



THE UNITARIAN UNIVERSALIST FELLOWSHIP

of the Carolina Foothills

Virtual Services via Zoom on the first and third Sundays of each month during the pandemic



Beautiful but oddly quiet Tryon

How Appropriate! Beginning May 3, 2020: *(and ironically this is all true!)*

- Flexible Work Hours Week
- National Anxiety and Depression Awareness Week
- National Family Week
- North American Occupational Safety and Health Week
- Public Service Recognition Week
- Be Kind to Animals Week
- National Pet Week
- National Small Business Week
- Update Your References Week (*ouch...*)
- **UUFCF's Virtual Sunday Service at 10:30 am.**



Getting To Know You

Our next virtual fellowship will be on Sunday, May 3 with our guest speaker Fritz Aufdencamp. He will share "Getting To Know You" about his experience getting to know a Jewish person on a spiritual level, which resulted in three heresy trials and motivated him to tear down the wall between Christianity and Judaism. A frequent guest preacher at the Unitarian Universalist Fellowship of Boca Raton, Florida, Fritz graduated from Trinity Evangelical Lutheran Theological Seminary in Columbus, Ohio in 1967. He served congregations in Townsend, Montana; Cobb, Wisconsin; and Butler, Pennsylvania before leaving the Lutheran Church. In addition to his sermons, Fritz also sings in the choir and runs a ukulele group for his fellowship.

Join by computer: <https://zoom.us/j/94801872490>

Join by phone: +1-646-876-9923 Meeting ID# 94801872490



Sunday, May 17, 2020 - Lyndon Harris

COVID-19, Public Tragedy and the Role of Forgiveness in Healing

Our present time of worry and risk brought on by the Coronavirus (COVID-19) pandemic is unsettling. And it follows a period of political polarization that has been, and continues to be, painfully divisive. During this time, as we seek to protect our communities from the physical harm of the virus, we must also consider caring for ourselves, mentally and spiritually. One way to do this is by learning how to forgive. You see, forgiveness is a trainable life skill, a tool that will enrich your life. And sometimes - in addition to forgiving others and forgiving ourselves - we have to forgive life. No one wanted the Coronavirus. Why is forgiveness important right now? Because forgiveness is about YOU; it is an act of self-care.

Lyndon will share his experience in developing a model for coping with public tragedy after the terrorist attacks on September 11, 2001, and facilitate a conversation about how that understanding might be helpful now.

Note: A different Meeting ID# will be issued for this Zoom date. We will alert you by email or phone in advance.



Lyndon's Letter



Dear Ones,

With the passing of each day, the familiar port from where we set our sails, seems further and farther behind us, a memory that we cling to as we navigate uncertain seas. “Can’t wait until we get back to normal” I’ve heard said many times. “We’ll bounce right back” I’ve heard others say. Some maintain that we’ll return to a place we’ll call the “new normal.” Others differ, preferring to call it the “next normal.” The idea of “bouncing back” is usually attributed to a person who is seen as resilient. But the truth is, we never really “bounce back.” It’s impossible to go back to where we were before something challenging happened. Maturity and wisdom come from integrating these experiences into our lives moving forward. The person going through a painful divorce will recover and move forward, but not bounce back to being the person she was before. What a terrible waste of an experience! That person will, instead, move forward taking and integrating painful and cherished memories with her into her future, mining her experience for wisdom and healing.

So even though we won’t “bounce back” to a time before the experience of COVID-19, we can and will move forward, overcoming this virus (however long it takes). I hope we will mine our experiences during this time for the gold that is there, to reflect on this experience of loss and confinement, to see clearly all for which we are grateful and all the things for which we take for granted. What are the lessons for us?

Here’s what I’m learning:

We are all in this together. The virus knows not blue state or red state, rich or poor, nor does it care about one’s religious affiliation. We’re all in this together and we are only as safe as our least cared for neighbor. We are only as strong as our weakest link. And our most intimate partners, spouses, family members embody our healing. So often, my business has been “busy-ness.” Why in the world was I making such a fuss over things that, in the scheme of things, *don’t really matter?*

A connection to the Earth is not only a luxury; it is VITAL for my health and happiness. So many of us - including me - suffer from “Nature Deficit Disorder.” How can we survive and thrive if we are not intimately connected to the land?

I have learned that, even as a grateful person, I have room to grow in my gratitude practice. Beans again? Oh my goodness, have I told you how *delicious* these beans are?

Finally, I am learning how important it is to commit time for personal development and learning. The depth of our experience is proportional to our capacity for reflection and integration. Let’s take time to take care of ourselves.

What are *you* learning? Let’s talk!

Affectionately,
Lyndon

Board Members for 2020-2021 – Slate of Candidates

This year's Board of Trustees election will be held virtually, that is, via email. Details will of how and when will be announced in the coming weeks. In the meantime, here is a list of candidates selected by the Nominating Committee (Dave Edgar and Maria Lund) and approved by the current Board for a term that will begin in June.



Barbara Moffatt
President



Christine Mariotti
Vice President



Becky Kraai
Treasurer



Don Greeson
Secretary



Annie Ewing
Member at Large

The Importance of Being Earnest

Oscar Wilde's most famous play featured protagonists adopting fictitious personas to avoid burdensome social obligations. The subtitle of the production was "A trivial comedy for serious people." We UUs pride ourselves on being serious people who support principles and community. Making the choice to commit to values we cherish includes supporting the organization that promotes inclusion and the worth and dignity of every individual. Let's agree to not trivialize the importance of our little fellowship by shortchanging its funding needs for the coming year. Everyone's financial participation is earnestly needed to ensure its future!

Amid pandemic, charities and nonprofits face huge challenges

By DAVID CRARY and KATHY McCORMACK Associated Press
APRIL 22, 2020

Excerpt:

Some religious groups are anxious as online worship replaces in-person services. The Catholic Archdiocese of New York has reported a 50% drop in cash donations and warned that some parishes will struggle to stay open. Nashville-based LifeWay Research, affiliated with the Southern Baptist Convention, surveyed 400 Protestant pastors in late March. More than 90% said they had halted in-person services; more than half said donations from their congregations had decreased from earlier this year — often by more than 50%.

Unitarian Universalist affirmation:

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