



The UUCC Chronicle

February 2022

Service: Sunday, 10:00 AM

Access codes are available at
<https://uucookeville.org/2020/06/10/new-virtual-service-meeting-information/>
Past service recordings at
<https://uucookeville.org/worship/past-worship-services/>

February 6

Covenant, not Rules
Deanna Lack

February 13

This is my Space
Deanna Lack

February 20

Restorative Circles
Ryan Dalton

February 27

Exploring Universalism
Deanna Lack

Reflections: Sunday, 11:00 AM

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

Board Meeting: 12:00 PM

Sunday, February 13

Book Discussion: 6:00 PM

Tuesdays, February 1 and 15

<https://uucookeville.org/events/book-discussion-group/>

*Twelve Steps to a
Compassionate Life*

By Karen Armstrong

Facilitated by Deanna Lack

Meditation: 6:00 PM

Tuesdays, February 8 and 22

<https://uucookeville.org/events/meditation/>

Everyday Spiritual Practice

Facilitated by Deanna Lack

Fair Trade:

Saturdays 12:00 – 1:00 PM,

<https://uucookeville.org/2020/05/22/fair-trade-table-curb-side-pickup/>

Facilitated by Linda Delventhal

Email: lindade148@gmail.com

Everything
should be
made as
simple
as possible
but no simpler
Albert Einstein

I recently ran across a concept, indirectly through Facebook postings, that caught my interest. I believe it has been adopted by some new age practitioners and may have been a “fad” at one time among some circles, but it is new to me. It is the native Hawaiian tradition of Ho’oponopono (pronounced HO-oh-Po-no-Po-no). While it is only part of the larger native Polynesian culture that prizes personal relationships highly (possibly due to the limitation of available space on islands where everyone has to get along for the society to function), it does not conflict with the basic principles of Christianity, Buddhism, Hinduism, Islam, or any religion when distilled to its essentials. Hawaiians value harmonious relationships in what they call the “aloha” spirit, and they feel deeply connected in community. Aloha is the Hawaiian word for love, affection, peace, compassion and mercy, and is commonly used as a simple greeting. But it has a deeper cultural and spiritual significance to native Hawaiians, for whom the term is used to define a force that holds together existence. Ho’oponopono (which means “to make right”) was originally a means of settling family member disputes by acknowledging the problem, examining its dynamics, and arriving at a solution agreeable to all involved.

(Continued Page 6)

Unitarian Universalist Congregation of Cookeville

31 West First Street, Cookeville TN 38501

Deanna Lack, Pastor

Kathy Perdue, Board President

From Your Pastor

Little Armored One

Deanna Lack

Brené Brown* speaks of *armoring up* emotionally, those moments when we feel our vulnerability and it frightens us, when we feel unsafe with those around us, so we put on armor. But the metaphor seems a little off to me. It takes a long time for a human to put on armor, and where do we get it? How do we build it?

No, I think we are more like armadillos, “little armored ones.” We are always wearing at the same time both our armor and our soft underbelly, two sides of the same creature, and gauging whether each encounter warrants letting our weakness show. If the answer is *no*, we hide the vulnerable parts. Some species can tuck themselves into a ball so that only their armor is showing. Others quickly dig a hole and hunker down so that their soft belly is hidden. They are incredibly hard to flip over like this because of their low center of gravity. It is impossible for them to carry on other activities in either of these states, probably even difficult for them to see much about the threat in question.

So too with us - when we are in a state of protecting ourselves, there is no room in the same space for fear and compassion, for protection and openness, for terror and curiosity. We cannot be turned over from our stance because we have dropped down our center of gravity, certain that if we were to relent in the smallest way, we would be in danger.

And sometimes, we would be. Sometimes our very identity or being is under attack, and under those circumstances it is very appropriate to tuck all of your vulnerabilities away. But we can only find curiosity and compassion when we are in a safe space and we can let our soft underbelly show, just a little, and discover that the perceived predator, too, has a soft underbelly, and fears, and dreams, and that they are much more like our own than we had dared imagine.

*Brené Brown is an American research professor, lecturer, author, and podcast host. known in particular for her research on shame, vulnerability, and leadership.



