

InSpirit
Unitarian Universalist
Church of
Hot Springs
100 Norwalk
Norwalk and Spring St



Located at the corner of Norwalk and Spring St Hot Springs, AR 71914-3095
501-625-3095 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.

SEPTEMBER 2016

Sept 4 Mona Siddiqi will be our speaker, title Stories of “Trance, Self and Sufism”
Sept 11 Bob van Hook will speak, title “The Apocalypse and Science Fiction”
Sept 18 Jesse Davis will speak on, "Trust or Mistrust -- You Decide."
Sept 25 Dee Marion will lead our Water Communion service.

September Poems

“Ah, September! You are the doorway to the season that awakens my soul... but I must confess that I love you only because you are a prelude to my beloved October.”

— Peggy Toney Horton

My favourite poem is the one that starts 'Thirty days hath September' because it actually tells you something. **Groucho Marx**

President's Letter



September always means "back to school" for me. After spending 50 years as a student or teacher, how could it not be so! I still love learning. We have so many opportunities to learn in our UU Church. We have a children's RE program led by Jane Hufstedler. She coordinates teacher and lessons for kids of all ages. Let her know if you have an idea and if you'd like to teach. If you must miss a Sunday program, either while you teach the children or if you are away, Geary Hufstedler is now recording the sermon. I just watched several programs on my computer. Our book group and adult RE will begin

again soon. Check the InSpirit Newsletter and your email for details.

There are many workshops, retreats, and conferences where you can learn more about our UU faith. I always try to visit other churches as I travel. I attended the Whidbey Island UU Church in August.

With your membership in our church, you receive the magazine, "UU World". The UUA.org website has enough information to keep you learning for years! So, it's "back to school" for all of us everyday.

I was able to attend the UU Presidents' conference in June and the UU Camp, The Point, in July. I was delighted to see about 20 Arkansans at camp this year! Both events were very interesting and educational. I always come away from such events with new enthusiasm. Check our Facebook group, "UU Church of Hot Springs", as I update there when attending UU events.

Volunteers needed:

- to teach children's RE
- to host a UU Women's Group Wednesday activity
- to represent us at training, educational, and spiritual workshops
- to suggest a movie or other social event
- to lead a Sunday Program
- to join the choir
- to organize a social justice effort
- and so many other things

We ARE the church. It's up to each of us to make our family-sized UU Church of Hot Springs GREAT!

Enjoy the end of summer and the change to fall colors soon,

Carol Stanfill, Congregation President

Article of Interest

Editors Note: This is an article published by the Pew Foundation that Carol thought some of us might find interesting. I know I did.

What do Americans look for in a church, and how do they find one? It depends in part on their age. BY DAVID MASCI

About half of all Americans have looked for a new congregation at some point in their lives. But how they have searched, and what they were seeking, has depended to some degree on their age.

Younger adults were more likely than older Americans to turn to the web or to other people when looking for a new house of worship, a new Pew Research Center study has found. They also were less likely to prioritize religious education for children when choosing a church, possibly reflecting the fact that in recent years people have been waiting longer to have children.

It might not be surprising that young adults are more likely to look online for information about a congregation, given that younger Americans in general are more likely to use the internet than older adults. Perhaps more striking are the age differences associated with seeking advice from others when choosing a church: At least three-quarters of adults under 30 talked to a congregation member (75%) or a friend (82%) as part of their search, compared with just over half (55% and 54% respectively) of people 65 or older.

There were also some similarities among the age groups. For instance, across all ages, eight-in-ten or more adults say they attended a worship service as part of their search, and roughly half or slightly more talked to a clergy person.

Age-related similarities also were found in what people say were important factors in their choice of a new congregation. More than three-quarters of adults across all ages say the quality of sermons was important, although younger adults are slightly more likely to say this than older people (87% vs. 77%).

Other commonly cited decision factors across age groups include the style of worship, a sense of feeling welcome and the physical location of the church.

At the same time, younger adults are more likely than older age groups to say that having friends and family in a congregation was an important factor. About six-in-ten younger Americans say this (62%) compared with roughly half or less in older age groups.

For further details – Graphs and Charts

(<http://www.pewforum.org/2016/08/23/1-the-search-for-a-new-congregation/#for-most-personal-contact-key-to-search-for-new-house-of-worship>)

Special Events



*Only that day dawns
to which we awake*
-Henry David Thoreau

The Curatio Mindfulness Project will be offering an 8 week course on Mindfulness Based Stress Reduction in September in Little Rock and Hot Springs. The course is based on a national curriculum, and has excellent research validation. Mindfulness is taught from a psychological perspective making it appropriate for all spiritual/religious backgrounds. See the website for more information or call George Crook at 501-773-4948. www.curatiomindfulness.com

The Hot Springs course will be held at the Unitarian Universalist Church of Hot Springs and members of the Hot Springs congregation are eligible for a 10 % discount. The cost of the program is \$350.00. (A late fee of \$25.00 may be applied if full payment is not received by Orientation.)

