



January 2018 UNlverse

NWUUC NORTHWEST UNITARIAN UNIVERSALIST CONGREGATION

Worship Services for January

Sunday Services Start at 10:00 am

Our Sunday worship services will be led by members of the Northwest Worship Associates team this month. The Nursery is staffed and available during services and fellowship.



January 7 – Coaxing Forth Life: Tending Our Gardens

Worship Leaders – David Stewart and David Morgen
Music—Northwest Passage

Raising and preparing food can teach the value of work or the virtue of patience, that a harvest depends on the weather and the season, awareness of our ecological footprint and our place in the local food economy. They can also be means of fostering community. Tending a garden can be a spiritual practice. Think about what gardens you tend with us.



January 14 – The Wisdom of MLK: Lessons for Contemporary Survival

Worship Leaders – Glenn Koller and Joe Keller
Music – The Northwest Choir

The tactics used and the teachings and wisdom exhibited by Martin Luther King (MLK) were a product of their time, but have relevance today with regard to how each of us deals with contemporary challenging social and political issues. This service will explore lessons learned from MLK and how we can individually and collectively utilize those teachings in our attempt to understand, survive, and perhaps start to heal our ever more divisive culture.



Worship Services for January, continued

Sunday Services Start at 10:00 am

January 21 – More Than a Moment

Worship Leaders– Hannah Cowart and Brian Freeman
Music — Northwest Passage

We often think of holy moments in terms of miraculous events like the birth of a child or a heightened state of being in which we experience some awakening or "aha." How can we step back and look at larger or longer experiences as holy? Could a meaningful relationship, or even a lifetime, be considered a holy moment?



January 28 – Control vs Acceptance: Finding the Balance

Worship Leaders – Lynne Dale and John Maynard
Music – The Northwest Choir

We are taught to work hard to control our destiny. And then conversely we are told happiness is about learning acceptance. Where is the line? How do we find that balance?

Seeking a Moment of Silence After All the Holiday Bustle?

Want to have a quiet, reflective time after the holidays are over? Join Northwest members Traci Montgomery and Lil Woolf for a contemplative service of readings, candles, meditation and music Tuesday evening, January 9 at 7:30 pm in the sanctuary. This is a continuation of the practice Rev. Terry Davis started last year.



Second Saturday Work Day, January 13

Gardens and Spaces' next Second Saturday work party is January 13 from 9 am to 1 pm. If you would like to join the team or just drop in to help out as your time allows, please come by—rain or shine. Bring your coffee and your breakfast if you like, and as usual, come when you can and leave when you must; all help is appreciated. There will be a variety of jobs with something suitable for everyone. For more information email johnleehagler@msn.com or gardensandspaces@nwuuc.org.

From the Community Minister

Dear Friends,

During the period of time from the departure of Rev. Terry Davis to the arrival of our Interim Minister Rev. Jonathan Rogers on February 1, I will be responding to calls for pastoral care. I also will be working with the Care Corps, one of our Ministry Teams, to provide pastoral assistance when needed.

Until Rev. Roger's arrival, Northwest members and friends with a pastoral care emergency may reach me on my cell phone at 404.275.0236 or by email at communityminister@nwuuc.org. Members of the wider community with a pastoral care need are invited to visit Northwest's website for resource information as well: <http://nwuuc.org/care-corps-resource/>

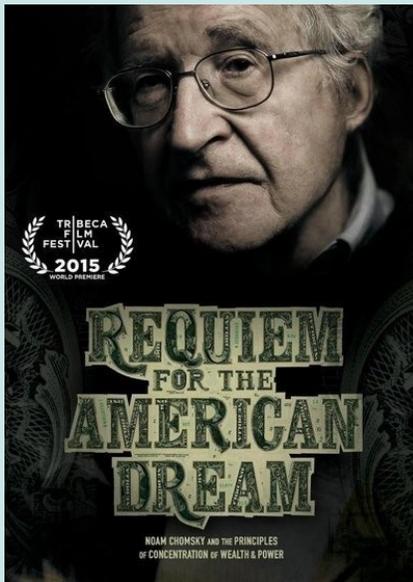
For questions or help in other areas of ministry visit the Ministry Teams tab on the website or contact the Office Administrator at office@nwuuc.org to be directed to the appropriate lay leader.