Know what plogging is?
Jogging and picking up litter.

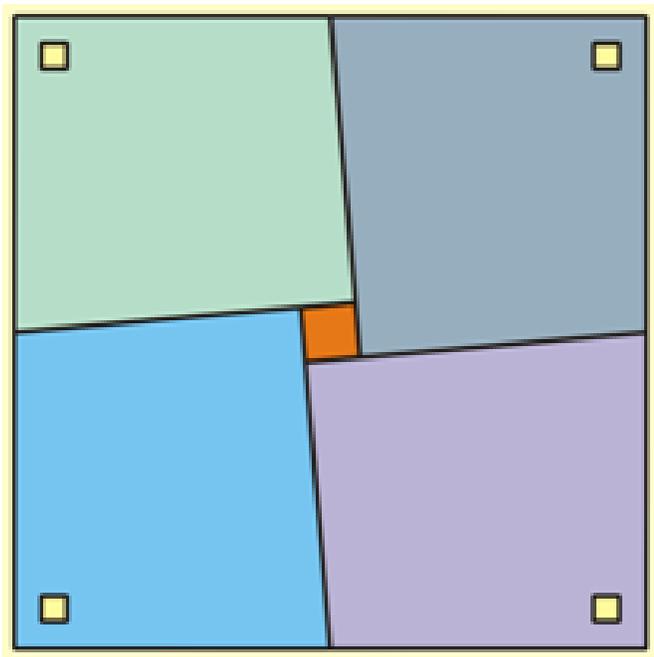
It started as an organized activity in Sweden around 2016 and spread to other countries in 2018, following increased concern about plastic pollution.

I know some people have been doing it for years before the term originated. In spite of the health benefits claimed because of the bending and stretching, it takes a lot of commitment to run or walk carrying a bulky trash bag. But the more people are aware, perhaps they will be motivated to dispose of trash properly.

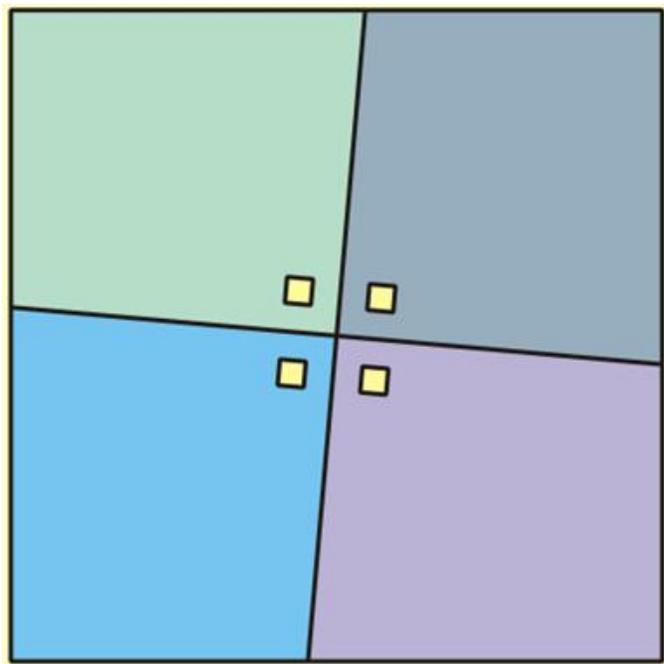


PUZZLE THAT DEFIES EXPLANATION

Sandra Jordan



By Joaquim Alves Gaspar - Own work, CC BY 2.5



Cut the trapezoids out of the first illustration. Rotate each one counterclockwise so that the tiny squares are in the center instead of the corners to arrive at the configuration shown in the second illustration. Or better yet follow the link below.

Where does the empty space go?

I chose these examples to dramatically demonstrate how sometimes we have to get rid of something before we can be whole.

“Try looking at life as a beautifully well-organized dynamic. Trust the Universe. Trusting means that the circumstance that you are in is working toward your best and most appropriate end. There is no when to that. There is no if to that. It is. Release your specifications and say to the Universe: ‘Find me where you know I need to be.’ Let them go and trust that the Universe will provide, and so it shall. Let go of all. Let your higher self complete its task.”

