

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](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.

## OCTOBER 2016

October 2 Bud Hearn "The Matter of Being Reborn aka Get a Life"

October 9 Barbara Thexton "Love, Alzheimer's, Guilt, Grievance, Grieving and Gratitude"

October 16 Dave Welch "Put Me In Coach"

October 23 Bob VanHook

October 30 Congregational Meeting and World Café

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When autumn darkness falls, what we will remember are the small acts of kindness: a cake, a hug, an invitation to talk, and every single rose. These are all expressions of a nation coming together and caring about its people. Jens Stoltenberg

I saw old Autumn in the misty morn stand shadowless like silence, listening to silence.  
Thomas Hood

# President's Letter



Welcome Fall! I love the season for its color and holidays! We have special things planned at church. And suggestions are always welcome.



We are a family sized church, so each of us can have a voice. Let Joe know if you would like to suggest a program. Let Sheri or me know if you'd like to suggest a social event. We are thinking about activities especially for our kids and youth, too.

Dorothy and I will travel to the Arkansas Fall Cluster at Fayetteville on September 30 - October 1. We always get lots of good ideas and enjoy the fellowship of other Arkansas UU friends.



Our Fifth Sunday Congregation Meeting will be October 30th, (costumes optional) We will continue the tradition of having a POT LUCK lunch after the meeting. This time it is "HALLOWEEN THEME". Stretch your imagination and bring a dish with a suggestion of Halloween.

Enjoy our fall colors and get ready for the holidays.

Namaste,

Carol Stanfill, Congregation President

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## Autumn Quotes:

The autumn wind is a pirate. Blustering in from sea with a rollicking song he sweeps along swaggering boisterously. His face is weather beaten, he wears a hooded sash with a silver hat about his head... The autumn wind is a Raider, pillaging just for fun.  
Steve Sabol

My sorrow, when she's here with me, thinks these dark days of autumn rain are beautiful as days can be; she loves the bare, the withered tree; she walks the sodden pasture lane.  
Robert Frost

# Sunday Programs

**Oct 2, 10:30am Speaker Bud Hearn, Title: "The Matter of Being Reborn aka Get a Life"**

Suppose the matter of "being reborn" is not about some preparatory transformational experience by which to obtain salvation, rather it is to accept this life as a gift and live it to the max. In Sunday's message Rev Bud Hearn shares his thoughts about "getting a life" within the bounds of this life.

The Youth RE group topic is the first, Six Source of our faith, "Awesome experience of mystery, beauty and belonging that all people feel."

9:00am, Religious Explorers discuss articles from UU World magazine.

**Oct 9, 10:30am Speaker Barbara Thexton, Title: "Love, Alzheimer's, Grievance, Grieving and Guilt."**

The Youth RE group topic is the second, Six Source of our faith, "Words and actions of wise and brave people that make us want to change things that are unjust or cruel, and to offer kindness and love instead."

9:00am, Wisdom Seekers discuss the book by J.D. Vance, "Hillbilly Elegy."

**Oct 16, 10:00am\* Speaker: Dave Welch, Title: "Put Me in Coach"**

A look at involving oneself in exploring meaningful life choices. "I had rather take a chance on life rather than having my life taken by chance." As simplistic, and perhaps maudlin, as this sentiment seems, it lies at the heart of psychologically healthy living.

\*We will begin the service at 10:00am, in order to allow time for everyone to be able to support our LGBT community in the Pride Parade in Little Rock at 1pm. Please come and march behind our local Hot Springs chapter's banner!

The Youth RE group topic is the third Six Source of our faith, "Ideas from lots of different religions that help us figure out what is good and true and fair."

9:00am, Religious Explorers discuss articles from UU World magazine.

**Oct 23, 10:30am Speaker Bob Van Hook**

The Youth RE group topic is the fourth Six Source of our faith, "Jewish and Christian teachings that encourage us to treat others the way we would like to be treated."

9:00am Wisdom Seekers discuss the book by J.D. Vance, "Hillbilly Elegy."

**Oct 30, 10:30am Congregational Meeting** Carol Stanfill, President presiding  
Pot Luck to follow meeting. Please bring food to celebrate the season.

The Youth RE group topic is the fifth Six Source of our faith, "Ideas of people who believe in the goodness and power of human beings, who remind us to use science, common sense, and our own brains to think things out."

