



# The UUCC Chronicle

January 2024

**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/>

**January 7**

“Find Your Way”  
Deanna Lack, CLM

**January 14**

“Carlton Pearson (1953-2023) & Christian Universalism”  
Andrew Smith

**January 21**

“Burning Bowl Ceremony”  
Susie Zuller

**January 28**

“Relationship as a Spiritual Practice”  
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: Richard Shaffer

**FUUN's ANNUAL  
PALMER LECTURE**  
By Brandi Emrys



**2024  
PALMER  
LECTURE**

**FEATURING**

*Olivia Hill- Nashville  
Council Member-at-Large*

**JANUARY 20, 2024**

In recent years, Olivia has served as a community leader, educating the public about the difficulties faced by women and the LGBTQ+ community. She is frequently invited to speak to many of Nashville's premier organizations and serves on the board of directors for the Tennessee Pride Chamber.

In 2019, Olivia received the Chancellor's Heart and Soul award from Vanderbilt University. She was chosen as the LGBTQ Advocate of the year in 2020 for her dedicated service to the community.

Olivia was elected to a four-year term on the Council in September 2023 as the first openly transgender elected official in the state of Tennessee.

Visit [firstuunash.org/2024-Palmer-Lecture](https://firstuunash.org/2024-Palmer-Lecture) for Zoom link.

**7:00 P.M.**

**First UU Church of  
Nashville**

1808 Woodmont Blvd.  
Nashville, TN

*Also available on Zoom.*

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

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

My name is Brandi Emrys, and I serve as the Communication and Membership Manager at the First UU Church of Nashville (FUUN).

I'm reaching out to send you some exciting information! FUUN will be hosting our Annual Palmer Lecture on Saturday, January 20, and we are inviting all our fellow UU's to attend.

The annual Robert C. Palmer Lecture on Human Rights was established by the church's Board of Directors in 1983 to honor the legacy and service of the Rev. Robert Palmer, our first called minister. Rev. Palmer was a social activist on many fronts, including the United Nations, nuclear disarmament, and the Civil Rights Movement.

This year's Palmer Lecture will feature Olivia Hill, Nashville Council Member-at-Large. Olivia was elected to a four-year term on the Council in September 2023 as the first openly transgender elected official in the state of Tennessee.

The event will be hosted both in person and on Zoom.

More information about the Palmer Lecture can be found at <https://www.firstuunash.org/palmer-lecture/>. Should you have any questions, please do not hesitate to contact me.

We hope that folks from your congregation will be interested and willing to join us for this special event.

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.



## MARK YOUR CALENDARS FOR UCC ACTIVITIES

Editor's Note: Below are listed the meetings and events for January. 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., January 14, noonish

Facilitator: Norma Scarlett

Compassion Club

(Zoom only):

Wed., January 3, 6:00 p.m.

*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

White Antiracist Spirituality in U.S. History  
Watch Party (at UUCC)

Tues., January 9, 5:00 p.m.

Bring food if you wish.

Facilitator: Deanna Lack, CLM

Open for Suggestions!!

Wed., January 10, 6:00 p.m.

See the Board for approval.

Building Your Own Theology  
(Zoom only):

Wed., January 17, 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., January 24, 6:00 p.m.

Facilitator: Acharya Abhaya Darpana

Children's RE Program (At UUCC):

Sun., January 7 and 21, 9:00 a.m.

Facilitator: Kathleen Rozanski

Movie Night: None for January.

Movie Night will resume later.

Facilitator: Ric Finch

Newsletter Deadline (Encouraged):

Thurs., January 25

Email submissions to Susie Zuller

Yin Yoga (In Person at UUCC):

Tuesdays, 10:00 – 11:00 a.m.

Off Dec. 26, Jan. 2, and Jan. 9

Resume Jan. 16, 2024

Yoga Instructor: Laurie Hall

(\$ Charge)



BEING TRUE TO ONESELF

By Laura Hall

I recently listened to a meditation by Sarah Blondin that resonated with me about navigating the upcoming holidays and choosing opportunities to interact with family in a way true to ourselves.

Blondin says, "If we are not what we have done, what our parents and caretakers told us we were, if we are not the story, the label, the sound of what the world has placed on us ...who are we? ...we have been built on the milk of our mothers and the thoughts of our fathers...we have inherited a pattern, a rhythm, a sound."

We are the recipients of generational trauma, of stories that have been passed down through time to land on us. We have born the sound of souls that are not our own. Lies told to us that we are not powerful or able enough to shift our story. Lies told to us that we must continue down a road that damages our bodies and souls.

But we do have the power to change our story. We can choose a different path, a new direction. One that moves us away from inherited pain and suffering. We can sing a

new song in our hearts and embrace our own truth. We can acknowledge the pain of our ancestors and choose a new song. One of our own soul, one that is true to our inner selves. We can choose a song, a path that makes us feel healthy, strong, and whole.

Maybe yoga and meditation can help you to find your song, to walk your own path to healing and self-empowerment. Taking time out to step back and ask yourself what is it you really want, what is true to your soul's song rather than listening to those stories that have been handed to you may help you to change your story. To become the person you want to be when around family, rather than who you are expected to be.



