

F E L L O W G R A M

VOLUME 53, ISSUE 1

JANUARY 21, 2011

SUNDAY PROGRAMS

JANUARY 30 — Passages and Transitions. Laura Emerson

January is named for the god, Janus, who has two heads – one looking forward and one looking back. In this service, we will focus on the passages and transitions that tend to occur in each adult decade of life. Which do you remember? Which do you have to look forward to? Each person will get a paper to help take notes that might be used to enhance our relationships in 2011 with those friends, relatives, and neighbors several decades older and younger than ourselves. Look around. These people can be your teachers and your students.

FEBRUARY 6 — Quentin Mease. Ronnie Turner

The desegregation of Houston is a largely untold story, rarely taught in schools or even universities. But a lot of the story can be traced to the city's former South Central YMCA in the heart of the Third Ward, and Quentin Mease, the Y's executive director from 1950-1975. The South Central Y was the primary forum of groups working toward desegregation in Houston during the 1950s and 1960s, and Mease helped to orchestrate the events that made it all possible.

FEBRUARY 13 — Where's the Love? Rev. John Pepper

This year if you happen to forget Valentine's Day you won't have an excuse. This sermon will be all about love and I'll remind you about Valentine's Day. And by the way, if a Church isn't about "Love" what is the point?

FEBRUARY 20 — Singing For Her Sanity. Lu Mitchell

Please join us for a musical program with Lu Mitchell performing her latest songs and sharing how music heals her soul.

FEBRUARY 27 — The American Civil Liberties Union. Jimmy Dunne

The only mandate for the ACLU is to protect us from government bodies who would violate The Bill of Rights as outlined in the U.S. Constitution. We will discuss the many issues and controversies that the ACLU has been involved in.

**Come "Early" for Our
10 am-10:50 am
offerings!**

**Children's Religious
Education— RE wing.**
Details on page 2.

ADULT FORUM

*Analyzing Our
Times—Workroom.*
Details on page 3.

FOCUS GROUP

*Book discussion group—
Library. Details on page 4.*



FAITH DEVELOPEMENT



We're seeing more babies and toddlers these days. They come in, some of them shyly, some flirting. And ooo--new toys! New places to explore! And a little sandbox! Oh, the joy... but what is this? Mom or Dad has disappeared! WE MUST WAIL!!!

With the under-three crowd we call this separation anxiety - but really, most of us have something of a love-hate relationship with change. It's often exciting, but it is not comfortable.

The start of the year is one of two main "church shopping" seasons - people taking the leap to try a new congregation. It's a break from their usual tradition, whether that's another denomination or sleeping in every Sunday.

For those already in the pews, it can be both exciting and a little awkward to realize that so many of the faces around you are unfamiliar - these folks might think a little differently, need help learning the hymns... and they might want to eat our cookies!!

When dealing with a toddler, we do our best to provide consistent and loving care with people who know about little ones. If the child starts to get upset, sometimes a little distraction works, but sometimes they just need Mom or Dad. With adults, well, they may not have brought THEIR parents, so it is up to the community to be welcoming and to make the place seem as safe (and sometimes distracting!) as possible. Little steps:

- 1) Wear your nametag.
- 2) Introduce yourself AND introduce the new folks to another person in the congregation.
- 3) Smile!
- 4) Share your cookies!

RE News - I am so happy to announce that Daniel and Brian Lambert have completed the requirements for their UU Scouting program. They have spent the last four months working with Bob Wiener to develop a greater understanding of Unitarian Universalism, and as a service to the congregation, they created a new plant bed off the RE wing!

And yes, RE is definitely growing! We have been playing a name game every week to make sure to introduce ourselves and begin building those critical relationships - we share our good deeds, our stories, and our play. (Now if only we could have a Sunday without rain... please?) We are learning to be in community with a wider range of children - how do we keep from running over our littlest friends while still sharing fun times? Even kindergarteners are pretty insightful around such challenges.

Our Faithful Journeys class will be learning about Unitarian Universalist astronomer Clyde Tombaugh and early Universalist preacher Maria Cook in the weeks to come - stop on in if you want to learn more about our Unitarian Universalist values of asking questions and speaking out.

