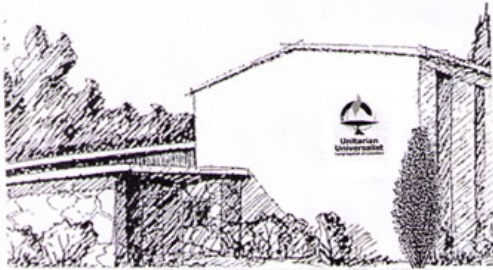




The Unigram

Newsletter of the Unitarian Universalist Congregation of Columbia, SC

April 8, 2020



2701 Heyward Street, Columbia, SC 29205
803-799-0845 • www.uucolumbia.org

Sunday Schedule

Online Worship: 11:00 am-12:15 pm
See Page 3 for Access Information

April 15, 2020

“Battling Virus the UU Way: Where Love Always Wins,” by Jane Lawther

April 19, 2020

“Service & Volunteerism”
by Rev. Stephen Robinson

Unigram Deadline

The deadline for the next issue is **Sunday, May 10**, for publication on **Wednesday, May 13**. *Items submitted after the deadline will not be published.* Please submit articles and announcements for the next issue to uucc@uucolumbia.org.

Sources of Our Living Tradition

Unitarian Universalist congregations affirm and promote seven Principles, which we hold as strong values and moral guides. We live out these Principles within a “living tradition” of wisdom and spirituality, drawn from sources as diverse as science, poetry, scripture, and personal experience.

These are the six sources our congregations affirm and promote:

1. Direct experience of that transcending mystery and wonder, affirmed in all cultures, which moves us to a renewal of the spirit and an openness to the forces which create and uphold life.
2. Words and deeds of prophetic people which challenge us to confront powers and structures of evil with justice, compassion, and the transforming power of love.
3. Wisdom from the world's religions which inspires us in our ethical and spiritual life.
4. Jewish and Christian teachings which call us to respond to God's love by loving our neighbors as ourselves.
5. Humanist teachings which counsel us to heed the guidance of reason and the results of science and warn us against idolatries of the mind and spirit.
6. Spiritual teachings of Earth-centered traditions which celebrate the sacred circle of life and instruct us to live in harmony with the rhythms of nature.

Continued...

In affirmation of the sixth source, Jewish and Christian teachings, I would like to share the following from the blog of the Rev. Dr. Ron Robinson, Perkins-Prothro Chaplain and Professor of Religion at Wofford College, SC.

10 tips from Rev. Ron during COVID-19 outbreak

A few of my chaplain friends around the country and I have been collaborating on some tips and tools to deal with the perplexing times in which we find ourselves. We have come up with several dozen items, and we're adapting them for our campuses.

To our beloved Terrier community, now dispersed, I offer the following 10 Tips & Tools:

1. Breathe. Breathe some more.
2. Acknowledge your fears, anxieties, concerns. Offer them up in prayer, if you pray. Write them in your journal. Share them with others.
3. Practice empathy. Even while avoiding close physical contact, message the people you care about. Stand with those most vulnerable.
4. Check in on folks. Call people you love.
5. Stay aware. But don't let the Corona-chaos news take all of your time.
6. Practice kindness. Remember we are in this together.
7. Sleep, eat and exercise.
8. Practice gratitude. Make note of the things for which you are grateful.
9. Connect with your spiritual or religious tradition if you have one. Find strength and solace and power in texts, rituals, practices, holy times and seasons.
10. Practice hope. Trust in our power to conquer and prevail!

The Rev. Dr. Ron Robinson '78, most commonly known as Rev. Ron, is Wofford's Perkins-Prothro Chaplain and Professor of Religion. He will share words of comfort and wisdom during the coming days as our nation and campus deal with uncertainty around COVID-19. To continue reading Rev. Ron's postings, go to Halligan Center for Religious and Spiritual Life.

Holding all of you close to my heart during these difficult times,

Linda Brennison, President
UUCB Board of Trustees

The information below can be used to access Sunday services through May, 2020:

If you have email access and are dialing in with audio only, please send an email to philtturner2009@gmail.com with the phone number (including area code) you are calling from and your first and last name.

For audio only access using your phone:

Call +1-253-215-8782 US and enter the Meeting ID: 832 671 906

If you are accessing via smartphone or computer, please name your device in some recognizable way

For video and audio access, ctrl-click on the following:

URL: <https://zoom.us/j/832671906>

Sunday Services will be available beginning at 10:30am and the services will begin at 11:00am. Please consider accessing the service by between 10:30am and 10:50am to be sure your equipment is working.

We ask that everyone name your device in some recognizable way so we may know who is present for security purposes.

Sunday Services will be recorded and available for viewing on our website as soon as possible.



