



August 2016

# Fairhope Unitarian Fellowship

[www/fairhopeuu.org](http://www/fairhopeuu.org)

A Member of the Unitarian Universalist Association

## Aug 7 PEGGY BROCKMAN: “Did You Hear Me?”: The Value of Engaged Listening

Listening is one of our most important skills, tremendously impacting our lives by influencing our relationships and our ability to succeed. However, because we use this skill every day, we often take it for granted. Peggy Brockman will describe the benefits, the steps to follow and the characteristics of people who demonstrate the “Value of Engaged Listening.” Selected as one of the 2016 Top 10 Business Women in America by the national American Business Women’s Association, Brockman is an inspirational speaker, a powerhouse entrepreneur, author of *10 Feet from the Edge: Stuck in the Comfort Zone*, and a member of John C. Maxwell’s international speaking, training and coaching team. She’s also a wife, mom to five girls, “Grammy” to eight and an active community leader in Ft. Walton Beach, Florida.

Introduction by: Jane Finger

## Aug 14 DEANNA AUNER: Walk with the Wind (Reducing long time stress with ease)

Over thirty years of working with seniors and families has taught Deanna Auner some valuable lessons of life, love, dignity and humanity, which she will share with the audience. As General Manager of Homestead Village of Fairhope for the past 18 years, as well as the mother of a nine-year-old and seven-year-old triplets, she would have to be an expert on reducing stress, in addition to senior living issues. A native of northeastern Ohio, Auner majored in Gerontology at Kent State University and is a licensed assisted living administrator. She and her husband, Austin, and children live in Summerdale.

Introduction by: Pam Perkins

## Aug 21 CARLISHA YOUNG: Standing Strong in the Midst of Being Bullied

#1. It’s OK to be different. #2. Looking on others, not just yourself. #3. Finding the beauty of life: attitude and gratitude. As described in her published book, *Making The Best of Being Bullied*, these instructions come from the personal experience of its fifteen-year-old author. (She started writing the book two years ago!) Carlisha will speak about that experience and how she learned to get through it. Born in Mobile to Carlos and Shantell Young, she has five older brothers and attends Daphne High School. She is now interested in sharing her story with other children, showing them the “do’s” and the “don’ts” and how to go from the negative to positive, to encourage others, and to learn how to be appreciative for who God made them to be.

Introduction by: Diana Gardner

## Aug 28 TAMLIN ALLBRITTEN: ART with a Purpose for VETERANS

Art is a powerful tool in expressing thoughts and feelings. Tamlin Allbritten will describe the program she has started at the William. F. Green Veterans Home in Bay Minette, Alabama, and the substantial measurable outcomes of this program. After teaching art for twenty years, Tamlin has been an “Expressive Art Specialist” for the last fifteen years. Her experience in this field, including working with young women dying of eating disorders, teens who struggle with addictions, and now veterans and their families, has led her to the understanding that art is a magical tool when it comes to expressing yourself clearly. One of her several books on the subject, *ART with a Purpose for VETERANS*, is in lesson plan format, enabling any facilitator to teach classes on this subject at home.

Introduction by: Bob Maldonado

### SUNDAY SERVICE 11 AM.

MUSIC PRELUDE BEGINS 10:45 AM

All visitors are warmly invited to participate as our guests.

Fairhope Unitarian Fellowship welcomes and embraces people of any age, race, gender identity or expression, sexual orientation, socioeconomic status, ability, language, or cultural background.

TED discussion group 9:45 a.m. Current Events discussion group 10:15 am.

Teen Fellowship 10:00 – 11:00; Children’s Fellowship 11:00 – noon

August 28: Last Sunday of the Month Potluck: Bring a dish and join us for fellowship and conversation.