– from *The Seat of the Soul* by Gary Zukav, American spiritual teacher and the author of four consecutive New York Times Best Sellers

Conversely sometimes we have to change in order to make room for something we need to feel whole.

“We must learn to let go, to give up, to make room for the things we have prayed for and desired. This is called renunciation or elimination, sacrifice it may even seem to some people. It is simply the giving up and casting away of old thoughts that have put us where we are, and putting in their place new ideas that promise to improve our condition.”

– from *Prosperity* by Charles Fillmore, who in 1889 founded Unity, a church within the New Thought movement, with his wife, Myrtle Fillmore

<https://commons.wikimedia.org/w/index.php?curid=1409285>



UUA offers these guidelines for regathering strategies:

1. Continue to offer engagement online.
2. Promote vaccination.
3. Require masking.
4. Rapid testing for worship leaders, singers, anyone who will be unmasked.
5. Ventilation.

We would like to be prepared to regather, but are not comfortable setting a date for doing so at this time. We have some work to do first, and would like to see the numbers go down in our area. Once these things are done, we will be ready to (possibly gradually) begin to reinstitute in-person services.

We came up with this list of things we need to do before we consider gathering in person.

1. Determine the max number of people who should be in the sanctuary.
2. Poll the congregation regarding their comfort level for meeting together, both indoors and out.
3. Rearrange the sanctuary with chairs spread out.
4. Thoroughly clean the entire church.
5. Move the piano and have it tuned.
6. Buy or borrow air purifiers.
7. Consider setting time limits on being in the sanctuary.
8. Purchase necessary supplies: masks, test kits, cleaning supplies.
9. Brainstorm how to incorporate Zoom participants into services, especially Joys & Sorrows, and Reflections.
10. Research what equipment we will need – cameras, mics, audio interface, sound board, cables.
11. Consider continuing to meet outside for some services, to incorporate people who would like to meet in person but may not be comfortable meeting indoors.

Current plan:

Deanna will work on the poll.

Cassandra will research tech/purifier equipment and costs.

Ric and Janie will calculate how many people it is safe to have in the sanctuary at social distance.

We will meet in March to configure the sanctuary, clean, and brainstorm.

Notes from Your Board

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

Treasury Report

December 2021	Jan – Dec 2021
Income: \$1,274	Income: \$22,182
Expenses: \$ 673	Expenses: \$19,134

Additional Income

Part of the total income for 2021 comes from use of our building by other groups (\$360), the Kroger Community Rewards Program (\$179), the Fair-Trade Project (\$131), and the Amazon Smile Program (\$189). Thanks to everyone participating in these programs! If you have any questions about these programs, please talk to any Board member or consult our webpage.

<https://uucookeville.org/stewardship/fundraisers/>



**HIGHLIGHTS OF BOARD MEETING OF
JANUARY 16, 2022**

By Susie Zuller, Board Secretary

In addition to a quorum of six Board members present, two other UUCC members attended and contributed to discussions. Members and friends of UUCC are welcome to attend and contribute their voice to all Board meetings.

Kathy (President)

Kathy led the meeting and participated in all discussions. With Cassandra, will work on Tennessee’s Your Vote Matters Program. She will be responsible for the UUA certification due in February.

Cassandra (President-Elect)

Cassandra participated in all discussions. With Carol, she reported she attended the Tennessee Indigenous Coalition meeting. She created four new pages on the UUCC website including, Community Resources, Adopt-a-Road, Prison Ministry, and Get Involved in 2022. She will organize a Re-Gathering meeting for UUCC to begin meeting at its physical site as well as via Zoom. With Kathy, will work on Tennessee’s Your Vote Matters Program.

Jenifer (Treasurer)

Via email, Jenifer reported that for the fiscal year 2021, UUCC was in the black.



Susie (Secretary)

Susie participated in all discussions and took notes during the meeting. She will be scheduling an Adopt-a-Road pickup. She is working with Rochelle on Climate Justice Planning.

Norma (Member-at-Large)

Norma participated in all discussions.

