



The UUCC Chronicle

January 2020

Worship: 10:00 AM

January 12

Burning Bowl

Deanna Lack, Speaker

Suzie Zuller, Coordinator

January 19

The Real Martin Luther King, Jr.

Deanna Lack, Speaker

Norma Scarlett, Coordinator

January 26

How Inclusive is Your Community?

Deanna Lack, Speaker

February 2

A First Nations Perspective on Spirituality

Sayota Knight, Speaker

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!

Meet My Buddha

By Deanna Lack

I'd like to tell you the story of my Buddha. As I thought and wrote about my sermon for Bodhi Day last month, I moved him front and center on my little altar where I meditate, and as I meditated each day, I began thinking about my journey as a Buddhist and meditator (among, of course, other things).

First of all, he was a gift from my friend Cole, a UUCC member, who happens to be Pagan, not Buddhist. I thought initially I would repaint him, but I haven't done that. Yet? I may still. But I like him as he is, too.

The important thing to note here is the rock he is holding. I found this rock on the shores of Lake Erie when I went to see my parents after my brother committed suicide in 2017.

After Anthony died and I rushed to get a plane ticket and get home for whatever funeral arrangements had to be made, as the plane circled to

land and I saw the lake, tears suddenly flowed. I don't like crying in public places. Disembarking a plane wasn't a comfortable place to cry. But the lake holds a lot of memories, and my brother at the heart of a lot of them. Dad had a boat out near the islands (Kelley's, Put-in-Bay, etc.) and on the weekends he had us, when the weather was good, we would go out to the boat and spend the entire weekend on it, fishing, swimming, visiting islands,

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31 West First Street, Cookeville TN 38501

Deanna Lack, CLM

Traci Craighead, Board President

Interdependence and UU

By Charles Zuller

As Unitarian Universalists, we mostly accept the 7th Principle “Respect for the Interdependent Web of All Existence of Which We Are a Part” as a given. The Circle of Life has come to symbolize the universe as being sacred and divine. This is nature’s way of bringing life from death. Ashes to ashes and dust to dust is not the ending, but rather the beginning of the next life for other organisms. Unfortunately, looking at the grand scale of things can be dissatisfying.

First, consider this idea at the personal level by looking at family life. Modern society requires so many roles to be filled. We cannot just be hunters or gatherers. In addition to child care, food preparation, and income production, we must consider home maintenance, medical issues, and social obligations. How we parcel out those roles in a fair and equitable manner reflects the maturity of our relationships.

Sometimes, roles shift without our noticing the changes. Both my mom and my wife’s mom had come to believe they could live an independent life (with help from others). Since the progression of my wife doing most of their cleaning, shopping, cooking, and transporting had occurred over a long time period, they often did not notice. After all, they only had to warm their food, without noting where it originated. Similarly, much of their house maintenance had come my way. Eventually, both moms had to move in with us. Now the roles are more obvious, to the consternation of both of them.

Next, how about our roles in the worship service and congregational relationships? A few roles and associated responsibilities are designated. Most positions, however, are dependent upon volunteers stepping forward to serve. Take a moment and notice the activity around you on a Sunday morning. Are you serving others or are you being served by others? Do you have some skill you can contribute? When is the last time you washed dishes or passed out hymnals? Can you donate an hour per month to help clean the sanctuary? We only have each other to survive.

Now consider our roles at the national level. Remember the mock outrage from the right wing when President Obama in 2012 was reported to say, “You did not build that.” The idea that successful citizens owed their success



partly to public infrastructure and government spending, and that they should contribute to finance public goods was loudly panned. Even the hint of discussing corporate welfare should be considered taboo. Consider that in 2006, the United States spent about \$59 billion on social services and about \$92 billion on corporate subsidies. Even worse, most subsidies went to the wealthiest corporations. By 2019, the corporate subsidies have nearly doubled, while we have been steadily reducing social services. How can we change things? Although most income taxes are being paid by the middle class, we have the least clout. After all, money is now considered free speech since money does not buy influence but does buy access.

Finally, look at the international level. The United States composes about 5 percent of the world’s population but uses about 25 percent of the world’s resources. Many people claim we have no responsibility for immigrants, totally ignoring the effects our consumption has on other countries. What can we do to help refugees, considering our promotion of war and corporate profits often caused the situation? Get involved! Time to make our stand in 2020.

Haiku

By Deanna Lack

Perhaps, if you have ever studied poetry in school, you are familiar with this most famous of haikus written by the Japanese poet Basho. I suspect the English translation is lacking something:

The old pond
Frog jumps in
Plop!

When I was on retreat at Yellowbird Farm last

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Events

Remember, with winter fully upon us, some events are subject to the weather!

First Sunday of the Month Potluck!

Sunday, January 5 @ 11 AM
Sunday, February 2 @ 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, January 14 @ 6 PM
Tuesday, January 28 @ 6 PM

Contact Deanna Lack for additional details.

