



Unitarian Universalist Fellowship of the Carolina Foothills February 2019

Services at 10:30 a.m. on the 1st & 3rd Sunday of each month at
835 N. Trade St., Tryon, NC
www.uufcf.org; Like/follow us on Facebook @ UUF CF
Mailing Address: P.O. Box 653, Tryon, NC 28782

Upcoming Services

February 3, 2019

“On Finding Courage to Face Challenging Times”

Lyndon Harris

What is the case for hope? Given all that’s going wrong in the world today, do we have cause to hope? We could recite the litany of challenging things that need to be addressed, and the list only seems to grow. But are there soul-filled real world strategies to navigate the challenging seas with kindness and compassion, even as we pursue justice? The Nobel prize-winning Archbishop Emeritus of Cape Town, South Africa, Desmond Tutu, once declared, “I’m not an optimist; I am a prisoner of hope.” Join us to hear a thought provoking presentation on finding courage to face challenging times, and then let’s share our thoughts in the conversation that follows.

NOTE: There will be a “What is UU?” session after the coffee and conversation on February 3 where Robin Edgar will facilitate a discussion about what the first two of the seven principles means to us.

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Feb 17, 2019

“A More Beautiful World”

Lyndon Harris

Author and thought leader Charles Eisenstein has produced an impressive body of publications. One of my favorites is entitled *The More Beautiful World Our Hearts Know Is Possible*. It seems to me the title says it all. This presentation is intended as a follow up to my talk on February 3 as we revisit the themes of courage, hope and praxis and explore what it means to embody that “more beautiful world our hearts know is possible.” Ideas are always welcome in the discussion that will follow.

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*UUFCF services are held at 10:30 a.m. on the 1st and 3rd Sunday of each month at
835 N. Trade St., Tryon*

Coffee, light refreshments and fellowship follow our services.

Sign-up sheets to volunteer for hospitality and to greet are on the back table at each service.

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From Lyndon Harris



It is with joy and delight that my wife, Maria, and I join you at the Unitarian Universalist Fellowship of the Carolina Foothills. What an honor to explore how the Spirit of life can guide us as we examine ways to continue to be an uplifting presence in the Tryon community! My aim will always be to have persuasive presentations based on current affairs, theological and philosophical underpinnings, and practical ideas for how we might put them into practice in order to serve our community and world.

I'm a forgiveness teacher with over 20 years of pastoral experience. As the priest in charge of the church right across the street from the former World Trade Center when the tragic events of September 11, 2001 happened, I helped start a rescue mission in that church that ultimately served over ½ million meals to first responders. The experience of what I call "9/12" is seared into my history, as well as, it seems, my destiny. I have learned many things since that time, one of which is that spiritual groups—if they want to be relevant to their communities—must be willing to think creatively and meet people where they are.

This is a lesson I had to learn the hard way by discovering the transformative power of forgiveness. I came kicking and screaming to the work of forgiveness. I thought I had it all figured out until I had to do the hard work of forgiving myself, others, and what life dealt me. I understand now that life skills such as forgiveness (yes, it's a trainable life skill) are way more pertinent to the daily life of our communities than esoteric doctrines.

On a personal note, Maria and I live in a cabin in the middle of nowhere in "The Peoples' Republic of" Zirconia with our cat Lula, our dog Maggie, and our Betta fish, Buddy. We can often be found in Charleston where we cherish our three grandchildren. We also love to travel and just bought a "vintage" 1990 VW Vanagon Camper that needs a lot of love, so we await our adventures. In the meantime, I am looking forward to working with you to deepen bonds of our fellowship.

Sincerely yours,

Lyndon Harris

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ANNOUNCEMENTS

UUFCF Community Coffee Conversations about Forgiveness

All are welcome to Community Coffee Conversations on Forgiveness.

Twenty people attended the first Community Coffee Conversations on Forgiveness on Jan 16. Lyndon Harris spoke about his personal journey to forgiveness and why we need to forgive for own health. Robin Edgar laid the ground rules for conversation, emphasizing how important it was to truly listen to what others had to say.

“It’s amazing how people open up and share when they know they are in a safe environment to do so” says Edgar who facilitated Love and Forgiveness conversations for the Fetzer Institute.

These conversations are sponsored by our Unitarian Universalist Fellowship of the Carolina Foothills as part of our mission to promote love and social justice as we strive to be a force for good in our community. For additional information, go to www.UUFCF.org or call 828-513-0570.

CARING COMMUNITY

Adrienne Darr is having double knee surgery on Feb 14 and will need help getting to and from medical appointments for a while. Here is Adrienne’s contact information.

828-894-5993
675 Mountain View Dr.
Columbus, NC 28722
adedarr@gmail.com

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REFLECTIONS

Chalice lighting words shared by Nick Fischer at the Jan. 20 service:

“Forgiveness is the fragrance that the violet sheds on the heel that has crushed it.” Mark Twain