

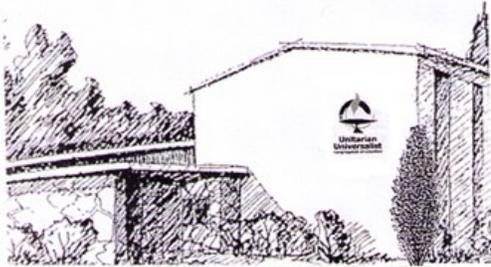


# The Unigram

Newsletter of the Unitarian Universalist Congregation of Columbia, SC

June 13, 2018

## Message from our Board President



2701 Heyward Street, Columbia, SC 29205  
803-799-0845 • [www.uucolumbia.org](http://www.uucolumbia.org)

## Sunday Schedule

**Forum:** 9:30 am in the Library

**Worship:** 11:00 am-12:15 pm

**Nursery:** Available during service for infants through age 2

### June 17, 2018

#### 9:30 am Forum Topic

What is a realistic goal in the debate over gun control in America?

#### 11:00 am Sermon Topic

“Here There Be Monsters: Evolutionary Psychology” by Kevin Meredith

### June 24, 2018

#### 9:30 am Forum Topic

How can we transform anger and cultivate compassion in this contentious time; how do we get from anger to love?

#### 11:00 am Sermon Topic

“Words and Wisdoms”  
by Rebecca Drennen

## Unigram Deadline

The deadline for the next issue is **Sunday, July 8**, for publication on **Wednesday, July 11**. *Items submitted after the deadline will not be published.* Please submit articles and announcements for the next issue to [uucc@uucolumbia.org](mailto:uucc@uucolumbia.org).

Eleven months ago I wrote my first Unigram column as Board President. Today I write my last. The first was at a time of great hope and optimism. This one is also at a time of hope and optimism, but also a time of hurt and regret for missed opportunities and broken relationships. The past cannot be changed, but it can be acknowledged and learned from. The hope and optimism today is that we can mend relationships, understand our missteps, and move forward to a better future.

In a few weeks a new Board will be seated. I have complete confidence in Tim Van Den Berg, Linda Brennison, Bob Whitaker, Bob Gillespie, Mary Maclachlan, Jeanette Walton, Terrence Sullivan, Richard McLeod, Pat Mohr, and Caroline Eastman, and I know that they will lead us through the healing that must occur toward a future better than our past.

My thanks to those leaving the Board whose service and counsel have served us well as we walked this path together; Sandy Chubon, Cheryl Soehl, Emilio Perez-Jorge, Phil Turner, Joe Long, and Rod Brown.

Many thanks also to the committee chairs and committee members who do most of the hard work of keeping the UUCC going. We are a committee-driven congregation and I urge everyone to take a minute and think about the hundreds of volunteer hours spent each month by YOU, the dedicated members and friends who make the UUCC what it is.

And my deepest heart-felt thanks to the staff who continue to persevere through these difficult times and do the unseen work of which most of us are unaware. Please take time to notice their efforts and thank them for all they do for our community.

This transition will not be over soon. Time will be needed to heal and find a path forward. I look forward to participating in this effort in a new role; with hope and optimism for a better future.

Richard Culler



## Denominational Connections – June 13, 2018

### Southern Connections

Still some time to fit these happenings and events below into your summer plans and travels.

- *UBarU-Summer Camps for Children and Youth -- Jun 17 – Jul 14, 2018. [Learn more here.](#)*
- *The Mountain-Intergenerational Family Camp -- Jul 22 – 29, 2018. A program for families to come together for traditional MountainCamp activities. Parents, children, grandparents all are welcome! Activities include: workshops, crafts, hiking, campfires, music and singing, storytelling, time for relaxation and reflection. Family Camp makes memories that last a lifetime. [Learn more here.](#)*
- *Oh, and don't forget GA! [Register for GA here.](#) [Get ready for GA here.](#) Happy UU travels! **\*\*Also, if you are interested in serving as a delegate to GA, please contact me ([denomconn@uucolumbia.org](mailto:denomconn@uucolumbia.org)) so I can distribute your member credentials.***

Meanwhile, please check out our [Denominational Connections](#) pages for updates and connect with our wider UU world. This week you'll find information about [the \*Poor People's Campaign: A National Call for Moral Revival\* here.](#) Please, visit us often on [Facebook](#). If you have questions or suggestions or ***if you feel called to join this committee***, please contact me at [denomconn@uucolumbia.org](mailto:denomconn@uucolumbia.org). Keitha Whitaker, Chair, Denominational Connections.



