

June 2025

Inside this issue:

Combating Powerlessness	1
Message from Your Incoming Board President	2
Get out and enjoy nature this summer!	3
UUMAN Summer Solstice Picnic	3
Our 50/50 Shared	3
Summer Lay Service Leaders	3
MCY June Times	4
A Month of Sundays	5
Life Celebrations	5



Combating Powerlessness

As I write this, I am finishing up my ninth year as UUMAN's 4th called minister. Nine years!? You can't be serious!

For me, it has been nine wonderful years. The congregation is vibrant and healthy.

Yet even amongst this vibrancy and amongst all that we are doing (and trying to do), we can sometimes still feel powerless. We can sometimes feel trapped by this political hurricane we are currently trying our best to weather.

In my sabbatical last year, I came across the following passage by yoga instructor Deborah Adele (she also has master's degrees in liberal theology and religious studies). She writes, "I have found three ways of thinking that shift me out of a feeling of powerlessness: practicing gratitude, trust in the moment and thinking about others."

How might you be intentional about practicing deep gratitude (way #1)? I say deep gratitude rather than a shallower gratitude. A shallower gratitude usually ends up being a long list of everything from ice cream to kittens (and everything in between). There are several ways one could do practice deep gratitude. Maybe spend five full minutes a day reflecting about one thing in your life for which you are grateful. Look at that single object of your gratitude

from several directions and perspectives.

Might it take on new significance in your life?

To me, deeply practicing gratitude helps me to then think about others (way #3). Often, there is a person or persons or an entity (e.g. the natural world, etc.) that has been the source of my object of gratitude. Thinking about the others who have given me a gift inspires me to then be the source of a gift I can then pass on to someone else.

Trusting in the moment (way #2) is perhaps the most difficult of the ways of thinking that can shift us out of feelings of powerlessness. Trust is faith. Trust involves uncertainty, but it is also a weapon against nihilism. I believe that even in desperate circumstances, trusting in the moment, having faith in the moment inspires us to stay in the game, inspires us to do our part to bend the arc towards justice; transforming that desperation into celebration.

It is my wish that you all feel powerful – powerful enough to build the world we dream about. Start with gratitude, thinking of others and trusting in the moment.

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

Dave

Message from Your Incoming Board President

Greetings UUMAN members and friends! As I write this article, we are preparing for our annual congregational meeting, where we will elect three new Trustees to replace our outgoing Board members: Mike Chambers (Past President), Laurie Wheeler (Secretary), and Margriet van de Steeg (Special Projects Trustee). Please join me in thanking them for the outstanding contributions they have made over their term; all three have had a tremendous positive impact for UUMAN and I am grateful for the leadership and example they have shown.

I have been the Board Vice President for this past year, and per our bylaws I will now serve a year as President before transitioning to the Past President role. This structure enables us to provide continuity and a healthy learning / mentoring model for new board members. Martin Poteralski (Past President) and Seth Pratt (Treasurer) will join me and the three new Trustees to constitute our UUMAN Board, along with our minister Dave Dunn and DRE Lexie T Brown, who are non-voting members.

In our May Board meeting, I shared this excerpt from Richard Rohr's book "Falling Upward".

"... the task of the first half of life is to create a proper container for one's life, and answer the first essential questions: What makes me significant? How can I support myself? Who will go with me? The task of the second half of life is, quite simply, to find the actual contents that this container was meant to hold and deliver... the container is not an end in itself, but exists for the sake of your deeper and fullest life which you largely do not know about yourself! ... That normally means that the container itself has to stretch, die in its present form, or even replace itself with something better... Only when you have begun to live in the second half can you see the difference between the two. Yet the two halves are cumulative and sequential, and both are very necessary."

Rohr describes the transition point from first half (building the strong container) to second half (discovering and delivering the contents) as a great falling, or failing. He writes that only through great loss - or great love - can we be nudged into navigating this second half of life's journey. It might be a faith deconstruction, a job loss, divorce, serious illness, death of a loved one... or a new opportunity, retirement, new love.

Our congregation is made up of people in all three of these stages: youth and young adults who are still in the first half of life, building their strong containers; older members who are solidly making the second half journey; and those in the midst of their transition. This aligns with UUMAN's Vision, Mission, and Values; we are in position to provide the environment, skills, and relationships to help our members and visitors successfully navigate life. We call this out in our welcome message each week: "No matter who you are, whom you love, or where you are on your spiritual journey, all are welcome here." It's a key part of our mission to "Nurture the Spirit."

I look forward to making this journey with you!

Regards,

David Kroeber

Get out and enjoy nature this summer!

On the fourth Saturday of June and July, you can enjoy a free concert at Riverside Park in Roswell! Bring a blanket or some lawn chairs to make you and your family comfortable for an evening of music alongside the Chattahoochee. The concert begins at 7:30 PM, so arrive early to grab a good spot and enjoy food and drinks with your family and friends. You can bring your own food and beverages (including alcohol) or buy from the food trucks that will be stationed at the park.

Riverside Park has restrooms, playgrounds, and paths to Azalea Park and, in the other direction, to the newly renovated Don White Park.

Check out [this website](#) for the musician names and more details.