HOT SPRINGS Orientation will be during first class.

Tuesday Classes - Sept. 20 to Nov. 15. 6:00 PM to 8:30 PM

Extended Day Class- Saturday November 5. 1:30 PM to 5:30 PM

Editors Note: Carol said that she, as President, has been invited to attend for free, which she intends to do. But, because she will be unable to attend all sessions another Member can attend when she can't. Contact Carol if you're interested. Also you may reference her eMail with Subject "MBSR brochure-FALL.2016.pdf"



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WATER COMMUNION SEPTEMBER 25

Water Communion is a celebration of our shared faith coming from many different sources, one of which is direct experience of transcending mystery and wonder, which moves us to a renewal of the spirit. Each person contributes a bit of water collected over the summer that holds special meaning. In our ceremony we will be combining the memories, meanings and metaphors represented by the water, in a common bowl. It serves as a fall ingathering service for our little church community.

Bring with you a small vial of water that holds special meaning for you. The water can be taken from anywhere legal and safe. It could be from a lake, stream, or ocean, or spring, local or distant, collected from the sky, squeezed from a cucumber ... or even from your tap.

Denise Mariani



**The Unitarian Universalist Fellowship of Fayetteville, AR
will host the Arkansas Cluster of UU Churches**

“Our UU Message in Media - In and Outreach”

How do we reach folks outside our walls?

How do we communicate within?

With

CLF Intern/UU Ministerial Candidate Sarah Prickett

Sept. 30th and October 1st, 2016

at Mt. Sequoyah Retreat Center, 150 Skyline Dr., Fayetteville, AR

Pre-registration by mail or email needs to arrive by September 18, 2016.

- 1. Pre-registration (due by September 18th) is \$35 per person; payment may be made in advance by mail or may be made upon arrival. Registration at arrival is \$45.**

****Registration fee includes dinner on Friday and breakfast/lunch on Saturday.****

Please send your pre-registration (by September 18th) to:

UU Fellowship of Fayetteville, 901 W Cleveland St. Fayetteville, AR 72701

or to Sarah Faitak at sfaitak@cox.net

- 2. Lodging: Rooms \$75+tax per night - single & double occupancy. To reserve your room, contact Mt. Sequoyah Retreat Center at **(479) 443-4531** or visit www.mountsequoyah.org**

Questions? E-mail sfaitak@cox.net, or call the UUFF office at **479-521-8422.**

{For more information you can also reference eMail from Carol with Subject of “AR UU Cluster Meeting in Fayetteville, AR on Sept. 30 & Oct. 1st- Register now and spread the word!”} EDITOR

SOCIAL JUSTICE

Baton Rouge Flood Victims

On August 28th we had a special collection for the Baton Rouge Flood Victims. As a result we raised \$615 due to the generosity of our congregation. A check in that amount was mailed to the UU Church of Baton Rouge to distribute as needed.

Jesse Davis, Stewardship

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Pope Francis: “We must not forget the grave social consequences of climate change. It is the poorest who suffer the worst...”

“Together we imagine a circle of compassion with no one standing outside of it.”
- **Peggy O’Neill, S.C.**

“The ends you serve that are selfish will take you no further than yourself but the ends you serve that are for all, in common, will take you into eternity.”
– **Marcus Garvey**

“It may well be that we will have to repent in this generation. Not merely for the vitriolic words and the violent actions of the bad people, but for the appalling silence and indifference of the good people who sit around and say, “Wait on time.”
– **Martin Luther King Jr**

“In these days of difficulty, we Americans everywhere must and shall choose the path of social justice..., the path of faith, the path of hope, and the path of love toward our fellow man.”
– **Franklin D. Roosevelt**

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Hot Springs LGBT Alliance now has new social media pages.

Here is a list of all our social media to date.

Official web page: www.hslgbt.com

Facebook

group: www.facebook.com/groups/hotspringspride

Facebook fan page: www.facebook.com/hslgbita/

Twitter account: HSLGBT A Instagram: HSLGBT A Snapchat: HSLGBT A

Please join us, and follow on these media sites to receive regular updates.



Bonnie Schlabowske



Bonnie Schlabowske died Wednesday, August 24 peacefully in her sleep. Jan said that she had been increasingly in pain even with large doses of morphine, but she was able to sit up and enjoy visits from her children and members of her family two days before she died. The family is not having a memorial service and Bonnie asked that any donations in her name be given to the hospice that cared for her in her last months. (I did not get the name, sorry, but will do so if requested.) Jan said that he and Bonnie put in a garden and patio with a Buddha from Vietnam and meditation bench, and he plans to inter her ashes beneath one of the 12" paving stones in front of the bench.

