



Northwest WAWA Project



the quality of life for people other than themselves is a strong loving message of whom we aspire to be as UUs. The volunteer opportunities were varied and included clearing and mulching trails, making and hanging suet bird feeders, constructing bat houses and building a bridge to a neighboring community. Everyone contributed at an age appropriate level.

There are many opportunities to volunteer our resources and time, and it's only a Google search away. Please consider sharing your gifts with others.

Elizabeth Hickman
Director of Religious Education

Following last Sunday's Story Wisdom about Martin Luther King Jr, 5 year old Dominic told his mom, "I really like Martin Luther King because he turned the world upside down for good. If the world goes back again, then I'll work to turn it back upside down for good when I'm a grown up."

Dominic's aspirations are close to our hearts as UUs. Children and adults of any age can walk in his steps. It will take much effort to turn the world upside down, and it is events like WAWA that create and build the stepping stones of action in our children to carry on the work of social justice.



Just as MLK's work was the culmination of many small steps, Dominic took some of his own first steps at the West Atlanta Watershed Alliance (WAWA) on January 18.

Many families, congregants, and neighbors from all over Atlanta recently had the opportunity to help our larger community on MLK's day of service at WAWA. The children's experience of working alongside friends, parents, minister, and other adults in the congregation to improve



Worship Services February 2015

Reflecting on Love Without Conditions

Service at 10:00 am

The Nursery is staffed and available during services and fellowship.

Sunday worship services may be led by our minister, Rev. Terry Davis, guest ministers or members of the Northwest Worship Associates team. Additional information about the coming week's service is published in the weekly NeUUs and on our website. Not getting the NeUUs? Contact Office Administrator Shirley Banks at office@nwwuuc.org to sign up.



February 7— Love Will Set Us Free

Worship Leader —Rev. Terry Davis
Worship Associate —David Stewart
Music —The Northwest Band

What can love do for you, for your family and friends, for our world? Join Rev. Davis as we explore the ways that real love can set us free — from suffering, from fear, from isolation, and from “small thinking.”

Join us for Worship Café, Northwest's casual and interactive service for all ages! A light breakfast and beverages will be served before the service and you're welcome to bring them into the Sanctuary during the service.



February 14 – Love All Thy Neighbors

Worship Leader —Rev. Terry Davis
Worship Associate—Hannah Cowart
Music —The Northwest Choir and Grace Tian Meng Fowler

Attorney and activist Bryan Stevenson tells stories of terrible injustices to death row inmates and to juvenile prisoners. Wisdom from our Judeo-Christian heritage, the Golden Rule, and other sacred sources remind us to treat others as we would like to be treated. Where did we go wrong? What can we do to change the system . . . and change ourselves?

Bryan Stevenson's best-selling book Just Mercy is a UUA all-congregation read and the focus of Rev. Terry Davis's Second Sunday sermon series. Read along! Copies can be purchased at Northwest's Bellwether Bookstore.



February 21 – Love Me, Love Me Not

Worship Leader —Rev. Terry Davis
Worship Associate —Lynne Dale
Music—The Northwest Band and the Join-In Choir

Let's face it —most of us are not loveable all of the time. How can we hold one another in love when we are angry and disappointed? How do we stay at the table and stay connected?

Worship Services February 2015, continued

Reflecting on Love Without Conditions

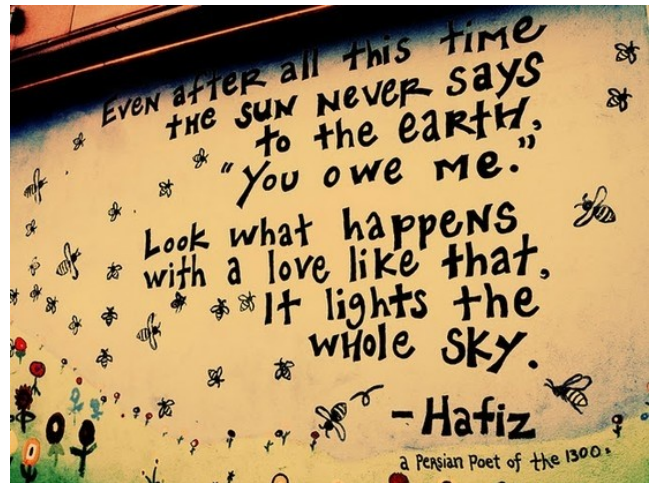
Service at 10:00 am

February 28—Does Unconditional Love Exist?