## REFLECTIONS ON THE TURNING OF ANOTHER YEAR

By Deanna Lack, CLM

The older I get the stronger this feeling is, every New Year: my god, where did this one go? How is it over already? And it seems tenfold since COVID distorted all sense of time.

The human-invented “new year” really is meaningless, except that we chose a calendar, and it has to end and start again

some time. The seasons are much more meaningful to me, and the cycles of the moon. I note them each day in my journal. But they’re changing, too. Winters are warmer. We have not yet seen snow. Maybe there will come a day when we won’t see it at all. When it does come, these days, it rarely sticks around.

Yet somehow, I still feel winter. The sun is weaker. The adjective “watery” comes to mind when I look at it, filtered through a thin cover of clouds. I don’t know why. How can the sun be watery? It seems that way though... as if I am in water, maybe, looking out at it. And of course, the green has fled, and the trees reach still, bare branches into the sky; there are no leaves like sails to catch the wind. The sky is blue on occasion, but more often it’s this nondescript color that makes the sun watery. Not gray, exactly.

Everything in me says, “hibernate.” It’s an odd juxtaposition, because I just spent an hour with my journal thinking about what I want to make happen in the coming year. I suppose thinking about it made me tired, because I could use a nap now, and I know there is a cuddly purring cat or three who entirely agree about the value of naps and are willing to be my enablers.

I should go finish Christmas shopping. I should clean the house for the company that is coming. I should, I should...

I suppose having a “should” list is better than having a “must” list, where I must be somewhere and don’t even have time to think otherwise. And I will make some



things happen this year. I will finish a thesis, and graduate, and that's huge.

But for now, my warm winter den is calling.



## DECEMBER BOARD MEETING HIGHLIGHTS

By Carol Fleetwood, Sandra Jordan, and Susie Zuller

Most of December's meeting centered around finances. The Board decided on the amount to charge SOCM for their occasional one-day meetings at UUCC, to prorate rent for yoga when not meeting most of a month, and to reimburse a laminating expense. De will loan to UUCC a plant stand for use in the front window. Although Cassandra posted the metal chairs on LSN a few weeks ago, she said there have been no offers for their purchase. Volunteers will take donated books to McKay's sometime in January. As a fundraiser, Susie will plan a yard sale at UUCC sometime either in the spring or summer. Another on-line auction may be in the works. Sandra suggested we sell tickets to a local car wash. Deanna will investigate and report back about a digital online print business that will pay per graphic design if a customer chooses to have one of our designs printed on various items like a coffee mug or a tee shirt; there is no initial investment cost.

In other business, five members agreed to attend the UUA digital theft protection training session in January and February. They agreed to split the cost among themselves.

Ric arranged for guest speaker Zeena Regis to speak at Unity with UUCC sponsoring the talk on end-of-life personal choices. He hopes to advertise with other churches, groups, and friends for a full house. It will be Feb 4th from 12:30 to 2:00 p.m.

### Treasury Report:


Nov. 2023	Jan. – Nov. 2023
Income: \$2,635	Income: \$27,696
Expenses: \$1,514	Expenses: \$26,197

### Additional Income:

Part of the total income for 2023 comes from use of our building by other groups (\$1050), the Kroger Community Rewards Program (\$228), the Amazon Smile Program (\$116), and the Fair-Trade Project (\$552 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 11 months (92%) of the year, 89% of the pledges have been redeemed. Thank you for your generosity!



**White Antiracist Spirituality**  
**Grounding Ourselves in the Historical Legacy**

There are two session times to choose from:  
**Tuesdays throughout January at 3PM Pacific/6PM Eastern, OR**  
**Thursdays throughout January at 6PM Pacific/9PM Eastern**

Looking to deepen your White antiracist practice? Start your New Year off with a month of inspiration and grounding, by exploring powerful examples of White antiracist spirituality in U.S. history.

Email [Burnett.Lynn@gmail.com](mailto:Burnett.Lynn@gmail.com) for the event link

**WHITE ANTIRACIST SPIRITUALITY IN U.S. HISTORY**  
 By Susie Zuller

“This looks fantastic!!” Deanna wrote. Please join us on Tuesday, Jan. 9, at 5:00 p.m. for a watch party at UUCC.

Lynn Burnett will be hosting the second annual workshop series on White Antiracist Spirituality in U.S. History, which she writes, “will include powerful examples of UU spirituality in action. We’ll explore ideas and practices around beloved community, cultivating hope through taking action, the groundedness that comes with being rooted in history, and much more.”

Burnett is with The Cross Cultural Solidarity History Project. For further information, please visit <https://crossculturalsolidarity.com/>

If you would like to bring your dinner or snacks to share, please feel free to do so.



**CARRY EACH OTHER INTO THE NEW YEAR**

By Rev. Beth Monhollen  
 Wellsprings Congregation  
 Chester Springs, Pennsylvania

In this new year, may we leave behind the weight of unfulfilled resolutions, of unrealized dreams, and of unrealistic expectations.