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[www/fairhopeuu.org](http://www/fairhopeuu.org)

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## MONTHLY FELLOWSHIP BUSINESS

### Summary – July 8 Board Meeting

- Rodney Hoffman will donate a wired microphone .
- The previously used 9’x12’ movie screen on a stand is for sale.
- Kate Mercer will continue the Teens and Children Fellowships over the summer.
- The Board approved the charities recommended for 2016 by the Social Action Committee.
- A UU Film Festival is being planned for September 9,10, and 11.
- Vivian Gooding will coordinate building usage while Elin Shallcross is out of town.
- The Fellowship renewed membership in the Southern Poverty Law Center for 2016.

*Submitted by Lynne Switzky, Recording Secretary*

### August Board Meeting Agenda

Friday, August 12, 2016, 10 a.m.

1. Approve July 2016 Board meeting minutes
2. Treasurer's Report
3. OLD BUSINESS
4. NEW BUSINESS
  - A. Yoga Classes Proposal
  - B. Program Committee Report
  - C. Membership Committee Report
  - D. Building Committee Report
  - E. Publicity and Events Committee Report

To add agenda items, please promptly notify Rodney Hoffman or Diana Gardiner. Board meetings are open to all friends and members.

*Submitted by Diana Gardiner, Chair*



### Financial Summary June, 2016

	June	Actual YTD	Budgeted YTD	Surplus/ (Deficit)
<b>Support and Revenue</b>				
Contributions	2,644	20,171	22,500	(2,329)
Other Revenue	359	3,430	4,500	(1,070)
<b>Total Support and Revenue</b>	<b>3,003</b>	<b>23,601</b>	<b>27,000</b>	<b>(3,399)</b>
<b>Expenses</b>				
Building	3,005	16,627	18,125	1,498
Committees	1,410	8,006	7,225	(781)
Donations	650	1,100	1,650	550
<b>Total Expenses</b>	<b>5,065</b>	<b>25,733</b>	<b>27,000</b>	<b>1,267</b>
<b>Net Operating Increase/(Decrease)</b>	<b>(2,062)</b>	<b>(2,132)</b>	<b>0</b>	<b>(2,132)</b>

## ART COMMITTEE NEWS

### **“QUILTING AS AN ART FORM” EXHIBIT OPENING RECEPTION** **August 6th, 3 -5pm**

Art quilts by the Azalea City Art Quilters will be on exhibit in the Fellowship Hall during August, September, and October. Art quilters use fabric, stitching, paint, and other embellishments as a means of creative expression to produce quilts as art, as opposed to producing a functional quilt. Art quilting expands the traditional boundaries of what defines a quilt and employs a variety of techniques including piecing, applique, painting, hand and machine stitching, fusing, and embellishing. This exhibit includes both individual and group projects in a variety of artistic styles. Members participating include Susan Ames, Barbara Bayer, Melinda Bounds, Nina Clotfelter, Carolyn Courson, Denise Daniels, Tish Fisackerly, Anne Godwin, Nancy Goodman, Barbara Groseclose, Patricia Hagler, Nancy Lancaster, MaryAnn Logdson, Janet McCurley, Susan Mogan, Annette Oliver, Ann Singleton, Patsy Starkey, Shawn Sumrall, Gail Terrell, Wilma Toney, Elaine Williams, and Mary Gale Woolford.

## SOCIAL ACTION COMMITTEE NEWS

### FUF Charitable Donations for 2016

The Social Action Committee finalized the list of recommended charities for 2016. The Fellowship Board approved the following list at the July 8 meeting: Aid to Inmate Mothers, \$200; Alabama Arise, \$200; Alabama Free Clinic, \$300; Baldwin County Humane Society (BARC), \$200; Lighthouse of Baldwin County, \$200; Planned Parenthood of Mobile, \$100; League of Women Voters of Baldwin County, \$100; and Ecumenical Ministries for Meals on Wheels, \$200. The donation to the Alabama Free Clinic is in memory of David Mauritson and the donation to Baldwin County Humane Society is in memory of Nancy Martin.

### Food Collection for Ecumenical Ministries



In August and September we will be collecting food and food service items for the Ecumenical Ministries' Food Pantry. Remember these two months are always tight for families with all the expenses of children returning to school (new clothes, shoes, gym clothes, book bags, etc.)