Worship Leaders –Letitia Sweitzer and Glenn Koller

Music –William Fowler

While it's a popular romantic platitude, the notion of "unconditional love" might exist only if fundamental conditions and the morphing of love with time are ignored. This sermon and reflection will explore the validity of the concept of love without conditions.



February Share The Plate: Phoenix Boys Association

"The more we increase the active participation and partnership with young people, the better we serve them. . . . And the more comprehensively we work with them as service partners, the more we increase our public value to the entire community." - Carmen Martinez

Share the Plate for February is supporting the Phoenix Boys Association. When I first met Bob Kent, now executive director, he was ferrying a group of at-risk young boys from the now defunct Bankhead Court housing projects on Atlanta's west side to Boy Scout meetings and after school mentoring programs in a beat-up old van. He says the same van is still in pretty bad shape, but that some of the boys I worked with as a volunteer 20+ years ago are now program leaders and mentors and that there are now three separate chapters of Phoenix Boys Association. A testament to persistence and success.



The Phoenix Boys Association (PBA) provides Scouting, life skills and workplace mentoring to boys ages 7-18 living in some of Atlanta's toughest neighborhoods. The gang activity, fighting, gambling and cursing they see must be countered early and often with lessons in self-respect and sound decision-making. Club leaders constantly stress the importance of self-control, proper hygiene and doing well in school. They work with school officials to address students' academic needs. A matched mentor from a local business introduces a boy to the work environment, promotes a positive attitude toward school and homework, and encourages recreational reading, and how to take control of their own lives.

Please open your hearts and wallets to this worthy cause. Half of all non-designated funds collected during services in the month of February will go to the Phoenix Boys Association. If you wish, you can designate all of your donation to go to the organization. And please be sure to come on February 14 to hear their executive director, Bob Kent, speak about their programs and how we—as individuals and a community—can get involved during a second hour program.

Tony Barbagallo

Social Justice Ministry Team Leader

Lunch Break

Dear Friends,

On Fridays I work from home, writing Sunday's sermon and getting the rest of the worship service ready. I'm grateful for the ability to do this part of my job from the comfort of my own desk.

One of the ways that I help myself stay focused as I write is to make sure I take a few breaks. I've noticed that when my ideas are starting to dry up or I can't find the right words to express my thoughts, it's usually because it's been a few hours since I've gotten up and moved around.

My break can be anything from a 10-minute walk with my dog, to a five-minute trip to the kitchen to fix a cup of hot tea, or a quick run downstairs to the basement to throw in a load of laundry. Somewhere between leaving my home office and returning back to it, I will have a brainstorm, which will get me going again for another few hours.

One break that I take without fail each Friday is at lunch. I have a routine of

attending a noon 12-step meeting in the basement of a small, red-bricked Episcopal church that's less than five minutes from my home. I've been faithfully attending this same meeting for several years now, missing it only when I'm out of town.

The crowd, which usually numbers around 50 to 60 people, consists of people like me who don't have a typical 9-to-5 schedule. They include a large number of retirees, as well as actors and actresses, musicians, artists, real estate agents, waiters and waitresses, students, stay-at-home moms and dads, and several other ministers. Some are in their seats before the meeting starts. Others breeze in once the meeting is underway, hunting for an empty metal chair or first stopping by the breakroom in the back to fill a Styrofoam cup with strong coffee.

