



THE UNITARIAN UNIVERSALIST FELLOWSHIP

of the Carolina Foothills

Virtual Services via Zoom on the first and third Sundays of each month during the pandemic
Mailing Address: UUFCF, P. O. Box 653, Tryon, NC 28782



Happening in March

March 7 – UUFCF Virtual Service
March 14 – Daylight Savings Time
March 17 – **St. Patrick's Day**
March 20 – Vernal Equinox
March 21 – UUFCF Virtual Service
March 27 – Passover



Sunday, March 7, 2021 – Michelle Skeele

Reclaiming Death *in our Families and our Communities*

For this special service, we welcome guest speaker Michelle Skeele, a Home Funeral Guide with the Center for End of Life Transitions in Asheville, NC, and certified by the University of Vermont College of Medicine as an End of Life Doula. She was certified as a Therapeutic Music Practitioner in 2004 and served on the board of the WNC chapter of the Funeral Consumers Alliance, a national advocacy organization, for ten years. Currently, Michele is on staff at Carolina Memorial Sanctuary, North Carolina's first and only conservation burial ground. Michele is passionate about transforming our conversations around death, and her address will focus on end of life choices. She writes:

"We often find it hard to have conversations about death, ours or a loved one's. But as we find ourselves in the midst of a shifting world, we have an opportunity to be agents of change in our culture. Contemplating a "good death" can be an important aspect of living fully. We are empowered to create end-of-life experiences that enrich our families and communities. We can reclaim death-care as part of the circle of life. Our options to create meaning as we leave these bodies are as varied and rich as we are.

"Additionally, sustainability, a practice which has become critical for our planet, is not usually considered when we die. With a little forethought, we can plan for burial with the Earth in mind. Green options are available if you know where to look."

Join the conversation at 10:30 on March 7.

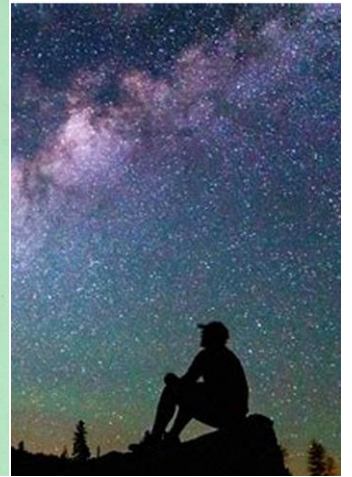
Just go to <https://zoom.us/j/99811665596>

or by phone 646-876-9923 - Meeting #998 1166 5596



When I die, I want my heart and soul fully seeded with rich stories and experiences. I want to be moving forward, falling upward, leaving my body well worn. I want to know presence, staying with what is hard until it softens, staying with what is narrow until it expands. I want to know how to float in the silences between breaths and thoughts. I want to know how to lift above and sink below the flow of life, to drift and dream in the currents of what cannot be known. It's not so much about being prepared for death as it is being full of life. I want to be so well practiced in crossing thresholds that dying is merely another step in the dance. I want to be so comfortable with stillness and silence that I can root in them.

from *I will not die an unlived life*, by Dawna Markova



Sunday, March 21, 2021 – Lyndon Harris

New Beginnings: A Celebration of the Spring Equinox

At 5:37 AM on March 20, 2021, the “Vernal” or Spring Equinox will occur. That’s the moment when the sun is exactly above the equator, and day and night are of equal length, twelve hours each. From that time on, until the Summer Solstice, the days will grow longer and will offer more light. Historically, the Spring Equinox has been a time to celebrate rebirth and new beginnings, dating back as far as (perhaps before) the creators of the prehistoric monument, Stonehenge. The Spring Equinox is also a wonderful time to appreciate Unitarian Universalism’s 7th Principle: “Respect for the interdependent web of all existence of which we are a part.” Come join for a celebration of new beginnings, and conversations about renewal.

Join the conversation at 10:30 on March 21

Just go to <https://zoom.us/j/99811665596> or by phone 646-876-9923 - Meeting #998 1166 5596

Editor’s note: The above address and meeting number will now be used for this and all future services.

Unitarian Universalist affirmation:

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



Lyndon's Letter



Dear Ones,

While we have gotten our share of cold weather here in Western NC, it pales in comparison to the winter storm that devastated Texas last week. Who could have imagined snow, and temperatures in the single digits, in Houston, TX? Surreal. We send best wishes to Texas.