We are here to help!

Joan Armstrong Davis
Community Minister



Requiem for the American Dream, January 18



On January 18, UUCA Third Thursday Cinema will present *Requiem for the American Dream* at 7 pm. Noam Chomsky is widely regarded as the most important intellectual alive.

In this film, Chomsky unpacks the principles that have brought us to the crossroads of historically unprecedented inequality – tracing a half-century of policies designed to favor the most wealthy at the expense of the majority – while also looking back on his own life of activism and political participation.

Profoundly personal and thought provoking, Chomsky provides penetrating insight into what may well be the lasting legacy of our time, the death of the middle class and swan song of functioning democracy. A potent reminder that power ultimately rests in the hands of the governed, *Requiem* is required viewing for all

who maintain hope in a shared stake in the future.

A \$3.00 donation is suggested for the evening, which includes refreshments and a moderated discussion. The film series is sponsored by the Peace Network.

The Unitarian Universalist Congregation of Atlanta (UUCA) is located 1911 Cliff Valley Road, Atlanta, GA 30329.

December Board Meeting Notes

Your Board of Trustees met on Tuesday, December 19. Here's a summary of our very full agenda:

Increased support of RE

DRE Christina Branum-Martin reported that our visual call to action for activity time and family greeter volunteers seems to be working! For the past few weeks we have had an easel in the fellowship hall to encourage volunteers to sign up for short shifts in the coming months. We are pleased that many of our MTLs and board members are stepping up! The RE program will continue its momentum next spring and plans to offer Our Whole Lives (OWL) curriculum to select age groups. If you have an interest in being an OWL instructor (some opportunities with smaller time commitments are available!), please contact Christina or a Board member.

December pledging is looking good (and other financial news)!

Our finance trustee reported that year-end pledges have been coming in steadily. In addition to annual pledges, it was also reported that our capital campaign account balance has grown to close to \$200,000! This is evidence that our congregation fully recognizes that our success depends on pledge fulfillment. A million "thank yous!"

The finance committee has been working hard on significant "under the hood" items including staff payroll management and rental management. We are hearing great things on their progress!

Get ready to talk about food!

Your ministry team leaders (MTLs) met last week and laid out an aggressive and exciting schedule to start 2018. Those activities include coordinating our Share the Plate recipients, Second Hour programming and community volunteer opportunities around the theme of food justice. (See page 6.) You may even see the snacks after service begin to take on an aura of food justice.

The exciting work of archiving

Well, archiving may not be exciting to all, but Northwest member Jay Kiskel (our resident historian) is an archiving genius. After receiving full support from the Board, Jay will begin working in January to post a subset of our archival records to the Meadville-Lombard Digital Library. For those of you who associate digital archives with throwing out good ol' paper files, don't worry! Jay's goal is to maintain a copy of all archived material on acid-free paper

as well. Jay would be pleased to share the love if there are any archival buffs among our readership. Please contact him if you'd like to assist.

Interim Minister and Transition update

Many of you have approached us with enthusiasm regarding Rev. Jonathan Rogers joining Northwest as our Interim Minister. We wholeheartedly agree!

Rev. Jonathan will be in the pulpit on February 4 and we hope you all will join us for a welcome reception in his honor after the service (more details to come!). The Board has now shifted focus to establishing a transitions team to work with Rev. Jonathan during his tenure and we are beginning to brainstorm a committee to tackle the important work of searching for our new settled minister. If you are interested in either of these opportunities, please reach out to a board member.

ARAOMC Committee

The Board is delighted that three members have agreed to participate on our forthcoming ARAOMC (Anti-Racist Anti-Oppression Multi-Culturalism Committee). We are hoping to build a committee of five to seven members to take on this important work. If you are interested or have any questions, please contact a Board member.

Congregational Meeting--Take Two!