## **Forgiveness and Healing**

Fluctuations in our regular routines are often unsettling and even more so when they are brought upon us without our input, consent, or even our awareness. In these cases, we are often left reeling and even sometimes left feeling panicked and afraid. Think about a child living in a home and told he will be moving tomorrow. Or worse, just seeing boxes being loaded onto a truck. He may feel a bit panicky. But a child living in a functional family, where plans are made as a group will suffer less trauma from a major life change, such as a move. And even though some folks are inherently more able to be flexible around these changes than others, major change is a source of stress and unease for everyone involved. We can't always avoid this from happening in and around us and how we handle these situations will shape who we are to become and determine our health as an individual as well as a collective group. The question is, how do we move forward and heal individually and as a collective group? Like many UUs, I turned to science to find out what has been proven to be effective.

In the article "Five Ways Science Says to Handle Difficult Times" by Kira M. Newman, published in Uplift in February of 2017, the same techniques that have been practices for a very long time are the most healing things we can do. Meditation, journaling, going into your spiritual place - any and all of these are proven to help us reduce our anxiety as they allow us to move towards healing. Yet all of these need to be centered on healing deep wounds, not picking at them and encouraging them to fester. Take journaling, for instance. I spent years writing about my personal problems and one day, while reviewing some of my writing, this destructive pattern became very obvious to me. I could see I was not moving forward towards healing. It was Christine Robinson, one of the UUCC's beloved ministers, now retired, who helped me focus instead on gratitude. And it was difficult at the time as I had just lost my marriage, my mother, and the burden of helping family members. GRATITUDE? WHAT? But once I allowed myself to get my head around it, once I devoted myself to practicing sincere gratitude, it has been a life changing practice. I now start each and every day centering on things I am grateful for rather than on things that are wrong. As we know, focusing on positives, while not eliminating negatives, can indeed make room in our hearts for forgiveness and that helps us move forward.

Forgiveness and healing begins on the individual level but as individuals heal, so too, will institutions. Let's work together to bring openness, right relations, and healing to our congregation as together we are the UUCC. We've got this!

Stephanie Palmer-Smith, Director of Religious Exploration

# News and Notes

## **UUCC 2018-2019 Budget Meetings**

The congregational meeting to approve the 2018–2019 budget will be held on Sunday, June 24, as soon after the service as we can manage it. We do need a quorum, so please plan to attend.

The budget workshop will be held at 7:00 p.m. in the Social Hall on Monday, June 18. If you want to discuss the budget in detail, that will be your opportunity. If you have any questions, please contact Joe Long, Finance chair, at [j-long@sc.rr.com](mailto:j-long@sc.rr.com)

**July Committee Night will be held on July 11 instead of July 4.**

## **Wake Now Our Vision Collaborative Campaign**

When we designate the UUCC as a beneficiary in our will, the impact of this generosity is often far out in the future (We hope!). Now, through the Wake Now Campaign, the impact can be NOW.

Simply put, if you designate UUCC in your will, UUCC can receive 10% of the amount designated in cash NOW!

Of course, it is not quite that simple, but close. See the brochure and FAQ sheet in the Social Hall or talk to Phil Turner [pturner@unt.edu](mailto:pturner@unt.edu) (940) 453 8214. Let's Not Miss This Opportunity!

**See Page 6 for  
Social Action Events**

## **Visitor Orientation Sunday, June 17, 12:20 p.m. Library**

Our next Visitor Orientation is Sunday, June 17 at 12:20 p.m. in the UUCC library. It usually lasts about 45 minutes, and light refreshments will be served. If you are new to the UUCC, or have not come for a while and have questions, this session is for you. This class is designed to help familiarize you with the principles of Unitarian Universalism and answer any questions you may have. For more information or to arrange child care (with at least 48 hours notice please) contact: Nancie Shillington-Pérez email: [membership@uucolumbia.org](mailto:membership@uucolumbia.org).

