



The UUCC Chronicle

September 2019

Worship: 10:00 AM

September 1

Mindful Movement
Susie Zuller, Speaker
Gates Craighead, Coordinator

September 8

Congregational Covenant
Mark Pafford, Speaker
Deanna Lack, Coordinator

September 15

Mission Statement/Vision
Mark Pafford, Speaker

September 22

How Can I Be Joyful When Everything is Awful?
Deanna Lack, Speaker
Norma Scarlett, Coordinator

September 29

Black Lives Matter
Video Sermon, Dr. Thomas Rideout
Tracie Craighead, Coordinator

Reflections: 11:00 AM

Every Sunday after Worship, approximately 11:00 AM; Co-facilitated by Susan Ford and Deanna Lack

Reflections is an informal, non-judgmental, small-group discussion of the sermon topic. Participants share thoughts and insights or just listen. All are welcome.

NOTE: For those who prefer to congregate outside the group, please keep noise directly adjacent to the Reflections group to a minimum. Thank you!

Small Town, Big Heart

By Deanna Lack

I've been kicking around the idea of interviewing people for about a year. Maybe "interviewing" is the wrong word. At first, I thought maybe I would record stories with people for the Story Corps project. Per their website: "StoryCorps' mission is to preserve and share humanity's stories in order to build connections between people and create a more just and compassionate world.

"We do this to remind one another of our shared humanity, to strengthen and build the connections between people, to teach the value of listening, and to weave into the fabric of our culture the understanding that everyone's story matters. At the same time, we are creating an invaluable archive for future generations."

But I wanted something a little more local. I am, as I am sure you are, sometimes a little frustrated with being a blue dot in a red state, and sometimes feel a bit alone, although much less so since I discovered UUCC. And through involvement with UUCC projects, and Indivisible before that, I know so many liberal people I could talk to. The idea has been simmering on a back burner.

Then, I gave the sermon on True Belonging last month. Ever since then I can't get Brene Brown's words out of my head: "Those who choose comfort over courage in facilitating conversations, those who refuse to do it because they can't do it perfectly as a religious or civic leader... their days of relevance are numbered."

We're UUs. There's nothing we love more than conversation, right? So I keep thinking, why not me? But how?

Then one night last month, I was sound asleep, and the next thing I knew, I wasn't asleep, I was wide awake. I had this sensation that I'd been deep in the ocean of sleep, and the ocean gently lifted me up, and set me on a rock, and dropped this idea next to me, and said: do this. The idea was to do a podcast, talking to some of the amazing people I know in this area. My mind buzzed with who I could talk to, and about what. Not interviews, exactly... conversations. What's real? What are you struggling

(Continued on page 3)

31 West First Street, Cookeville TN 38501

Mark Pafford, Pastor

Deanna Lack, Board President

Events



First Sunday of the Month Potluck!
Sunday, September 1 @ 11 AM
Sunday, October 6 @ 11 AM

For the Potluck, please bring a cooked dish or a store-bought item or contribute \$3 in the donation tin toward the meal or offer to wash or dry dishes. When you bring food, please bring enough to serve all who wish to enjoy your dish. And EVERYBODY wishes to enjoy your tasty morsels!



Compassionate Communication
1st & 3rd Wednesdays
Wednesday, September 4 @ 6:00 PM
Wednesday, September 18 @ 6:00 PM

Compassionate Communication is an effective tool for resolving differences. This training will aid you in better understanding other people and in having other people better understand you.

Social Justice

Committee
Sunday, September 8 @ 11:30 AM



Meditation
Tuesday, September 10 @ 6 PM
Tuesday, September 24 @ 6 PM

Contact Deanna Lack for additional details.

Chalice Circle
Tuesday, September 10 @ 7 PM
Tuesday, September 24 @ 7 PM

Contact Gates Craighead for additional details.

