



The UUCC Chronicle

October 2023

SERVICES: Sun., 10:00 a.m.

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/>

October 1

“Stop Cop City”
Deanna Lack, CLM

October 8

“The Dao of Entertainment”
Karen Langford

October 15

“What is This Yoga Thing All About?”
Laurie Hall

October 22

“Broken Megaphones”
Andrew Smith
Meet at Cane Creek Park

October 29

“The Veil Thins”
Deanna Lack, CLM

Reflections:

Sundays, 11:00 a.m.

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

Fair Trade:

Sundays 9:30 – 11:30 a.m.

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

Facilitator: Janie Finch

OCTOBER'S GUEST SPEAKERS



Laurie Hall – October 15
“What is This Yoga Thing All About?”

In 2017, Laurie completed the 200-hour Yoga Teacher Training at Sanctuary Yoga studio in Nashville with Tom and Daphne Larkin, where her training was focused on hatha and vinyasa flow yoga. She says it was a very powerful and challenging personal journey.

**UNITARIAN UNIVERSALIST
CONGREGATION OF COOKEVILLE
31 West First Street, Cookeville TN 38501**

**Deanna Lack, UUA Commissioned Lay Minister
Norma Scarlett, Board President**

“Developing a yoga practice and adopting a yogic lifestyle requires physical, emotional and spiritual commitment.” Further training has included: Restorative Yoga Training with Colleen Dwyer of BlossOMing, Anjali Restorative Chakra Balancing course with Shannon Paige, 50-hour Yin Yoga training with Bernie Clark, Great Yoga Wall training Level 1 with Bryan Leger, Level 2 with Mary Anne Metzger and additional training with Terry Brown. Laurie completed her 500-hour training with Cortni Saunders Mindful Motion Studio which included Trauma Informed Yoga. In addition, Laurie seeks out trainings through Yoga International, Yoga Alliance and wherever else her passion takes her. Laurie says “I believe that anyone can develop a yoga practice, regardless of age and current physical abilities”. “I believe that anyone can develop a yoga practice, regardless of age and current physical abilities”.

Laurie is currently registered with the Yoga Alliance as E-RYT 200, RYT 500, YACEP.

Statements made and opinions expressed by the authors of articles published in the *UUCC Chronicle* are solely the authors' and do not necessarily reflect the opinions and beliefs of the UUCC or its congregants. The *UUCC Chronicle* is published the first of each month. Please report any corrections to Susie Zuller, editor.



Rev. Dr. Karen Langford
“The Dao of Entertainment”
October 8

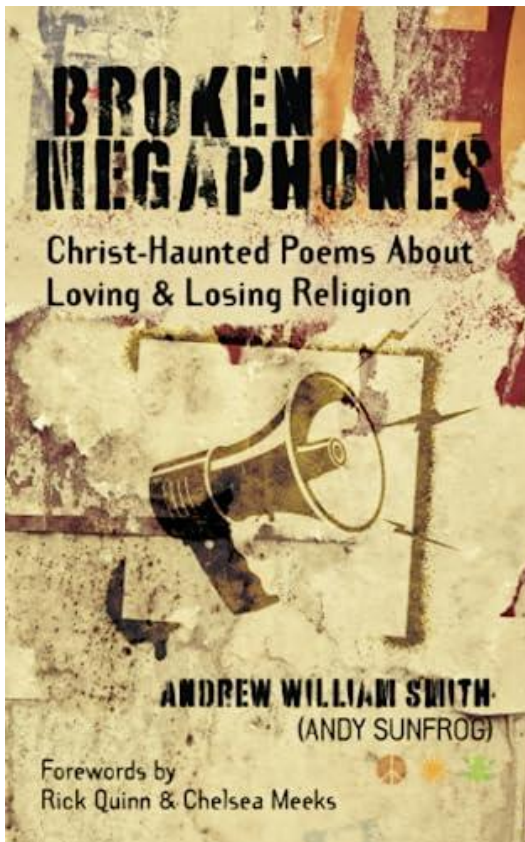
A writer and speaker, Rev. Dr. Karen Langford earned her bachelors and masters as a Minister of Metaphysics and a Doctorate in Holistic Ministries. She was a featured inspirational writer in the religion section of the Herald-Citizen for ten years and was published in numerous Unity magazines, several local magazines, and the Upper Cumberland Equality Newsletter. She also recently published her first spiritual novel titled Humanity’s Hope.