I took my Friday noon break today, dashing out in the pouring rain to catch the meeting that has become such an important part of my life. The familiar faces in the room and the sto-

ries of renewal and hope I hear from other persons in recovery comfort and inspire me. This lunch break is like stopping at a spiritual refueling station. It lasts only an hour, but I find myself filling up on every word that's shared. I return home grateful.

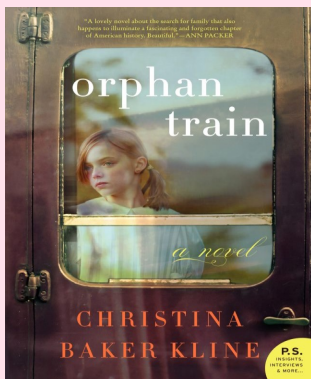
I'm back at my desk now, from which I have a perfect view of our backyard through the window. It's stopped raining and water droplets hang like tiny crystals from the slender red branches of our Japanese maple tree. I take a deep breath and, once more, settle into an afternoon of writing.

Warmly,

Terry
Rev. Terry Davis



Book Groupies Discuss *Orphan Train*, Feb. 9

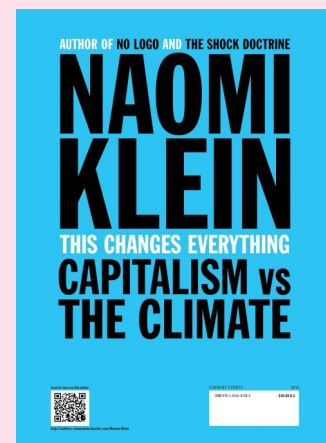


The Northwest UU Book Groupies will meet February 9 at 7 pm in the Art Gallery to discuss *Orphan Train* by Christina Baker Kline. Before foster care, there was the orphan train. This

page-turner illuminates a hidden chapter of American history while portraying the coming-of-age of two resilient young women and their search for family. Join us for the discussion. All readers are welcome.

On March 8 we will discuss *This Changes Everything: Capitalism vs. The Climate* by Naomi Klein. According to Klein, we must embrace change now or radical climate change will embrace us. There are no other options. This is a longer book than we

usually read so heads up (really down) now.



Slavery by Another Name, February 18

Slavery by Another Name challenges one of Americans' most cherished assumptions: the belief that slavery in this country ended with the Emancipation Proclamation. The critically acclaimed documentary tells how even as chattel slavery came to an end in the South in 1865, thousands of African Americans were pulled back into forced labor with shocking force and brutality.

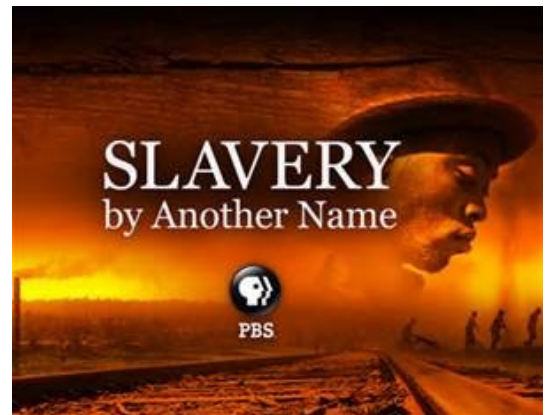
It was a system in which men, often guilty of no crime, were arrested, compelled to work without pay, repeatedly bought and sold, and coerced to do the bidding of masters. Tolerated by both the North and

South, forced labor lasted well into the 20th century.

Slavery by Another Name gives voice to the largely forgotten victims and perpetrators of forced labor and features their descendants living today. See it on Thursday, Feb. 18 at 7:00 pm at UUCA.

A \$3.00 donation is suggested for the Third Thursday Cinema evening, sponsored by the UUCA Peace Network. Refreshments and a moderated discussion will follow the film. If you have any questions, please contact solvegren@msn.com.

The Unitarian Universalist Congregation of Atlanta is located at 1911 Cliff Valley Way, NE, Atlanta, GA 30329. Enter top steps. Proceed down left hallway to Room 210.