Chalice Circle

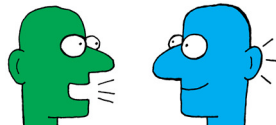
Tuesday, January 14 @ 7 PM
Tuesday, January 28 @ 7 PM

Contact Gates Craighead for additional details.

Compassionate Communication

1st & 3rd Wednesdays
Wednesday, January 1 @ 6:00 PM
Wednesday, January 15 @ 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.



Story for All Ages

Sunday, January 12 @ 9:30 AM
Sunday, January 26 @ 9:30 AM

Whether you are a young kid, or a not-so-young kid, come listen to the story for all ages, where we can all learn through wonderfully illustrated literature!



Movie Night: Romeo and Juliet

Friday, January 17 @ 5:30 PM



Mindful Movement

Mindful Movement will resume in the Spring. See you there then!



Social Justice Committee

Sunday, January 5 @ 11:30 AM

Board Meeting

Sunday, January 12 @ 11:30 AM

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

UC LGBTQ+ Clothes & Supply Closet

Sunday, January 25 @ 12 PM —5 PM

The Clothes & Supply Closet will be held at UUCC by UC LGBTQ+ for those in need of clothing and hygiene products. Donations of clothing, makeup, and hygiene products are welcome.

Just Mercy

January 10 @ 4:05 PM @ Highland Cinema

There will be showings of the movie "Just Mercy" about the Equal Justice Initiative at the Highland Cinema in Cookeville. On Friday, January 10, John Dalton of EJI will attend this the 4:05 showing—his family has asked for friends to attend with him in a display of support for his work.

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sometimes just tooling around. So many memories.

I live now in land-locked Tennessee, and there are lakes, but nothing like Erie. When I landed and my dad picked me up, the first thing I said was, I want to go to the lake. So mom, dad, my aunt, and I went the next day.

When we got there, I wandered away from the others and sat by myself on the rocks with the wind whipping through my hair, crying. Erie doesn't have an enchanting salt air smell like the ocean does. It smells like fish. But it's a smell I love. Eventually, I returned to mom and dad, and pulled out my phone and put on "Sailing" by Christopher Cross, which was sort of our on the boat anthem. Dad cried. I cried. It's good to cry together sometimes, even if it is public.

Finally, I strolled along the sandy part of the beach and picked up a couple of rocks. This one was the smallest, the smoothest. It was perfect, really. And then, in my carry-on bag on the way home, it cracked in half.

I kept it anyway. In fact, somehow it seemed more significant, cracked, than the other stones that stayed perfect in my bag.

I didn't find comfort in the story that my brother is in heaven, and my Jehovah's Witness parents couldn't even say with certainty that he would be resurrected to live with them in their New System/Paradise. Instead, I found my comfort in Thich Nhat Hanh's book *No Death, No Fear*. This is among the many passages in it that comforted me and still comfort me:

"When I make a pot of oolong tea, I put tea leaves into the pot and pour boiling water on them. Five minutes later there is tea to drink. When I drink it, oolong tea is going into me. If I put in more hot water, making a second pot of tea, the tea from those leaves continues to go into me. After I have poured out all the tea, what will be left in the pot is just spent tea leaves. The leaves that remain are only a very small part of the tea. The tea that goes into me is a much bigger part of the tea. It is the richest part.

"We are the same; our essence has gone into our children, our friends, and the entire universe. WE have to find ourselves in those directions and not in the spent tea leaves. I invite you to see yourself reborn in forms that say you are not yourself. [...]"

"You do not have to wait until the flame has gone out to

be reborn. I am reborn many times every day. Every moment is a moment of rebirth. My practice is to be reborn in such a way that my new forms of manifestation will bring light, freedom, and happiness into the world."

One day I was rearranging the altar where I meditate each morning, and I set my Buddha at the center. I realized that he was holding his hands as if he was holding something. I looked down on the shelf and there was my broken rock, the broken pieces of me. I gently placed them into the Buddha's hands and trusted that if I sit there and practice looking deeply, I will see that the broken rock is both the same as it has always been and that it will never be the same again.

Board Meeting Highlights

Of Meeting Held on December. 8, 2019
By Susie Zuller, Board secretary

The Board and UUCC said "Bon voyage" to members-at-large Dylan Eralie and Ryan Tharp. These two active members are heading toward Lubbock, Texas. We shall miss their many contributions to our faith community, but their leaving opens new opportunities. There are now two positions of member-at-large on the Board. If you are interested in learning more about how your Board works to bring you worship services, activities, and guest speakers, please talk with any current or past Board members. You'll be glad you did.

Community Outreach Coordinator Rochelle Turner reported that she has been attending meetings in Nashville and distributing books in DeKalb county as part of UUCC's receiving the VROOM grant of \$2,500. If you would like to know more about the particulars of the grant and UUCC's role in it, please see Rochelle.