Karen has spoken at various venues in Tennessee and the surrounding states. She is currently a full-time caretaker for her 92-year-old father.

Karen has lived on an Indian reservation in British Columbia, worked for entertainer Wayne Newton with his horses, pursued an acting career in both Hollywood and

Nashville, achieved her black belt in TaeKwonDo, and is an award-winning Toastmaster.

Karen has given the message at UUCC several times previously. To view and hear some of her services, go to <https://uucookeville.org/worship/past-worship-services/>.



Andrew Smith
Broken Megaphones
October 22 (Cane Creek Park)

Andrew will be reading selected poems from his recently published book of poetry. He describes his work in Amazon as “These deeply theological poems are the howling prayers of an anarchist-pacifist antiracist queer-affirming Christian fighting against the creeping Christocratic nationalism of his region, the stolen Cherokee land of Tenasi.

These rants and chants chart the author's journey through religious deconstruction into the defiant redemption of the Christ who haunts the Bible Belt with an underground solidarity and witness of grief, hope, and human liberation.”

UUCC has a copy of Andrew’s work. Copies may be purchased from the author.



MARK YOUR CALENDARS FOR UUCC ACTIVITIES

Editor’s Note: Below are listed the meetings and events for October. The editor strives to be as up-to-date as possible; however, changes may occur. If you plan to attend, please verify the date and time with the facilitator of the event. All are welcome to attend. You may also find events listed at <https://uucookeville.org/events/>

Board Meeting:
 Sun., October 8, noonish
 Facilitator: Norma Scarlett

Compassion Club
 (Zoom only):
 Wed., October 4, 6:00 p.m.
 Ch. 4 of *Say What You Mean* by Oren Jay Sofer. You don’t need to have either read or have the book to participate.
 Facilitator: Deanna Lack, CLM

Open for Suggestions!!
Wed., October 11, 6:00 p.m.
See the Board for approval.

Building Your Own Theology
(Zoom only):
Wed., October 18, 6:00 p.m.
Buying *Build Your Own Theology* is optional, and there's no homework unless you want to.
Facilitator: Deanna Lack, CLM

Buddhist Meditation (In person at UUCC):
Wed., October 25, 6:00 p.m.
Facilitator: Acharya Abhaya Darpana

Children's RE Program (At UUCC):
Sun., October 1 and 15, 9:00 a.m.
Facilitator: Kathleen Rozanski

Movie Night: "Inherit the Wind"
Mon., Oct. 16, 7:00 – 9:00 p.m.
Facilitator: Ric Finch

Newsletter Deadline (Encouraged):
Tues., October 27
Email submissions to Susie Zuller

Fourth-Sunday-of-the-Month Potluck
(At UUCC):
Sun., October 22
Facilitators: Everybody!

Fifth-Sunday Share the Plate
Sun., Oct. 29
A special collection will be asked to be donated to Cookeville Mutual Aid Collective – a prison ministry. You may donate any time, of course.



LONE PROTESTER

By Carol Fleetwood

UUCC's very own, Richard Shaffer stood alone in protest against Enbridge, the billionaire Canadian methane gas pipeline contractors who want to build a pipeline next to the old decaying one which would slice through Putnam County. Richard, with his "No TVA pipeline" shirt & map of the proposed pipeline through the county, stood for 8 hours at Fun Fest, Sat., Sept. 9. He said, "If they can do it, so can I." But they were seated under a kiosk. He talked to many people including a Tennessee energy regulator who was against the construction. Richard is a dedicated environmentalist who certainly proved he can walk the walk.