As you know, we had to make the tough call to cancel the service on December 10 due to freezing conditions in and around Atlanta. This also resulted in the cancellation of our December congregational meeting in which we hoped to make progress on a few significant bylaw changes and also give updates on important matters such as the building expansion project. We hope to reschedule this meeting for February, which will also give Rev. Jonathan the opportunity to participate.

Speaking of Building Expansion

The Steering Committee has begun meeting to discuss permitting, zoning and other very exciting pieces of the expansion project. They will be meeting again on January 7 and we look forward to getting an update on their progress!

The Gift of Self Matters

In this season of sharing and giving, we would do well to focus on how we can manifest both in our lives not only during these days, but as often as possible. Since the creative arts are about communication, this concept is articulated through multiple arts mediums. One such medium is that of the written word and especially in a statement by Stephen Grellet:

*I shall pass this way but once.
Any good, therefore, that I can do
or any kindness I can show to any human being,
let me do it now.
Let me not defer or neglect it,
for I shall not pass this way again.*

A blessing for others and ourselves manifests when we take the time to place our own self-interests aside as we choose to prefer another in need of a kind word, a helping hand, a simple word of encouragement, or even a greeting of "Hello!" The lyrics of one song state:

*Tomorrow may be too late my friend,
to do all the things that you plan;
So reach out to those who need you,
And give them a helping hand.*

There are countless persons who we encounter on a daily basis who could use a common courtesy or a sincere smile as we pass their way. Kindness costs nothing but the sacrifice of proactive selflessness. Once we make it a habit we will find countless opportunities to experience the joy that being a giver of kindness produces.

Therefore, let us use this season as an incentive to make the gift of selfless kindness an increased way of life. Let us choose neither to defer nor neglect "being" an instrument of kindness wherever we go and to whoever passes our way, regardless of who they might be. We will assuredly sense a satisfaction that is inestimable in this season and beyond.

Happy New Year!

Philip J. Rogers, D.M.A.
Director of Music

Support the Refreshments Crew

Just a reminder that your weekly coffee basket donations are greatly appreciated. The money collected helps to reimburse that week's kitchen crew's food expenses. While the coffee and creamer costs are covered by the church budget, our volunteers purchase all the food served, usually at a cost of \$50 - \$60 per Sunday. Because our collections are generally about \$25, our volunteers donate the monetary difference as well as their "before service" and "after service" time.

If you are one of our many regular contributors, thank you! If not, please consider becoming one—just throw a dollar or two in the basket.

Also, please think about joining our wonderful kitchen team. We need a first Sunday clean-up member and more substitutes. Working in the kitchen is a great way to meet terrific people.



January Share-the-Plate Recipient Organization: Community Assistance Center

In January, Northwest will begin a four-month long exploration of food justice issues. We will begin with a focus on creating better access to food and eliminating hunger, both in our own community and globally, and then we will move to examining how we personally can make more ethically, socially, environmentally and nutritionally sound decisions about our own diets. Throughout the winter and spring, please be on the lookout for the many learning and service opportunities that we will be bringing to Northwest on these issues.



To begin our new year and our new focus, Northwest will support our long-time partner, the Community Assistance Center (CAC). The CAC is on the forefront of the effort to fight food insecurity and hunger in Northwest's Sandy Springs and Dunwoody neighborhoods. While the CAC provides numerous services to families in need, including emergency rent and utilities assistance, clothing, school supplies and job placement assistance, one of its primary roles is alleviating hunger through its food pantry facility in Sandy Springs. There, the CAC provides non-perishable groceries, produce, fresh food and holiday baskets to low-income families.

CAC's pantry is a "client choice market" that allows the families they serve to use vouchers to shop for their own groceries from the items that they have available on the pantry shelves using vouchers. More than 1200 families per month visit the CAC's food pantry and the organization provides nearly \$1 million in no-cost food to the community annually.

CAC relies upon donations of food, time and money from individuals, groups and local businesses. However, CAC's member congregations – which number more than two dozen Sandy Springs faith communities, including

Northwest – are vital to its ability to serve the community. In recognition of our support of CAC's good work, we have selected CAC as our January Share-the-Plate recipient. Each Sunday during the month of January, half of all non-designated funds collected during the Sunday offering will go the CAC. Please give as generously as you are able.

