



# The Flaming Chalice

## Unitarian Universalist Church of Valdosta

Located at: 1951 East Park Avenue

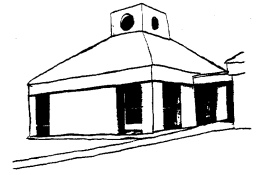
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Valdosta, GA 31604

Minister: Rev. Fred Howard

<http://uuvaldosta.net>

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Tom Phillips – President	Carol Stiles - Vice-President /Program Chair
Rosie Asbury –Treasurer	Susan Bailey - Director of R.E.
Kimberly Tanner – Director of Membership	Jim Ingram –Director of Building & Grounds –
Tom Aiello – Secretary	Carol Stiles – Newsletter Ed.

Please contact us by e-mail at [uuvaldosta@yahoo.com](mailto:uuvaldosta@yahoo.com)

### What's going on... **August 2017**

Sun	Aug. 6	10:45 AM	Religious Education for children <b>Service – Kalina Winska, “The Art and Science of Anodized Metals, Part 2”</b> Meet & Greet after the service
Sun	Aug. 13	10:45 AM	Religious Education for children <b>Service – Rev. Dr. Anna Mitchell Hall, “Blind Spots and Open Minds”</b> Meet & Greet after the service
M	Aug. 14	11:00AM	Break Bread delivery
Sun	Aug. 20	10:45 AM	Religious Education for children <b>Service -- Dr. Bernard Tamas, “Observers or Activists: Should Political Scientists Help Shape Politics?”</b> Meet & Greet after the service
Fri	Aug. 25	6:30 PM	Games Night!
Sun	Aug. 27	10:45 AM	Religious Education for children <b>Service – “A Book Communion!”</b> Meet & Greet after the service

## August, 2017

Join us in August as new speakers fill the pulpit and we have our first “Book Communion!”  
Details inside...

#### Mission Statement

*The Unitarian Universalist Church of Valdosta* is committed to building a community of acceptance and love, where all people may strive for intellectual, moral, and spiritual enlightenment. We offer a place to celebrate life's passages and to join in social action on behalf of local and global communities.

## Sunday Services

### **Sunday, August 6 – Kalina Winska, “The Art and Science of Anodized Metals, Part 2”**

Last month, we learned from Dr. Jan Drake about how anodized niobium surfaces used in particle accelerators must be cleaned regularly to remove containments and maintain surface smoothness. One side effect of the etching / cleaning process is the formation of color striations on the surfaces. Today, Kalina Winska, from the VSU Department of Art, will discuss how pieces of these metals can be used to create three dimensional artworks that blend both science and art. Please see Kalina Winska’s bio and artist statement in this newsletter.

### **Sunday, August 13 – Rev. Dr. Anna Mitchell Hall, “Blind Spots and Open Minds”**

What can we learn from psychology, science, and sacred story about how we see the world? Each of us has certain blind spots, and are challenged to keep a fully open mind. Is an open mind always the best approach to life? When does it serve us well, and when does it distract us from our path or calling? And is there a way to correct for our mental blind spots so we can truly see the world as it is? The Rev. Dr. Anna Mitchell Hall will share insights from her research on change and how we engage it in our faith communities and throughout our lives.

### **Sunday, August 20 – Dr. Bernard Tamas, “Observers or Activists: Should Political Scientists Help Shape Politics?”**

One of the more ethics-based questions among political scientists is whether their research should be driven by larger questions like human rights, human security, and democracy. Some believe that the ambit of political science should be limited to describing and explaining political processes. Others believe that we should be actively trying to impact and shape public policy. Examples include the role of political scientists in forming new governments, promoting good governance, or enhancing international cooperation for the betterment of the environment and other public goods. In this talk, I will explore

this debate and explain why I believe that political science should not only explain how governments work but also generate dialogue on how to change them for the better. Please see the bio for Bernie Tamas on page 2 of this issue.

*Share the Plate Sunday Offering: Donations to the plate this Sunday, not otherwise designated as pledges, will go to Hopes and Dreams Riding Facility, Inc., near Quitman, GA, which offers therapeutic services for veterans and their families, through horseback riding, camping, fishing, and other activities. The mission statement includes “to restore peace to their lives and heal the battle wounds that can't be seen.” Hopes and Dreams has begun a building fund to increase capacity to serve veterans. More info:*

<http://www.hopesanddreamsridingfacility.com>

### **Sunday, August 27 – “A Book Communion!”**

Today’s service will be a time to try something new – a Book Communion! Similar to the Flower Communion, but with books – if you wish, bring a book that you would like to share with others! You will add your book to the table and then will choose another book to take with you!

