by bumps in the road, if a children's focus doesn't go quite as planned or if we track mud through the church after enriching our soil. Through it all, the adults

recognize that life with kids means lots of love and energy and good intentions and a few incredible outcomes.

Loving every moment,

--DRE

Food Pantry

When you are grocery shopping, think about the hungry in Hendricks County. Pick up a few things for the Shared Blessings Food Pantry at the Danville United Methodist Church that we support. You will find the donation basket by the Clinton St. door.

In case you didn't know...

A Tragic Shooting

I assume you are as shocked and horrified as we are by the news of the shooting at the Tennessee Valley Unitarian Universalist Church in Knoxville, TN that took place Sunday morning. As of the morning news, two people have died and seven others are wounded. And although the press has speculated about various motives ranging from the church's display of a "Gays Welcome" sign to the perpetrator's resentment of being forced to attend church as a child, we really have no idea why it happened. We join UUA president Bill Sinkford in support and grief for this devastated congregation. In particular, we honor the lives of Greg McKendry and Linda Kraeger. You can read Rev. Sinkford's official statement at

<http://uua.org/news/newssubmissions/117154.shtml>

-- Lynn Jettpace, President

Deadlines

Newsletter: Send items to **Susie Poole** by Sunday, August 10, at sspoole@lightbound.com or 837-8801.

UUC Calendar: Send dates of meetings & events to **Marcia Denton**, curmugeon2@aol.com or 745-7911.