Among the CAC's many recent achievements has been securing a new, larger storefront to house its pantry. The larger space will allow CAC to stock many more items on the shelves and better serve area families. However, this means work. The move will require that all of the nonperishable grocery items at their existing facility be packed up, moved and then unpacked and organized at the new location. Northwest is proud to be helping in that effort . . . led by our youth. Youth and adults from Northwest will join forces for one or more days of service with CAC's January move. We would love for you to join us. Please keep your eyes peeled for coming announcements of the day(s) and time and be sure to sign up.

We look forward to hearing from a representative from the CAC during Second Hour in January, where you can learn more details about their important work and explore ways in which you can help in their efforts. Stay tuned for details!



Food Justice Focus Begins in January

“Eat your vegetables! Just think of all those starving children in China!”

How many of you heard similar words from a parent when you were growing up? I know I did. In my case, if said vegetable was cabbage or mushrooms, two items I detested as a child, I wished I could have boxed up the food and sent it to those poor starving children, so I didn't have to eat it!

It was a mystery to me how my mother knew that Chinese children were starving, but the message was clear: there are children all around the world who don't have enough to eat, who go to sleep and wake up hungry, and therefore it was heartless of me to turn my nose up at what they desperately needed just to survive.

Food insecurity isn't a trick used by parents to shame their children into eating their veggies nor must we look half-way around the world to find people who face hunger every single day. In fact, in spite of its growing wealth, Sandy Springs is one of Georgia's worst food deserts, in which hundreds of families have too little to eat and too little access to nutritious food.

Nor is food insecurity the only issue. What we eat, where and how our food is grown, availability of healthy, nutritious, whole foods to families of differing income levels, how the

FOOD JUSTICE

ACCESS TO QUALITY FOOD FOR ALL



Availability



Adequacy



Sustainability

environment is impacted by food production – all these issues intersect and overlap and have positive or negative consequences for ourselves, our neighbors, and our wider world.

As a way to engage in specific social justice work, your ministry team leaders at Northwest have committed to exploring with you some of these food issues over the next several months through our Food Justice Focus. All of the ministries will be involved in this effort as we offer opportunities to learn about:

- food insecurity – what it means, how it's created, who suffers from it the most, and what we as a loving community can do to try and address it;
- how we can partner with organizations such as the Community Assistance Center (CAC) and the Atlanta Community Food Bank to actively engage in service projects to assist in their

efforts to alleviate hunger in our community;

- how our food choices impact our health, our families, our communities, and our earth, for good or for bad;
- steps others are taking in their homes, their businesses, and their communities to secure greater access for themselves and others to healthy food choices; and
- how you can live a better life through healthy eating.

We are excited to launch this learning and outreach opportunity and hope you find it insightful, fun and engaging. Be sure to review the weekly publications beginning in January for activities coming up in the months ahead and be prepared to jump in with helping hands and open minds to Northwest's Food Justice Focus!

Other Learning Opportunities in January

In addition to the Food Justice Focus, the Learning Ministry will continue to offer our usual recurring Second Hour learning sessions, such as Earth Ministry videos, Share the Plate recipient presentations, the Beyond Coffee Small Group and the Northwest Senior Network. Details will be provided in weekly publications.

Laura Hall

Learning Ministry Team Leader



Time for Deep Breaths



January has rolled in after such busy months. Winter has settled in and the nights are long and chilly. I am reminding myself to sit still and take some deep breaths. These words by Arthur Waskow come to mind:

*In the beginning, darkness covered the face of the deep.
Then the rushing-breath of life hovered over the waters.
Let us breathe together.
Let us catch our breaths from the need to make, to do.
Let us be conscious of the Breath of Life.
We breathe out what the trees breathe in.
We breathe in what the trees breathe out.
Together we breathe each other into life.
Blessed is the One within the many.
Blessed is the Many who makes one.*

Our children will follow our example of taking time to catch our breath in this month of renewal, this month of new beginnings. And this example of stillness is good for them to see. A vision I have for the children and youth of the religious education program at Northwest is to bring the practice of prayer into their religious life.