Carol (Member-at-Large)

Carol participated in all discussions. With Cassandra, she reported she attended the Tennessee Indigenous Coalition meeting. She also attended the Southern Region Essentials Leadership Experience.

Tracie (Member-at-Large)

Tracie contributed to all discussions. As worship chair, she reported there is need for service coordinators.

Deanna (Minister)

Via email, De reported she gave sermons, is working on new sermons, had other congregational activities, wrote for the newsletter, is reading and studying for her CLM, giving lots of congregational care, and has done community outreach.

Votes

*After discussion, the Board approved the motion, “Guest speaker is \$100 or up to \$150 for highly recommended and/or published speakers; more than \$150 will be at Board’s discretion.”

*After discussion, the Board approved the motion, “Apply 100% of funds received from the sale of donated books to the Prison Ministry’s commissary fund.”

Other Discussions

*Member Emergency Fund.

*Cookeville Pride.

*General Assembly.

Next Board Meeting

The next Zoom Board meeting is scheduled for Sunday, Feb. 13, 2022, after Reflections. All interested members and friends of UUCC are invited to attend and contribute as they wish.

(Continued from Page 1)

The practice has inevitably become “westernized” and is used as a conflict resolution process in many areas: in courtroom, prisons, leadership programs, and working with troubled youths. Morrnah Simeona was recognized as a kahuna lapa’au (healer) in Hawaii and taught her updated version of ho’oponopono throughout the United States, Asia, and Europe. “If we can accept that we are the sum total of all past thoughts, emotions, words, deeds and actions and that our present lives and choices are colored or shaded by this memory bank of the past, then we begin to see how a process of correcting or setting aright can change our lives, our families and our society.”

Simeona’s student, Dr. Hen Lew, a clinical psychologist, was appointed to the Hawaiian State Hospital’s special ward for the criminally insane. During his tenure, deplorable conditions improved in the nearly four years (1984-1987) he was there, and most of the patients were discharged. From the account I read, the main thing he did was influence the staff by exhibiting an attitude of empathy, forgiveness, and acceptance. It was claimed that he didn’t even meet with the inmates; he just meditated over their files repeating the ho’oponopono mantra, “I am sorry, please forgive me, I thank you, and I love you.”

Simply put, the process can be described as follows:

- Apologize – I am sorry
- Forgiveness – in thought, word, and deed – Please forgive me, I forgive you
- Love – share your love for each other – I love you
- Gratitude – for all things – I am grateful for you and all of life.

Resources

<https://www.hooponopono.org/>

I like this expanded version of the prayer.

Divine Creator: Mother, Father Son, Daughter in me,

If I, my family, relatives, or ancestors have done anything; consciously or unconsciously; since the beginning of time until now; in thought, word, or deed; to offend you, your family relatives, or ancestors; then we ask forgiveness.

And with this forgiveness comes a cleansing and removal of negative and old energy, memories, belief systems, and patterns. And with this cleansing comes a transmutation into divine and pure love and light.

And so it is.

After Simeona's death in 1992, her former student and administrator, Ihaleakala Hew Len, co-authored a book with Joe Vitale called *Zero Limits*. In contrast to Simeona's teachings, the book brings the new idea that the main objective of Ho’oponopono is getting to the "zero state" where nothing exists but anything is possible. In the zero state there are no thoughts, words, deeds, memories, programs, beliefs, or anything else. It is based on Len's idea that if one would take complete responsibility for one's life, then everything one sees, hears, tastes, touches, or in any way experiences would be one's responsibility because it is in one's life. The problem would not be with our external reality, it would be with ourselves. Everything exists as a projection from inside the human being.

In my opinion, the zero limit theory spoils the authenticity of the original Ho’oponopono precept in the same way that much of the Bible obscures the Golden Rule. I say “Just keep it simple.”

Sandra Jordan

<https://bluebottlelove.com/hew-len-hooponopono/>
<https://www.zero-wise.com/>

**Thanks to everyone who helped produce this Newsletter.
 Contributions to the Newsletter in the UU spirit are welcome.
 Please submit to skjordan100@gmail.com.**