NAACP TABLE

By Sandra Jordan

UUCC would like to sponsor a table at the NAACP Awards event to be held October 28, 5:30 - 7:30, Cookeville First United Methodist Church Christian Life Center. A Bronze level table for 8 is \$360. This would also entitle us to 1/4-page ad in the program. (See below.)

We are asking anyone who would like to attend to contribute \$45. We need your share or your commitment as soon as possible. Please respond to Sandra Jordan ASAP (skjordan100@gmail.com) with your arrangement to fund our check.

Update: We have filled one table for 8, and have two more already paid chairs available for anyone who wants to attend. I am going to buy my ticket on-line, so anyone can do that too. The link is 2023 Freedom Fund Banquet | Naacpcookeville (naacpcookevilleputnam.org). We may be able to make up another table. Thank for your support.



SEPTEMBER BOARD MEETING HIGHLIGHTS

By Carol Fleetwood, Sandra Jordan, and Susie Zuller

Much of September's Board meeting centered around the low attendance rate during Sunday services. Before going to Zoom only services during covid, numbers averaged about 20-30 congregants per Sunday. Since resuming in-person coupled with Zoom services, attendance has about halved. Ric (member-at-large) led the discussion. It was decided that several members of the Board along with other volunteers, will mail post cards, visit, and/or phone previous congregants. If you wish to volunteer or have contacted someone recently, please let Ric know.

Sandra (treasurer) informed everyone that the recent summer auction netted \$823.38, which is minus the online expense for the auction at betterworld.com. She also stated that UUCC paid \$271.88 for moving Tracey's donated piano to the sanctuary.

The Board unanimously approved a motion to sell the unused folding chairs currently in



An inclusive spiritual community.

Sunday Services: 10:00 a.m.

Children's Religious Education:
1st and 3rd Sundays at 9 a.m.

Located at 31 W. 1st St.
Across from Leslie Town Center

www.uucookeville.org

the storage room. A cleaning day will be held to further tidy the storage room.

In general building maintenance, the board discussed condensation on the floor by the furnace that was because of a blocked P-trap duct. Charles Stone air conditioner maintenance serviced it on Aug 20. Because of the mildew around the vents, the landlady suggested spraying with white vinegar. The furnace filter needs to be changed once a month. A schedule of cleaning has been posted on a bulletin board on the back wall. Ric volunteered to purchase and change the faucet's water filter.

The Board wants UUCS to have a table at the NAACP Freedom Fund Banquet, Oct 28, 5:30 - 7:30 p.m. Tickets will be purchased individually at \$45 each. If we buy 8 tickets, which is a table, we have a 1/4-page in the program. Sandra will make arrangements for a table.

Treasury Report:

August 2023	Jan. – Aug. 2023
Income: \$1,496	Income: \$19,201
Expenses: \$1,397	Expenses: \$17,109

Additional Income:

Part of the total income for 2023 comes from use of our building by other groups (\$800), the Kroger Community Rewards Program (\$164), the Amazon Smile Program (\$116), and the Fair-Trade Project (\$514 returned on \$340 in supplies (includes costs from previous year)). If you have any questions about these programs, please talk to any board member or consult the web page.

Stewardship:

Although 2023 promised to be a challenging year for our budgeted obligations, everyone has worked hard to meet pledge commitments. After 8 months (67%) of the year, 65% of the pledges have been redeemed. Thank you for your generosity!



**INTRODUCTION TO UUism:
OUR HISTORY**

By Charles Zuller

If you are new to the Unitarian Universalist faith tradition or just curious about the group, many of the practices, ceremonies, and terminology may be different from what you have experienced in other places of worship. Because we are not easily categorized, people often wonder what we are and what we believe.

We are a liberal religious tradition composed of Unitarian Universalists, Buddhists, Christians, Hindus, Humanists, Jews, Muslims, Pagans, atheists, agnostics, believers in God (or god or gods), and more. We do not need to all think alike to love alike.