## **September Set, Friday, June 22, 6:00 p.m.**

On the fourth Friday of every month the UUCC has a potluck for seniors (self-defined: no ID required:-) that we call September Set. This is a great opportunity to simply talk and eat with old friends---and make new ones! Sometimes we will have a program after the meal, but usually we just catch up with what's happening in each other's lives.

No need to sign up; all you have to do is bring a dish to share with others. Hope to see you at our next September Set dinner at **6:00 p.m. on Friday, June 22!** If you have questions, email or call Pat Mohr ([patmohr@mindspring.com](mailto:patmohr@mindspring.com); 803-463-3504) or Jean Capalbo ([jacapalbo@aol.com](mailto:jacapalbo@aol.com); 803-799-1001).

## **Unigram Summer Publishing Schedule**

The Unigram will only be published once a month, on second Wednesdays, during June, July and August. Please submit all articles and announcements by the preceding Sunday.

### **Christian Heritage Group, June 19**

The Christian Heritage Group will hold its monthly meeting on Tuesday, June 19 at 11:00 a.m. in Room 10 at UUCC. Bring a light lunch for yourself if you would like to stay after our hour meeting to eat and chat. Last month we discussed the topic “as followers of the way, what are we called to do in this present political, turbulent time?” On Tuesday June 19<sup>th</sup>, we will discuss the topic “Friends and Neighbors”, not in the spirit of Mr. Rogers but asking how these concepts have changed in the development of Jewish and Christian thinking. Don Cooper will lead the discussion. We hope that you can join us and contribute to our discussion. If you have any questions, give a call to Don at (803) 466-5087. Hope to see you there.

### **UUCC Book Club, Sunday, June 24**

The next UUCC book club discussion is **6:30 pm on Sunday June 24, 2018**. Charles Reed Reavis will facilitate a discussion on *Everybody Lies: Big Data, New Data, and What the Internet Can Tell Us About Who We Really Are* by Seth Stephens-Davidowitz. **We will meet in the UUCC Social Hall.** The UUCC Book Club is open to all members and friends of UUCC. We welcome new and returning participants! Please contact Ruthie Saunders if you have questions or would like more information: [rsaunders@sc.edu](mailto:rsaunders@sc.edu)

### **Women’s Book Club, Tuesday, July 10**

The Women's Book Club will meet Tuesday, July 10, at 7:00 p.m. in room Emerson/8. Anyone with questions may contact Sandy Chubon at 776-0784 or [sjchubon@sc.rr.com](mailto:sjchubon@sc.rr.com)

### **Back to Nature at The Mountain October 5-7**

I think we all can use some quiet time for reflection and gentle stimulation to make new resolutions for our future. After another "famously hot" Columbia summer we will all be ready for some mountain time. I am encouraging all UUCC-ers to consider coming to The Mountain this year for our annual retreat. The dates are October 5-7. We usually have a very flexible, non-demanding schedule in order for everyone to choose how to best fill the precious time we have there. Watch for more information.

### **Knit or Not Group, Mondays, 2:00 p.m.**

Do you knit or have other needle-craft you would like to share? If so, you are invited to join us for our weekly Knit or Not meetings on Mondays at 2:00 p.m. in classroom 8 of the CYRE wing. Or if you are interested in learning to knit or crochet, we have folks who can help with the basics.

### **Art for All Group, Thursdays**

If you are interested in working on your art with others for support, encouragement and feedback, then this group is for you. We meet weekly on Thursdays from 10:00 a.m. - noon in the UUCC Social Hall. Bring your own supplies and prepare to enjoy the company of other artists at no cost. No instruction provided. Contact Ruthie Saunders at [rsaunders@sc.edu](mailto:rsaunders@sc.edu) if you have questions.



### **Gaia's Rising CUUPS, Thursdays**

Join the Covenant of Unitarian Universalist Pagans (CUUPS) Thursday nights at 7:30 p.m. in the Library unless otherwise noted. Contact Lewis Richardson at 729-4319 or [l\\_c\\_r\\_1@live.com](mailto:l_c_r_1@live.com) for more information.