Candles of Community

We extend our condolences to Bob Hallman in the loss of his wife, Lyn Phillips. Lyn's memorial service will be scheduled when UUCC reopens.

Sharing Our Abundance, April Share the Plate: MIRCI

Half of our cash collection each Sunday this month goes to **MIRCI (Mental Illness Recovery Center, Inc.)**

MIRCI assists individuals with mental illness to recover in the areas of their lives impacted by their illness through housing, behavioral healthcare, and assistance with obtaining and managing their disability income. If contributing by check, please write "Share the Plate/MIRCI" on the memo line.

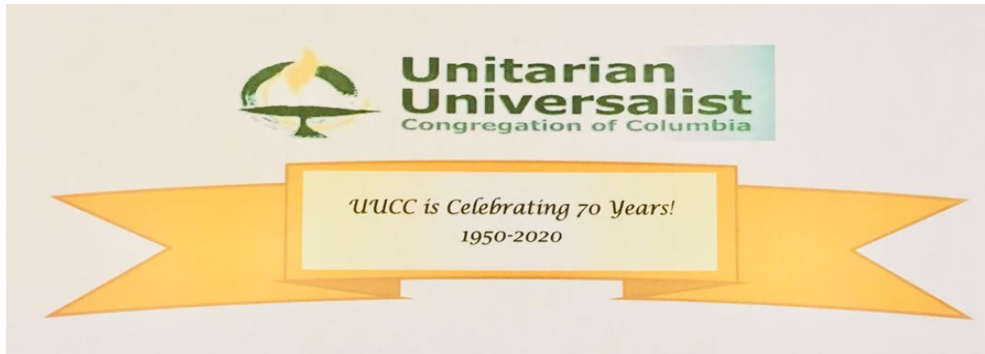
"We Will Not Stop Singing" - a Collaborative Project

You are invited to share your words and your experience of this time in a collaborative project.

UUCC Music Coordinator, Anna Hamilton, has started a Call and Response song titled "We Will Not Stop Singing." Control-click [song](#) for a video recording and Control-click [lyrics sheet](#) which includes two verses and one verse where all the lyric lines for the call are left blank. You are invited to write your own lyrics for the call sections of this additional verse. To have your words added to the song, simply email them to: music@uucolumbia.org

The song will be part of our service this Sunday, April 12, and a special online event will be scheduled before the end of April when all submitted verses will be sung. It is my hope that, with your help, this song will grow and help to connect us... and that it will not be too long before we are together again, singing.

News and Notes



2020-2021 Pledges May Be Submitted Via email

Please note, you may email your 2020-2021 Pledge amount to our administrator at uucc@uucolumbia.org

Recordings of Sermons Available on Website!

Please go to our website (uucolumbia.org) and look on the right-hand side of the Home Page. Select the Service Archive link and scroll down to the sermon you'd like to see. When on that page, simply select the play button, sit back and enjoy the sermon.

Are You Being Phished?

Phishing emails and text messages may look like they're from a company or someone you know or trust. These may look like they're from a bank, a credit card company, a social networking site, an online payment website or app, or an online store. Phishing emails and text messages often tell a story to trick you into clicking on a link or opening an attachment. Do not open any attachments or click on a link.

From the Federal Trade Commission: How to Report Phishing

If you receive a phishing email or text message, report it. The information you give can help fight the scammers.

Step 1. If you receive a phishing email, forward it to the Anti-Phishing Working Group at

reportphishing@apwg.org. If you got a phishing text message, forward it to SPAM (7726).

Step 2. Report the phishing attack to the FTC at ftc.gov/complaint.

**See Page 6 for
Social Action Events**

Virtual High School Movie Night

Friday, April 10, 7-10:30pm

Movie Nights will continue!! Don't forget to grab your popcorn or snack of choice to munch and hangout together. Please RSVP to Mckenzie at reassist@uucolumbia.org to gain the online meeting ID. Send your movie suggestion (and platform for viewing preferences) to the GroupMe chat or in your email. Adult chaperone needed.

Virtual Middle School Game Night

Saturday, April 11, 7-9:30pm

Ready for a scavenger hunt? Pictionary? Please send your video chat game ideas and RSVP to Mckenzie at reassist@uucolumbia.org so that you can gain the online meeting ID. Adult Chaperone needed.

Story Circles, Wednesdays

Fun & fellowship Wednesdays through May 27, from 10:00-11:00 a.m. Newcomers welcome. Questions? Call Barbara Bates Smith at [828-421-7685](tel:828-421-7685).

