



The UUCC Chronicle

November 2019

Worship: 10:00 AM

November 3

Music Service
Ken Sizemore, Guest Singer
Susie Zuller, Coordinator

November 10

My Spiritual Journey
Deanna Lack, Speaker
Norma Scarlett, Coordinator

November 17

Trans Day of Remembrance
Deanna Lack, Speaker & Coordinator

November 24

Gratitude as Practice
Deanna Lack, Speaker

December 1

Gratitude Scavenger Hunt/Show & Tell
Susie Zuller, 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!

Pet Tales

By Charles Zuller

After about 30 years together, my wife has decided she needs to hear the pitter-patter of little feet on the floor. We are going to get a small dog to complete our household! Surprisingly enough, this presents a bit of trauma for me. Time for the backstory.

When I was about 12 years old, our Baptist minister presented me with a small female Beagle puppy. As one child in a house of six children, this rather changed my point of view. I was unused to individual attention. Suddenly, I received the sole devotion of something else. While playing football, I suffered a major leg injury, requiring me to use a homebound teacher for six months. My dog was my constant companion. Eventually we went hunting and exploring together all the time. Unfortunately, my parents did not believe in spending the money to get animals spayed or neutered. This resulted in a continual crop of puppies for my dad to make go away. After 3 years, my dog disappeared. My parents tried to console me with she was stolen or ran over somewhere. I decided to never own another dog – I could not take the loss of such a companion.

When my wife and I first got together, she was the typical cat lady. You know how cats act, “I may eat you someday if we run out of food,” with a smirk. This I could handle. Also, the cat helped divert attention from me for the ever-present mess. When my wife got upset, I would run one direction and the cat would run a different direction, to present moving targets for ire.

Now, the days of emptying litter boxes and dealing with a finicky eaters are done. We are looking for a pet that is more self-sufficient, that worships people, not the other way around. Also, consider the many attributes a dog brings to a situation. Your dog is never judgmental, accepting you as you are. The dog makes friends easily and does not hold grudges. Living for today and not worrying about tomorrow has a lot of appeal. Eat when hungry and sleep

(Continued on page 2)

31 West First Street, Cookeville TN 38501

Deanna Lack, CLM

Traci Craighead, Board President

Thoughts on Gratitude and Thanksgiving

“Gratitude is a habit of awareness that reshapes our self-understanding and the moral choices we make in the world. In short, gratitude is an ethic, a coherent set of principles and practices related to grace, gifts and giving that can guide our lives.” *Diane Butler Bass*

.....

“Gratitude is not the same thing as indebtedness, which we rightly avoid. Indebtedness is a negative emotion which carries an assumption of repayment. Gratitude is not the same thing as weakness. Weakness I flattery or subservience. Gratitude is acknowledgement of kindness with thanks.” happierhuman.com/benefits-of-gratitude/

.....

“The roots of all goodness lie in the soil of appreciation for all goodness.” *Dalai Lama*

.....

“Gratitude is the sweetest thing in a seeker’s life—in all human life. If there is gratitude in your hear, then there will be a tremendous sweetness in your eyes.” *Sri Chinmoy*

.....

“If you concentrate on finding whatever is good in every situation, you will discover that your life will suddenly be filled with gratitude, a feeling that nurtures the soul.” *Rabbi Harold Kushner*

.....

“Gratitude is an antidote to negative emotions, a neutralizer of envy, worry, and irritation. It is savoring; it is not taking things for granted; it is present-oriented.” *Sonja Lyunbomirsky*

.....

“Being thankful is not always experienced as a natural state of existence; we must work at it, akin to a type of strength training for the heart.” *Larissa Gomez*

.....

“Gratitude is the healthiest of all human emotions. The more you express gratitude for what you have, the more likely you will have even more to express gratitude for.” *Zig Ziglar*

“No one is more impoverished than the one who has no gratitude. Gratitude is a currency that we can mint for ourselves and spend without fear of bankruptcy.” *Fred DeWitt VanAmburgh*

.....

“Piglet noticed that even though he had a very small heart, it could hold a rather large amount of gratitude.” *AA Milne*

(Continued from page 1)

when tired does sound like a great philosophy. Furthermore, the dog does not get hung up about sex. What others do or do not is not a concern for a dog. Live and let live.

Most of all, the dog brings unconditional love that Unitarian Universalists aspire to attain. This does not mean we allow people to trample us, to use us as a door mat. Mistreat a dog and the animal will snap at you and then forgive you. For a UU, unconditional love means bring truth to ourselves and each other. We must respect the world and our place within it, if we want to continue to exist in challenging times.