*Thanks for your continuing generosity!*

### Arise Annual Meeting in September

Because we are a member group of Alabama Arise, up to six representatives can attend their Annual Meeting in Montgomery on Saturday, September 10, 9:30am – 3:00pm. The flyer for the meeting is posted on the bulletin board.

**SAC Members:** Kathleen Fendelman, Angela Flower, Vivian Gooding, Serena Low, Mary Matthews, Jeanine Normand, Eloise Rogers, Freya Sonenstein, Sharon Spielmann, Harvey Switzky, and Lynne Switzky

*Submitted by Lynne Switzky*

## PAST PROGRAM NOTE

When Kay Seymour ended her music program last week with the song “Dixie” I suspect many of us were reminded of Phil Strniste’s performance several weeks ago of the same tune but with different lyrics. For those of you would like a copy, Phil has submitted it here.

Angus B. Hibbard’s 1910 version of “I Wish I Was in Dixie”

### “The USA Forever”

Come, all who live in the USA.	V2	The North and South, the East and West,
Join in our song and sing today,		We love them all, for they are best,
Work away, work away, for the land of the free.		Work away, work away, for the land of the free.
United, firm, with every state,		United States and hearts and hands
To make a nation good and great,		Will make the greatest of all the lands,
Work away, work away, for the land of the free.		Work away, work away, for the land of the free.



CHORUS: The USA. forever, hurray! Hurray!  
The Stars and Stripes shall wave above  
The USA forever.  
Hurray! Hurray! The USA forever!  
Hurray! Hurray! The Stars and Stripes forever.

## HELPING HANDS SERVICE REMINDER

There are moments that some of us need a helping hand to fix something in or around the house. It could be as simple as exchanging a light bulb on a ceiling or a door handle or door hinge that is loose. But it also can be help to move things around or hang a painting or do something more extensive. If you have trouble doing these kinds of chores you can contact Ben Gall, our member and handyman or, as they are called in his native Dutch, "manus van alles."

The help is free but if you can afford it hand him, before leaving, a modest check, payable to the FUF.



The best way to contact Ben is email: [bengallusa@yahoo.com](mailto:bengallusa@yahoo.com) but you can also call 610-889-244. Don't be shy, Ben loves to do stuff and it keeps him out of trouble.☺

*Submitted by Ben Gall*

## MUSING FROM A MEMBER

### AN UNEXPECTED GIFT? TWO TIMES?

I was recently reminded that random acts of kindness still happen when I was the unsuspecting recipient of two qualifying experiences. The first happened at the Dollar Store when my credit card was rejected and I didn't have enough cash to cover my purchases. My embarrassment was obvious; the line behind very long. I decided to leave my cart there and rush home to get a different credit card. A gentleman witnessing this incident stopped me and said, "I have the money to cover your purchases. Please accept it as a gift". In shock, I thanked him for his kindness. He smiled and left the store. I was deeply touched.

The second experience took place at my favorite restaurant, where I often enjoy the buffet. Apparently others don't feel as excited about the wonderful, freshly cooked food because very few customers are ever there when I am. On the day in question, I observed one other customer, the only other customer, sitting at a table behind my usual spot, eating while reading a magazine. He didn't seem to notice that I placed my keys on the table directly in front of him before selecting my food. When I returned to my seat with a full plate and my cane in hand, he was still absorbed in his magazine and food, or so I thought.

In short order, this tall, good-looking gentleman refilled his plate, walked past and sat down behind me. I don't recall making eye contact, but for some inexplicable reason thought of an excuse to speak to him. I intended to ask if he had tried the rice pudding, a favorite of mine. However, when I turned around to get his attention, he was settling his bill near the front door. Oh, well, that's life, I thought and finished my meal. After enjoying my dessert (rice pudding), I attempted to give the hostess my credit card, and to my surprise, she said, "Your check has already been paid". Again, I was shocked that this handsome man, the only other customer (I double-checked) had even noticed me. It was his first experience at this restaurant and he apparently liked the food. Anyway, that is what he told the hostess. I'm sure that he observed my use of the cane and I wondered if his random act of kindness might have been from pity for a disabled, somewhat attractive, older woman dining alone.