UUMAN Summer Solstice Picnic

More summer fun! Save Saturday, June 21, to gather for a picnic at Azalea Park on Riverside Drive in Roswell. You can meet at Garrard Landing at 3 PM to kayak to Azalea Park with fellow UUMANites, or you can join us at 5 PM at the pavilion in Azalea Park. Or, you can do both. 😊

Bring food and beverages; the Earth Ministry team will supply hot dogs and burgers (both real meat and alternative) to grill. This is a chance to celebrate the summer solstice and break bread together in fellowship.

If you prefer to walk instead of paddle, you can enjoy the Roswell River Walk or walk to Riverside and Don White Parks. Azalea Park offers restrooms and a playground nearby.

If you want to kayak, reach out to Bob Popp.

More details coming soon via email. See you there!

- Martina Austin

UUMAN Summer Solstice Picnic



When? Saturday, June 21, 2025

Where? Pavilion 1 in Azalea Park on Riverside Drive in Roswell

Who? You and your family are invited. Restrooms are close by, and a play structure is within a short walk.

What else?

3 PM: Walkers can come to Azalea Park any time after 3 PM to enjoy the walks out from the park.

4 PM: Kayakers can meet at Don White Park to kayak with Bob Popp to Azalea Park.

Food and Drink? Bring food, beverages, and eating utensils or your family. Earth Ministry will provide hot dogs and hamburgers, plus their alternatives for those with dietary restrictions.

To best care for the park environment, please bring utensils, plates, cups, etc., that can be taken home and washed for reuse. Our goal is to leave as little waste behind as possible.

TO RSVP PLEASE: [CLICK HERE!](#)

- Martina Austin



Our 50/50 Shared Plate

Every month, we share our offering with a non-profit or cause. Half of the cash on the first Sunday of the month is included in the total. For the remaining month, checks with 50-50 written on the memo line and Breeze Donations designated 50-50 are included. Half of the Share the Plate total for the month goes to the recipient and the other half goes to UUMAN.

In March, the youth of UUMAN selected Project Hope as our Share the Plate recipient. Project Hope is a non-profit organization providing health and humanitarian aid to families and children affected by the California fires. Project Hope received a donation of \$1666.63 from UUMAN.

In April, Keep Roswell Beautiful, a local organization committed to protecting the environment received a donation of \$669.42.

During the month of May we have been collecting for the Chattahoochee Nature Center Camp Kingfisher.

Thank you for your generosity to our community and UUMAN.

Joan Rossi
Share the Plate Coordinator

Summer Lay Service Leaders

As Rev Dave takes his well-earned break, we've arranged a slate of people from UUMAN who will share messages from the pulpit on Sundays. Please join us and support our friends and community.

Date	Leader
June 1	Shelly Nagrani
June 8	Margaret Pendergrass
June 15	Jim Saunders
June 22	Ash Battistelli
June 29	Dirk Bender
July 6	Richard Bomba
July 13	Kevin McCulloch
July 20	Rachel Osborne
July 27	David Kroeber

Valorie Baylis
Worship Chair

MCY June Times

by Elizabeth Rohan



Date	Activity
6/1	Make and taste Francy's Guacamole
6/8	Create Pride Parade float decorations
6/15	No Programming- Father's Day
6/22	Rock painting
6/29	Glaze your own clay chalice coaster
7/6	No Programming - 4th of July weekend
7/13	Donate old t-shirts; we will transform them into bags for NFCC
7/20	Mindfulness activity
7/27	Needlecraft activity
8/3	Blessing of the backpacks (kids will be in service)
8/10	1st day of RE-Hooray!

The MCY Team would like to thank all of you for donating your time and talents to the children and youth this summer. As you can see from the table below, we have a terrific lineup of summer activities. Please remember that summer programming occurs during service from 10-11:00 a.m. in Fellowship Hall.

The first time you drop them off, you'll need to fill out a quick registration form (even if they're registered for RE for the rest of the year) and sign releases. Each week after that, you'll only need to sign in your kids on the weekly attendance sheet when you drop them off with the adults in charge. We look forward to seeing your children and youth this summer!! Come and join the fun!!

June: 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 office@uuman.org

Date	Service Description	Service Leader
6/1	We Covenant With Each Other As UUMAN grows, we will experience growing pains. To alleviate these pains, we have adopted a covenant, a way of building community in times of disagreement. This sermon will explore why, when, and how to use this tool.	Shelley Nagrani
6/8	TBA	Margaret Pendergrass
6/15	TBA	Jim Saunders
6/22	TBA	Ash Battistelli
6/29	TBA	Dirk Bender

Date	Celebration
6/6	Miriam P. is celebrating a birthday.
6/9	Gabe A. is celebrating a birthday. Melody A. is celebrating a birthday.
6/10	Burk & Merilee H. are celebrating an anniversary of 36 years. Jane S. is celebrating a birthday.
6/11	Jane & Marc S. are celebrating an anniversary of 48 years. Laurie & Mark W. are celebrating an anniversary of 37 years.
6/18	Jim S. is celebrating a birthday.
6/22	Étienne G. is celebrating a birthday
6/23	Judy & Willard J. are celebrating an anniversary of 41 years.
6/24	Burk H. is celebrating a birthday. Carolyn & Marc L. are celebrating an anniversary of 35 years.
6/25	Luka K. is celebrating a birthday.
6/27	Bob & Rosie P. are celebrating an anniversary of 42 years.

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 newsletter@uuman.org