We Need Your Voice



As with most churches and congregations, the choir is the largest and most visible part of our music program. A band is small by necessity. Two guitars are enough. Three guitars are too many. A choir, on the other hand, sounds terrific when several people sing the same part.

The membership of a church choir ebbs and flows, but there typically is a

core group of singers who remain year after year. Believe me, I'm grateful for that core of singers, but I sure would like to add some more voices to our choir. Over the past two years our numbers have gone down. A number of choir members have moved either across town or to another state, and one unfortunately passed away. A significant number of those who have moved on were core singers, and we have had very few new singers join to take their place.

We need your voice! If you enjoy singing but are unsure about learning choir parts, we need your voice. I will teach you how to sing your part in rehearsals. If you are already an experienced singer, we need your voice. You can be a musical leader and help raise the overall skill level of the choir. If you are a student, we need your voice and youthful energy. If you love

meeting people and making friends, we need your voice. There are plenty of people to meet in the choir! If you are shy and have trouble meeting people, we need your voice. I'm about as socially shy as it gets, but I feel accepted and confident in a musical setting.

We need voices of all types – low voices, high voices, inexperienced singers willing to learn, and experienced singers willing to teach. If you have questions about the choir, you can contact me any time. I'll be happy to talk to you! The choir rehearses every Wednesday from 7:30-9:00 pm. I hope to see you there.

Tom Godfrey
Director of Music



Keltic Kudzu at Hungry Ear Coffee House™, February 6

Keltic Kudzu is a straight up Celtic/Southern fusion band. They use traditional acoustic instruments to generate all the energy and fun of a full-blown Celtic rock band without the deafening volume and studded leather vests!

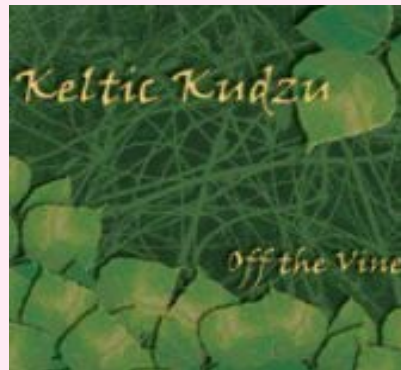


Join Lori, Kelly, Tom and Tim as they dig for their Celtic roots, playing their interpretations of music ranging from early madrigals to contemporary covers, from Dougie Maclean to Dolly

Parton and from Loch Lomond to Louisiana, Newfoundland, Galway, Graceland and beyond.

Their music features four-part harmonies and melodies along with a wide variety of instruments including guitars, fiddle, keyboard, mandolin, bouzouki, highland bagpipes, small pipes, whistles, bodhran and bass pedals.

Our Sanctuary becomes the Hungry Ear Coffee House™ on the first



Saturday of each month. Doors open at 7:30 pm; the performance starts at 8:00. A \$5 donation is requested and canned goods for the Community Assistance Center are always welcome.



February 16 “In the Spirit” Contemplative Worship

More and more Northwest members and friends are discovering the soothing and refreshing gift of contemplative worship. Come experience it for yourself! Join Rev. Terry Davis and Northwest member and guitarist Traci Montgomery on Tuesday, February 16 at 7:30 pm in the Northwest Sanctuary for a 30-minute service of simple hymns, a reading, prayers, candles and lots of silence. For more information, contact Rev. Davis at minister@nwuuc.org.



February Dining for Women Supports Vacha

Are you interested in a Social Justice program in which you don't have to march, demonstrate, yell or write letters? This program is for you!

Vacha Charitable Trust envisions a world without exploitation, oppression, discrimination and injustice against women. Its mission is to empower girls and sensitize boys to become adults who value equality and become productive citizens.

Vacha works with marginalized girls ages 10-18 in Mumbai, India to expose them to knowledge, opportunities, and the world outside their slum so they complete their schooling, gain skills that are essential for modern life, understand and access health and hygiene resources, have a voice in their family and community, and delay marriage until they are over 18.

