



THE UNITARIAN UNIVERSALIST FELLOWSHIP

of the Carolina Foothills

Meeting 1st and 3rd Sundays of each month at the Whimsical World Gallery, 116 Jones St in Landrum, SC
Mailing Address: UUFCF, P. O. Box 653, Tryon, NC 28782

Happening in August

Aug. 4 – UUFCF Service at 10:30

Reverend Ernie Mills

Aug. 18 – UUFCF Service at 10:30

Reverend Ernie Mills

Aug. 19 – First of four 2024 full

“Supermoons” (closer to Earth)

Aug. 19-22 Democratic National

Convention

“Man takes refuge in society, in a variety of activities and diversions only because he cannot bear his own thoughts and the sight of himself. All this aimless and restless activity arises from his fear of quiet; for if he were to stop for only a single moment to reflect upon his own condition he would fall prey to the deepest and most hopeless despair.”

- Jean-Jacques Rousseau (1700's)



Our Sources are great tools for reflection.

Over the next five Sundays we will continue to explore the "sources we draw from." (Listed in our Hymnal) Our sources are one way we avoid the life that Rousseau witnessed in his day. We can “stop for a moment to reflect” on our lives and avoid the aimless and restless activity that is so much a part of the world we live in. Knowing the source or sources we draw from in shaping our faith offers an opportunity to explore our inner lives. --Ernie



Sunday, August 4, 2024

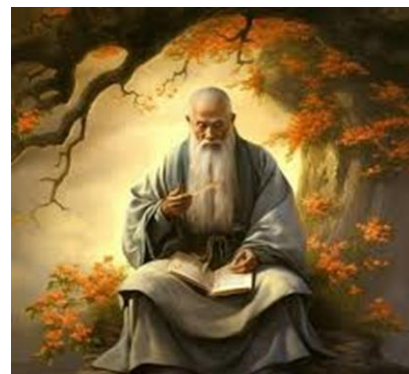
A Source that Challenges Us

The Second Source: "Words and deeds of prophetic women and men, which challenge us to confront powers and structures of evil with justice, compassion and the transforming power of love." This is the second source listed in our Living Tradition. It is a source that we not only draw from but it also presents us with a challenge. As I reflect on this source my mind goes immediately to Martin Luther King, Jr. Yet there are many women and men throughout history who fit this category. Between now and August 4, take some time to reflect on those who have challenged you.

Sunday, August 18, 2024

Wisdom from the World's Religions

The Third Source: "Wisdom from the world's religions, which inspire us in our ethical and spiritual life." As Unitarian Universalists we embrace all the world's religions and open our minds and hearts to the sources of wisdom that each one may have to offer. Several years ago I began exploring the Taoist religion and was deeply inspired by the wisdom I found in the teachings of Lao Tzu. Just recently we heard Terry Anderson share his love of the Buddhist tradition. I'm sure there are others in our community who draw wisdom from other world religions.



Board Members

Chair: Alisa Mosley –803-603-9300

Vice Chair: Christine Mariotti – 828-440-1277

Member at Large: Lynne Hanbury - 781-974-8093

Secretary: Janice Minshew--772-834-1234

Treasurer: Tom Kosmata – 803-546-6322

Minister: Ernie Mills - 828-553-7418

A Note from Ernie

"I would like to thank you all for your generous gift. Every word Alisa shared when she presented me with the gift at the July 21 service fits exactly with the way I feel about being part of UUFCF. Alisa began her remarks by saying *We are lucky, or if you prefer the word fortunate, to have Ernie as our minister.* The feeling is absolutely mutual. I feel not only fortunate, but blessed to be serving as your minister. Words cannot express the gratitude and thankfulness I feel for the support you have given me throughout this past year which, as you know, has been the most painful time of my life. I look forward to every moment I get to spend time with you all and to our future together."



The following is a reprint from our UUA's Southern Region newsletter. The writer, Kathy McGowan, has been on the Congregational Life Staff for the Southern Region since 2013. In that time, her areas of focus have been in systems thinking, theology, conflict, intercultural sensitivity, and staff supervision. Often, their newsletter simply lists programs and workshops for congregational leadership. But this editorial, published on July 3, appears to be meant for us all.
—Don

Meaning Making in 2024

It seems to me that we are currently living in a time when so much feels binary. If we do not feel "this way" then we must feel "that way". It is so easy to be triggered by words which make us internally say "hell no" or the opposite. Our bodies are made to react to threats. Have you noticed that everything feels like a threat these days?

I am constantly asking myself what our unique role as Unitarian Universalists is in our current time. I continually come back to thinking about how we are different from other groups, organizations, and affiliations. Well, we are religious people so what does the world need from us that it does not get from schools, governments, community organizers etc.?

I always come back to our ability to be reflective. It is our job to be able to observe what is happening around us, which in this day, means around the globe. We observe, allow ourselves to take the time to feel our feelings, take in the real pain that others are feeling, put all of that into a larger context in order to make meaning out of all of it.

Whew, that's a lot. But meaning making is what we are all about. We were built to react for survival...you know, fight, flight, or freeze. But I am reminding us that we need to respond, not react. We need to be guided by love, not fear. Our current culture wants us to react to fear. In order to live our faith to the fullest we need to respond in love. Keeping love at the center does not mean that we do not feel things other than love. It does mean, however, that as we take the journey around all of the many things we are feeling and want to react to, we come back to responding in love.

Let us be good observers of all that is happening around us. And it is a lot. Let's be together in loving spaces that help put our observations into a context that goes beyond our own desires. The world needs us to feel love, be loving, and send love to those whom we may not think are deserving so that we may know each other better.

Take good care of yourselves friends, for in order to put love at the center, we must first love ourselves. Know that you are lovable so that you may be loving to others.

Love, Kathy



Reminder -

The **M**en's Discussion **G**roup meets at 10:00 a.m. on the first Tuesday of each month at the home of Derek Harrison, 56 Whitney Ave. in Tryon. BYO Coffee!