Finally, we bring unconditional love into the spiritual realm. Universal salvation presents the concept that everyone is worthy of everlasting peace and harmony. Can you believe in a higher power that would condemn flawed individuals into eternal pain and misery? “I love you but must cast you into hell for eternity!”



Let us all aspire to be more like a dog. We will be loving and protective of each other. We will come together and share our supper bowls. We can unite our voices and howl together, and not just at the full moon. After all, we could be considered just religious mutts. We come from many walks of life, with many different beliefs, relentless in our search for truth. Perhaps the sign in front of our building should read, “Welcome all creeds and all breeds, no dogmas allowed inside.”

Events



Ken Sizemore
Sunday, November 3 @ 10 AM

Come join in celebration and community through Ken's folk music sound.

First Sunday of the Month Potluck!

Sunday, November 3 @ 11 AM
Sunday, December 1 @ 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!



Meditation
Tuesday, November 12 @ 6 PM
Tuesday, November 26 @ 6 PM

Contact Deanna Lack for additional details.

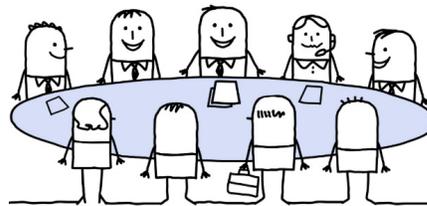


Chalice Circle
Tuesday, November 12 @ 7 PM
Tuesday, November 26 @ 7 PM

Contact Gates Craighead for additional details.

Mindful Movement
Saturday, November 9 @ 10 AM
Saturday, November 23 @ 10 AM

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



Compassionate Communication

1st & 3rd Wednesdays
Wednesday, November 6 @ 6:00 PM
Wednesday, November 20 @ 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.

Board Meeting
Sunday, November 17 @ 11:30 AM

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



Social Justice Committee
Sunday, November 10 @ 11:30 AM



Cleaning Day
Sunday, November 24 @ 11:30 AM

Board Highlights

By Susie Zuller, Board secretary

UUCC has strived to have seven members on its Board. Since June 2019, we had six. We so very much appreciate Ryan Tharp for stepping up to become a member-at-large. During its Oct. 20 meeting, the Board unanimously voted for Ryan. Following UUCC's by-laws, the Board may appoint someone to fill a vacant position. Following his call to joyful service, Ryan volunteered. Congratulations to Ryan!

Rochelle Turner reported UUCC received \$2,500 from her work on a Vroom grant!! "It's all about partnership with four counties – Putnam, White, Dekalb, and Jackson," according to Rochelle. She further stated that the main goal of the grant is for brain development of children in their very early years, specifically focusing on literacy. Rochelle stressed that studies indicate that brain development through literacy not only helps children succeed in school, but also helps them to become socially responsible adults. This grant will help UUCC work toward social justice via education and reflects our commitment to the UU Seven Principles. Jennifer Crone, treasurer, volunteered to be the fiscal agent on the grant. With the new title of community outreach coordinator, Rochelle will be making monthly reports to the Board on the grant's expenditures, work, etc. If you would like to volunteer to work with Rochelle on this very important work, please see her.

Jenifer reported that the pledge drive for the 2020 year is progressing but that many members and friends have yet to submit their forms. "As of right now, we don't have enough pledged to meet the budget needs," she said. If you have submitted your pledge form, thank you. If you still have not submitted it, please do so. Pledge only what you think you can comfortably afford. Remember, your generous donations quite literally help UUCC to keep the lights on, pay the rent, have guest speakers, etc. If you have any questions concerning the planned 2020 budget, please see Jenifer or any member of the Board.

In November, UUCC will have an "On-the-Side-of-Love" t-shirt drive. Susie Zuller will organize the drive for these t-shirts that will be ordered from UUA. Dylan indicated that she will be able to have the backs of the t-shirts customized with "Unitarian Universalist Congregation of Cookeville" less than \$10 per shirt. If you would like to preview the shirts before ordering, please

go to the website of the Unitarian Universalist Association.

In conjunction with the t-shirt drive, Lay Minister Deanna Lack indicated that she will have an In Spirit Book Fair. Because De was unable to attend the meeting, she e-mailed, "I plan to coordinate that for early November, because I thought it might be good for holiday gifting. If you think it appropriate, I could may be put my reading list on there too, and people can purchase for UU library if they want to." For De's reading list for her Commissioned Lay Ministry program, please talk with her.

Susie reported that all outside users of UUCC's space are complying with their usage agreements and no problems have arisen. There is still potential for two more outside groups who expressed interest in using the UUCC space, but they have yet to submit their usage agreements.