I returned a week later, hoping he might be there. Alas, when I arrived, he was not. I'll never know why he treated me to lunch that day, but no matter. I fantasized that he noticed an older, somewhat attractive woman who happened to have a disability. The gentleman made my day last week with his random act of kindness. My uplifted spirits flew me home.

I believe it is important to acknowledge unsolicited kindness, a powerful, intangible and desperately needed phenomenon in this era of impersonal communication. If one person a day performed a random act of kindness and the beneficiary continued the concept of bestowing the honor on another unsuspecting person and so on, wouldn't the world be a better place? It surely needs all the help it can get.

*Submitted by Sharon Spielman*

## FUF GROUP DETAILS



### FRIDAY NIGHT PICNICS

Every Friday night around five o'clock, weather permitting, a group from FUF gathers at the far north end of North Beach Park to enjoy the sunset with food and fellowship. Everyone brings a dish to share and their own beverage, eating utensils, and chair. In case of rain, we meet under the pavilion. All are welcome—the more the merrier!

### WEDNESDAY MORNING COFFEE PLUS

Every Wednesday morning, people gather at 10:00 and enjoy coffee and conversation until 11:30. Some bring craft projects and others just come for the pleasure of getting together. There's no need to sign up...just show up. Everyone is welcome!

### GENTLE YOGA UPDATE

The August starting date will be posted in the Weekly Bulletin the previous Sunday and on the FUF website and Facebook page.

### TUESDAY CHOIR PRACTICE SUSPENDED

There will be no Tuesday choir practice during July, August, and September (until Heather is back in October). Helen Garrett will send out her usual email to the choir members letting them know when to come to practice.

*Submitted by Helen Garrett*

### NEWSLETTER

Submit calendar events or articles specific to the Fairhope Unitarian Fellowship by the date noted in the newsletter calendar section.

For events, please include all pertinent information. Members and Friends are invited to submit poems, quotations or other brief words of wisdom to be published as space allows.

Provide written copy or email to editor at:

[Janef09@gmail.com](mailto:Janef09@gmail.com)

## MARK YOUR CALENDAR

### Regularly Scheduled Events

#### Sundays:

9:45 – 10:45 TED Discussion Group (Please be on time)

10:00 Teens' Fellowship

10:15 Current Events Discussion Group

10:45 Pre-program Music

11:00 Sunday Program

Children's Fellowship

Third Sunday: Social Action Committee, 12:20

Last Sunday of every month: Pot Luck Lunch, noon.

#### Wednesdays

10-11:30 UU Coffee Plus

3:00- 4:30 Back Porch Folk Singers

5:00 Weekly Bulletin Deadline

#### Fridays

5:00 Potluck Picnic at the Beach

### Other Events

**Sat., Aug. 6:** Art Exhibit Opening, 3:00 -5:00

**Thu., Aug. 11:** Nonfiction Book Group, 9:30 am

**Fri., Aug. 12:** FUF Board meets, 10:00 am

**Sat., Aug. 13:** Game night, 6:30 pm

**Tues., Aug 23** Aug Newsletter deadline, 5:00 pm

**Thu., Aug. 25:** Nonfiction Book Group, 9:30 am

**Sat., Aug. 27:** Game Night, 6:30 pm

### SUNDAY BULLETIN INFO DEADLINE

Wednesday at 5:00 pm is the deadline for information to be included in this weekly bulletin.

*Submitted by Mary Matthews*

## MAKE PLANS FOR FALL!

## ESILL

*(The Eastern Shore Institute for Lifelong Learning)*

**Fall Term begins Monday,  
September 5.**

For information and to view a sample catalogue, go to [www.ESILL.org](http://www.ESILL.org). Like and follow ESILL on Facebook.

The ESILL Fall catalogue and flyers will be available early in August.