With love,

Katy Carpman
Director of Religious Education
ufhdre@comcast.net

UU Quiz:

What Unitarian wrote *The Psychiatric Study of Jesus*?

Answer on page 6



BOOK CLUB

Here are our upcoming books:

February 1, 2011, “Nothing to Envy: Ordinary Lives in North Korea” by Barbara Demick

March 1, 2011, “Remarkable Creatures” by Tracy Chevalier (320 pp). On the windswept, fossil-strewn beaches of the English coast, poor and uneducated Mary Anning learns that she has a unique gift: "the eye" to spot fossils no one else can see. When she uncovers an unusual fossilized skeleton in the cliffs near her home, she sets the religious community on edge, the townspeople to gossip, and the scientific world alight. After enduring bitter cold, thunderstorms, and landslips, her challenges only grow when she falls in love with an impossible man. Mary soon finds an unlikely champion in prickly Elizabeth Philpot, a middle-class spinster who shares her passion for scouring the beaches. Their relationship strikes a delicate balance between fierce loyalty, mutual appreciation, and barely suppressed envy, but ultimately turns out to be their greatest asset.

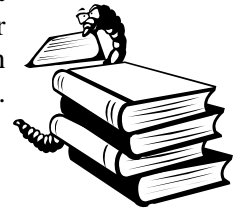
April 5, 2011, “Age of Wonder: The Romantic Generation and the Discovery of the Beauty and Terror of Science” by Richard Holmes

Known for his biographies of Romantic writers, Holmes turns his attention to the science of the Romantic Age, and demonstrates the extent to which the era’s scientific and literary endeavors enriched each other and were

animated by common ideals. Holmes begins with Joseph Banks, the official botanist on Captain Cook’s 1768 voyage to Tahiti, whose diaries of this paradisiacal island made him a scientific celebrity. Elected to serve as the president of the Royal Society, Banks championed, among others, William Herschel, a composer and self-taught astronomer who discovered the planet Uranus; Mungo Park, a Scottish doctor who embarked on a perilous journey through Africa seeking the riches of Timbuktu; and Humphry Davy, a self-taught chemist and poet who invented a safety lamp for miners. Holmes shows the impact of such discoveries on writers like Coleridge, Wordsworth, Shelley, and Keats, whose responses, he contends, helped create a mythology of discovery that is still with us today.

The Fellowship Book Club meets on the first Tuesday of each month at 7:30pm in the Fellowship Library of the Unitarian Fellowship of Houston, 1504 Wirt Road and is open to all book lovers.

Our books should all be available at the library and in paperback at your favorite bookstore. You can reach me at ufhlibrary@comcast.net.
Jan



ADULT FORUM

We meet Sunday Mornings at 10 AM in the Workroom. Our topics are unannounced. Our discussions are often lively and intense, but remain polite and friendly.

January 9: Ø THE TRUTH WEARS OFF - Based on Jonah Lehrer's New Yorker article. Scientific findings sometimes experience a "decline effect", where differences in testing decline over time or may disappear altogether. In medicine and nutrition, this has occurred for antipsychotics, cardiac stents, hormone replacement therapy, vitamins, etc. Causes may include publication bias in scientific journals and the media, selective reporting of research results, and statistical significance chasing. The group gave examples from their own experience and dis-

cussed what could be done about it. The conclusion was to consider new findings critically, especially if it involved a lot of time, money and controversial procedures. Presenter: John Haberman; 11 present

January 16: Ø Many people believe the affluent should be taxed to pay for a social safety net for the less fortunate. Others believe the affluent should keep what they earn and the poor should pay their share of our military expenses, police, firefighters, and many other functions. The majority of participants believed that the higher a person's income and wealth, the higher percentage of government costs they should pay. Presenter: Brett; 13 present

All are Welcome!



FOCUS GROUP

We meet each Sunday at 10:00 am in the Library. We will focus on Sam Harris new book The Moral Landscape: How Science Can Help Determine Human Values . It is available via the internet, local book stores, and libraries.

Your are invited to join us--even if you have not had a chance to read/obtain the book. Our discussions are open and lively.