May we unpack the heavy weight of stories that tell us we are unworthy and unlovable.

May we remember that we each carry inside of us a spark of the Divine.

In this new year,

May we carry kindness, gentleness and hope that hold us through even the hardest days and the most daunting risks.

May we carry the weight of memory that reminds us of who we are, and the weight of spirit that reminds us we are still becoming.

May we carry the seed of knowledge that teaches us that improvement and growth aren't linear and individualistic but are cyclical and communal.

May we carry the wisdom to seek rest and connection, to lean into mutual care.

May we carry the certain belief that when we have patterns of thinking and behaving that harm ourselves and others, we can seek resources that will help us move towards healing.

May we carry the knowledge that happiness and success take many shapes and one of those shapes is purpose.

May we carry purpose lightly, trusting that it changes and evolves and surprises us.

May we carry curiosity, wonder, and the ability to be surprised.

This year, may we carry space for all of our flaws, all of our longings, and all of our love, remembering that the truly daring adventure of life is not to be better-better-best! but to show up wholly, authentically, lovingly as ourselves.

May we carry these prayers and carry each other into the new year.



**ABOUT US:  
A BIT OF SILLINESS  
ON THE OCCASION OF THE  
“I MADE THIS” SERVICE**

By Janie Finch

There's a church called the UUCC  
That on Sunday's a great place to be!  
We sing and we laugh,  
And share things quite daft,  
Inspired by our Minister De!  
The first "U" is Unitarian:  
We unite in our love, care, and growth,  
The second "U" makes Universalist:  
All are welcome to *not* take an oath.  
Congregation of Cookeville's the rest  
Of the UUCC of our hearts.  
Beloved community's the best  
As we share life with all of our arts!

**A HEARTFELT WISH**

By Sandra Jordan

Presented at "I Made This"

I want to go from town to town  
And scatter pixie dust around  
So magically the world will be  
A place of peace for you and me.

A place where love and joy prevail,  
And fear and strife does not assail  
Our lives as we live day to day  
In the most fulfilling way.

Race or gender won't divide us.  
Our greatest creed - one to unite us  
In the need to save our planet,  
Instead of taking it for granted.

Not based on reading holy pages

Or fear of where the hellfire rages.  
Nor even 'cause of pixie dust,  
The truth within is what we trust.

Around the globe, we'll sing and shout it,  
Telling one and all about it.  
Regardless of from where we came,  
In different ways we're all the same.

**PHOTOS FROM SUN., DECEMBER 3's**  
**"SHOW AND TELL – I MADE THIS"**  
Photos by Deanna Lack and others



Carol's hobby is photography, mostly on the many beloved felines that she has known and loved. She shared several of her photos, including this one of her kayak trip to Cordell Hull day after 2020 election.





Leslie is looking ever-so intense as she plays an unrehearsed *At the Cross*. “I’d say it was mostly from motor memory, not strictly so. I definitely still needed the sheet music to cue me!” She said, “It’s been three years since I’ve sat down at a piano.” We vigorously applauded her talent.



Tracie shared the secret of her homemade kombucha, then she shared some of it to a few of us lucky people. She promised to bring in some symbiotic culture of bacteria and yeast (SCOBY) to share with the several of us who requested it.





Behind this 10"x10" banner are a few other people trying to hold it high. Susie shared some of her collaborative art from the play "Leading Ladies." She assisted with the banner and with creating the stage as shown on the video screen.





For months, Cassandra had been telling us about her determination to make her very own warm quilt. We loved her choice of upcycling old jeans into her new bed warmer.





A fan of Maya culture, Ric shared a Maya date that he had drawn and a Honduran wood artist carve into a plaque. Yep, all of that large piece is one date – August 24, 1986 – Janie’s and his wedding date. Ric explained to us how the Maya represented dates in their highly complex calendar.



Janie played for us Ric's favorite yuletide music, "In the Bleak Midwinter." According to Janie, it's a poem written by Christina Rossetti in 1872 and set to music by Gustav Holst in 1906. As always, Janie's talent shone forth.



After sharing with us some of her watercolor portfolio, which she created, De shared with us her newest friend – Corra. Corra is a baby corn snake named after the Celtic snake goddess who battled St Patrick.





Laurie brought in a few of her animal ceramic pieces she creates using her own kiln. She writes, “This zebra was inspired by a request by my cousin to make a vessel for her father's ashes. He was an air traffic controller, and his handle was 'zebra'. Ultimately she chose another one I made, so I kept this one. It comes apart and is a small container. I have made larger animal sculptures of elephants, rhinos, giraffes, hippos, and larger zebras.”





Greetings from Illinois!!

At Union Station in Chicago, after a visit to Del's heart doctor at Northwestern Medicine. We took the Metra train - better than driving! – Linda and Del



## PHOTOS FROM UCC'S HOLIDAY MEAL AND BOOK EXCHANGE ON DEC. 17

















Carol refurbished UUCC's right-hand window in lovely shades of blue.





Carol refurbished our left-hand window as well.