



# InSpirit

## Unitarian Universalist Church of Hot Springs 100 Norwalk

Located at the corner of Norwalk and Spring St Hot Springs, AR 71914-3095  
501-625-3095 [WWW.uuchurchhotsprings.org](http://WWW.uuchurchhotsprings.org)

The UU church of Hot Springs is a certified *Welcoming Congregation*. We welcome you, whoever you are, or whatever the birthplace of your ancestors. We welcome you whether you are young or old, man or woman. We welcome you no matter what your spiritual beliefs or physical needs. We welcome you, whomever you love. May you find the warmth and connection you seek here.

## THEME FOR SEPTEMBER IS HOMECOMING

**September 1-** Allan Ward, with Ruth Shepard, will present “Community Building.”

**September 8,** Carol Stanfill, will lead us in our traditional Ingathering Water Ceremony

**September 15-** John Goldman, Executive Director, Habitat for Humanity of Garland County, will share some heartwarming stories of Homecoming.

**September 22-** Sunnye Davis will tell us her ideas about virtual Homecomings.

**September 29-** Bud Hearn looks at “Taking Your Ethical Blood Pressure.”

Carol Stanfill	President
Alan Clark	Treasurer
Dorothy Clark	Secretary
Pat Jobin	Membership
Jane Hufstedler	Values in Action



# PRESIDENT'S NOTE:

Homecoming is our September theme. As a retired elementary school teacher, this is always an exciting time of year. I have been seeing "first day of school" pictures of many little ones today on Facebook. For me, even as a teacher for 30 years, the first day always meant new clothes and anticipation of good time ahead. I look forward to good times ahead at our

church, too.

The five Sunday programs in September look great.

Remember to think about bringing a water sample from your summer travels or from some significant event from this past year. (You can just take tap water, give it special meaning, and say it's from somewhere else).

This annual UU Communion is celebrated to honor all of us as we come together from many different physical and mental places. "Different people. Different Beliefs. One faith" That's basic to Unitarian Universalism. Even in our little church, we have many different beliefs, backgrounds, personalities, and futures. But, somehow, we make it work. I am frequently impressed with how well we do this in Hot Springs.

Thanks to all for your contributions. And remember you can always contact me at [501-538-5816](tel:501-538-5816) or [carolstanfill@yahoo.com](mailto:carolstanfill@yahoo.com).

Carol Stanfill, Congregation President.

**MEMBERSHIP NOTE:** The new Membership Directory will be coming out this month. If Geary doesn't have a picture if you be sure a get with him this Sunday or next so we can see your smiling face when folks look you up.

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Rivers, ponds, lakes and streams - they all have different names, but they all contain water. Just as religions do - they all contain truths.

[Muhammad Ali](#)

# PROGRAMS

Dear Members and Friends,

We are hearing good comments on the Sunday programs and I want to take this opportunity to thank those who work so hard to make this happen week in week out. I especially want to recognize Claire Beam and thank her sincerely for her dedication and work making sure we have coffee and snacks and clean-up every Sunday morning. And of course how could we ever pull off a Pot luck Sunday without her taking the lead on getting us organized around the food? You are tireless and steadfast and do not hear nearly often enough dear Claire, how very much we appreciate you and the huge role you play.



This Sunday, Sep 1, Claire will fill another important role, as she is Planner and Lay Leader for the program entitled “Community Building”, with Alan Ward and Ruth Shepard. This will begin our month of “Homecoming” services.

Sep 8 Carol Stanfill, will lead the “Ingathering Water Ceremony” tradition, as we celebrate the joys of coming home after our travels and adventures of the summer.

Sep 15, John Goodman, Executive Director for Habitat for Humanity of Garland County, will be our speaker as he shares his experiences of the blossoming of the blessings of "homecoming" for families as they move into new homes made possible by the work of Habitat. Rebecca Ricks will be coming home too; welcome back.

Sep 22, Sunnye Davis, will speak to us about a different perspective for thoughts of Thanksgiving.

Sep 29 Bud Hearn will be back after he and Pat took the summer off to visit with family and friends. Welcome back Bud and Pat! Bud will talk to us about, “Taking Your Ethical Blood Pressure.” Rebecca will play for us.

We hope that you will not want to miss any of this lineup as it promises to deliver poignant stories shared with one another, new ways of thinking about old ideas, and personal thoughts of homecomings past.

Looking ahead to October which is “Forgiveness”

Oct 6, Bonnie Schlabowske will be with us to present a Power Point talk, “Humanism and its Varieties of Expression”, followed by audience dialogue. It will be great to get a visit with our long time friends, Bonnie and Jan, on the first Sunday of the month.