We will have a few people share short readings from their book of choice – if you would like to do so, please contact Carol Stiles prior to the service, with the title of the book and a brief description of why you have chosen to share the book. Readings should be only about 3-4 minutes in length.

## Religious Education

**For Children:** The RE program for children under 15 years of age meets at 10:45 AM concurrent with the Sunday morning service. Older young people will remain with the adult service. Two adults are needed each Sunday to help with RE. Sign up on the volunteer list at the church or through Carol Stiles and the Worship Team.

### **Worship Team**

Each Sunday, there will be a sign-up sheet on the table at the back of the sanctuary for sign up for the upcoming services. You can also send an e-mail to Carol Stiles and she will put you on the list for that task.

## Speakers for August 2017

**Kalina Winska** grew up in Poland. She earned her MFA from The Academy of Art and Design in Wroclaw in 2009 and The University of Florida, Gainesville, FL in 2012. Kalina has actively exhibited her works in Florida, Georgia, Louisiana, Maryland, California, Vermont, Virginia, Michigan, New York, and in Poland. She was featured in Studio Visit Magazine twice and was awarded to attend artist residencies at the Vermont Studio Center in Johnson, VT, Atlantic Center for the Arts in New Smyrna Beach, FL, Crooked Tree Arts Center in Petoskey, MI, and Contemporary Artist Center at Woodside in Troy, NY. Currently, she is an Associate Professor at Valdosta State University teaching drawing and foundation level courses.

### ARTIST STATEMENT

In my works, ranging from drawings to paintings and installations, I investigate subjective, social, and scientific perceptions of nature by means of abstraction. My inspirations come from microscopy imagery, diagrams, repetitive nature of scientific methods, and both our fears and joys we experience whenever confronted with natural and cosmic phenomena. Repeating and layering large numbers of simple minute marks, shapes, and symbols, the use of natural and synthetic color, reflective, metallic, or translucent surfaces all serve to articulate our relationship with nature and the universe.

**Bernard Tamas** is an Assistant Professor of Political Science at VSU, and he has a PhD from Rutgers University. He has held a Fulbright scholarship to the Central European University in Budapest, Hungary, where he conducted research on the political parties that emerged after the fall of the Berlin Wall. He was a postdoctoral fellow at the Harvard-MIT Data Center at Harvard University, and a visiting scholar at Harvard's Center for Basic Research in the Social Sciences. He was also a visiting research scholar at Columbia University, where he taught comparative politics. Dr. Tamas has previously worked as a software developer and database programmer at Princeton University, and has taught at Illinois State University, Williams College, and Brandeis University. His research interests include political parties, electoral systems,

and research methodology. Dr. Tamas is currently writing a book on the decline of third-parties in United States over the twentieth century.

## ABOUT OUR MEMBERS AND FRIENDS

*Keep in your thoughts...*

- ❖ Members and friends with health concerns.

*Our condolences to ...*

- ❖ Members and friends who have recently lost family members.

*Congratulations to ...*

- ❖ Rosie and Frank Asbury who are now grandparents!
- ❖ Doug Tanner, who received the Donald E. Payton Award for Lifetime Achievement from the Georgia Association of Student Financial Aid Administrators (GASFAA). Only those individuals who have been members of the association for 15 or more years, demonstrated significant and consistent contributions to the student financial aid field, and served as leaders in community and institutional affairs are eligible for the award. After earning a Master of Business Administration from Georgia State University in 1994, Doug returned to VSU's Office of Financial Aid as the manager of operations and has served as director of Financial Aid since 2002.

## Social Action Activities

### Break Bread Together

We deliver meals with the Break Bread Together program on the 2nd Monday (and 5th when there is one) of each month. Let David Rodgers know if you are interested in helping with this service. Several volunteers make it possible to adjust to changing personal schedules. Please let David know if you are available to deliver meals. It is helpful to have two people on the route.

