

February 2024

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Minister's Sabbatical

If you're reading this, you'll likely know that I'll be on sabbatical through May.

UUMAN's Sabbatical Committee consists of Amanda Bralley (Chair), David

Kroeber, Anu Mongia, Tina Alexander and Bruce Langston.

I believe we have the right people in place to serve on this committee since they all either serve on the worship team, serve as worship associates, sing in the choir or serve on our technical/livestreaming crew.

If you have any questions, please do not hesitate to reach out to any of them. They can be reached as a team via email at sabbatical@uuman.org.

Other than our customary lay led services, we will have several wonder speakers leading our services while I'm gone:

Feb 4 – Rev. Jeff Jones (a former minister at UUMAN)

Feb 11 – Lyla Lockridge

Feb 18 – Rev. Kim Palmer (affiliated Community Minister with UUMAN)

Feb 25 – Rev. Marti Keller (25 years as a parish minister, former affiliated minister with the UU Women's Federation, currently serving the Auburn, AL congregation)

Mar 3 – Mark Gebert (co-founder of Roswell Insight Meditation)

Mar 10 – Rev. Jonathan Rogers (affiliated Community Minister of Abundant LUUV congregation in Atlanta)

Mar 24 – Lyla Lockridge

April 7 – Lisa Story (ordained Buddhist Minister (Archarya) & co-founder of Roswell Insight Meditation)

April 14 – Rev. Duncan Teague (senior minister of Abundant LUUV congregation in Atlanta)

Apr 28 – Rev. Kim Palmer (affiliated Community Minister with UUMAN)

May 12 – Steph Anderson (Executive Director of The Mountain Retreat and Learning Center)

May 19 – Rev. Duncan Teague (senior minister of Abundant LUUV congregation in Atlanta)

I will be returning in July to begin 2024-2025 church year planning and I'll be back in the pulpit in August.

Since I won't be leaving town I may bump into you on occasion, but it won't be enough! I will miss you all!

Nurture our spirit. Strive for Justice. Transform the world.

Dave

The Benefits of Volunteering

“The best way to find yourself is to lose yourself in the service of others.” – Gandhi

Recently, a large downtown Alpharetta church hosted the Family Promise families. These are families that are experiencing temporary or situational homelessness, due to eviction, loss of work, etc. Although this church is two or three times the size of UUMAN, they were having difficulty filling the role of overnight host. Usually the hardest role to fill, the overnight host sleeps on a creaky cot in a room of the host church, in case of any emergencies. This large church, along with the Family Promise organization, knew that there was one church where they could always find volunteers, even for the toughest tasks. They put out a call to UUMAN. Of the 7 nights that the families stayed in the church, four of the overnight hosts were UUMAN members.

In my experience, UUMAN always comes through when there is a need. Whether it's working in our garden, working at North Fulton Community Charities, the Chili Cookoff, or potluck lunches, somehow the signup sheet always gets filled. Because of our shared values, UUs tend to understand innately that we are called to volunteer and to improve our corner of the world. But volunteering has a lot of benefits beyond just “paying it back.”

Volunteering widens your circle of connections and provides a sense of belonging to the community. When you volunteer in the wider community, you will meet people of diverse backgrounds. If you open your mind and heart to the people you meet, it can't help but make you more compassionate. You will begin to see the world as others see it—their hopes, their struggles, their obstacles. And you will begin to feel a part of something that is bigger than yourself.

“Studies have shown that volunteering helps people who donate their time feel more socially connected, thus warding off loneliness and depression. But I was surprised to learn that volunteering has positive implications that go beyond mental health. A growing body of evidence suggests that people who give their time to others might also be rewarded with better physical health—including lower blood pressure and a longer lifespan.” (Source: Harvard Health Blog)

UUMAN provides many opportunities for volunteering—NFCC, Family Promise, gardening, RE (adult and kids), greeting and ushering. We also make it easy to start your own group or your own RE class. What interests you? Where do you want to go in your spiritual journey? Wherever that is, it's likely that someone shares your interest. Start a group at UUMAN, or reach out to other non-profits that need volunteers. The benefits will be yours as much as the world's.

“Start where you are. Use what you have. Do what you can.”
– Arthur Ashe

- Mike Chambers



Our 50/50 Shared Plate

Each month, a recipient is chosen by the Social Justice Committee to receive half of the offering. This includes half the cash on 50-50 Sunday, and all month long, Givelify funds (check 50-50), and personal checks (memo 50-50) are included.

- In December, **Family Promise** received \$685.00.
- In November, **North Fulton Community Charities** received \$352.50.
- In October, the **Atlanta Pride Committee** received \$877.50.
- In September, **Groveland Community Center** received \$390.00.

In February, our recipient is **Planned Parenthood Southeast**. Its mission is to provide voluntary family planning services and education that enhance personal and social understanding of human sexuality. They advocate public policies that guarantee reproductive rights and access to health care. And, they support and encourage advances in reproductive technology.

- Michelle Liebergesell

MCY February Times

Religious Exploration with Children and Youth at UUMAN

By Lexie Tangney, Director of Religious Education

Greetings, beloved community members! We are thrilled to share that our Religious Exploration (RE) program restarted with boundless enthusiasm in January. The classes were abuzz with participation, and we are committed to nurturing that vibrant energy throughout this new year.

We are overjoyed to share with you an update from January 18th, where the Playscape Team orchestrated a delightful opportunity for the children of UUMAN to engage in the design process for our upcoming Playscape. Following the service, a brief presentation captivated our young hearts, and then, with glee, each child was bestowed with three stickers to cast their votes on images showcasing various design components. It's a testament to our commitment to upholding our 5th Principle: "The right of conscience and the use of the democratic process within our congregations and in society at large," as we empower even our youngest UUMANites to participate in shaping our shared spaces. Let's continue to nurture this spirit of inclusion and democracy within our beloved community!