UUCB Book Club Discussion, Sunday April 19, 6:30pm, online

Rebecca Drennan will facilitate a discussion on *Still Here: Embracing Aging, Changing, and Dying* by Ram Dass. We will be meeting online, and the meeting access information will be forthcoming. The UUCB Book Club is open to all members and friends of UUCB. We welcome new and returning participants! Please contact Ruthie Saunders if you have questions or would like more information: rsaunders@sc.edu We hope to 'see' you there!

New Member Service, April 26

During our service on April 26, Rev. Stephen Robinson will lead our New Member Introduction Service and Nancie Shillington-Perez will assist in the introduction of some of our new members who joined the UUCB between April 2019 - April 2020. This portion will not be recorded, respecting the privacy of our new members. All friends are encouraged to become members. Please contact Nancie to learn more about becoming a member of the UUCB by emailing her at membership@uucolumbia.org.

June 2020 Boston Trip Postponed

The Boston trip scheduled for our High School students this June has been postponed. Details will follow as they become available. Contact Mckenzie at reassist@uucolumbia.org with questions.

Matching Offer for The Mountain

The Mountain has closed for an indefinite time. However, the staff remains and work will continue.

We are also continuing our efforts to find matching funds for the repair of cabin 12. If you wish to join in supporting this wonderful UU retreat center, you may donate with a check payable to UUCB. Or you may make a check payable to The Mountain RLC and mailed to P.O. Box 1299 Highlands, NC 28741. Either way, please note 'Cabin #12 Matching' on the memo line.

If you have questions about this opportunity or other questions about The Mountain, contact Joan Watterson 803-787-7873 or Ginny Verne 803-606-6260. If you wish to contact the director of The Mountain: ted.wisniewski@themountainrlc.org or 828-526-5838 ext. 245.

Social Action

Feeding the Hungry at Transitions: Suspended Until Further Notice

Because we can no longer volunteer, please consider donating the following items to Transitions:

- Brown lunch bags and plastic wrap
- Bottled water
- Heavy duty paper plates
- Cans of Lysol and hand sanitizer and liquid soap
- Financial support

Contact Elizabeth Igleheart about making donations - even pickup. EIgleheart@TransitionsSC.org

We are on!!! Social Action Meeting: Sunday, April 26, 1pm

For virtual meeting access contact socialaction@uucolumbia.org. Hope to see you all soon!

CANCELLED: Walk A Mile, Thursday, April 23

Each year, the Midlands community comes together to show support for survivors of sexual assault. Every ticket sold and every dollar raised makes an immediate impact on survivors and their families by providing counseling, group therapy, legal advocacy, a 24/7 hotline, and so much more at no cost to them. Join our UUC team or support our efforts here: <https://www.classy.org/team/281320> Please continue to support our fundraising efforts for this very worthy charity despite the event being cancelled.

Virtual NAMI (National Alliance on Mental Illness) Walks Saturday, May 2nd

Instead of cancelling the walk, which would reduce funding when we need it most, or even postponing it, we are pleased to announce the walk for our times, the Virtual NAMIWalks. It's like the regular NAMIWalks, only with a greater reach - the reach of your imagination. A virtual walk is exactly how it sounds; virtually anything goes. You can walk around your garden, you can walk around your living room, you can walk with a wok in your kitchen. You can self-fundraise while you self-quarantine. Best of all, you can 5K your way! Thank you for your [support](#) and your commitment to mental health in our community.

Please see the weekly Thursday eblasts for more Social Action events.

Please check our website for new events posted almost daily:

bit.ly/social-action

Meetings & Rentals

Art For All Group	Cancelled	10:00 am	Social Hall
Board Meeting	Wednesday, March 18	6:30 pm	Online Meeting
Chair Yoga	On Hiatus		
Children & Youth RE Committee	TBA	12:30 pm	Classroom # 8
Choir - UUCC (adult)	TBA	9:30 am	Sanctuary
Choir – Prism (women)	Cancelled	6:30 pm	Classroom # 9
Choir - Encore (men)	Cancelled	9:30 am	Classroom # 9
Christian Heritage	Cancelled	Noon	Library
CUUP's, Gaia's Rising	Cancelled	7:30 pm	Library
Funeral Consumers Alliance	Cancelled	5:30 pm	Classroom # 8
Forum	Cancelled	9:30 am	Library
Green Team	TBA	12:30 pm	Classroom # 8
Knit or Not	Cancelled	2:00 pm	Classroom # 10
Membership Committee	Cancelled	12:30 pm	Classroom # 9
Visitor Orientation	Cancelled	12:20 pm	Library
Science & Religion	Cancelled	7:00 pm	Classroom # 8
September Set	Cancelled	Noon	Social Hall
Social Action Committee	Cancelled	12:30 pm	Library
Technology Committee	Cancelled	6:00 pm	Workroom 1
UU Animal Ministry	TBA	5:00 pm	Classroom # 10
UU Book Club	Sunday, April 19	6:30 pm	Online Meeting
UU Humanist	Cancelled	7:00 pm	Classroom # 8
UU Partner Church Committee	TBA Lee Minghi, 798-0904; Carita Barr, 782-0053	12:30 pm	Classroom # 10
Women's Book Club	Cancelled	7:00 pm	Classroom # 10
Rentals			
La Leche League	Cancelled	6-8pm	Classroom # 10
Tai Chi 803-772-9557 columbia.sc@taoist.org	Cancelled	6:30 pm	Social Hall
Buddhist Insight Meditation	Cancelled	7:00 pm	Library
Men's AA I	Cancelled	6:30 pm	Social Hall
Women's AA I	Cancelled	6:30 pm	Library
Men's AA II	Cancelled	5:00 pm	Library