OUR PROGRAMS

January 9th – *Beauty of the Buffet* – Elizabeth Christian

Elizabeth began with a survey of our tastes in food which revealed that most of us enjoy variety and choice even though we tend to have preferences. She likened that to her personal belief journey which was sparked by living overseas and enhanced by questioning friends she had made abroad. In high school, Elizabeth went church hopping in her quest and in college, religion shopping. She came to realize that there was truth in each - a "buffet" of sorts from which she could partake.

Elizabeth is a monotheist, she says but "it" cannot be seen or touched - "it" is intangible and, in fact, can be found in many figures like Jesus, and the Buddha, for example. Satan, she avers, is an invention of man, and the hereafter is unknowable (so reincarnation could be on the table!). Forgiveness is necessary because people are inherently good.

The quilt that hangs here in our sanctuary epitomizes her beliefs. She sees the UU chalice, the cross of Islam, the Star of David, and the figures of the feminist tradition. The quilt and her participation in Harold Rud's group, *Building Your Own Theology*, made her fall in love with our Fellowship and Unitarian Universalism.

January 16th – *The Spiritual Disciplines* – Rev. John Pepper

Prejudice is often ugly, but sometimes it is just silly. Last year Albert Mohler, President of the Southern Baptist Seminary called on Christians to avoid Yoga because it was not a pathway to God. Just on the surface it seems odd to me that Mohler could so easily dismiss Yoga while not saying a word about prayer, another widely practiced and almost universally accepted spiritual discipline. This comparison begins to get to the heart of the issue. Which of the spiritual disci-

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MONTHLY SCHEDULED EVENTS

Every First Tuesday: The Book Club, 7:30 pm (Library)

Every First Thursday: Ladies Luncheon, 1 pm at *Olive Garden* on I-10

Every Second Thursday: RE Committee Meeting, 7:00 pm (Workroom)

Every Second Sunday: Offertory goes to benefit lunch for Turning Point

Every Third Saturday: Volunteer to help serve lunch at Turning Point (sign-up sheet is located at the front desk or just ask Dodie, John P., or Wayne D.)

Every Second Saturday: Bible Book Study, 12:30-2:00 pm (Library)

Every Saturday: Church of God, 12 to 4:30 pm (ext'ed hours on calendar)

Every Third Thursday: Men's Luncheon, 1:00 pm (Yao's)

Every Wednesday, the SSSC (RS) Society, 6:15 pm (Sanctuary)

January 2011



Sun	Mon	Tue	Wed	Thu	Fri	Sat
HAPPY BIRTHDAY TO: Gary Yokie, Jan. 8th &		Peter Jagdeo, Jan 21st				1
2 Board Mem- bers, 11am	3	4 Book Club, 7:30pm Fellowgram Deadline	5	6	7 Blue Notes, 7pm	8 Reception, 6- 9pm
9 Elizabeth Christian, 11am	10 Circle of Friends, 7-9pm	11	12	13	14 Blue Notes, 7pm	15 Girls Rock Concert, 5-10pm
16 John Pepper, 11am Board Meeting	17	18 Fellowgram Deadline	19	20	21 Blue Notes, 7pm	22
23 Katy Carpman, 11am	24	25	26	27 Blue Notes, 7pm	28 Price Re- cital, 6-8pm	29
30 Laura Emerson, 11am	31 Circle of Friends, 7-9pm	Recitals: Jan. 9, 1:30-4pm, Jan. 15, 5-10pm, Jan 16, 2-5pm, Jan. 23, 1:45-4:45pm, Jan. 28, 6-8pm				

The Chalice Quilt



The quilt hanging in the Sanctuary is the work of several members. It's overall design and assembling were supervised by Jan LaRocque. Individual squares were stitched by Jeanie Guido, Annette Rybiski, Liz Kloman and Dodie McKellar.

It was an auction item presented and dedicated in 2000 as a symbol of Unitarian Universalism.

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plines are acceptable within Christianity and which are not and why? Quite simply, if Jesus openly practiced them they are okay and if he did not, they are not.