As we venture into February, mark your calendars for our highly anticipated annual Chili Cook-Off on Sunday, February 4th, at noon. Excitingly, our junior and senior youth will have their own table this year! Then, on Sunday, February 11th, it's New Member Sunday, where we warmly welcome newcomers. The Care Circles have a delightful event planned in Fellowship Hall until 11:30 AM, followed by a multigenerational craft in Discovery Hall from 11:30 AM to noon. Please note, on Sunday, February 18th, there will be no RE due to the Presidents Day break, but fear not, as regular RE will resume on Sunday, February 25th. Let's continue this journey together, nurturing our spirits and strengthening our bonds as a community.



Common Grounds Coffee House

Connecting people who love to play music with those who love to listen

February 17, \$5 suggested donation (cash only)
Doors open at 7 pm and show starts at 7:30 pm at UUMAN
11420 Crabapple Road
Roswell GA 30075

We will be selling some treats in the kitchen and you are still welcome to bring your own food and drink. You might want to bring some cash to tip the performers and for treats from the kitchen, small bills are always appreciated. Masks are optional at this time at UUMAN, but please feel free to wear one as needed/desired.

We will also be collecting canned and dry food goods for North Fulton Community Charities. If you have the means to do so, please bring something to donate.

February 17 performers:



Jefferson Ross

Join us for an Intimate Listening Room Experience, as we kick off the year with Nationally and Internationally Acclaimed, Southern Folk Artist and Songwriter, Jefferson Ross! Jefferson Ross is a songwriter, singer, guitar slinger and painter weaving stories for the ears and the eyes. Based in The Peach State, Jefferson travels throughout the U.S. and Europe performing his original music and displays his art at festivals and galleries across the South.

For years, Jefferson lived in Nashville playing for a number of recording artists, including Canada's Entertainer of the Decade, Terri Clark, and sharing the stage with Country Music greats such as George Strait, Toby Keith, Reba and Vince Gill. He worked as a staff writer for a number of publishers on Music Row including Curb Music, one of the top music publishers in the world. In 2010 he returned to live in Georgia with his wife and daughter and maintains a home and office in Nashville as well. An evening with Jefferson Ross is a homespun southern experience that you're unlikely to forget! <http://jeffersonross.com/>

Paul Pendery

Local favorite, - Acoustic Folk/Americana artist, Paul Pendery, returns to Common Grounds to open the show, with his Beautiful, Rich Voice, his Thoughtful and Creatively Spun Songs and Stories, and his Soulful Folksy Charm!



Upcoming Shows:

March 16:

Jason Connelly
Bill Sheffield with Spencer Kirkpatrick

- Laura Keck

MLK Day of Service 2024

by Elizabeth Rohan

Once again, UUMANites of all ages showed up for the animals at FurKids Headquarters and Cat Shelter in Cumming, GA for MLK Day of Service. FurKids is a no-kill shelter and sanctuary that offers lifesaving care to about 1600 cats and dogs every day. We had around 40 volunteers who had a great time together while raking the grounds, spreading pine straw, cleaning cat cages, cleaning cat toys, filling bags with kitty litter and socializing with the cats. There was even a small group of volunteers who walked dogs from FurKids' dog shelter down the street.

The HQ location has exciting plans afoot. They are building a new medical building, and soon the dog shelter will move to the gorgeous HQ location! Thank you, UUMAN volunteers, for lending a hand to a terrific organization. This service opportunity helped us live UUMAN's mission: Nurture the Spirit. Strive for Justice. Transform the World.



February: A Month of Sundays



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 membership@uuman.org.

Date	Celebration
2/1	Kyra P. is celebrating a birthday.
2/4	Elizabeth N. is celebrating a birthday.
2/5	Izzy D. is celebrating a birthday.
	Davis D. V. is celebrating a birthday.
2/12	Jacob C. is celebrating a birthday.
2/14	Michelle and Mike L. are celebrating their anniversary
2/15	Dan C. is celebrating a birthday.
	Maud V. d. B. is celebrating a birthday.
2/22	Riahna B. (L.) is celebrating a birthday.
2/28	Raffaella S. is celebrating a birthday.

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 newsletter@uuman.org

Date	Topic	Service Leaders
2/4	<p>A Few of My Favorite Things: My Journey with Voluntary Simplicity</p> <p>Is it possible to live with fewer material possessions? Accepting a challenge from my father, I seriously explored the topic for a year, with some surprising results.</p>	Rev. Jeff Jones
2/11	<p>Model of Love and Fear: A Choice for Love</p> <p>According to A Course in Miracles, we can either perceive Love or Fear, and each moment offers an opportunity to live from a place of one or the other. Our choice for loving perception can transform our experience from one of suffering to one of peace.</p>	Lylah Lockridge
2/18	<p>Spirituality, Health and Healing</p> <p>Join us as we consider how religion and spirituality are connected to health. Serious illness can be a shock to us in every way: physically, mentally, and spiritually. How does our spirituality help us cope? How can we bring our values and beliefs to bear in the service of healing?</p>	Rev. Kim Palmer
2/25	<p>Call the Midwives</p> <p>A tortured vocation over the centuries, fought for by women who deserve what we might call secular canonization, midwives have been around since the start of human history. This service will look at the heroic feminist and womanist saints who have risked so much to bring life into the world, popularized in the PBS series "Call the Midwife".</p>	Rev. Marti Keller