We'll meet for a pot luck dinner on Feb. 21 from 5-7 pm. For more info, contact [Mary Perloe](#).



Contribution Statements Available on Realm



Contribution statements are available anytime through Realm, our online database. There are three ways to obtain your 2015 contribution statement for taxes:

1. To reduce labor and increase confidentiality, you are encouraged to log on to [Realm](#). Click on your name in the upper right corner to view your profile. Under your profile picture, there is

a blue button that says "2015 Contribution Statement." Click to create a pdf of your 2015 statement, which you can print on your printer.

2. Contact the Office Administrator and ask that an electronic copy of your statement be emailed to you.

3. Contact the Office Administrator and ask that a paper copy of your statement be mailed to you.

Have a Whale of a Good Time in Alaska This Summer—The UU Way!

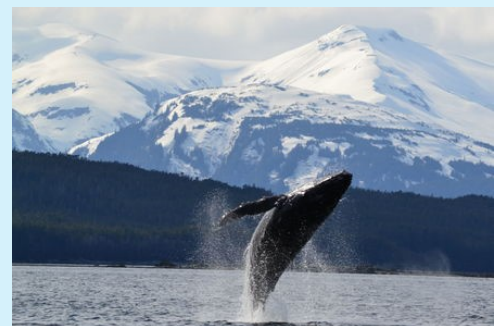
Have you ever dreamed of visiting Alaska? If so, **WhaleCoast Alaska 2016** is for you! Four Alaska UU fellowships invite you to experience our eco-cultural and spiritual program next summer!

See Alaska through the eyes of local UUs in Anchorage, Fairbanks, Juneau, Seward, and Sitka with friendly homestays and unique tour activities. See wildlife, including moose, bears,

caribou, whales, bald eagles, seals, and otters. Visit Denali National Park. Experience Native Alaskan culture. Forget the cruise ships – our program is the best way to visit Alaska! Programs led by Dave Frey, member of the Fairbanks UU congregation and Alaska travel expert. Find out more about this Alaskan trip of a lifetime.

Visit www.WhaleCoastAK.org, email dfrey@whalecoastak.org, or call

[907.322.4966](tel:907.322.4966). We would love to share our Alaska with you!



February Second Hour

Northwest's Adult Learning sessions are held from 11:30-12:30 during Second Hour, the hour immediately following the post-worship refreshment break.

You are invited to participate in our Adult Learning program by attending sessions, suggesting topics for future sessions or offering your services as a session leader. To submit suggestions, please contact Laura Hall at laurahallatl@gmail.com or Harry Trendell at geogprof@hotmail.com.

February 7

Northwest Visioning

Session Leader: David Morgen

Look for details in next week's NeUUs and Update.



Open Meditation

Session Leader: Gregory Byrd

The Open Meditation group offers a chance to participate in learning, sharing, and practicing the many types of meditation, ranging from the spiritual to the scientific. Benefits of meditation include improved concentration, stress reduction, better sleep and a more mindful life, as well as identification and resolution of patterns of thinking which can have negative impacts on our lives. There is a discussion and group meditation practice. Chairs are available.



On Feb 7, we will feature a video by Susan Piver about what meditation is, and what it is not. Whether you've been meditating for years or are new to this spiritual practice, you are welcome.

Note that beginning in March, Open Meditation will meet on the 2nd and 3rd Sundays of the month, rather than the 1st and 3rd.

Imbolc Ritual

Led by Hawk's Hoop CUUPS

Please join Hawk's Hoop, Northwest's CUUPS group, on February 7 as we celebrate Imbolc on the back porch during Second Hour. Imbolc is the celebration halfway between Yule and the Spring Equinox. It is the time of year when we start to feel the promise of the upcoming spring, and it is also time to sweep away the old and start fresh.



February 14

Sunday Sermon Discussion: *Just Mercy*

Session Leader: Rev. Terry Davis

Following each of Rev. Terry Davis' "Second Sunday Sermon Series" sermons, there will be Second Hour programs to discuss the sermon and your thoughts about the book. (You don't have to read it to participate!). Questions? Contact Rev. Davis at minister@nwuuc.org.



