



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...

• **Shepherds Feast Volunteers**
on Christmas Day:
Becky Kraai, Annie Ewing,
Monica Moffat, Derek Harrison



Becky and Derek donated an hour or so of Christmas songs and music; Annie and Monica helped with serving and chatting with almost 300 guests.

• **Fellowship Volunteers**
Thanks to our December volunteers: Greeters: Joy Soderquist and Annie Ewing; Chalice Quotes – Barbara Moffitt and Jim Minshew; Hospitality – Marie King and Maria Lund



• **Taking action**, Monica Moffat participated in the Woman's March in Black Mountain on January 18, 2019

Sunday, February 2, 2020 Service by Lyndon Harris

Our Crisis of Leadership



How can we become the leaders our communities and the world need for us to be?

We face many challenges in contemporary society today and the world is longing for leaders. How can we self-mobilize and inspire our communities to action in response to the needs of today? Surveying resources from ancient philosophy to research professor at the University of Houston, Brene Brown, we will consider what it means to lead in challenging times, and how to step up our game to be more impactful and transformative in order to better serve. As Albert Schweitzer said, "I don't know what your destiny will be, but one thing I know: the only ones among you who will be really happy are those who will have sought and found how to serve." Come join us as we explore and discuss qualities of leadership needed today.

Sunday, February 16, 2020 Service by Lyndon Harris

UU Spirituality: A Kaleidoscope of Possibilities

Spirituality is an important topic of conversation within Unitarian Universalist communities. The article, "Spirituality on the Go" (UU World, Winter 2019) announced the release of a new cell phone app: *Worship Web*, which is full of readings, inspirational sayings, and spiritual artwork. Spirituality is overflowing, but what is the spirituality of Unitarian Universalism? What does it entail?

Unitarian Universalism does not consist of one form of spirituality, but many—a kaleidoscope of possibilities. Come join us as we delve into the spiritual side of things, UU style, and investigate together how we might both broaden and deepen our own spiritual life and practice.





Lyndon's Letter



Greetings Friends,

With January moving along, and February coming soon on the horizon, that means at least one thing: SEED CATALOGS! There are the lettuces – romaine, arugula, butter and bibb; the tomatoes (the queen of summer!) – brandywine, Cherokee purple, Mr. Stripey and San Marzano; and finally, the icing on the cake: the peppers! - jalapeno, habanero, and (shall we do this again?) the fiery ghost peppers that tantalize. Add some herbs and strawberries, and you have a down payment on paradise. Gardens work on every level. That's why we started the "Gardens of Forgiveness" – for when you're feeling resentful, so you can pull up some of those bitter weeds of contempt, sift out that soil of anger, and when you're happy again, soak in the utter joy of your connection to the earth. One of our garden spots here at our cabin in Zirconia is called our "Meadow of Delight" in honor of a John O'Donahue poem. Yes, I do realize I'm jumping the gun a bit since it's not yet February, but that's how I get through winter. As Audrey Hepburn put it, "To plant a garden is to believe in the future." I believe that planting a garden – whether it's a one-acre plot, or a one-pot wonder – is a *spiritual* practice.

Coming up in February, we'll have time to compare notes on best practices for beautiful gardens, and other spiritual pursuits.

I look forward to it!



Affectionately,
Lyndon

Unitarian Universalist affirmation:

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

Barbara Moffitt



A reader of books, a lover of animals, a woman whose work is never done,,, Barbara is a person who meets every challenge with passion. Books? School librarian. Animals? Goat herder. Work? Counselor, Security Guard, Waitress, Pizza Chef, Egg Picker (no, not collector...egg picker.) All of these vocations are part of her history, but she's still busy today as a pet owner (one dog, "too many" cats) and Desk Clerk at the Columbus Day's Inn. How does one accumulate such a diverse history? Barbara explains that she moved around a lot as a kid, and then moved around a lot as an adult. Originally from Georgia, she met her husband while attending SUNY-Geneseo near Rochester. She worked as a school librarian in Syracuse, moved to Pensacola and then to the Toledo, Ohio area, where her husband also worked as a librarian at the university there. Then she moved with her growing family (a son and daughter) to Waldron, Michigan, where she started raising La Mancha goats. Her interest in goats began as a result of research into the qualities of goat milk after dealing with her son's milk allergies. From goat farm back to college, Barbara received her counseling degree from Siena Heights College in Adrian, Michigan.

Her master's thesis was about animals and their therapeutic

benefits. After a divorce, Barbara moved to North Carolina to serve at The Mountain, the Unitarian Universalist retreat near Highlands. After a year there, she moved to Polk County where she worked at Isothermal CC as a counselor and the Coordinator of the JTPA* jobs training program. Barbara is also a trained mediator and once served the Polk County Mediation Center. Never one to sit still long, she traded her academic jobs for one less stressful, and started baking biscuits at Hardees. Her work schedule is now down to three days each week at the hotel, giving her time to pursue her hobbies, which include mineralogy and reading. Her spiritual journey has been as diverse as her multiple careers, beginning with "whatever church was near my home" and navigating through a variety of protestant denominations. Married in an Episcopal Church, she eventually joined the UU congregation in East Liberty, Michigan. After moving to Columbus, she attended the Spartanburg church before coming to our fellowship more than a decade ago. Just recently, Barbara realized she may have been unwittingly influenced by liberal religion at an early age. She discovered her Camp Fire Girls troop once attended a rally sponsored by a Unitarian Universalist church in Syracuse, NY. One wonders if someone there also brought along a pet goat!



* Job Training and Partnership Act, a jobs training program for economically disadvantaged adults, at-risk youth, dislocated workers, and displaced homemakers.

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

CommUnity Coffee House

Valentine's Day Dance

Friday February 14, 2020 from 7 to 10 pm

At the Historic Sunnydale Cabin

334 S. Trade Street in Tryon



Tickets \$10.00 for general seating

<https://www.brownpapertickets.com/event/4495959>

or call 828-513-0570

Singles and couples over the age of 21 are welcome to shimmy and shake to the rock and roll and rhythm and blues music of the Jim Peterman Quartet. Tickets to the dance are \$10.00 per person and are available through Brown Paper Tickets (brownpapertickets.com) or by calling 828-513-0570.

Tickets for the dance purchased in advance will provide a \$5.00 discount per meal at select Tryon, NC restaurants the night of February 14. **PLEASE NOTE:** You must make reservations in advance and show your dance tickets at that restaurant of your choice to receive the \$5.00 discount at the following locations:

- McGourty's 74 N. Trade Street (call 828-817-2993 for reservations)
- Huckleberry's 62 N. Trade Street (call 828-436-0025 for reservations)
- Lavender Bistro 82 N. Trade Street (call 828-440-1140 for reservations)
- Café La Gaule 10 N. Trade Street (call 828-440-1480 for reservations)

In addition to the generosity of the participating local restaurants, the CommUnity Coffee House Valentine's Dance is also sponsored by the Unitarian Universalist Fellowship of the Carolina Foothills (UUFCF). For more information about UUFCF or to buy tickets for the CommUnity Coffee House Valentine's Day Dance February 14, call 828-513-0570.