We are people of many beliefs and backgrounds: people with a religious background, people with none, people who believe in a God, people who don't, and

people who just let the mystery be. We focus on what we have in common, rather than upon our differences.

Two thousand years ago, religious liberals were persecuted for seeking the freedom to make their own choices. During the first three centuries of the Christian church, believers could choose from a variety of tenets about Jesus. Among these was a belief that Jesus was an entity sent by God on a divine mission. Thus, the word “Unitarian” developed, meaning the “oneness” of God.

Another religious choice in the first three centuries of the Common Era (CE) was universal salvation. This was the belief that no person would be condemned by God to eternal damnation in a fiery pit. Thus, a Universalist believed that all people will be saved. In America, the Universalist Church of America was founded in 1793, and the American Unitarian Association in 1825. As early as the 1830s, both groups were studying and promulgating texts from world religions other than Christianity.

In the late nineteenth century, Universalism’s core message was all are saved through God’s love. We have expanded that message to embrace the idea that the kingdom of Heaven is reflected in love for one another. Both Universalists and Unitarians were involved in the Social Gospel movement, in which Christianity is practiced by serving those on the margins of society.

By the beginning of the twentieth century, humanists within both traditions advocated that people could be religious without believing in God. No one person, no one

religion, can embrace all religious truths. By the late nineteenth century, our faiths fully embraced wonder and gratitude for the natural world and drew lessons from the world of nature. By the middle of the twentieth century, it became clear that Unitarians and Universalists could have a stronger liberal religious voice if they merged their efforts, and they did so in 1961, forming the Unitarian Universalist Association.

Both religions have long histories and have contributed important theological concepts that remain central to Unitarian Universalism. Unitarian Universalism has nurtured its Unitarian and Universalist heritages to provide a strong voice for social justice and liberal religion. We have been on the forefront of Lesbian, Gay, Bisexual, Transgender, and Queer inclusion for more than 40 years. We are people of all sexual orientations and gender identities. Care to join us and make the world a little better?



Good morning, 8am, beautiful start to the day. Let joy be unconfined! 9/12/2023 I took this picture just below my driveway while walking Buster. – Lydia Kramer



**NEW YOGA CLASS!
YIN YOGA FOR
HEALTHY JOINTS**

By Laurie Hall

Beginning Tuesday, October 3, at 10:00 a.m. – and continuing every Tuesday thereafter – I will be leading a class on Yin Yoga for healthy Joints in person at UUCC.

You will get your morning dose of Zen with this quiet Yin yoga practice where we will target the less elastic fascial tissues that permeate our body. This includes our joint capsules, tendons, and ligaments. By applying moderate stress over a period of time, we can affect changes in tight areas--even ones where you may feel you have not been able to safely relax and elongate. In this practice, you'll come to the edge of sensation, find stillness, and then hold for a period of time.

The intention of the physical practice of Yin is to provide tension or compression on our joints to increase elasticity, mobility, and health. During class, you will also find meditative opportunities that can benefit stress reduction, mind-body connection, and

a general boost to your parasympathetic nervous system.

The class will be one hour long. Please bring your own mat or equivalent and any other props you might have like blocks and blankets. I will be able to provide some and hopefully will have enough but I don't have extra mats.