I want to talk about potentially beneficial spiritual disciplines. Personally I do believe in the power of prayer and yoga. And I believe there are potential benefits in the other disciplines as well. We seldom take the time to stop and collect our thoughts and feelings, and when we do stop, we often find we can't turn it all off so easily, we can't stop our minds from processing all that needs to get done or that's on our mind, and we find it difficult to listen to that internal guidance, the still small voice, that we so

Recently Protestant Christians have begun to reclaim some of the Spiritual Disciplines from the ancient Catholic Church. One author has broken them down into two categories: Disciplines of Abstinence and Disciplines of Engagement.

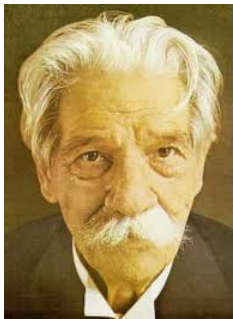
Disciplines of Abstinence include Solitude, Silence, Fasting, Frugality, Chastity, Secrecy and Sacrifice. Under Engagement he lists Study, Worship, Celebration, Service, Prayer, Fellowship, Confession and Submission. Last week at this time, Elizabeth Christian described a Religious Buffet available to us all. There is also a Religious Buffet we can draw on from the world of the Spiritual Disciplines.

Meditation and silence do go together and we often resist both. But silence is usually necessary if you want to hear what is in your heart. Instead, we are on a schedule and silence is sometimes viewed as a waste of time. In reality, our church isn't magical. It doesn't miraculously shield us from the rest of our lives. If we want to benefit from a Spiritual Discipline, we must practice that Spiritual Discipline, even in Church. To benefit from silence we must practice silence. Another spiritual discipline is solitude.

If solitude isn't for you, maybe some form of action is. The Spiritual Discipline of Service, service to others, is something many UUs are good at and they perform service to others on a regular basis.

Spiritual Disciplines are practiced for our own benefit and for the benefit of others. They are practiced to reawaken ourselves to our inner most beings and to the Interdependent Web of which we are all a part. The Spiritual Disciplines are

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UU Quiz Answer: Albert Schweitzer (January 14 1875 – September 4, 1965) “was born in Kayersberg, Upper Alsace, Germany (now part of France). He trained as a theologian and help doctorates in theology, philosophy, music, and medicine, and he was an authority on Bach and on organ construction. In the early 1930's, Schweitzer went to French Equatorial Africa (now Gabon) as a medical missionary. He wrote many books, including *The Quest of the Historical Jesus* (1906), *Civilization and Ethics* (1923), *Out of My Life and Thought* (1931), and *The Psychiatric Study of Jesus* (1948). A Nobel laureate, Schweitzer left Africa only to lecture in Europe and the United States to raise money for his hospital in Lambarene. Schweitzer was a member of the Unitarian church of Capetown, South Africa, and accepted an honorary membership in the Unitarian Church of the Larger Fellowship...” (*This Day in Unitarian Universalist History*, Frank Schulman).

More Schweitzer can be found at:

http://en.wikipedia.org/wiki/Albert_Schweitzer

http://nobelprize.org/nobel_prizes/peace/laureates/1952/schweitzer-bio.html

<http://www.albertschweitzer.info/>

Other January birthdays:

John Hassler Dietrich

01/14 Unitarian minister and humanist movement founder

Daniel Webster

01/18 American politician

OUR FELLOWSHIPS' BIRTHDAY PARTY!!

Join us for the
Fellowship Founders' Day Sweetheart Dinner

February 12th, 2011 at 7:00 pm — \$25 per person

Places are still available - see clipboard in the Foyer.



It will be grand, elegant, delicious, entertaining, and a great financial support for our Unitarian Fellowship of Houston, so put on your best bib and tucker and join us.

If you have not yet signed up, do it today!

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just tools for our use and with practice they become more useful. The Spiritual Disciplines are not magical or miraculous, but what they open us up to and allow us to see or remember may at times seem divine.

As always, the choice to practice them is up to you. And quite frankly, many people practice Spiritual Disciplines and they may not realize that is what they are doing. You can create your own!