But in these parts, as we continue to make our way through the ebb and flow of winter, I'm beginning to dream of spring, gardens, and warmer weather. Are you? Like Charlie Brown, eternally attempting to kick that football, each spring I begin to salivate, scheme and dream about growing delicious juicy heirloom tomatoes – the kind that are big enough so that one slice covers the whole sandwich. Some years are better than others, but maybe, just maybe... this will be the year!

March holds the promise of being an exciting month with our fellowship. On March 7th, we will have with us a guest speaker, Michele Skeelee. Michele is a dear friend, and she will be with us to take the fear out of one of our most avoided topics: death. Michele is a trained “death doula” and she will speak about “Reclaiming Death in our Families and our Communities.” Far from being morbid, Michele says, “Contemplating a ‘good death’ can be an important aspect of living fully.” Come, join us for an uplifting and vital conversation about living a good life through embracing our mortality.

And on March 21st, I will lead us in a celebration of the Spring Equinox as we prepare to embrace the wonders of Spring. We will explore the promise of New Beginnings and celebrate Unitarian Universalism's 7th Principle: “Respect for the interdependent web of all existence of which we are a part.”

I look forward to seeing you in March!

With warmth and affection,

Lyndon

We'll miss them...!

Over the past month, there were two announcements of our friends leaving the area for warmer climes: Chaz Williams told us she has relocated to Murrells Inlet, South Carolina and Bill and Marilyn Garloti are moving “back to Florida.” We extend our best wishes to both.

Email your announcements for the Nuusletter to dgreeson1@gmail.com.

Also, feel free to contact any of the Board of Trustees with your questions, comments or concerns.

President: Barbara Moffitt – 443-535-7632 • Vice-President: Christine Mariotti – 828-859-8392

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Almost exactly one year...

after we learned of the first case of “the corona virus,” America reached the sad milestone of 500,000 deaths from Covid 19. Our nation’s new president, who has experienced firsthand the premature passing of family, spoke to our shared grief at a memorial service on February 22. While the theme of the March 7 service addresses our final decisions when facing mortality, the March 21 sermon reminds us that we are all part of an interdependent web of existence. In this season of transition, spiritual leaders from around the world offer insights and perspective, including our own Unitarian Universalist clergy. The following piece is reprinted from the UUA website and offers a very personal reflection by the Rev. Lora Brandis, who serves the Horizon UU Church in Carrollton, Texas.

Connected by Mortality *By Lora Brandis, February 17, 2021*

"All living substance, all substance of energy, being, and purpose, are united and share the same destiny."
—Rev. David Eaton, "[A Common Destiny](#)" ([YouTube](#))

Last year on Ash Wednesday, I wondered how to best mark the beginning of Lent. Seeking a way to honor both the Christian tradition of my childhood and my chosen faith of Unitarian Universalism, I wandered into a chapel at a Dallas hospital to receive the imposition of ashes.



Prayer

Dear holy one, mark us for all to see that we are connected by our mortality. Impermanence, mortality, ashes, dust: this is the truth of being human. Remind us that this truth is what connects us. Remind us, also, that from love we come and to love we will return.

Yes, that’s right—imposition, meaning imposed upon the head. Imposition, as a noun, can also mean burden, annoyance, hassle, which—for some who have been wounded by Christianity—seems a good definition. But this is imposition as verb; imposition as religious ritual. This is what I wanted when I intentionally wandered into the chapel at Parkland Hospital that morning, after visiting one of our members receiving care there. I wanted someone, anyone, to impose the ashes on my head with the usual words: “Remember that you are dust, and to dust you shall return.”

Those were the words spoken by my colleague, Rev. Aaron White, as we gathered just a week earlier in a private ceremony prior to my daughter Zoe’s memorial service at First Unitarian Church of Dallas. Aaron prayed, and then with the assistance of a staff member who had been the director of youth ministry when Zoe attended the church, placed ashes in each of our hands saying, “From dust we come, to dust we will return.”

Unfortunately, those were not the words said as a chaplain imposed the ashes on my forehead in the hospital chapel. Instead, I was told, “Repent and be renewed in your faith in the Gospel.” Oh, not the ritual I was hoping for. Nevertheless, I sat down for a brief prayer and cried. I cried, not because the words were wrong. I cried because I came seeking comfort from an ancient ritual and I received the comfort I had been seeking. The words were wrong for me, but not for others silently praying in the chapel with me that morning. I was not alone.

The words were wrong for me, but the ritual was not. I needed to be reminded that we are all mortal. I wanted the mark on my forehead for all to see that this—impermanence, mortality, ashes, dust—is the truth of being human. And we are not alone.