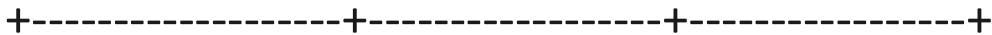
No 9:00 program

# SOCIAL JUSTICE

## Baton Rouge Flood Victims

On August 28<sup>th</sup> we had a special collection for the Baton Rouge Flood Victims. The funds were then sent to the UU Church of Baton Rouge. As a result the UU Church of Baton Rouge sent us a nice Thank You note expressing their gratitude.

The funds were distributed to their church members who were affected by the flood.  
Jesse Davis, Stewardship



## Central Arkansas Pride Fest

The 2016 **Central Arkansas Pride Fest** will be held on Sunday, October 16th, from 1-6 PM at the Clinton Presidential Center. Parade line up will be at 12 at 1 World Avenue (in front of Heifer International). UUCLR has a registered walking group in the parade and River City UU has graciously made space in their float for any anyone from UU congregations who would like to participate in the parade but is unable to walk. Please wear your Standing on the Side of Love or congregational t-shirts if you have them. We will have our Standing on the Side of Love banner to walk behind. Please join us to celebrate LGBT+ lives here in Central AR.

We will also have an information table set up among the vendor booths. We would welcome anyone who wants to join us in spreading the word on Unitarian Universalism, our presence, and our work here in Arkansas.

If you are interested in participating or have any questions please contact Kate Docker at [ksdocker@gmail.com](mailto:ksdocker@gmail.com).



## Hot Springs LGBT Alliance

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](http://www.hslgbt.com)

Facebook

group: [www.facebook.com/groups/hotspringspride](https://www.facebook.com/groups/hotspringspride)

Facebook fan page: [www.facebook.com/hslgbta/](https://www.facebook.com/hslgbta/)

Twitter account: HSLGBTA Instagram: HSLGBTA

Snapchat: HSLGBTA

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



## Bonnie Schlabowske

Editor: This is a brief note from Jan Schlabowske

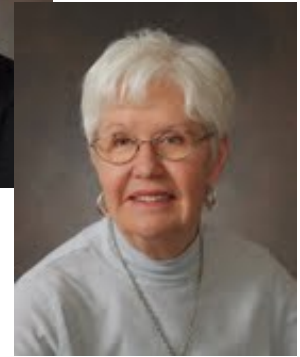
Hi Carol.

Thank you for sending me the latest newsletter.

The comments of members are greatly appreciated. I have second thoughts about any donations that any one might want to make in Bonnie's name. Please advise them to make them to **The Freedom From Religion Foundation**, in Madison Wisconsin (<https://ffrf.org/>). Bonnie was a member for many years, and their work is important.

I will miss her very much, as she was the glue in my life.

Kindest regards, Jan



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### Relevant Quotes:

America's freedom of religion, and freedom from religion, offers every wisdom tradition an opportunity to address our soul-deep needs: Christianity, Judaism, Islam, Buddhism, Hinduism, secular humanism, agnosticism and atheism among others. Parker Palmer

There's no doubt that the Christian right has gone to bed with the more conservative elements of the Republican Party. And there's been a melding in their goals when it comes to the separation of church and state. I've always believed in the separation of church and state.

Jimmy Carter

We have this idea in our minds that there's this separation of church and state in America, which I think is a good thing. And we extend that to our politics - not just church and state, but it's also there's a separation of religion and politics. But of course there isn't.

Stephen Colbert

The attitude is we live and let live. This is actually an amazing change in values in a rather short time and it's an example of freedom from religion.

Tom Wolfe

Genghis Khan decreed religious tolerance for all of his conquered peoples. So I think he definitely would approve of our constitutional protections of freedom of religion. I think he would also approve of the way the U.S. has been able to attract talented people from all over the world.

Amy Chua

# GETTING TO KNOW YOU

## ***Colonel John R. Nino US Army Ret.***

It was a dark and stormy night.....On no, wait a minute.....

I remember being told it was four o'clock in the afternoon on March 26, 1943 when I arrived in this world. My Mom and Dad took great care of their little bundle of joy. How was I to know I would be an only child!

I have many memories of growing up in an apartment building in Newark New Jersey, near Branch Brook Park, Barringer High School and Sacred Heart Cathedral. I won a cutest kid contest in the employee newspaper at the plant where my dad worked. I remember spending time in the summers with my Mom's relatives at the Jersey Shore (before Bruce Springsteen and company), Hawley and Honesdale, Pennsylvania, with my Dad's relatives, all to avoid city summers.

I started school right across the street at Sacred Heart Cathedral School where the nuns ensured we learned all we needed to know (and if we didn't there was always a very flexible wooden ruler to correct any misbehavior).