COMMITTEE CHAIRS & BOARD LIAISONS 2019/2020

Committee/Chair Email	Chair/Board Liaison
Adult Religious Education <i>AdultREChair@uucolumbia.org</i>	Angie Dodd Rabon/ <i>Jeanette Walton</i>
Animal Ministry anitaj48@aol.com	Anita Grossman/Subcommittee
Building and Grounds <i>BandGChair@uucolumbia.org</i>	Shannon Edwards/ <i>John Logue</i>
Caring and Hospitality <i>CaringChair@uucolumbia.org</i>	Keitha Whitaker/ <i>Bob Gillespie</i>
CYRE <i>REChair@uucolumbia.org</i>	Beck Sullivan/ <i>Terrence Sullivan</i>
Denominational Connections denomconn@uucolumbia.org	Keitha Whitaker/ <i>Jessica Kross</i>
Endowment <i>philip.turner@unt.edu</i>	Phil Turner/ <i>John Logue</i>
Finance <i>FinanceChair@uucolumbia.org</i>	Caroline Eastman/ <i>Jeannette Walton</i>
Green Sanctuary kdmsooboy@gmail.com	Kevin McKinney/ <i>Deb Matherly</i>
Kitchen Committee bonneylass44@gmail.com	Linda McLeod/Subcommittee
Leadership Development eperezjorge@sbcglobal.net	Emilio Perez-Jorge/ <i>Jessica Kross</i>
Membership <i>MembershipChair@uucolumbia.org</i>	Nancie Shillington-Perez/ <i>Pat Mohr</i>
Personnel <i>PersonnelChair@uucolumbia.org</i>	Marc Drews/ <i>Tim VanDenBerg</i>
Social Action <i>SocialActionChair@uucolumbia.org</i>	Laura Hartwig/ <i>Jeannette Walton</i>
Technology Services <i>tsc@uucolumbia.org</i>	Donald Griggs/ <i>Caroline Eastman</i>
Worship <i>WorshipChair@uucolumbia.org</i>	Marc Drews
Board Liaison to Staff <i>President@uucolumbia.org</i>	Linda Brennison

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

President, Linda Brennison	<i>president@uucolumbia.org</i>
President Elect, Rev. Rod Brown	<i>president-elect@uucolumbia.org</i>
Treasurer, Jeanette Walton	<i>treasurer@uucolumbia.org</i>
Secretary, Bob Gillespie	<i>secretary@uucolumbia.org</i>
Members at Large: Jessica Kross, John Logue, Deb Matherly, Pat Mohr, Terrence Sullivan	
Past President, Tim VanDenBerg, ex officio	<i>pastpresident@uucolumbia.org</i>
Finance Chair, Caroline Eastman, ex officio	<i>financechair@uucolumbia.org</i>

UUC Staff

Minister	Rev. Stephen Robinson, <i>revstephen@uucolumbia.org</i>
Administrator	Andrea Dudick, <i>uucc@uucolumbia.org</i>
Director of Religious Exploration	Scott Sargent, <i>dre@uucolumbia.org</i>
Bookkeeper	Ginny Verne, <i>bookkeeper@uucolumbia.org</i>
Music Coordinator	Anna Hamilton, <i>music@uucolumbia.org</i>
Sexton	Bill Dolley, <i>uucc@uucolumbia.org</i>
RE Youth Ministries Assistant	Mckenzie Scott, <i>reassist@uucolumbia.org</i>

Address: 2701 Heyward St, Columbia, SC 29205

Phone — Office (803) 799-0845

Office Hours — Mon.– Fri. 6:00 am – 12:00 pm

UUC Forum: <http://uufc.19.forumer.com>

Help us update our mailing list: To delete or change your address, email uucc@uucolumbia.org

Like us on Facebook: www.facebook.com/uucolumbia

Website: www.uucolumbia.org