Prayer is a religious practice. Prayer is not simply an act. It is something done over and over again till it becomes second nature. It is a practice of being fully in the moment: when we are connected to the body, the breath, emotions and thoughts. Sitting still and catching our breath is a form of prayer. It is embodied prayer that brings us back to the quiet of our heartbeats. Through this mindful practice, we are blessed with a connection to life, to the holy.

Teaching children and youth to sit still and breathe deeply is not an easy task. This is a practice learned over time. Thankfully we teach that prayer is also to sing, to dance, to open our hearts, and to be at home in community, for "Together we breathe each other into life."

Northwest teaches the children and youth that religious practice and religious community is life-giving. What they see in your religious life matters. You teach them each week how to be fully alive together. For this, they are blessed.

Christina Branum-Martin
Director of Religious Education

UNiverse

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Veterans Still Need Your Donated Clothes



Thank you all so much for your continuous supply of clothing for Northwest's homeless veterans' clothing drive.

We have learned that since the shelter at Pine and Peachtree has closed down, the center at Fort McPherson, where we now bring the items, is serving over 1000 veterans! They also go out twice a month to find the homeless on the streets and help those who don't make it to Fort McPherson.

The people at the collection center have been very appreciative of what we have given them.

They said they will take business type clothing since they are also working on getting the vets off the streets and helping them get jobs, so they need interview type clothing also.

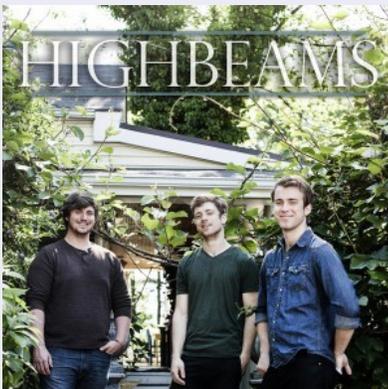
We will continue the drive through January. If you have any questions, please contact Renee and Mike Burke at reneeandmike@mindspring.com.

HOMELESS VETERAN WINTER CLOTHING DRIVE

The Hungry Ear Coffee House™ Presents Highbeams and Jake Decker, January 6!

Celebrate the new year on January 6 with the first Hungry Ear Coffee House featuring Highbeams and Jake Decker.

Highbeams is a trio of brothers that play emotive, high energy folk rock. Since their first show on New Year's Eve 2012, the band has captured audiences all over the Southeast with their



warm, personable stage presence and rich three-part harmonies.



Noted as a talented songwriter, Jake Decker's lyrics have been acclaimed as inventive and inspiring; his songs are original and thought provoking.

Doors open at 7:30 pm and the performance starts at 8 pm.

A \$5 donation is requested and canned goods for the Community Assistance Center of Sandy Springs (CAC) are always appreciated.

Bring a friend and a few extra dollars to buy refreshments during the break and to support the performers.



Farewell to the Fowlers

Our accompanist, Will Fowler has tendered his resignation effective at the end of December. His graduate school and parenting obligations have necessitated this decision. We appreciate the professional talents and fine musicianship of both Will and his spouse, Dr. Grace Fowler, who also served as our accompanist for several years. We wish both of them well as they continue developing and fulfilling their professional goals. They will be sorely missed.

The search for a new congregational accompanist is underway. An interim accompanist will fill in for the choir and Sunday services as the search proceeds.



Heart Space at the Mountain in March

Rev. Roy Reynolds and Trudy Deyle will lead the program *Creating Heart Space in These Turbulent Times* at The Mountain in Highlands, NC on March 16-18. This will be a contemplative program with opportunities to learn spiritual practices that open us to personal awareness and mutual connection, and to the calm, inviting depths of stillness. Early bird registration discount of \$25 before January 15.



For more information and fees see The Mountain notebook on the Community Table in the lobby, go to themountainrlc.org or call 828.526.5838.