Just about the time I graduated, my folks bought a house in the nearby town of Union, New Jersey. That led to a sojourn as a newspaper delivery boy. While not a big route, it did involve some bike riding to get to all my customers with the Newark Evening News, daily and on Saturday and Sunday mornings.

Interestingly enough that later led to a summer job handing out samples of Praise soap in neighborhoods all over northern New Jersey. Soap bars provided good trading materials for the Dugan men (home delivery of baked goods) and milk men.

I walked "two miles one way everyday uphill both ways" to the bus stop where I caught transportation into downtown Newark for attendance at Saint Benedict's Preparatory School for four years of high school. I guess the Benedictine monks helped make me what I am today. Often I rode home on the bus with my mother, who at that time worked for Prudential Insurance Company.

On graduation from St. Benedict's, I elected to attend Seton Hall University in South Orange, New Jersey. After several changes in my major I graduated in January 1965 with a Bachelor of Arts degree in History and was commissioned a second lieutenant in the U.S. Army.

Thus began a 30 year career with the military. I served as a Military Police Officer, an Intelligence Analyst, a Personnel Manager, a Logistician and a Staff Office at many levels including two tours at the Pentagon. My last assignment was Senior Emergency Management Liaison Officer at Headquarters, First Army in Atlanta, GA. I was responsible for coordinating with the Federal Emergency Management Agency to provide military support to civil authorities in response to natural disasters and other declared emergencies in the southeastern region of the United States.

Along the way (in August 1974 to be exact), I earned a Master's Degree in Business Administration from The College of William and Mary in Williamsburg, Virginia.

After a sojourn in Oklahoma City in the mid-nineties, I returned to Georgia in 1997 to go to work for Governor Zell Miller's "Military Affairs Coordinating Committee" as Executive Secretary. Our mission there was to ensure that the state and local communities had done the best they could to ensure that Georgia's 13 military bases survived the looming 2005 round of Base Closures and Reassignments (better known as BRAC).

Along the way, I twice had some medical issues which caused me to retire from the state in 2003 and we headed back to Oklahoma. And, five years later, we moved to Hot Springs.

My partner in these activities from 1989 on, is my loving wife Hazel. We met in the fall of 1989 through an introduction arranged by mutual friends and hit it off immediately. We were married in April of 1990, just before my last Pentagon assignment. Hazel is directly responsible for my being here today. She is a fearless medical advocate and a great and wonderful friend, without whom I would not have survived a few medical issues. I love her dearly!

I have two sons and Hazel has a daughter and son, as well as two step children who reside here in Arkansas.

Editors Note: John and Hazel have been members since 20xx and John served two terms as



# UU Wednesdays

Our U U Women's Group meets each Wednesday at 10:00. Many of our programs are interesting to the guys, too, so you fellows are invited. Here is what's planned for October:

- UU Women, meet Wednesdays at 10:00.
- October 5, Social Time at Elsie's
- October 12, Pebble Art with Clarice
- October 19, Drawing with Dian at the church
- October 26, Book discussion at Jane's

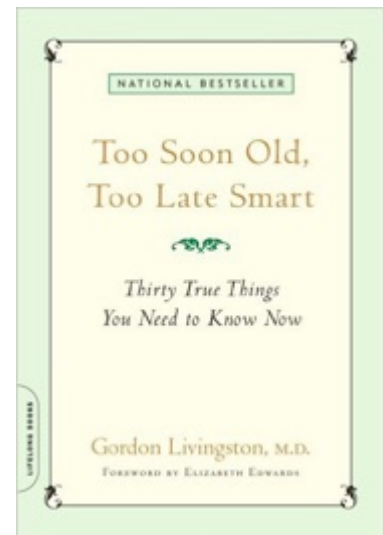
Clarice will teach a class on October 12th. Start collecting little smooth pebbles for your art project.

## "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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Autumn wins you best by this its mute appeal to sympathy for its decay.  
Robert Browning

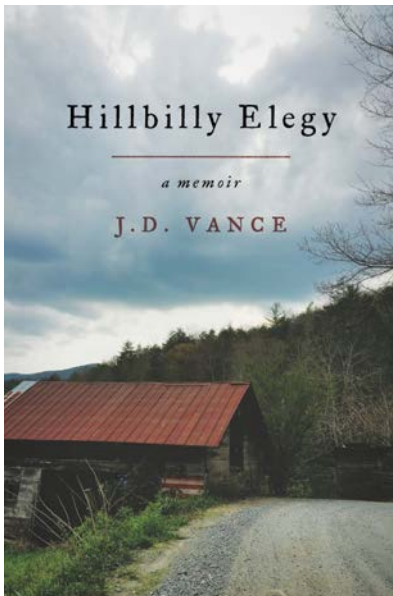
There is a harmony in autumn, and a luster in its sky, which through the summer is not heard or seen, as if it could not be, as if it had not been! Percy Bysshe Shelley 7

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

We're trying something new for the next couple month. Discussions of interesting articles found in *UU World Magazine*. Or for that matter other magazine or news article that support religious exploration. We started in September with an article from *UU World* about Comparing Liberal Muslims and UU's. Then another from *American Scientist* about the motivation of people who join and why they fight for ISIS.