He said he is grateful for calls, and I'm sure, cards as well.

Jan Schlabowske 7401 W. Warnmont Ave., Milwaukee, WI 53220

[\(414\) 930-0317](tel:4149300317) janandbonnie@gmail.com

When I think of Bonnie, the first thing that comes to mind is Blueberry Sunday. She involved my little granddaughter by asking her to read a poem about the "Pancake Man" aloud. Jet still remembers this day, and, because of caring UU folks, she will probably choose to be a life long UU herself. Bonnie wrote our church history, which must have taken hours of her time. So much of our story would have been lost, had she not volunteered to be our historian. She is greatly missed. Many thanks to Jan, too, for all he did for our church.
Carol Stanfill

Whenever I remember Bonnie it is her smile.

Also in our weekday seminar she would ask the most difficult questions, and I would say to myself "Where in the hell does she get these questions!"

Mac McPherson

Bonnie was the holder of a sharp and keen intellect that always questioned and searched for truth. She was courageous beyond measure, compassionate and caring, and found humor when possible. She and Jan were a team that helped our fledgling group find a physical home which became the UU Church of Hot Springs. They worked hard together remodeling the church, and were the lead in the formation of the first BlueBerry Sunday which was held at their home they built themselves near Royal, Arkansas. The world lost a bright star with her death. We felt privileged to know them both, and miss our discussions that could spark with electricity over events and philosophical matters. Miss you Bonnie!

Glenda Field

I believe Bonnie & Jan started the blueberry pancake tradition at the church. I know they hosted it for many years. And Bonnie was a very effective president of the congregation. She and Jan did much of the remodeling of the church building after we bought it. They also, along with a few others, contributed heavily to the down payment for it. The church would not have survived without their hard work and financial support.

Barbara Hansen

I worked closely with Bonnie on the Covenant the membership developed for Behavioral Norms. She was a very focused person who kept the process on track. Her insights and opinions were well founded and thoughtful. We produced a very good product which still guides church members and if followed more closely may have prevented a few fractious situations concerning emails

John Nino

Bonnie and I were the Ying and the Yang of personalities, my spontaneous and "get 'er done," approach to her pragmatic and thoughtful way. When I was asked to chair an adhoc committee to review and perhaps make changes to the bylaws, Bonnie volunteered to be on the committee. She was an invaluable voice urging prudence and care with prospective changes, making the point that "less is more," when dealing with this important document for our church. When she and Jan made the decision to leave the UU faith, she asked to meet with me and Geary, as she wanted to be sure we understood, from her mouth, the reason why. It was a huge loss for our church, as they added so much to our group. I learned so much from her and I will always be grateful for her guidance and friendship. Rest in peace my dear one.

Jane Hufstedler

Editors Note: Bonnie was a moving force, and effective leader in our little church for several years. She held virtually every office and was a large influence on whom we are today. Thanks Bonnie.

GETTING TO KNOW YOU

Dorothy M. Clark

Many years ago in the land of Kansas, Dorothy was born. She lived on a ranch with her parents and three siblings. Life was adventurous; caring for livestock, chickens, fishing in the creek and being aware of rattlesnakes.

Fast forward to Mercy Hospital School of Nursing in Des Moines, IA. Dorothy and 62 other student nurses graduated, wrote and passed their state boards for R.N.s. She worked in various clinical settings including cardiac care, acute care, Public Health, Corporate Home Health setting, with oversight of twenty offices in seven states.



Later years (21) in the land of Arkansas, (Hot Springs), Dorothy and spouse Paul moved from Chicago. She worked at St. Joseph's Hospital in various departments finishing her career at the Cooper Anthony Mercy Child Advocacy Center.

There are many joys in Dorothy life; specifically finding the UU Church of Hot Springs, working on Social Justice issues, serving on various boards and knowing wonderful dedicated members.



Dorothy has three adult children, five Grandchildren, and three Great-Grandchildren.

Dorothy preparing lunches at Jackson House

UU Wednesdays

UU Women, meet Wednesdays at 10:00.

September 7, crafts for all, at the church, 10:00

September 14, art class for all, at the church, 10:00, Teacher = Dian

September 21, "Too Soon Old, Too Late Smart...", at Jane's , 10:00

September 28, card game at Charlotte's, 10:00

Our group is usually all women, but there are many times guys would be interested, too. Of course guys are always welcome.

Clarice will teach a class in October. She will send details later. For now, start collecting little smooth pebbles for your art project.