January Joining Anniversaries

Nancy Tartikoff	01/09/1977
Peter Tartikoff	01/09/1977
John Reeves	01/04/1987
Rebecca Reeves	01/04/1987
Steve Stern	01/24/1993
Bill Cox	01/28/2001
Peg Gary	01/03/2004
Gwen Kahn	01/22/2005
Sharon Cameron	01/27/2007
Ilene Goldman	01/27/2007
Marilyn Matlock	01/28/2007
Greg Pattison	01/28/2007
Glenn Koller	01/06/2013
Darrick Alford	01/13/2013
Suzy Alford	01/13/2013
Bill Peterson	01/13/2013



January Birthdays

Robert Kent	01/01
Sebastian Stewart	01/01
Elissa Branum-Martin	01/04
Raegan North	01/04
Sophie Smith	01/04
Zachary Smith	01/04
Fay Mann	01/05
Sharon Beecher	01/06
Sydney Kahn	01/07
Marc von Mandel	01/09
Shirley Banks	01/10
Jared Freeman	01/11
John Marroquin	01/11
Mani Subramanian	01/11
Daniel Smith	01/13
Jamie Williams	01/19
Marti Wilson	01/25
Suzy Alford	01/27
Clarence Rosa	01/27

JANUARY

January 1

Happy New Year! No Service

January 6

Hungry Ear Coffee House, 8 pm,
Sanctuary

January 7

Worship Service, 10 am
RE, 10:15 am
Second Hour, 11:30 am

January 9

Book Groupies, 7 pm, Art Gallery
Contemplative Worship Service,
7:30 pm, Sanctuary

January 10

Choir Rehearsal, 7:30 pm, Sanctuary

January 13

Second Saturday Work Day,
9 am-noon, building and grounds

January 14

Worship Service, 10 am
RE, 10:15 am
Second Hour, 11:30 am

January 17

Choir Rehearsal, 7:30 pm, Sanctuary

January 21

Worship Service, 10 am
RE, 10:15 am
Second Hour, 11:30 am

January 24

Choir Rehearsal, 7:30 pm, Sanctuary

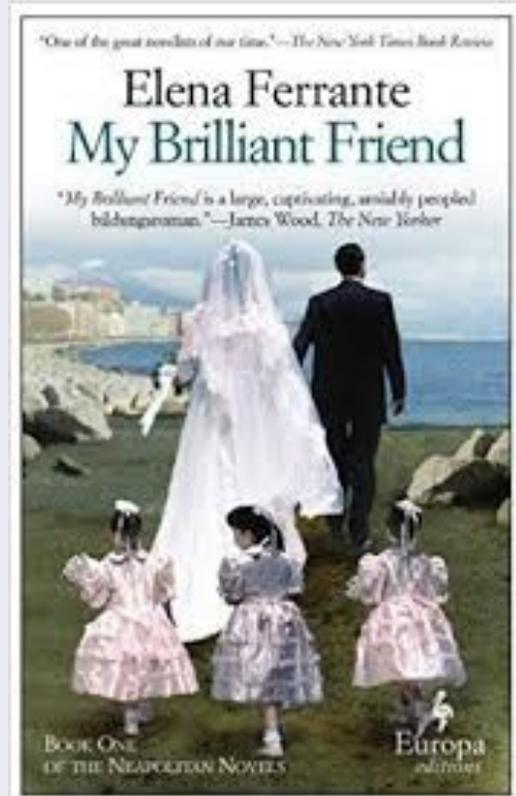
January 28

Worship Service, 10 am
RE, 10:15 am
Second Hour, 11:30 am

Discuss *My Brilliant Friend* with Book Groupies, January 9

According to a recent study at Emory University, reading a good book before going to bed can do wonderful things for your brain health. These include more restful sleep and better (and lasting) connectivity between your brain cells! We have a good book pick for the Book Groupies' January 9 meeting, *My Brilliant Friend* by Elena Ferrante.

Escape over the holidays to an Italian community and its renaissance after World War II, while following the development of a lifelong friendship between two young women. We will also pick books for the next few months at this meeting. Join us at 7 pm in the Art Gallery for a lively discussion.





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

A Member Congregation of the Unitarian Universalist Association

January 2018 UNiverse Newsletter

Publications Available Online

If you have a print version of the UNiverse and want more information, 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 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:

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