Oct 13 Denise Henderson, will present the Homecoming service originally planned for Sep. The long wait will make it even sweeter!

Oct 20 Bud Hearn will give us points to ponder as always happens when he shares with us what he has been contemplating.

Oct 27 Oliver Driver has agreed to host our Annual Jazz Service with Clyde Pound and Company.

There are bound to be several of these Sundays that sound especially interesting to you, so don't keep it a secret, invite someone you know to come with you.

Jane

## Introducing new member Don Wharton.

Don was born in California and raised in Oklahoma.

At 18 he decided to join the Army and make it his career. During the height of the Viet Nam war, where he served two tours, he was exposed to agent orange and developed diabetes. After serving six years he was discharged with medical disabilities.

In the late 70's or early 80's Don joined the "Back To The Earth" movement and lived in a cabin with no water or electricity until 1984. By that time he decided he wanted to get into a career field that would support him and be of some help to others. Don graduated from nursing school at the top of his class in 1985. Since then he has worked in Oklahoma, Arkansas, Texas, California and Wisconsin.

During his nursing career he worked in jails both here and in California. While in California he had his own clinic for female inmates.

After returning to Arkansas Don got interested in Reiki. Reiki is a spiritual practice developed in 1922 by Japanese Buddhist [Mikao Usui](#). It uses a technique commonly called *palm healing* or *hands on healing*. Don has studied and become a Reiki Master which he finds meshes well with his nursing vocation.

Don was raised in and visited several fundamentalist Christian denominations, none of which met his spiritual needs. He did however spend some time with the Unity Church and found their ideas of "Oneness" inspiring. A friend whom he admires is a Unitarian and he'd always been on the lookout for a UU Church to check out. He stumbled across us and the "Freedom" that we espouse he finds very compelling. Compelling enough in fact to join us. Freedom has always influenced Don's life; from the time as a young man who joined the Army to fight for freedom, to be free to wander the hills of north Arkansas as a hippy, to having the freedom to believe the teachings of Buddha. Now to be associated with a group that encourages people to be free to pursue their own understanding of Spirituality.

Welcome Don





**Habitat for Humanity Lunch  
Provided for Volunteer's, Saturday, August 10th**



The UU Church was asked to provide lunch to the Habitat for Humanity volunteer workers on Saturday, 10 am, August 10. There were approximately 25 volunteer workers.



Dorothy, as always, did a great job of getting us organized. Thanks to Jane, Denise M., Carol, Charlotte, Claire, John and Hazel for making our contribution a success.

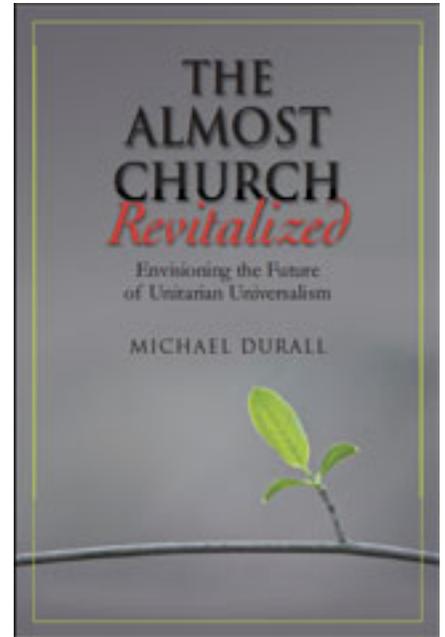
**Wisdom Seekers**  
**Meet on the 2nd and 4<sup>th</sup> Sundays**  
**From 9 to 10**

**Wisdom Seekers** have selected: **The Almost Church Revisited** by Michael Durall. A controversial UUA look at who UU's are and where we're going, or not.

In the Introduction the author says:

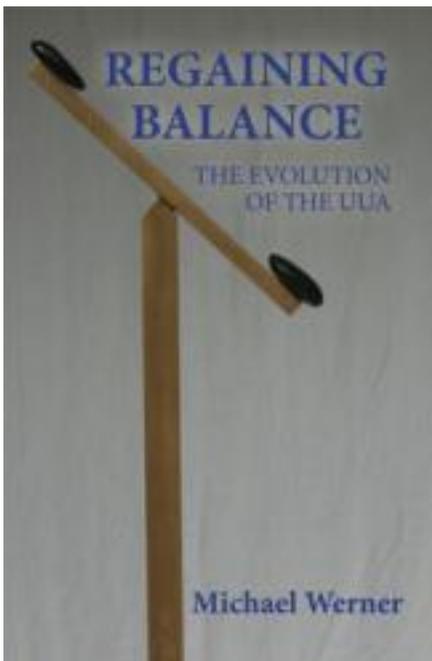
This is an uplifting book. Most readers of *The Almost Church* found my challenges to Unitarian Universalism's sacred cows engaging and thought-provoking. But others felt I was negative, not offering suggestions about how to do things better. This book contains scores of ideas that will help UU congregations become more influential in their communities and more effective in achieving their hopes and dreams.