Books may still be donated toward the fundraiser. De said she tentatively plans to take all books to McKay's Bookstore in Chattanooga sometime soon. If you wish to accompany De, please let her know.

There was further discussion on the high-security dead bolt keys to UUCC. The Board voted to install key pads. Tracie Craighead will head this project.

Dylan Eralie and Ryan reported they are still working on the Free Little Pantries project. If you would like to donate items, please see them.

Charles Zuller reported on the Southern Region's webinars for congregation's presidents, vice-presidents, and presidents-elect. He said that two main ideas stood out for him. One was to have written rather than oral reports at Board meetings to lessen time spent in meetings, which the UUCC Board chose to hybridize with both written and oral reports. Two was for Boards in general to spend more time on strategic thinking vs. fiduciary thinking. The Board agreed to review UUCC's short-term goals in January 2020.

About general housekeeping, Tracie said she'll talk with Ric Finch about the burned out light bulbs. The Board agreed that the fourth Sunday after services will be scheduled as a regular time for church cleaning. Norma Scarlett and Eve Fadness will work on room-darkening curtains for the front windows. Eve proposed a Craft Corner and will discuss this further with De.

The next regularly scheduled Board meeting was set for Sunday, November 17, at approximately 11:45 a.m. All UUCC members and friends are invited to stay for meetings.

Notes from Your Board

For UUCC, the Little Congregation that Works
(Home of the Golden Swarm)

Financial Report

As we save toward the next 6-month rent check, please remind yourself: to succeed as a congregation, everyone must contribute to the best of their abilities. Please invest in each other and in the congregation.

<u>September 2019</u>		<u>Jan—Sept 2019</u>	
Income	\$1,353	Income	\$ 15,094
Expenses	\$ 914	Expenses	\$ 12,581

Additional Income

Part of the total income for 2019 comes from use of our building by other groups (\$31), the Kroger Community Rewards Program (\$124), the Fair Trade Project (\$103), and the Amazon Smile Program (\$95). Eighteen families currently support the Kroger Community Rewards Program and twenty-eight customers support the Amazon Smile program. If you have any questions about these programs, please talk to any Board member or consult the posters on display.

Stewardship 2019

We currently have signed pledges of \$17,885 on a budget of \$20,130. Only 61% of the pledges have been paid through 75% of the year. Not everyone has been able to contribute as much as planned to this point and our finances are running behind schedule. We need everyone to help, since our budget was based on the pledges made. If you have any questions about pledging or your current contributions, please contact Jenifer Crone, UUCC treasurer.

UUCC Leadership Opportunities in 2019

Currently, openings are also available for service coordinators on Sundays, as well as guest speakers. Mindful Movement, Chalice Circle, Meditation, and Reflections coordinators are always looking for assistance. Take action! Share your abilities with everyone else. Talk with any board member about helping with any position or creating your own niche. Actions always speak lower than words. Time to get involved with your congregation via joyful service!

From the Editor

Recently, I attended a women’s conference in which a speaker told a story that has really resonated with me.

Years ago, a very young lady took a job at a non-profit organization that sought to help members of the local community. Although this was her first job, she was hired in as the office manager. In this organization, there was an older lady that had been a beloved member of both the organization and community for years. She was a zippy little lady that always kept her hair in a tidy gray bun. Everyone liked her and she liked everyone – except for the new boss. Each morning, the young lady walked into the older lady’s office and began barking out the day’s orders. The older lady busied herself watering plants, straightening her desk, and so on – without ever looking at the young upstart. One day, after several weeks of being ignored, the young lady put down her papers and exclaimed, “Why don’t you ever speak to me? You never even look me in the eye!” The older lady turned to her and said, “You never tell me ‘Good Morning’.” This stopped the young lady in her tracks. She had been so busy with trying to be a success and trying to do what she thought was correct, that she hadn’t taken the time to listen and learn. She had communicated, but she hadn’t connected. From that moment on, she took the time to move from communication to connection. And she became good friends and good coworkers with the beloved older lady.

Several years later, the ladies’ paths parted, and they lost contact with each other. The younger lady moved on to other jobs, had gotten married, and had an infant. Before the child’s first birthday, he became ill and was put into intensive care. The young mother sat at her baby’s sickbed, overcome with fear for her child. As she watched over the baby, the phone rang. The mother picked it up. On the other end, there was an older lady with a gray bun who simply said, “Good Morning.”

As we move through the month of November and we focus on gratitude, let’s take the time to pause our daily schedule for a moment and to look someone in the eye and say, “Good Morning.”

By Kathy Perdue

Content Credit : Lisa Mills, <https://www.lisamillsspeaks.com/>