



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.



Catching up...

• **A Holiday Feast** was held on December 15 to close out 2019. Thanks to all who brought festive goodies and personal stories to share. Now the diet begins!



• **Thanks to our December volunteers:** Greeter – Janice Minschew ; Chalice Quote – Robin Edgar; Hospitality – Diane Kinoshita and Jim Minschew



• **Taking action,** Chas Williams and Monica Moffat joined other supporters of impeachment at the rally in Asheville on December 17



who served from 161 until his death in 180. Known as the last of the so-called “Five Good Emperors” of the *Pax Romana*, Aurelius was also one of the great stoic philosophers of his time. Founded in Athens in the early 3rd century BC by the Greek philosopher Zeno, Stoicism is a philosophical school that virtue is sufficient for happiness and judgment should be based on behavior, rather than words. Modern day practitioners include Victor Frankl, Holocaust survivor and founder of logotherapy (belief that human nature is motivated by a search for life’s purpose) and Admiral James Stockdale, a Navy fighter pilot who became a POW for seven years in Viet Nam. The rank of the stoics also includes fictional characters too, such as Captain James T. Kirk on the TV show, *Star Trek*. Are you a closet stoic? Come join us as we consider the ancient philosophy of Stoicism in order to explore its resonance with UU principles, presenting it as a way of life that speaks profoundly to the issues we face today. As Mr. Spock would say, “Live long and prosper.”

Sunday, Jan. 5 Service by Lyndon Harris

The Stoic Path and the Good Life

Sunday, January 19 Service by Lyndon Harris

Observance of National Religious Freedom Day

January 19 is National Religious Freedom Day, a day commemorating the Virginia General Assembly's adoption of Thomas Jefferson's landmark Virginia Statute for Religious Freedom on January 16, 1786. That statute became the basis for the establishment clause of the First Amendment of the U.S. Constitution and led to freedom of religion for all Americans. The freedom of religion (and the freedom from religion) is a gift that we take for granted, by and large, today. But the implications of freedom of (or from) religion are enormous. Come join us for a conversation on why the freedom to believe and the freedom not to believe, is so vitally important for us today.





Lyndon's Letter



Greetings Fellowship Friends,

As I write this, it's a chilly 27 degrees in Zirconia this morning, as we are making our way toward the longest night of the year, the Winter Solstice (December 21). For at least 5000 years now (that we know of), there have been captivating parties and rituals to observe this date all around the world, especially at the ancient alignment of rocks at Stonehenge in the UK. While those of us here in the Carolinas will perhaps find another comforting bit of sleep, it is interesting to take note of this time of transition. Based on the tilt in the Earth's axis on its rotation around the sun, this has been a pivotal time for our ancient kin as they contemplated the change of seasons.

In modern times, well, we use a calendar. But even our modern calendar has ancient roots. January is a name derived from the ancient Roman god Janus, one who had two heads: one looking backwards, and one looking forwards. Janus' power was the ability simultaneously to peer into the past while, at the same time, cast an anticipatory gaze towards the future. In our calendars, we are preparing to say goodbye to 2019, and hello to 2020. It's a time of looking backwards, as well as looking forwards.

Looking backwards, our last Sunday fellowship was a celebration of our year together with our annual Holiday Party. What a time we had! The exquisite decorations, the feast prepared and shared, the music and our conversations together were profound and beautiful. Thanks to one and all who played a part in making this happen! Who knew that Bob Covert was a sax-toting bona fide jazz man?!

Looking forwards, our next fellowship on January 5, marks the beginning of a new year full of possibilities. The New Year seems to inspire many of us to open our minds, to think in new ways, and to try on some new approaches to our routine. On January 5, I want to have a conversation about one of the time-tested approaches to life that has inspired and empowered people to live fully in the giftedness of life. I plan to do a little digging historically to consider the ancient philosophy of Stoicism and explore its resonance with UU principles. I'll present it as a way of life that speaks profoundly to the issues we face today. Then we'll have a dialogue about your thoughts as well.

Then, on January 19, we will gather to observe National Religious Freedom Day. Did you know there was such a thing? It was added to our national calendar as an annual observance on January 16, 1993. National Religious Freedom Day is a day commemorating the Virginia General Assembly's adoption of Thomas Jefferson's landmark Virginia Statute for Religious Freedom on January 16, 1786. That statute became the basis for the establishment clause of the First Amendment of the U.S. Constitution, which led to freedom of religion for all Americans. The freedom of religion (and the freedom *from* religion) is a gift that we take for granted, by and large, today. Come join us for a discussion on why the freedom to believe and the freedom not to believe is so vitally important to whom we are today.

With deep gratitude for the past year, and great anticipation for a beautiful 2020, I look forward to seeing you in January.

Affectionately,

Lyndon





Our next CommUnity Coffee House will be Valentine's dance at Sunnydale on Friday, February 14, 2020 at 7:00 pm. Singles and couples are welcome to shimmy and shake to the music of the Jim Peterman Quartet. Tickets to the dance purchased in advance will also provide a \$5.00 discount per meal at select local restaurants. For more information, contact Robin Edgar at 864-457-7557.

Profile

Nick and Cathy Fischer

"Interesting" is an understatement when hearing the Fischers' story. If, as Cathy suggests, things happen for a reason, their union may have been destiny, beginning a century ago with the death of her grandfather, who was fighting in WWI for Germany. Religion and politics (first cousins!) created cultural hurdles for the generation that followed, and eventually Cathy was born out of wedlock. It was another soldier, this time a Lieutenant Colonel in the U.S. Army, who with his wife, adopted Cathy after WWII, selecting the three month old from the orphanage because of her happy smile. We all know that smile, the one that also attracted Nick Fischer many years later. While Cathy was growing up in southern New Jersey, Nick was growing up in northern New Jersey. After both enjoyed (endured?) a first marriage, the two met on a business-related boat tour of the NY harbor. He was working in the printing industry and she in marketing, including 20 years in the Direct Mail division of RR. Donnelly. That field—marketing—may have been destiny as well because Cathy actually majored in music at Indiana University. While chasing a career in singing, she moved to Manhattan and found herself in various jobs as a trade show hostess, ad agency receptionist, production assistant, and finally account executive... all, she confesses, better than jobs as a singing waitress. While her career was unfolding, Nick was busy raising three sons, all born within two years of each other. (Today, "the boys" live in Florida, Connecticut and New York City.) Nick and Cathy married 22 years ago, and together enjoyed visiting the Unitarian Universalist church in Mohegan Lake, NY. (Cathy had once attended the Brooklyn Heights UU church, where she and her first husband sang in the choir.) While still residing in NY but eyeing retirement, Nick and Cathy accepted some friends' invitation to visit Western NC, where destiny intervened again... this time when Cathy was recruited to become Executive Director for the Tryon Arts and Crafts School. Now that she's retired from that role, Cathy works part time at Landrum's Millstone Gallery. Following a successful carrier as a printing salesman, Nick now works part time at Landrum Hardware, a perfect fit for his woodworking hobby. Both Nick and Cathy are on the board of UUFCF, and we're lucky to have such experienced and active members!



► *Postscript: As an adult, Cathy located her biological half-siblings, a brother now living in Seattle and a sister living in Cologne, Germany. Her biological mother had died two years before she found them, and Cathy was with her sister when she died just last year.*

Unitarian Universalist affirmation:

*"Love is our doctrine,
the quest for truth is our sacrament,
and service is our prayer."*

• *Nuusletter Contributions may be emailed to Don at dgreeson1@gmail.com
Personal announcements such as awards, new exhibits etc. are welcome.*