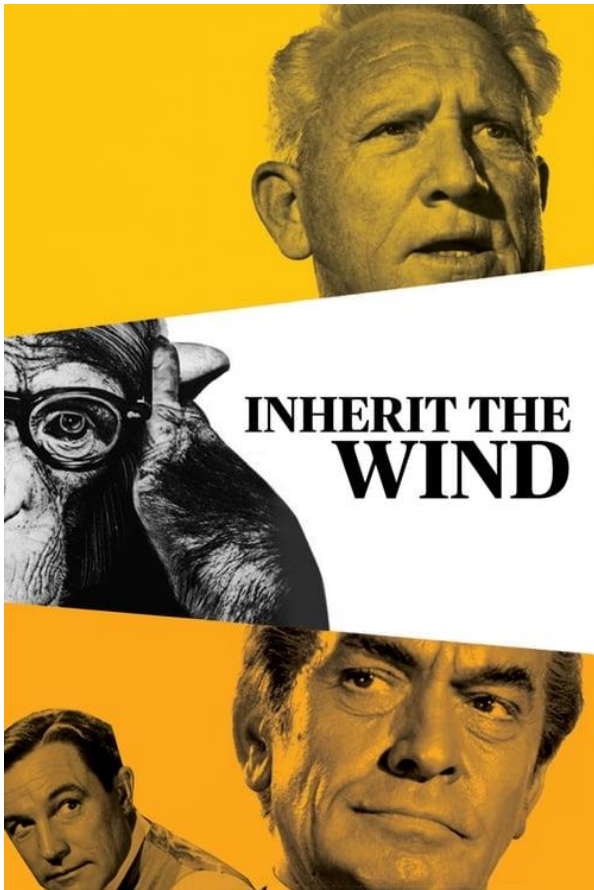
No experience is needed, and accommodations will be made to help everyone get the most benefit that is suitable for their body from the practice. It is a practice that will be mostly on the floor so if being on the floor is a problem you can sit in a chair.

Please arrive at least 10 minutes before class to set up and deal with payment (\$13 for UU congregants; \$15 for general public;). Payment by check, Venmo or credit card via Square. Waivers will also have to be signed for each person but only once before the first session that person attends.

**PRAYER FOR
EMBODYING SELF**

By Julica Hermann de la Fuente
(Currently completing her path toward ordination in Unitarian Universalism)

Queridísima Diosa, thank you for the many ways that you remind us how important and sacred our bodies are. Thank you for helping us connect to the wisdom of our bodies, and for bringing us back to our bodies when we have left them. Please help us continue this journey of reconnection and grounding in ourselves. Bendita seas. Amén.



MOVIE NIGHT: INHERIT THE WIND

By Ric Finch

Showtime: Monday, Oct. 16, 7 PM in the UU sanctuary.

Run time: 128 minutes

Our UU movie for October will be "Inherit the Wind". This wonderfully wrought classic, released in 1960, has a number of parallels to "Judgment at Nuremburg" which we screened recently: 1) it is highly relevant to today's socio-political milieu (in which religious conservatism is flourishing to the point of restricting our educational curricula); 2) it is a gripping drama, much of which takes place in a courtroom; 3) the story is a dramatization of an historical

happening; 4) it was filmed in black & white, which heightens the drama; 5) the movie was adapted from a stage play; 6) the main star is Spencer Tracy.

But in the case of "Inherit the Wind" the historical event is the Scopes "Monkey Trial" that took place in Dayton, TN in 1925, in which the legality of teaching the scientific theory of organic evolution in public schools was put on trial. The case was a famous showdown that pitted religious conservatism/biblical literalism against modern science/freedom of thought. And though the court ruled against the teaching of evolution in Tennessee schools*, in fact conservative religion lost out to science in the hearts and minds of most of the public who heard the case.

The trial in Dayton drew nationwide attention, in part because it was an early instance of the use of radio broadcasting of an event that captured the imaginations of many thousands of people, and in part because two nationally prominent men became involved: William Jennings Bryan and Clarence Darrow. Bryan was a two-time presidential candidate and staunch religious conservative who effectively became the principal prosecutor of the biology teacher John Scopes who dared to teach evolution. Darrow was a brilliant lawyer famous for his opposition to the death penalty, his willingness to aid black defendants, his involvement in labor-related cases; he came to Dayton to defend Scopes' right to teach scientific ideas. And present to report on the case was the acerbic and cynical writer H. L. Mencken. With these big names in town, Dayton was really

put on the map...but as it turned out, not in a very favorable light.

In the movie the name of the town and the names of the primary trial participants have all been changed, but Spencer Tracy has the "Clarence Darrow" role, Frederic March has the "William Jennings Bryan" role, and Gene Kelly has the "H. L. Mencken" role, and all three are superb!