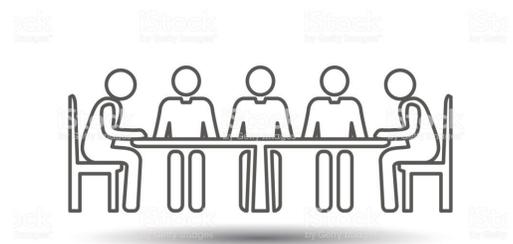
Mindful Movement
Saturday, September 14 @ 10 AM

Join us for Mindful Movement and get your weekend started off on the right foot!



Board Meeting
Sunday, September 5 @ 11:30 AM

Current Board members, incoming Board members, and all those interested are welcome!



(Continued from page 1)

with? How are you doing your best to make a difference? When I said to myself, "Yes, I will do this," I fell soundly back to sleep.

I told my son Brandon about this a couple of days later. I tell him about a lot of crazy ideas, but this time he did something he's never done before. He said, "I want to help." He has the equipment and he has been recording for me, and making great suggestions about what kind of conversations to have. And when I talked to UUCC's board about whether I could record at church, they thought it was in line with UUCC's mission, and agreed. When I asked my first month of guests if they'd be willing to do it, I expected a lot of them to say, "Oh, I don't know, I don't like to be interviewed," but 100% of them said not just yes but variations of they'd love to.

So the Small Town, Big Heart podcast was born. I have done three episodes already but the show is not live yet (I'm working out the logistics of this). My first three guests include Angela Hedgecough, who ran for state Senate; Amanda Rosenberger, local head of Moms Demand Action; and Troy Smith, professor of history at TTU, activist, lecturer, and author. I have future guests lined up who are making differences in the community on environmental, LGB, and transgender issues. I'm really excited about the wonderful people I think I will get to talk to.

With the podcast, I want to talk about the differences, large and small, they are making in the community. I want to make people who feel a little overwhelmed at all that is going on in the world realize that they can do something, right here at home, that matters. I want to facilitate conversations about tough subjects that might not be smooth and might not be pretty, but things that need to be talked about. I want to make people seem real and human and themselves, people we might at first want to "other." I want us to understand each other.

What I'd love from you is suggestions for awesome people you know who would make great for a great conversation (or yourself!). And, when I'm finally live, I will post a link to where you can listen via iTunes, Stitcher, Google Play, or wherever you like to listen to podcasts.



2019-2020 Short Term Goals

By Susie Zuller, Board secretary

A goal is some objective – some aim – that we wish to reach within a desired time. Your UUCC Board of Directors met for several hours on Saturday, August 3, in our annual retreat. Among many other agenda topics, we discussed what reachable goals we would really like for our little congregation to achieve within the next 12 months or so. As we discussed potential goals, we took into account the time, talent, treasure, and ties of this faith community. As you read over the next few paragraphs, please think about how you may be able to help your congregation achieve its goals.

- ⇒ Podcast via Deanna Podcast to highlight the differences people are making in the community and facilitating conversation on challenging topics.
- ⇒ Get more members/friends involved in UUCC activities. This doesn't necessarily mean initiating a new activity, just try to keep up with all that is happening at UUCC and get involved.
- ⇒ Activities are posted within the newsletter, on the UUCC web page, and especially on the white board calendars just above the conference table. See what's happening. Attend and maybe bring a friend or two.
- ⇒ More service coordinators. Being a UU service coordinator is truly a putting your Mission Statement into action. As a service coordinator, you inspire spiritual growth, compassionate living, and you are doing genuine joyful service. As a new service coordinator, you may choose from any one or more of the several service coordinators to help you along. You can "do your own thing" or follow an outline for the service. Make the flow of the service your own. And don't worry about making errors because you will, and we'll just love you even more for them.
- ⇒ Web development person. Cassandra and Deanna are currently working on web development, but maybe you are technologically inclined and could lend a few ideas.
- ⇒ Immersive experience with other faith traditions (e.g., Quakers, Muslims). Do you ever attend services or activities sponsored by other faiths? Perhaps let them know about UUCC. Perhaps during Reflections, share what you learned with other faith traditions (both positive and negative) with the group, remembering justice, equity, and compassion in human relations.
- ⇒ Keep connection with past members and friends. Do you know of somebody who used to attend but no longer does so? Reach out to that person. You don't even need to tell anybody that you're doing this. Again, remember what probably first brought you to UUCC – community. Probably the same thing brought that long-lost UUCC member/friend. "Reach out and touch someone," as the old AT&T TV