# Social Action

## **Poor People's Campaign | A National Call for Moral Revival: Mon, June 18 2pm**

The SC Poor People's Campaign a National Call for Moral Revival is committed to lifting up and deepening the leadership of those most affected by SYSTEMIC RACISM, POVERTY, THE WAR ECONOMY & ECOLOGICAL DEVASTATION. *We need you to join our efforts.*

On June 18, over 30 states across the country and in Washington, DC will head to their state capitals to force a serious national examination of the enmeshed evils of systemic racism, systemic poverty, ecological devastation and the war economy. Join us at 2:00pm in the State House rotunda for the last of six consecutive rallies. Email [southcarolina@poorpeoplescampaign.org](mailto:southcarolina@poorpeoplescampaign.org) for more information or visit our Poor People's Campaign page: <http://bit.ly/uucc-ppc>

## **Seeds of Hope Farmers' Market Begins this Sunday, June 17!!!**

Our annual fresh market stand in front of the church will be available Sundays from 10:30am to 12:30pm until mid-August. This is a nice project that sponsors low income farmers, and is a great treat for us with fresh produce available each Sunday right at our front door! We'll need two volunteers each Sunday to work the table, so please consider signing up. Email Bauer to sign up at [bwesteren@hotmail.com](mailto:bwesteren@hotmail.com) Or **Sign up to work the market now**: <http://bit.ly/uucc-seeds>

## **Social Action Committee Meeting: Sun, July 8th**

in the sanctuary. All welcome. We have lots of opportunities in the next couple months, so please join us! Any questions, please contact [socialaction@uuccolumbia.org](mailto:socialaction@uuccolumbia.org).

## **Feeding the Hungry at Transitions: Sat, July 14th**

UUCC has a continuing commitment to help serve the evening meal at Transitions Homeless Recovery Center, 2025 Main Street in Columbia, on the second Saturday of every month. Please arrive by 5:15, as the service window is 5:30 to 6:00. Park in the Transitions lot. Sign in at the Security Office. Remember to bring a hat unless you prefer to wear one of the disposable hair nets they provide. We have stools for anyone who might find it uncomfortable to stand for 30 minutes. Please email Bob at [bobwhit46@gmail.com](mailto:bobwhit46@gmail.com) if you are available.

## **Save the Date - Fri, Oct 19: Famously Hot SC Pride Parade**

Another fun night parade! Come out and help us support, celebrate, educate, and advocate for the LGBT community and culture of South Carolina. Parade starts at 7pm. This has always been a big event for UUCC, so come join the fun and wear your yellow shirt. We'll have a float to decorate, so plan to come early to help!

**Please check our website for new events posted almost daily: [bit.ly/social-action](http://bit.ly/social-action).**

# Religious Exploration

## Summer CYRE Volunteers

Please talk with Stephanie about leading a discussion with our youth or helping out with arts, music, and social action with our children. Lesson outlines will be provided! You bring the enthusiasm and gift of self. Your gifts and talents are appreciated! Do you have musical abilities you would like to share? Please, please share your talents and passions!



## CUUBS Leaders Needed!

Our elementary CYRE students are in need of a few folks who would like to help organize outings for them. Over the course of our school year we might have a science day or go to the Columbia Puppet theater. We have lots of interests and just need a few adults who care enough about us to plan some fun outings. Is that person you? Please see our DRE, Stephanie, if you would like to organize outings with us!

## OWL Summer Camp

In an effort to give our children the best opportunity to receive the award-winning OWL lessons, we have designed an OWL day camp experience for the elementary OWL programs. K-1 and 4 – 6. Day camp begins the week of July 30 – August 3. The camp will run from 9:00am to 3:00 pm with plenty of fun games and activities between OWL lessons. We will release the cost and sign up procedure in the near future. Please talk with Mckenzie Scott, Lis Jenkinson, or Stephanie Palmer-Smith for more details.

## Evensong for Families

I am please to announce that our Evensong for Families has filled up nicely. We will begin our covenantal group meetings on Tuesday, June 26 for an hour and a half of sharing our families with one another. Through this gather, we will form bonds and strengthen our family practices of gratitude and strengthen our listening skills. If your family is interested but didn't get signed up please send Stephane ([dre@uucolumbia.org](mailto:dre@uucolumbia.org)) an email.