Share the Plate Recipient Speaker:

Bob Kent, Executive Director, Phoenix Boys Association

Our Share the Plate recipient for February will be the Phoenix Boys Association. Bob Kent, Executive Director, will speak about how NWUUC can engage in the work of this organization.



Continued on p. 9

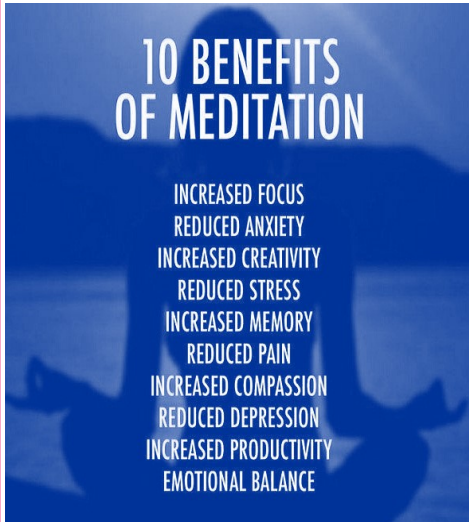
February Second Hour, *Continued*

February 21

Open Meditation

Session Leader: Gregory Byrd

See above for details.



Creativity Lab

Session Leader: Helene Johnson

Helene will take us through the **fundamentals** (emphasis on “FUN”) of drawing faces. Don’t worry if you are a complete beginner—you might be surprised with the results! Please let Helene know if you plan to come. There will be a \$2-\$3 charge for supplies. Email Helene or call her at 404.771.9832.



February 28



Fellowship Sunday

Do you sometimes wish you had more time to visit with friends, enjoy coffee and snacks, and meet visitors during our fellowship time following the Sunday worship service? Would you like to meet in a small group as a way to more closely connect with others? If so, Fellowship Sunday is for you! Each fourth Sunday of the month, we make space for this important individual and small group fellowship time to help you build your sense of community in a more personal and intimate way. So grab a cup of coffee, a tasty treat, and make those connections!

Small-Group Meetings on Fellowship



Sunday:

Northwest Seniors Network

Session Leaders: Renee and Mike Burke

The Northwest Seniors Network provides an opportunity for seniors,

retirees, grandparents and caregivers to meet with others in similar life situations, to discuss life issues, and to offer support to one another.

Currently the group engages in three activities per month: gathering on Fellowship Sunday, attending Hungry Ear Coffee House and LUUnch BUUnch. Please join us at any of these activities! To be added to the email list, send your name and phone number to Renee and Mike Burke at reneeandmike@mindspring.com.

CUUPS Discussion Group

*Session Leader: Stan Burch
Founders Room*

Hawk’s Hoop is the chapter of the Covenant of Unitarian Universalist Pagans (CUUPS) at Northwest. One of the primary purposes of CUUPS is to be an educational vehicle for Unitarian Universalist congregations and people, as well as a resource to create understanding and interfaith dialogue about Unitarian Universalism in the Pagan world.

Our activities primarily consist of monthly book discussions and the observance of pagan holidays included in the Wheel of the Year, such as Solstice, Imbolc, Samhain, and Yule. If you are interested in paganism and would like to learn more, please join us!



Celebrate!

Birthdays

John Reeves
Ryan Steffin
Penny Raney
Elizabeth Hickman
Arlene Thomason
Sharon Cameron
David Stewart
David Cohen
Anne Coogler
Fran Wolff
Dave Zenner
Bruce Niedermeyer
Jordan Dale
Gabriel Stewart
Dianne Cox
Ella Morgen
Larry Wallis
Deborah Ross

02/02
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02/25
02/28

Joining Anniversaries

Chrissy Haddad 02/05/1995
Julie Jordan 02/07/2013
Hugh Fordyce 02/08/1975
Barbara Stewart 02/08/2015
David Stewart 02/08/2015
Laura Hall 02/13/2005
Tom Godfrey 02/14/2010
Karen Reagle 02/15/2009
Allen Rider 02/15/2009
Jane Echols 02/16/2014
Laura Kearns 02/16/2014

