



The UU Circle

Newsletter of the Unitarian Universalists of Fallston

You Are Welcome Here!



July 2016

A Month of Sundays

Sunday Services at 11:00 AM, 1127 Old Fallston Road, P.O. Box 258, Fallston, MD (410-877-3773)

July 03 “The Gospel of Doubt” – Scott Phillips

What do you do when your firmly held beliefs turn out not to be true? When presenter Casey Gerald's religion failed him, he searched for something new to believe in -- in business, in government, in philanthropy -- but found only false saviors. In this moving talk, Gerald urges us all to question our beliefs and embrace uncertainty.

July 10 “Mindfulness: What’s the Brain Got to Do with It?” – Sherry Delgado

During the last decade cognitive and neuroscience researchers have investigated the effects that Mindfulness meditation may have on its adherents. Although this research is in its infancy results seem to indicate that the practice of Mindfulness may promote health benefits and positive well-being. Learn more about the ways Mindfulness may *change your brain!*

July 17 Improve! Mark Nolder and Dan Layman-Kennedy

Dan and Mark will combine their musical talents in a service of musical and other activities.

July 24 ‘Unconscious Bias: Uncovering Our Blind Spots’ – Cheri C. Wilson, MA, MHS, CPHQ

Have you ever wondered why our thoughts sometimes don't match our actions? Come learn more about unconscious bias and how it affects our daily interactions and decision-making, such as hiring. In preparation for this presentation, please visit the Implicit Association Test (IAT) website at: <https://implicit.harvard.edu/implicit/> (under "Social Attitudes," continue as a guest and click "Go."). Complete at least 2 of the IATs

July 31 “The Paradox of Choice” – Scott Phillips

In this TED talk Psychologist Barry Schwartz takes aim at a central tenet of western societies: freedom of choice. In Schwartz's estimation, choice has made us not freer but more paralyzed, not happier but more dissatisfied. Do you feel like you have too much choice? This should lead to a lively discussion

CALENDAR OF EVENTS

July 10 9:45 am Board of Trustees Meeting - In UUF Office - All are welcome to attend.

July 13 7:00PM Mindful Mediation sessions begins at UUF.

July 16 Book Club – Book club is Saturday, July 16 at 7pm at Gail Drew's at 3807 Prospect Road, Street, MD 21154. Book is *Bossy Pants* by Tina Fey. RSVP by July 13 to arcadiastreet@gmail.com or 410-836-1234.

July 23 “Dinner Out” at 6:00PM – Bonefish Grill- Harford Mall 696 Belair Rd. Belair, MD 21014

Reflect and Engage

During the last few months we have been exploring ways to increase engagement within and without our UU community. On June 12th the Head, Heart, and Hands survey results were presented to our congregation for consideration. Four committees were formed to address key issues. Many thanks to the UUF members listed below who volunteered to lead these projects. Happily they have already started to work!

Mindfulness Project –Committee Chairs: Leslie Sarkin and Sherry Delgado

On June 26th during a presentation entitled “Mind Full or Mindful” Leslie gave the congregation an introduction to Mindfulness and led us in a series of Mindful activities.

On July 10 Sherry will offer a presentation entitled “Mindfulness –What’s the Brain Got to Do with It?”

On July 13 at 7:00 PM a summer series of Mindful mediation begins at UUF. All are invited to participate.

On September 13 Mindfulness Lectures and Practices led by Jacqueline Stilling, LCPC, MS will commence.

Landscape Committee –Committee Chairs: Charlene Phillips and Dee Brown

Charlene and Dee have been busy! You may have noticed that the Magnolia tree which was growing into the church foundation has been removed. Soon to be removed are the overgrown bushes which block the view of our lovely church from the street. The conversation about moving the church sign also continues.

Communications & Publicity –Committee Chairs: Lauren Steve and Sherry Delgado

Lauren has created a “Meet Up” account for UUF. “Meet Up” is an online social media tool which allows organizations to communicate swiftly and efficiently with their members. Members can also interact with one another. On June 16 Lauren sent via email an invitation to join Meet Up to all church members. If you lost your invitation go to: www.meetup.com or contact Lauren at: leweeks83@gmail.com

Program Committee –Committee Chairs: Helen Mann and Richard Zyne

Information about the work of this committee follows in the next section.

NEW PROGRAM COMMITTEE

It was suggested that a committee be formed to acquire speakers once a month from a variety of faith perspectives or to explore other non-traditional services. In addition, the committee would be responsible for assisting the guest speaker in developing the service program, coordinating with the treasurer to obtain the honorarium, opening and closing the church building and other details as become necessary.

The committee could choose to be responsible for the second Sunday each month (because Terry Ellen has another commitment that day). Due to scheduling requirements for all concerned, the details, including the speaker, would need to be worked out by the committee a couple of months in advance. So ideally, the committee could present their first service in October.

If you are interested in taking part in the Program Committee, please contact a member of the Board of Trustees (Kern Ries, Leslie Sarkin, Paul Phillippi, or Fran Kriston) soon!

Outreach

HARFORD FOOD PANTRY

We are doing a good thing that is definitely appreciated. Please keep those donations coming so we can support this worthy cause. Food Pantry counts on us for the grape jelly we donate on a regular basis. They are always very appreciative of our offerings.

SHARING TABLE

UUF Sharing Table dates for 2016 are as follows:

- Saturday, October 8, 2016;
- Saturday, November 19, 2016

These dates are far away, so get them on your calendar now so you don't forget about them. Members are needed to prepare food as well as serve, set up and clean up.