# President's Corner

## Dr. Tom Phillips

There is no lack of resources for anyone considering a change in diet, especially if weight loss is a primary goal. Amazon lists nearly 200,000 books on "diet" and Google points to 27 million results when searching for "diet plans." There are pundits aplenty to tell the eager dieter exactly what and how much to eat, each espousing her or his own cleverly-named plan, eager to sell you a book, or a video series, or weekly delivery of frozen wares.

Much rarer is advice on how to eat. I, and many others more qualified than I to discuss this topic, believe that eating mindfully can have more lasting positive impact on one's health than any particular diet plan. Mindful eating has its roots in the Buddhist concept of mindfulness, or deliberate attention to the present moment. In mindfulness, one pays close attention to thoughts, sensations, and emotions without judgement.

The path to mindful eating starts with contemplating your grocery list and what is placed in your shopping cart. With each item, consider whether it will be purchased to satisfy your body's nutritional needs or if there is an emotional component to the consumption. Think of the many hands through which the food has passed. Reflect on whether any person or other sentient being suffered in producing this food item.

When eating, it is important to sit down and eat from a plate. Turn off the television and put down the mobile phone. Observe the colors and shapes of the food, as well as the aroma. Take small bites and chew thoroughly. Pay attention to the texture of the food in the mouth, and the confluence of flavors. Consider the different cultural influences on how the food has been seasoned and prepared. This is an excellent time to meditate on the 7th Unitarian Universalist Principle, "respect for the interdependent web of all existence of which we are a part."

Mindful eating has been shown to help eliminate binge eating and overeating, resulting in healthier body mass index. It may help with anxiety issues surrounding food and body image, and has even been shown to improve symptoms of type II diabetes. Some have found themselves

moving away from the standard western diet and toward more healthy and even more humane ways to eat after incorporating mindful eating into their lifestyle.

With the busy lives that many of us lead it's not really feasible to be totally mindful at each and every meal, but we can certainly make an effort to include it on occasion, even if only for the first few sips of morning coffee. Please consider this column a simple introduction to mindful eating, and the reader interested in a more in-depth study may utilize such resources as

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

## Games Night

Games night is scheduled for Friday, August 25! 6:30 p.m. until ? Please speak with Kimberly Tanner or Dawn Renner to express your interest in Games Night! Please bring a snack to share (remember that some of our members are gluten-free and vegetarian / vegan).

<p>Rev. Fred Howard, our part-time minister, is on sabbatical in the summer months. He can be contacted by email (preferable) at <a href="mailto:fredhoward3622@gmail.com">fredhoward3622@gmail.com</a>. He is available for weddings and rites of passage ceremonies by prearrangement.</p>
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## A Special Thank You!

...for the care and trimming of our green space. Jim Ingram has, over many years, been sole caretaker of the green space. This year, we should also add Chris Renfroe, Deb Marine, and Stirling Hill to our thank you list. Chris has been mowing the grass over the last few weeks while Jim is travelling. Deb and Stirling did some maintenance work on the lawn mower and did the mowing last week! Chris, Deb, and other members of the CUUPS group have also maintained the labyrinth! Thanks so much to all of you!

## Welcome New Member! Chris Renfroe



Kimberly Tanner, Membership Director, and Chris Renfroe look at our membership book. Chris signed the membership book on July 16. Welcome to UU Valdosta, Chris, and thank you for all that you already do for us!

### UU Church of Valdosta Board of Directors Meeting News

July 6, 2017, 6:00 p.m.

Highlights of the UU Board meeting:

- Discussed speakers and program for August.
- Discussed speakers and scheduling for the next Betty Derrick lecture in September
- Discussed need to trim trees which are blocking our sign along the road.
- Next Meeting: Thursday, August 3, 6:00 p.m.