(Continued on page 5)



Tales of the Orange Lord, Part II

By Charles Zuller

Once upon a time, in a land far, far away, existed the realm of the Orange Lord. He was a despot either greatly loathed or greatly loved by the populace. He surrounded himself with those too craven to resist his baser instincts but who hoped to join in the plundering of the realm.

And it came to pass that great disquiet was heard from the serfs. “The people are revolting,” cried his ministers. “Yes,” stated the Orange Lord, “but we need their gold to fund our endeavors. Let us give them a sacrificial goat that they may blame for their sad lot in life.”

“Let them eat cake, not goat,” murmured the queen, as she lay resplendent in the dress of many gold threads, paid for by the realm. Upon the wall hung her matching jacket, with the words I really don’t care, do you? “Can you not just imprison anyone who disagrees with you?”



Quickly the Orange Lord’s ministers brought in men of the cloth to try to sooth his troubled brow. “Truly you are the Chosen One,” they chanted. “You can perform miracles with crowd sizes and transform a surging economy into one on life support. You surely must be the second coming of Christ. For you have allowed us to seize the troublesome females and put them in their rightful place as subservient to man and his desires.”

Still the Orange Lord was greatly troubled. The court jester giggled as his turkey wattle danced, “Blame it all on the immigrants. Truly, they dare to assimilate and then rage against us.”

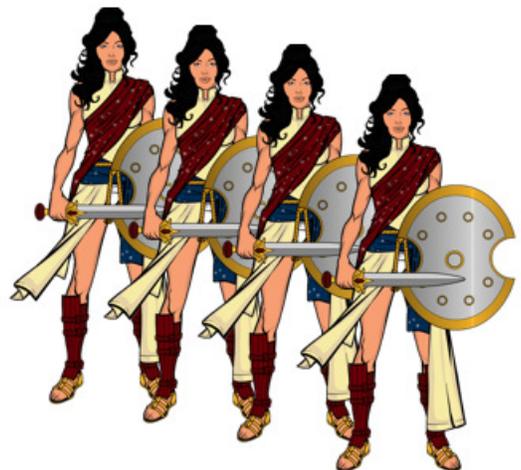
“That’s it,” yelled the Orange Lord, as he heaved his mass from his ivory throne. “We can cage up the children in our for-profit pens indefinitely. We will then blame the gold shortage on the need to care for them.”

“Alas,” complained the Orange Lord, after much thought. “The serfs might see some immigrants slaving in my public houses and jousting fields. Let me quickly change the subject! How about we buy the land-of-melting-ice known as Greenland? We’ll say it’s because they have special people and are incredible. Surely, they will believe anything.” Oh, woe was he, the rulers of that largest of islands rebuffed the Orange Lord’s desires of a bigly real estate deal, and he resumed his seat and twiddled his small thumbs.

Unfortunately, the realm remained in turmoil. Many champions stepped forward, willing to battle the Orange Lord and his minions. Each champion tried to raise an army to rally around ideas for the inhabitants of the realm. “Surely we must care for the children and the infirm. How about repairing our hovels and our pathways? All the gold should not go to the castle and the royal family. Who will join with us?”

Suddenly the many champions began fighting among themselves, cheered on by the Orange Lord. After the results of a circular firing squad, he would have only the mortally wounded to vanquish. Expecting an easy victory, he was greatly relieved.

With a thundering crack, female warriors suddenly appeared. “Halt all fighting!” they commanded. “We only seek peace and harmony within the realm. Although we come from many backgrounds and represent many faiths, we believe in our Seven Principles. We celebrate what we have in common, rather than struggling over our differences. However, we shall not accept anyone telling us what we can or cannot do with our bodies. Let us instead focus on building the common good, seeking affordable education and proper medical care for everyone. Surely, we can agree to repair the realm, rather than ripping it asunder. For if we support each other, we cannot fail!”



