



Unitarian Universalist Fellowship *of the Carolina Foothills*



Services at 10:30 a.m. on the 1st and 3rd Sunday of each month at *Sunnydale*
334 S. Trade St., Tryon, NC • Mailing Address: P.O. Box 653, Tryon, NC 28782
For more information, go to: www.uufcf.org Like/follow us on Facebook @ UUFcf

Reminder...

Please don't park in front of the Dollar Store next door; Vehicles may be towed.



Lyndon Harris is a forgiveness coach as well as an inspirational and motivational speaker, having spoken for numerous conferences throughout the country and around the world. Lyndon has over 20 years' experience as a pastor and his work at Ground Zero in New York City has been written about widely. Today he serves as Co-Director of Tigg's Pond Retreat Center in Zirconia, NC. Lyndon is also reactivating the non-profit, Gardens of Forgiveness, an educational initiative dedicated to teaching forgiveness as a tool for personal wellness, conflict transformation, and coping with public tragedy. He also serves as the minister for our fellowship, and for that we are both lucky and grateful.

A Letter from Lyndon

Have you heard? We're going to have a LUAU! It is exciting to me that our annual picnic and potluck this year will be a Hawaiian themed LUAU. At our last fellowship, I guess my enthusiasm for the Aloha state was infectious. Many of you, I am sure have been to Hawaii before – perhaps a few times. But this was our maiden voyage to the Paradise of the Pacific, and it was quite moving. We had many spiritual and loving-kindness experiences that bear further reflection, and I'd like to share some thoughts about that with you.

First of all, it goes without saying that the beauty of the Hawaiian Islands is indescribably exquisite. All of my childhood dreams of palm trees on beautiful beaches, gentle breezes and luxuriant sand and sunsets were met – and surpassed. The food, the people, the sheer natural beauty of Oahu are magnificent. This physical beauty is matched by the beauty of the ancient culture of aloha and the practice of ho'opono opono. Aloha means so much more than "hello" or "goodbye." It also means love and peace, and blessing. Literally, aloha means "breath of life." To acknowledge that another being has within herself the "breath of life" is to acknowledge that the other person is sacred, a carrier of what the ancient Jewish writers described as "ruah": the breath of the divine. Being originally from the Southeast US, however, I was a bit surprised by the "aloha" greeting: looking into another person's eyes and bumping noses, thereby sharing breath. Although it seemed a little awkward, nevertheless it is an intimate and precious way to say to another, "I acknowledge and honor the breath of divine life within you." Can you imagine what the world might look like if the rest of us took this seriously? While Hawaii certainly has its challenges, still, there is so much we can learn from the aloha culture of indigenous Hawaiians.

A vital spiritual practice of Aloha culture is something called ho'opono opono. Ho'opono opono is a healing practice of reconciliation, and there are four steps: 1. Repentance for a wrong – "I'm sorry," 2. Forgiveness – "Please forgive me," 3. Gratitude – "thank you," and 4. Love – "I love you." Ho'opono opono is a practice for overcoming conflict and restoring community; the word itself means "to correct or to restore." Forgiveness and reconciliation are essential practices for maintaining and inspiring communities. Our friends in the Aloha State have much to teach us.

In the past few months in our fellowship, my teachings have really all centered around the idea of community: how to find supportive community, how to create a loving community in which there are no outcasts, how to grow in community, acknowledging all the while that we are "better together." Being in a positive social network or loving supportive community is essential to good health. In fact, research by Sarah Pressman at the University of California, Irvine, found that the probability of dying early is 20% higher for obese people, 30% higher for excessive drinkers, 50% higher for smokers, but a **whopping 70% higher** for people with poor social relationships. Aloha and ho'opono opono are wonderful helps in creating and healing community.

So, enough of talking or teaching "about" community; let's live it. Our picnic and potluck luau on June 2nd is a great place to start. See ya then. Aloha!



A Letter from Your President

Dearest UUFCE Members and Friends,

My husband, David, and I are so delighted to be a part of this wonderful UU fellowship. It has been a joy to serve alongside the other board members and see how much we can accomplish together as a family. We all rode the waves of change this year, starting with changing our name to Unitarian Universalist Fellowship of the Carolina Foothills. We warmly embraced our new part time minister, Lyndon Harris and his lovely wife Maria. Several of you joined as Lyndon and I worked together to jumpstart a very successful round of Community Coffee Conversations on forgiveness. Lastly, we all seem to be adjusting well to our new home at Sunnydale, which should provide enough space to accommodate our growing family.

Speaking of our Board, we will be holding an election for 2019-2020 board members at the annual meeting, which is held at the end of our regular service on Sunday, June 16. According to our bylaws, only members are permitted to vote. To become a member, you need only be a contributor of record and sign our membership book. If you are interested in becoming a voting member, look for one of the board members at fellowship or contact me at 2robinedgar@gmail.com or 864-457-7557 to arrange signing the membership book.

Fondest regards,
Robin Edgar
UUFCE President of the Board

COMING SOON



June 2 -- Annual Picnic and Potluck

On June 2nd, we will forego our usual order for our fellowship so that we may celebrate another year's passing with our **annual picnic and potluck** at Sunnydale. This year, in light of the fact that I am still googly-eyed from our recent visit to Hawaii, some in the fellowship have suggested that we make it a LUAU. Yes, you read that correctly! A LUAU! SO, please wear your Hawaiian shirts and dresses, bring a side dish to share, and be ready to have a great time! And come ready to sing! Rebecca, Derek and I, and hopefully others, will be prepared to lead us in singing. We'll sing some of the timeless classics of folk, and dabble in some contemporary fun folk songs as well. Also, in light of interest expressed in exploring hosting a possible coffee house experience for our fellowship, I'll share some thoughts from my times running two different coffee houses in recent years. We hope you'll be with us! Aloha! --Lyndon



June 16 – Father's Day

June 16th this year is Father's Day. Father's Day has a long history and tradition, acknowledging the blessings and challenges of fatherhood. But how do we speak about fatherhood in light of the great discrepancies between how women and men are treated in today's society? How do we celebrate fatherhood? And, at the same time, acknowledge and critique the long powerful tradition of patriarchy. In this teaching we will explore the historic tradition associated with Father's Day, explore the some pertinent ideas from the feminist critique of patriarchy, and explore the role of being – and of celebrating – fatherhood in today's world.

An Invitation

My arm hurts. You see, it was twisted a bit to convince me I should take over the fellowship newsletter, but I'm hoping you can help ease the pain. You can do so by simply alerting me to newsy information worthy of sharing with our fellowship. One idea I have is to feature a different member (or frequent visitor!) each month so we can know who we're sharing our joys and concerns with, and I may be calling you to interview one day. In the meantime, let me know if someone in the fellowship has a special need or if someone just became a new parent (grandparent?) I'm at dgreeson1@gmail.com. Thanks – my arm feels better already! -Don