## Thank You! Thank You!

**For watering plants at UU:** Amy Jackson  
**For mowing and trimming:** Jim Ingram, Chris Renfroe, Deb Marine and Stirling Hill.  
**For lay-leading services:** Doug Tanner, Lars Leader, Carol Stiles, Dee Tait  
**For speaking at Sunday Services:** Dr. Jan Drake, Lars Leader and Sue Bailey, Carol Stiles, Tom Phillips, Rev. Bennie Calloway  
**For providing music at services:** Rhett Watson  
**For Meet & Greet:** Dawn Renner, Kimberly and Doug Tanner, Carol Stiles, Joyce and Crystal Rapier  
**For leading RE and nursery care:** Sue Bailey  
**For assisting with RE and nursery:** Dawn Renner, Kimberly Tanner, Crystal Rapier, Diane Holliman  
**For taking out trash and recycling:** Dee Tait, Lawrence Rapier, Lars Leader, and others.  
**For delivering Break Bread meals:** David Rodgers  
**For photos for newsletter:** Carol Stiles  
**For leading the Caring Committee:** Dee Tait

## UU Valdosta Caring Committee

Members of this committee include Dee Tait, David Rodgers, Kimberly Tanner, and Carol Stiles. If you are able to help when assistance is needed please see a member of the committee.

## At the Church-in-the-Woods...

**Taoist Tai Chi** – Monday and Thursday, 5:30 - 7:00 p.m. Contact Dennis Bogoyo or Luana Goodwin. You can e-mail the group at [georgia@taoist.org](mailto:georgia@taoist.org)

## Sangha Tuesdays

The KTD Buddhist reading and meditation group is on hiatus for the summer. Please watch for announcements in the fall.

## Oaken Circle CUUPS Chapter

Oaken Circle, a chapter of the Covenant of Unitarian Universalist Pagans, meets each Wednesday evening, with an officers' meeting on the first Wednesday of the month.

You can contact the group by e-mail at: [valdostaoakencircle@gmail.com](mailto:valdostaoakencircle@gmail.com) or on Facebook: <https://www.facebook.com/groups/oakencircle/>

## Communicating at UU Valdosta

Newsletter Editor: Carol Stiles

Newsletter deadline is the 15<sup>th</sup> of the previous month!

*If you prefer reading this newsletter on the website, e-mail the editor to remove your name from the mailing label list.*

Worship Team Chair: Carol Stiles

Website Manager: Carol Stiles

e-Mail List: Contact Carol Stiles or Kimberly Tanner

Facebook: Kimberly Tanner

Local Publicity: Dee Tait

## INVITATION TO MEMBERSHIP

If you are interested in becoming a member of our fellowship, we encourage you to talk with our minister, Rev. Fred Howard or Membership Director, Kimberly Tanner. We welcome your questions, and we extend an open invitation to all who want to join our liberal community of faith.

## News from the 2017 General Assembly and the Unitarian Universalist Association: “Susan Frederick-Gray elected UUA president” (excerpt)

By Christopher Walton, UU World, updated 6/28/17

The Unitarian Universalist Association elected the Rev. Susan Frederick-Gray as its ninth president on June 24 [at UUA General Assembly in New Orleans.] Frederick-Gray is the first woman elected to lead the liberal religious movement, which includes approximately 1,000 congregations with 200,000 adults and children in the United States.

.... Throughout her campaign, which she launched in March 2016, Frederick-Gray championed the UUA as “a voice for love and justice.” She promoted a three-point vision of a “spiritually vital” movement “grounded in relationships” and “organized for impact.”

“We have much work to do,” she told the assembly. “I believe we are up to it. I look forward to working with you on this transformative path ahead.”

Frederick-Gray has served as lead minister of the Unitarian Universalist Congregation of Phoenix, Arizona, since 2008. She [was] installed as UUA president on Sunday afternoon, June 25.

## President Frederick-Gray is one of several religious leaders to speak out in support of the reintroduction of the Dream Act.

The bipartisan Dream Act of 2017 would allow young people brought to the U.S. as children, a possible pathway to legal status: “As a faith leader, I believe it is immoral to criminalize people whose families have had to leave other lands, often fleeing violence and extreme poverty, in order to survive. The Dream Act is the first step towards providing a path to citizenship for people who are already a part of the fabric of this nation.” - Rev. Susan Frederick-Gray, President, Unitarian Universalist Association. Read the full quote and others from religious leaders applauding the re-introduction of the Dream Act on the Interfaith Immigration Coalition website: <http://tinyurl.com/ybfdo26o>

Posted on the UUA Facebook page, July 21, 2017.

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

- The inherent dignity and worth 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.

*Grateful for the religious pluralism, which enriches and ennobles our faith, we are inspired to deepen our understanding and expand our vision. As free congregations we enter into this covenant promising to one another our mutual trust and support.*