To Be Continued ...

(Continued from page 3)

- commercial said.
- ⇒ More interfaith activities with other churches. If you have ties (i.e., family and/or friends) who attend other churches who maybe have activities that you think our congregants may be interested in participating, let UUCC know. This may especially apply to activities where we could wear our “Standing on the Side of Love” t-shirts (see the UUA website) or a yellow UUCC t-shirt (just \$5 or other donation!!).
 - ⇒ Continued partnership with other UU churches in the area. Within 100 miles of Cookeville, there are ten (10!) UU congregations. Do you even periodically travel to Nashville, Knoxville, or some other place with a UU congregation? Do you attend their services every now and again? Share you love of UUCC with them and let us know about them. What are they up to? Are there activities, plans, services, that we could all work together toward?
 - ⇒ Social justice coordinator and/or co-facilitators. If you are interested in social justice, this might just be the volunteer spot you need. For ideas, talk with any Board member.
 - ⇒ Set up Remind app. Actually, Deanna has already started this process. Talk with her for further information and how you maybe can be involved.
 - ⇒ Make more effort to get to know new people. Okay, we’re probably pretty good at this effort, but there is always room for improvement. People come to church seeking community – other folks they can share ideas, thoughts, emotions, and maybe a cup of coffee and a chocolate chip cookie. Even if you’re a bit of an introvert, a smile and “Hi, I’m glad you’re here,” go a long way.
 - ⇒ Need better job at explaining what various activities are. Do you attend and/or lead any regularly scheduled UUCC activity/function? Let others know what you do, when you meet, and very importantly – what you get out of it. If you enjoy something, share the goodness.
 - ⇒ Events coordinator. Charles has stepped up for this role. If you lead and/or attend an event/activity/function, let Charles know what is happening (e.g., attendance, positive impacts, potential problems, changes, etc.).
 - ⇒ Minister’s involvement. How would you like to see your UUCC minister involved at UUCC? What do you want and/or need out of this person? Remember, the word “minister” is a noun and a verb. Our minister is also one of our dearly beloved members with a life outside their church. When thinking about a minister’s involvement, keep in mind their abilities as well as other demands upon their time and spirit.

There you have now read through all the short-term goals that your Board thought were achievable during the 2019-2020 fiscal year. These goals are not presented in any specific order of

importance or concern. Please read through them again and again. What can you do? How can you better participate in the life of your faith? Keep UUCC vibrant. Help UUCC grow.

Note from the Editor...

Like many grandmothers, my granny had a fully decorated refrigerator. Her fridge menagerie included crocheted bobbles, plastic flowers, and magnetic items in miniature, such as hats and animals. In the midst of this kitsch, there was a small newspaper clipping. It was taped to the fridge door at eye level, so despite its size, it couldn’t be missed. It simply stated this:

The more junk you own, the more junk owns you.

My grandparents were depression era children who had rebounded from poverty by accumulating A LOT of stuff. The clipping was a gentle self commentary and admonishment about my grandparents’ tendency to hoard.

As I was cleaning house this weekend and trying to find a place for my ever growing heap of items, Granny’s little clipping came to mind. While my first thought was to the material, I began to ponder on emotional and spiritual implications of the phrase. What “junk” do I have in my thoughts, my feelings, my spirit that I need to let go? Maybe it is time for an inventory. Instead of a spring cleaning, I will have a fall cleaning. It is time to take some of the emotional and spiritual junk that causes me stress and heartache, load it up, and take it to the dump.

Fall is a wonderful time for slowing down to have a sip of a pumpkin latte, cider, or other favorite fall beverage, and reflect on the items that have accumulated in the heart, mind, and spirit. As you do, I hope you can take all the junk to the dump and let those newly-opened spaces be filled with love and warmth that will last you from fall throughout the winter!