UNiverse

UNiverse is published monthly by the Northwest Unitarian Universalist Congregation
1025 Mount Vernon Highway, NW
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(www.NWUUC.org)

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Send to nwuupublications@gmail.com

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Looking Ahead: Northwest 101

Wondering if membership at Northwest is the next right step for you? Interested in learning more about Unitarian Universalism and the Northwest UU Congregation? If so, please plan to attend Northwest 101 on Saturday morning, April 23. Recent visitors and friends will receive an invitation. Look for more details in the coming weeks. Please contact Mary Perloe ([404.217.8201](tel:404.217.8201)) for additional information.



Arts and Crafts* by Women—Today and Yesterday

In celebration of Women's History Month in March, we are planning an exhibit in the NWUUC Art Gallery displaying women's creativity in art and crafts.* We would like to include work not only made by our female congregants, but by your creative daughters and other female relatives even including work by those who are no longer with us.

Please email [Helene Johnson](mailto:Helene.Johnson) or call her at 404.771.9832 to let her know of your interest in participating. Send JPGs of images of your work if possible. Display will be limited to two pieces per person.

*Art or crafts can include anything that is original and made by your hand. Submissions due February 20.

Co-presenter Sandra Niven (sandraniven@hotmail.com) can be contacted for further information or suggestions.



February 17

Choir Practice, 7:30 pm, Sanctuary

February 18

Third Thursday Cinema, *Slavery by Another Name*, 7:00 pm,

February 21

Join-In Choir Practice, 9:00 am
Worship Service, 10:00 am
Activity Time, 10:15 am
Second Hour, 11:30 am
Children's Chapel, 11:30 am
7 on the 7th for All Ages, 11:45 am

February 24

Choir Practice, 7:30 pm, Sanctuary

February 28

Worship Service, 10:00 am
Activity Time, 10:15 am
Second Hour, 11:30 am
Religious Education, 11:30 am

February 3

Choir Practice, 7:30 pm, Sanctuary

February 6

Hungry Ear Coffee House™, 8:00 pm,
Sanctuary

February 7

Worship Service, 10:00 am
Activity Time, 10:15 am
Second Hour, 11:30 am
Religious Education, 11:30 am

February 9

Book Groupies, 7:00 pm, Art Gallery

February 10

Choir Practice, 7:30 pm, Sanctuary

February 14

Worship Service, 10:00 am
Activity Time, 10:15 am
Second Hour, 11:30 am
Religious Education, 11:30 am

February 15

Deadline for February UNiverse

February 16

In the Spirit, 7:30 pm, Sanctuary



NWUUC NORTHWEST UNITARIAN UNIVERSALIST CONGREGATION

1025 Mt. Vernon Highway, NW, Sandy Springs, GA 30327

A Member Congregation of the Unitarian Universalist Association

February 2016 UNiverse Newsletter

Publications Available Online

If you have a print version of the UNiverse and want more information about any programs featured here or about others happening this month, please go to our website (nwuuc.org) and access the electronic version under the Publications tab. You can use the live links in these electronic publications to easily contact event organizers and while you're there, you can read more about our congregation, its programs and services.

Northwest UUC Mission Statement

Our congregation creates loving community, inspires joy and spiritual growth, and supports courageous action.

Unitarian Universalist Principles

We, the member congregations of the Unitarian Universalist Association, covenant to affirm and promote:

- ◆ The inherent worth and dignity of every person;
- ◆ Justice, equity, and compassion in human relations;
- ◆ Acceptance of one another and encouragement to spiritual growth in our congregations;
- ◆ A free and responsible search for truth and meaning;
- ◆ The right of conscience and the use of the democratic process within our congregations and in society at large;
- ◆ The goal of world community with peace, liberty, and justice for all;
- ◆ Respect for the interdependent web of all existence of which we are a part.