JOYS AND CONCERNS AND ANNOUNCEMENTS

Joys and Concerns: 01/09— Katy Carpman lit 6 candles for the deaths at the Tucson shooting and more for those injured in the tragedy. Katy also read the message from UUA President, Peter Morales. Eric Huckabay announced his engagement to Mellissa McEver. Winona Stewart was sad to report that Roger Ryman is hospitalized at Memorial City. Bob Wiener is concerned about his father's health, and he hopes that his dad can make it until spring. Katy Haberman is worried because her brother's health has taken a turn for the worse. Wayne Derrick expressed his disapproval of the vitriolic public discourse that can encourage such tragedies as the Tucson shootings.

Joys and Concerns: 01/16 – Bob Wiener is glad that his younger son is on his way back to college in Philadelphia. One month at home was long enough. Anisa (guest) lit a candle for her dad who is in the hospital with breathing problems. Jimmy Dunne gave us an update on Roger Ryman, he became ill on New Year's Day and has been diagnosed with meningitis and encephalitis. He is improving and is now in a long term care facility. David Garver and his wife are looking forward to many sleepless nights now that they have finally put their house on the market. Kim Willis lit a candle for her co-worker who has shown great resilience as she battles breast cancer in her 30s. Judy Emerson is celebrating the 25th anniversary of the Houston Peace Forum which meets on the 2nd Thursday of each month in room 302 at First UU. Cheryl Conroy lit a candle for her friend who just lost her husband last week to complications from diabetes. Simone Donnelly celebrated the power of the mind and thought as she recounted the story of the man who did not draw his gun in Tucson since he was not sure who was the bad guy. As it turned out, the man who was holding the gun had just taken it away from the shooter. Katy Haberman and husband, John, are searching their hearts to figure out how to help some tenants who are elderly and ill and can no longer keep up their rent payments. John Pepper had a difficult week. A close friend in California passed away last Monday from lung cancer (she had never smoked), and on Tuesday his aunt in Dallas died.

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GO GREEN! SAVE A TREE! If you wish to receive the Fellowgram by email or do not want to receive it at all, please send us a message or call and let us know.

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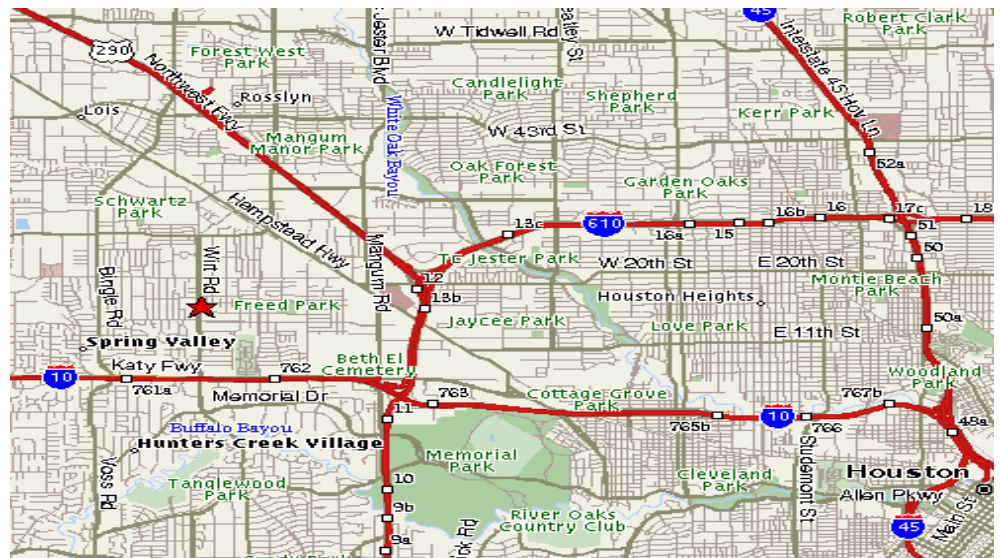
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Unitarian Fellowship of Houston

STATEMENT OF PURPOSE

We seek to provide an atmosphere of warm companionship and respect for free and inquiring minds, searching together for finer religious, ethical, and social truths, and we work to apply the best we know in our lives, in the lives of our children, and in the service of our fellow humans.