## Youth in Baltimore Around the Inner Harbor



# Meetings & Rentals

Art For All Group	Thursdays	10:00 am	Social Hall
Board Meeting	3rd Wednesday of month	6:30 pm	Social Hall
Chair Yoga	Suspended for Summer	11:00 am	
Children & Youth RE Committee	TBA	6:00 pm	Social Hall
Choir (adult)	TBA	9:30 am	Sanctuary
Choir (women)	Thursdays	6:30 pm	Classroom # 9
Choir (men)	TBA		
Christian Heritage	3rd Tuesdays	11:00 am	Classroom # 10
Committee Night	<b>Wednesday, July 11</b>	6:00 pm	Social Hall
CUUP's, Gaia's Rising	Every Thursday	7:30 pm	Library
Forum	Every Sunday	9:30 am	Library
Green Team	TBA	12:30 pm	Classroom # 8
Knit or Not	Every Monday	2:00 pm	Classroom # 8
Membership Committee	Sunday, June 24	12:30 pm	Classroom # 10
Visitor Orientation	Sunday, June 17	12:20 pm	Library
Science & Religion	2 <sup>nd</sup> Thursday	7:00 pm	Classroom # 8
September Set	Friday, June 22	6:00 pm	Social Hall
Social Action Committee	Sunday, July 8	12:30 pm	Sanctuary
Technology Committee	Wednesday, July 11	6:00 pm	Workroom 1
UU Animal Ministry	Thursday, July 12	5:00 pm	Classroom # 10
UU Book Club	Sunday, June 17	6:30 pm	Social Hall
UU Humanist	4 <sup>th</sup> Thursday	7:00 pm	Classroom # 8
UU Partner Church Committee	Lee Minghi, 798-0904; Carita Barr, 782-0053	TBA	
Women's Book Club	Tuesday, July 10	7:00 pm	Classroom # 8
Writing Group	Suspended	6:30 pm	
<b>Rentals</b>			
La Leche League	3rd Tuesdays	6-8pm	Classroom # 8
Tai Chi 803-772-9557 columbia.sc@taoist.org	Every Thursday	6:30 pm	Social Hall
Insight Meditation	Every Monday	7:00 pm	Library
Men's AA	Every Tuesday	6:30 pm	Social Hall
Women's AA I	Every Wednesday	6:30 pm	Library
Women's AA II	Every Sunday	5:00 pm	Library

## The Seven Principles of Unitarian Universalism

Grateful for the religious pluralism that enriches and ennobles our faith, we are inspired to deepen our understanding and expand our vision. We covenant to affirm and promote:

1. The inherent worth and dignity of every person
2. Justice, equity, and compassion in human relationships
3. Acceptance of one another and encouragement of spiritual growth in our congregations
4. A free and responsible search for truth and meaning
5. The right of conscience and the use of the democratic process within our congregations and society at large
6. The goal of world community with peace, liberty, and justice for all
7. Respect for the interdependent web of existence of which we are a part

If these principles reflect your understanding of the world and appeal to your sense of spiritual fulfillment, we invite you to consider membership in the Unitarian Universalist Congregation of Columbia. If you would like to discuss membership or if you would simply like more information, please speak to any member of the Membership Committee or of the Board of Trustees.

### UUC Board of Trustees

Presidents, Richard Culler

*president@uucolumbia.org*

President-Elect, Time VanDenBerg

*president-elect@uucolumbia.org*

Treasurer, Bob Whitaker

*treasurer@uucolumbia.org*

Secretary, Sandy Chubon

*secretary@uucolumbia.org*

Members at Large: Cheryl Soehl, Emilio Perez-Jorge, Mary Maclachlan, Linda Brennon, Richard McLeod

Past President, Phil Turner, ex officio

*pastpresident@uucolumbia.org*

Finance Chair, Joe Long, ex officio

*financechair@uucolumbia.org*

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Custodian

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RE Youth Ministries Assistant

Mckenzie Scott, *reassist@uucolumbia.org*

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