Don't miss this fine cinematic experience!

When I saw this movie in 1960, I remember thinking that science had finally really won out over conservative religion of the non-thinking biblical literalist type. But look where we are today, 63 years later. Who'd a thunk it?

*The teaching of organic evolution remained banned from Tennessee public schools up until the 1960s!

A WELCOMING CONGREGATION: MS. E AND PEEWEE

By Richard Shaffer

One never knows what will be offered on any given Sunday at UUCC.

On August 13th the sermon topic was, "Inana: Journey to The Underworld" and Lay Minister Deanna was to share Sumerian knowledge new to me. As I arrived that morning I noticed a road warrior style nicely outfitted Tahoe with a spare on top. Nice ride. Opened the door and there is a medium-size dog on one of our in-house dog

beds, and their person sitting next to them in an ambulatory style chair. Both of them greeted me warmly.

Service began and when joys and sorrows started Ms. E introduced herself and her support dog "Peewee". She let us know that she was un-housed, was breaking down, self-harming, was about to be hospitalized, and needed to find a place for Peewee. It was for me an intense post joys and sorrows meditative moment after learning of her plight. The air seemed to be "thick".

De delivered a powerful teaching sermon with Ms. E and Peewee part and parcel of our sharing space. Our Chalice was extinguished, and we moved on to announcements.

Ms. E shared from her head and heart to let us know that voices were getting worse, that her medication was not working, that she is scheduled to go into a year-long, in-patient care facility on Wednesday, that she had been hospitalized recently, that she had been cutting herself the night before, that her adult children were distant, that her minor child has a safe faith-based support system and family to take and care for them, BUT she had been to every church and any other place she could think of to find a foster home for Peewee without success. She was convinced that the shelter would be a death row. Several of us looked at each other and I was first to help move to help them with loving kindness practice mixed with Medicine Buddha mantra, visualization, practice, and so on. Personal information was shared, recorded, and the rescues progressed.

Reflections occurred with them in our midst, and as a board meeting was going on Ms. E, Peewee, and I went out to their Tahoe to arrange details for their rescues. Carol, bless her heart, had agreed to directly help Ms. E if need be, and I arranged for a Sunday evening meet-up at my home for Ms. E and Peewee to bid one another farewell for now. Fortunately, Ms. E said they have a place to park until Wednesday. Peewee went home with me, and when Ms. E showed up that evening, her 16-year-old son was with her. We shared openly for an hour or so, and by the time she drove away she had a smile on her face knowing her friend has a home.

Fast forward: Ms. E is in a group home in Clarksburg and said that they are in a good place when we spoke a few weeks ago. I shared these photos with her, and she exclaimed joyfully, “Well. She fits right in!”

One Love. Thank you Unitarian Universalist Congregation of Cookeville.



Peewee



Peewee with friends.



SUMMER AUCTION SUCCESS STORY

By Sandra Jordan

Our August Auction was very successful. There were fifty-five items contributed and twenty-nine of them were sold. We netted a total of \$819.30 which will help pay our expenses.

The most popular items were original art objects and paper designs and colorful woven fabrics from Guatemala. Keep our auction in mind in the next year when you're feeling creative.

I believe everything has been delivered except for possibly some of the services that were offered. Please contact me if you have not received your item.

One of the items will not be deliverable until next March 23rd and 24th. That is the spring woodland wildflower walk led by Ivan Cordrey. The 1.4 forested acres of the property has trails that allow easy access to the multitudes of native wildflowers, shrubs, and trees. Some of the plants were endemic to the property, others were purchased from native plant propagation nurseries, some were rescued from construction sites before construction or other destruction. A variety of micro habitats were created to further the interest of the landscape and to allow additional native plants to survive. On the walk one will see many species of trillium, virginia bluebells, phlox, several species of native azaleas and other flowering shrubs, and too many other species to name here. Ivan will lead the walks and each walk is limited to 6 people so all members of the party can fully participate in the adventure. Only seven of the twelve offerings were sold. Five more individuals can still participate by donating to the church between now and then.