My intention in writing this book is to help clergy, lay leaders, and people in the pews understand more fully the nature and character of their congregations. In doing so, I hope they will become more adventurous, mischievous, and successful in their roles.



***Regaining Balance: The Evolution of the UUA*** By Michael Werner (\$8 to purchase the Ebook at the HumanistPress website)

Another book we may want to consider for next time has been suggested by our long time Friends Bonnie and Jan Schlabowske. The author details the cultural, philosophical and political history of the Unitarian Universalist Association (UUA) especially in regards to Humanism and critical thinking. The evolution of the UUA from a focus on reason in religion to one of radical tolerance is described along with the loss on membership. Culturally important factors such as postmodernism, process theology, second wave feminism, value theory, new age, theological education, the "religious redefinition" game, population dynamics, and the age of narcissism in religion are brought together to show how multiple interacting forces have led to the UUA to ideological extremes of indiscriminate pluralism. The secular revolution is then described and possible solutions for the UUA going forward presented.

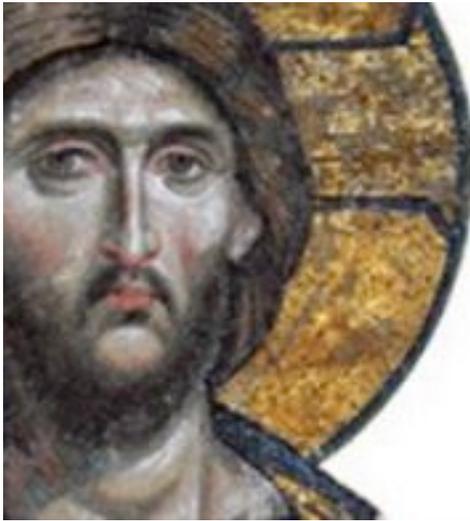


Michael Werner is an ardent Humanist and Unitarian Universalist having been past President of the American Humanist Association and held positions of responsibility in many other Humanist and UU organizations.

## Religious Exploration

The Religious Exploration classes are on the 1<sup>st</sup> and 3rd Sundays at 9:00 with DVDs from Great Courses.

The Course is titled "**Jesus to Constantine**", by Bart D. Ehrman PhD.



Jesus to Constantine is a study of the first 300 years of Christianity. How it started as a small Jewish cult of an apocalyptic preacher, in a remote corner of the empire, to a major political and religious influence about that preacher.

The series has been very enlightening and

generated a lot of interesting dialog.

Everyone is invited to come join us. If you've missed some (or all) of the previous lectures, no problem, join us anyway. If you'd like you can catch up by viewing the missed DVD(s) on your own.



What is a UU? A Doubter with self-confidence.



Notice: The Hot Springs Gay Pride Group meet at the Unitarian Universalist Church of Hot Springs on 2nd and 4th Sundays at 7pm. All are welcome.

# THE GO-TO PEOPLE

1. President - emails, Website	Carol Stanfill
2. Circle Suppers	Pat Jobin
3. Fourth Friday Film	Claire Beam
4. Grounds, Street	Oliver Driver, Larry Field, Rocky Vannucci
5. Kitchen	Claire Beam, Hazel Nino, Glenda Field
6. Langston School	Jane States
7. Church Library	Mary Arthur and Ann Hair
8. Music and Sanctuary	Joe Sturgill
9. Parliamentarian	Denise Marion, Dorothy Clark
10. Sound A/V Equipment	Joe Sturgill, John Nino
11. Membership directory	Geary Hufstedler
12. President	Carol Stanfill
13. Membership chair	Pat Jobin
14. Values in Action chair	Jane Hufstedler
15. Stewardship chair	Alan Clark
16. Secretary	Dorothy Clark
17. Inspirit newsletter	Geary Hufstedler
18. Local newspapers	Jane Hufstedler
19. Mail	Alan Clark
20. Historian, advisors	Betty Henderson, Oliver Driver, Jane States, Dorothy Clark

How many Unitarian Universalists does it take to change a light bulb?"

"We choose not to make a statement either in favor of or against the need for a light bulb. However, if in your own journey you have found that a light bulb works for you, that is fine. You are invited to write a poem or compose a modern dance about your personal relationship to your light bulb and present it next month to the Wisdom Seekers (first and third Sundays). We explore a number of light bulb traditions including incandescent, fluorescent, three-way, long-life and tinted; all of which are equally valid paths to spiritual luminescence."