"Too Soon Old, Too Late Smart...Thirty Truths You Need to Know Now,"

After service in Vietnam, as a surgeon for the 11th Armored Cavalry Regiment in 1968-69, at the height of the war, Dr. Gordon Livingston returned to the U.S. and began work as a psychiatrist. In that capacity, he has listened to people talk about their lives - what works, what doesn't, and the limitless ways (many of them self-inflicted) that people find to be unhappy. He is also a parent twice bereaved; in one thirteen-month period, he lost his eldest son to suicide, his youngest to leukemia. Out of a lifetime of experience, Gordon Livingston has extracted thirty bedrock truths eg. *We are what we do,*

The perfect is the enemy of the good and Only bad things happen quickly. Livingston illuminates these and twenty-seven others in a series of carefully hewn, perfectly calibrated essays, many of which focus on our closest relationships and the things that we do to impede or, less frequently, enhance them. Again and again *Too Soon Old, Too Late Smart* offers solace, guidance, and hope to everyone ready to become the person they'd most like to be.

I guarantee everyone will LOVE this book. Come and grow with us.



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Religious Exploration
The Religious Exploration Classes / Discussion Group
1st and 3rd Sundays at 9:00

---- Come and bring your suggestion for topic, book, DVD or other.
We meet again on September 4 at 9:00am----

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Wisdom Seekers Book Group
Meet on the 2nd and 4th Sundays
From 9 to 10

Come and bring your book suggestion
on Sunday September 11 at 9:00am

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“for all I can really do is
stand here
in September’s rain
savoring...
soaking it all in
slipping..
and simply
holding on to poetry
for dear life.”

– **Sanober Khan, Turquoise Silence**



The Hand Drum Playshop will continue
meeting on Fridays from 1:00-2:15 p.m.
---- Postponed until Mid November ----



CALENDAR

SEPTEMBER

| Sunday | Mon | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|-----|---------|--|-----------------------------------|---|---|
| | | | | 1 "BIRDS" Practice 5:00 | 2 | 3 |
| 4 Mona will be our speaker, title "Stories of Trance, Self and Sifism" | 5 | 6 | 7 UUWednesday Crafts At Church 10:00 | 8 "BIRDS" Practice 5:00 | 9 | 10 |
| 11 Bob van Hook will speak, title "Apocalypse and Sci-Fi" | 12 | 13 | 14 UUWednesday Dian, teaching art At Church 10:00 | 15 "BIRDS" Practice 5:00 | 16 | 17 |
| 18 Jesse Davis will speak on, "Trust or Mistrust -- You Decide." | 19 | 20 | 21 UUWednesday Book Study Discussion, Jane's home 10:00 | 22 "BIRDS" Practice 5:00 | 23 | 24 |
| 25 Dee Marion will lead our Water Communion service. | 26 | 27 | 28 UUWednesday Cards At Charlotte's 10:00 | 29 "BIRDS" Practice 5:00 | 30 Arkansas Cluster Fall Meeting, Save the date: Sept. 30 - Oct. 1 in Fayetteville. | 1 Arkansas Cluster Fall Meeting, Save the date: Sept . 30 -Oct. 1 in Fayettevill e. |
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RE = Religious Exploration. 1st and 3rd Sundays 9:00 to 10:00AM
 WS = Wisdom Seekers. 2nd and 4th Sundays 9:00 to 10:00AM

Church Board

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|------------------|------------------|
| Carol Stanfill | President |
| Jesse Davis | Stewardship |
| Linda Puckett | Secretary |
| Geary Hufstedler | \Membership |
| Joe Sturgill | Values in Action |

New Go To List

Many thanks to new people signed up to take on needed tasks. The more we spread out the work the easier it is to have fun. Please do not hesitate to sign up and help support the Church and each other; like Oliver below.

| | |
|---|---|
| Building and maintenance | Jesse, Jay NEED HELP |
| Church Decor, Sanctuary Supplies | Joe, Jason |
| Coffee Boss, make coffee, keep supplies stocked | Tiffany |
| Facebook, email distribution | Carol |
| Gardening, mowing | Jesse, Carol.... NEED HELP |
| InSpirit Newsletter | Geary |
| Kitchen Staff | Sunnye, NEED HELP |
| Librarian | Dian |
| Local Newspaper, publicity | Jane, Ann |
| Membership Directory | Geary, Ann |
| Music Director | Joe, Jason |
| Nominating Committee, 2016-2017 | John, Oliver, Dorothy |
| Parliamentarians at meetings | Dee, Ann |
| Pastoral Care Committee | Jason, John |
| Rummage Sale, fund raisers | Oliver, ... NEED HELP |
| Social Action, volunteer opportunities | Tiffany, Charlotte, ... |
| Social Directors | Sheri, Carol, ... |
| Social Justice, keep us informed of causes | Charlotte, Dorothy |
| Sound, AV equipment | Geary, Jay, ... |
| Street Clean-up. Quarterly | Oliver, ... |
| Website | Rob, Carol, Jay, Dan Watson (webmaster) |
| Pews, restocking supplies | Ann |
| other | |