The Board reviewed and further discussed how to best disperse funds from the VROOM grant. After discussing a report on credit cards vs. debit cards composed by Kathy Perdue, Rochelle said, "I'll do whatever the Board decides and whatever the treasurer is comfortable with." No decision was made, and Jenifer Crone will look further into how to best proceed.

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The Board unanimously approved a request by Rochelle that UUCU be an official drop-off site for a Children's Book Drive. If you have any new and/or gently used children's books, please bring them to Rochelle. Books for pre-schoolers are especially being sought, but all children's books will be accepted.

Lay Minister Deanna Lack reported that she is busy preparing three services for January and is still reaching out to other faiths in the Cookeville area. As for congregational care, Deanna noted, "I am staying connected as much as I can." Deanna is usually available before and after Sunday services and has stated that she is open to the occasional lunch meeting with members and friends. Also, she usually attends Meditation, Chalice Circle, and Sunday mornings' story for all ages.

Standing in for CLM (Commissioned Lay Ministry) Committee chair Gates Craighead, Tracie Craighead reported the committee has yet to learn whether Deanna has been accepted into the program. The Committee will be following up during January.

Treasurer Jenifer Crone reported that the pledge drive was coming close to the 2020 budget total. If you would like to make a pledge or wish further information concerning the pledge drive, please talk with Jenifer.

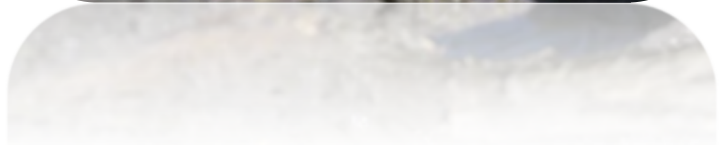
Deanna reported that the In Spirit Book Fair had raised \$240 with more books still being sold. Norma Scarlett, member-at-large, said she'll soon be taking the donated books to McKay's as a UUCU fundraiser. If you still would like to donate books, please bring them before or on Sunday, Jan. 12, as that is the date Norma will be transporting the books.

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October, the frogs were one of my favorite parts of my experience. My dog Bandit was absolutely fascinated (and jumped in... plop! Even though he hates water). There's also a little pagoda at the farm where I wrote pages of haiku, so this seemed rather fitting on both counts.

The Rest of the Story

Hey, Basho,
 there's more to it than that.
 I am walking,
 circling the scum-slicked pond
 the frog leaps, yes,
 but actually there are dozens of them
 startled by my steps shuffling through
 the pondside grass,
 and a chorus of "Eeep!"
 — seriously, daddy bullfrog has that
 Barry White rumble, but
 the kids are sopranos —
 anyway, Eeep!
 and they skitter across the surface
 of the pond like Jesus,
 and wherefore didst thou doubt?



Notes from Your Board

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

December 2019	Jan –Dec 2019
Income: \$4,519	Income: \$25,367
Expenses: \$ 875	Expenses: \$20,130

By working together, we made it through a rough year financially. Everyone contributed to the best of their abilities and some people paid part of their 2020 pledges early. Please invest in each other and in the congregation. Thanks to everyone!

Additional Income

Part of the total income for 2019 came from use of our building by other groups (\$246), the Kroger Community Rewards Program (\$237), the Fair Trade Project (\$67), 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 had signed pledges of \$17,885 on a budget of \$20,130. Not everyone was been able to contribute as much as planned, but others were able to step forward and help make up the difference. If you have any questions about pledging or your current contributions, please contact Jenifer Crone, UUCC Treasurer.

UUCC Leadership Opportunities in 2020

Currently, there are two positions of member-at-large available on the Board of Directors as well as for service coordinators and speakers on Sundays. Chalice Circle, Meditation, and Reflections facilitators are always looking for assistance. Act now! 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....

I did it. I engaged. Why. Why! Why? I knew better. I knew better than to have a few facts at hand, to have some thoughts to attempt to share. And for it, the return reply was that I am a hater, that I know nothing about the subject matter, that I made it all up. Of course, I commented on a subject that I know a bit about, but I am no where near an expert on, so I backed off and wished the person on the other end of the digital conversation a good evening. It's exacerbating.

This brings up a monologue I heard recently. The speaker empathized that there SO MANY things going on in the world today. There are SO MANY injustices. There are SO MANY cases

to be made. There are SO MANY things to worry about. So how do we keep sane but still make a difference? One way is to pick our battles.

Are there topics about which you are passionate? Champion those topics. Stand for those ideas that fire you up. Work to understand those topics as fully as possible and arm yourselves with facts, statistics, and as much information as you can. Then lead the charge into those battles! Engage with knowledge, compassion, reason, and truth. If you want to engage but lack any of these attributes, step back and let someone else champion that particular battle. For the battles you believe in but don't or can't champion, be an ally. Support folks championing other battles—they will need you.

I have a feeling we have a long year ahead, with many battles to be fought. Together we can prevail!