Thanks to everyone who contributed and to everyone who participated. We look forward to future successes.



Virginia bluebells!



GRATITUDE BOX

By Susie Zuller

Did you know that UUCU has a special box just for you to express your gratitude? Yep. A small, wooden box sits by the lectern for notes of gratitude. Just write your note to whomever for whatever they have done or said for which you have gratitude.

Many congregants work behind the scenes to ensure that each Sunday we have services, that those services are done safely at UUCU and via Zoom, that our space is clean and welcoming, that we have special events, that we have open and welcoming meetings, etc. I'm certain that many labors of love are done of which I (and you) have benefitted and of which we'll never know.

But there is always something that someone has done. Please, tell the person, or write a note of gratitude, and place it inside the Gratitude Box. At some point during service, the service coordinator will read your note aloud for all to know of your gratitude. Do it for those who serve. Do it for yourself. As Rumi wrote, "Be grateful for your life, every detail of it, and your face will come to shine like a sun, and everyone who sees it will be made glad and peaceful. Persist in gratitude, and you will slowly become one with the Sun of Love, and Love will shine through you its all-healing joy."



MINISTER'S MUSINGS

By Deanna Lack, CLM

This offering is part autobiography, part thank you note. It's appropriate to start with the thank you.

A couple of months ago Tracie donated her lovely piano to the church, and as Tracie and Janie were wondering what to do with the little spinet, I said I'd really love to have it. We organized the moving, and she came to live with me.

So, this is a thank you to Tracie and Janie and to the congregation for bringing music back into my life. It's been a rough couple of months, and I'm discovering that playing the piano is a lovely way to wind down before bed. The cats think so too; one of

them usually comes and sits with me while I play.

In high school my elective focus was on English as a major and music as a minor. I played first chair viola in our high school orchestra and was also in choir and took music theory lessons. The music department had these tiny closet-sized practice rooms, each with a piano I feel sure they must have put in those rooms before they built the cinder block walls. In my senior year, I'd take my study hall and go to one of those little rooms to play piano or viola. It helped me relax then too. On piano, I was mostly self-taught. I took lessons briefly but hated the way the piano teacher condescended to me, so I taught myself two new clefs (viola doesn't use either of the music notation clefs that piano does). I taught myself violin, too; it's not much different from viola.

But single parenthood doesn't mix well with obsessions, and music fell by the wayside. My mother sold my lovely Baldwin upright. My viola, which was sized for a child and which I didn't use in high school but borrowed a school instrument, I eventually sold too, though it pained me to do so. I never stopped loving singing, though, and my voice is free. When I moved to Tennessee, I bought myself a violin, but it was cheap, and I ended up giving it away. Occasionally I would tinker with the keyboard my sister-in-law gave me.

I haven't been serious about music for nearly 30 years. I've thought often that I'd like to be, that I'd like to fill in the gaps in my piano education (I never learned chords and I never quite felt like I mastered bass clef). So, I downloaded a piano-teaching app

and started from the beginning, and I am having so much fun with it, teaching myself pop song chords and re-remembering classical favorites (favorite piece of all time: Beethoven's Moonlight Sonata). It's also a goal to teach myself to play and sing at the same time.

When I feel a little more confident, I will gladly play for you. In the meantime, thanks for adding one more way that UUCC has helped me find and re-find myself. I love you all.

are so much more pleasant and even professionally done (thank you, Jerry!). We also had the carpet cleaned, so no more coffee stains or left-over smudges from years of potluck lunches. We rearranged the entryway, seating, and wall hangings too. Come see for yourself. We miss you!!!!



FRESH SANCTUARY

By Susie Zuller

Photos by Carol Fleetwood

WOO-HOO!! If you've not been inside the UUCC sanctuary in a few weeks, you've missed out on our fresh new look. Over a couple of Saturdays and Sunday afternoons, several congregants donated their time and talent to freshing up the walls. The colors