We expect a lot of folks have stumbled across articles and say "Wow, How interesting. This should generate some great debate". Bring 'um in and let's talk about 'um.

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

A poignant account of growing up in a poor Appalachian town, that offers a broader, probing look at the struggles of America's white working class. Part memoir, part historical and social analysis, J. D. Vance's *Hillbilly Elegy* is a fascinating consideration of class, culture, and the American dream. At times funny, disturbing, and deeply moving, this is a family history that is also a troubling meditation on the loss of the American dream for a large portion of this country.

This book has already generated a lot of discussion around the country and I'm sure it will for us as well. Come join us even if you haven't read the book. The discussions are the best part anyway.

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

**---- Postponed until Mid November ----**





# CALENDAR

## OCTOBER

Sunday	Mon	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2 Bud Hearn "The Matter of Being Reborn aka Get a Life"  RE: Discussion of Various Articles	3	4	5 UU Wednesday Social Time at Elsie's 10:00	6 "BIRDS" Practice 5:00	7	8
9 Barbara Thexton "Love, Alzheimer's, Guilt, Grievance, Grieving and Gratitude"  WS: Hillbilly Elegy	10	11	12 UU Wednesday Pebble Art with Clarice At Church 10:00	13 "BIRDS" Practice 5:00	14	15
16 Dave Welch "Put Me in Coach"  RE: Discussion of Various Articles	17	18	19 UU Wednesday Drawing with Dian at the church 10:00	20 "BIRDS" Practice 5:00	21	22
23 Bob VanHook  WS: Hillbilly Elegy	24	25	26 UU Wednesday Book Study Discussion, Jane's home 10:00	27 "BIRDS" Practice 5:00	28 Fourth Friday Film Night	29
30 Congregational Meeting and World Café Pot Luck Lunch	31					

RE = Religious Exploration. 1<sup>st</sup> and 3<sup>rd</sup> Sundays 9:00 to 10:00AM  
 WS = Wisdom Seekers. 2<sup>nd</sup> and 4<sup>th</sup> Sundays 9:00 to 10:00AM

### Church Board

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

# Help Help Help

Help, Help Help!!!!

We need help in several areas. Several folks have volunteered to be put on the Go To List but have not been able to meet their commitment. For example on a recent Sunday one person bought coffee and cream, made the coffee, made brownies, and after the service cleaned up the kitchen all by herself. This person is NOT on the Go To List for any of those tasks but saw the need and stepped up. We need people to commit to accepting these, and other, important tasks. Because we are such a small group BurnOut is a real threat to those who always step up.

## Volunteers needed to:

join the choir  
bring snacks  
come early and make coffee  
teach children's RE  
host a UU Wednesday Group activity  
represent us at training, educational, and spiritual workshops  
suggest a movie or other social event  
suggest a book for RE or article for WS  
lead a Sunday Program  
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!

Please let Carol and or Geary what you can signup for.

## 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 ..... <b>NEED HELP</b>
Church Decor, Sanctuary Supplies	Joe, Jason
Coffee Boss, make coffee, keep supplies stocked	<b>NEED HELP NEED HELP</b>
Facebook, email distribution	Carol
Gardening, mowing	Jesse, Carol.... <b>NEED HELP</b>
InSpirit Newsletter	Geary
Kitchen Staff	Sunnye, .... <b>NEED HELP</b>
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 <b>NEED HELP</b>
Rummage Sale, fund raisers	Oliver, ... <b>NEED HELP</b>
Social Action, volunteer opportunities	Tiffany, Charlotte, ... <b>NEED HELP</b>
Social Directors	Sheri, Carol, ... <b>NEED HELP</b>
Social Justice, keep us informed of causes	Charlotte, Dorothy
Sound, AV equipment	Geary, Jay, ...
Street Clean-up. Quarterly	Oliver, ... <b>NEED HELP</b>
Website	Rob, Carol, Jay, Dan Watson (webmaster)
Pews, restocking supplies	Ann
other	<b>NEED HELP</b>

