



THE UNITARIAN UNIVERSALIST FELLOWSHIP

of the Carolina Foothills

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



Nina Simone's Childhood Home, Tryon, NC

Happening in January:

- January is "Get Organized" Month*
- Jan. 1 – New Year's Day
(also National Hangover Day)
- Jan. 3 – UUFCF Virtual Service**
- Jan. 17 - UUFCF Virtual Service**
- Jan. 18 – MLK's Birthday
- Jan. 20 – Inauguration Day
- Jan. 28 – Full Moon



January is named for Janus, Ancient Rome's God of Transition



Sunday, January 3, 2021 – Lyndon Harris

In January, the political clock will re-set and we will see an ambitious rollout of the vaccine that promises to restore our bonds of community. It's time to celebrate new beginnings. But with some degree of trepidation, we may remember Faulkner's memorable line: "The past isn't dead. It's not even past." So, how do we as spiritual people honor the struggles of the past, even as we expect and work for better times in the future? Perhaps the Roman god, Janus, from which we get the name of the month of January, might offer aid in discernment. Janus had two heads: one looking back towards the past, and the other facing forward toward the future. The figure of Janus inspires us to reflect upon our past, as we declare our intentions for our future. Join us on January 3rd for a deep dive into spiritual traditions of transition, in preparation for the oncoming year.

Join the conversation January 3 at 10:30 on Zoom <https://zoom.us/j/95200425614>

Or by Phone 646-876-9923 Meeting # 952 0042 5614

Sunday, January 17, 2021 – Lyndon Harris

A Religion of Kindness

The Dalai Lama once said, "This is my simple religion. There is no need for temples; no need for complicated philosophy. Our own brain, our own heart is our temple; the philosophy is kindness." But kindness often gets short shrift in the dog-eat-dog-winner-takes-all world we live in. Kindness is often seen as weak. How many movies can you think of where kindness wins the day? Compared to the number of movies where desires for revenge are satisfied, and the hero rides triumphantly off into the sunset, having won the day?

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But kindness is getting a facelift. Research has shown that a simple act of kindness directed toward another person improves the functioning of the immune system and stimulates the production of serotonin in both the recipient of the kindness and the person extending the kindness. In fact, this is the goal of most anti-depressant medications: to boost serotonin. And Wayne Dyer has pointed out that even witnessing an act of kindness can boost one's serotonin! If kindness is so good for us, why isn't there more of it? Let's work on that!

Join us January 17th for a conversation about kindness – how to grow it and how to receive it – so that we may lead more fulfilling lives.

Plan to join us on January 17 at 10:30 on Zoom: <https://zoom.us/j/99681089628>

Or by Phone 646-876-9923 Meeting # 996 8108 9628



Lyndon's Letter



Dear Ones,

As I write this, Santa has not yet made his way to Zirconia, nor have the reindeer. But off in the distance, if I am very still, it seems I can hear the bells. Nevertheless, Santa's elves have been by – a few times per day it seems – bringing good tidings of great joy from UPS, USPS, and FedEx. This is Christmas during COVID time. But how lucky are we? Instead of being “stuck at home,” we are safe at home. Instead of “being so bored,” every day brings with it the opportunity to read or learn something new. I am so grateful.

Another thing I am grateful for is you. For well over eight months now we have maintained our fellowship through phone calls, cards and letters, and the ever-mysterious magic of Zoom. And as we close out 2020, our hearts are full of expectation – the expectation and hope of new beginnings on the horizon. I'm looking forward to it!

May we find 2021 to be as blessed as 2020 has been challenging.

And may the love and peace of this holiday season fill the hearts of each one of us, full to overflowing.

Affectionately,
Lyndon

Unitarian Universalist affirmation:

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

Amazing Peace

A Christmas Poem by Maya Angelou

Shared by Cathy Fischer



*Thunder rumbles in the mountain passes
And lightning rattles the eaves of our houses.
Floodwaters await in our avenues.*

*Snow falls upon snow, falls upon snow to avalanche
Over unprotected villages.
The sky slips low and gray and threatening.*

*We question ourselves. "What have we done to so affront nature?"
We interrogate and worry God. Are you there?
Are you there, really?
Does the covenant you made with us still hold?*

*Into this climate of fear and apprehension Christmas enters.
Streaming lights of joy, ringing bells of hope
And singing carols of forgiveness high up in the bright air.
The world is encouraged to come away from rancor,
Come the way of friendship.*

*It is the Glad Season.
Thunder ebbs to silence and lightning sleeps quietly in the corner.
Floodwaters recede into memory.
Snow becomes a yielding cushion to aid us
As we make our way to higher ground.*

*Hope is born again in the faces of children.
It rides on the shoulders of our aged as they walk into their sunsets.
Hope spreads around the earth, brightening all things,
Even hate, which crouches breeding in dark corridors.*

*In our joy, we think we hear a whisper.
At first it is too soft. Then only half heard
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We listen carefully as it gathers strength.
We hear a sweetness.
The word is Peace.*

*It is loud now.
Louder than the explosion of bombs.*

*We tremble at the sound. We are thrilled by its presence.
It is what we have hungered for.*

*Not just the absence of war. But true Peace.
A harmony of spirit, a comfort of courtesies.
Security for our beloveds and their beloveds.*

*We clap hands and welcome the Peace of Christmas.
We beckon this good season to wait awhile with us.
We, Baptist and Buddhist, Methodist and Muslim, say come.
Peace.*

*Come and fill us and our world with your majesty.
We, the Jew and the Jainest, the Catholic and the Confucian,
Implore you to stay awhile with us So we may learn by your
shimmering light
How to look beyond complexion and see community.*

It is Christmas time, a halting of hate time.

*On this platform of peace, we can create a language
To translate ourselves to ourselves and to each other.*

*At this Holy Instant, we celebrate the Birth of Jesus Christ
Into the great religions of the world.
We Jubilate the precious advent of trust.*

*We shout with glorious tongues the coming of hope.
All the earth's tribes loosen their voices
To celebrate the promise of Peace.*

*We, Angels and Mortals, Believers and Nonbelievers,
Look heavenward and speak the word aloud.
Peace. We look at our world and speak the word aloud.
Peace. We look at each other, then into ourselves,
And we say without shyness or apology or hesitation:
Peace, My Brother.
Peace, My Sister.
Peace, My Soul.*



Here's a copy of our Order of Service (for those like me who can't remember the words!)

Prelude/Gathering Music

Welcome/Announcements

Chalice Lighting (in unison)

We light the chalice for the light of truth. We light this chalice for the warmth of love. We light this chalice for the energy of action. We light this chalice for the harmony of peace.

Opening Words/Announcements

Opening Hymn

Joys and Sorrows (in unison)

We rejoice together, and we grieve together as one. Help us to remember that every human heart holds its own joys and sorrows.

Meditation and Prayer

Offertory/Offertory Words (in unison)

To the work of this Fellowship, which is weaving a tapestry of love and action we call community, we dedicate our lives and these, our offerings.

Responsive Reading

Sermon

Extinguishing the Flame and Affirmation (in unison)

We extinguish the flame of this chalice. Let us follow the light of truth until we meet again.

Closing Hymn

Closing Words

Discussion (time permitting)

Please join us for coffee and conversation after the service.