

# InSpirit

February 2017

## Unitarian Universalist Church of Hot Springs

100 Norwalk, Hot Springs, AR 71901  
(at the corner of Norwalk and Spring St.)



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.

Eileen G. Martinez – InSpirit Editor

### February 2017 Services:

**March 5th** - Trevor Lewin - "Inspiration in Signing"

**March 12th** Akau Anyieth - "Man Without a Country"

**March 19** - Dave Welch - "The Devil made me do it: Religious understanding and level of moral reasoning."

**March 26** - Bob VanHook - "The Evolution of God"

### Religious Exploration

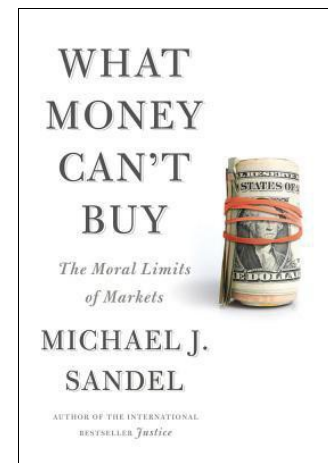
Meet on the 1<sup>st</sup> and 3<sup>rd</sup> Sundays from 9am-10am

Join us to watch and discuss various TED Talks. Feel free to bring suggestions for TED Talks you would like to recommend.

### Wisdom Seekers Group

Meet on the 2<sup>nd</sup> and 4<sup>th</sup> Sundays from 9am-10am at the church. This month, we will be discussing the book What Money Can't Buy: The Moral Limits of Markets by Michael J. Sandel

Sandel argues that we have drifted from having a market economy to being a market society and examines one of the biggest ethical questions of our time: What is the proper role of markets in a democratic society, and how can we protect the moral and civic goods that markets do not honor and money cannot buy?



### Birds' Practice Sessions

Sing with the Birds every Thursday at 5:15pm to practice our songs for upcoming services @ the church.

## BOARD POSITIONS – NOMINEES NEEDED!

From the Nominating Committee:

A month has gone by and no one has responded to our request for nominees for officers for our church for next fiscal year. Are current board has worked very diligently to improve our church and to support its' continuing missions. But as some have expressed to me, they are becoming burned out. Help is needed. Those who would like to help should contact Dorothy Clark, Oliver Driver or myself, and let us know. I have copies of some job descriptions I will be happy to share with you. Thank you for your consideration.

Soon June will be here and it will be time to elect Church Officers for 2017-2018 period. Our officers include:

- **President**
- **Secretary**
- **Membership Committee Chair**
- **Treasurer**
- **Program Chair/Values in Action Committee**

Please think about how you would like to serve the church. Let me know which office you would consider.

John Nino  
Nominating Committee Chair  
[johnnino090@gmail.com](mailto:johnnino090@gmail.com) or 525-0907

### Movie Matinee:

One the 4<sup>th</sup> Saturday of each month, there will be a potluck at 1pm and the movie will begin at 2pm.

March's movie will be on the 25<sup>th</sup>! Please join us for a family friendly event – we will be running two movies, one on the projector, one in the Wisdom Seekers room.

For the Grownups:

Collateral Beauty



For the kiddos:

Sing



### RECIPE OF THE MONTH

Banana and Nut Cake from Ann Hair...Van Dyke (mother's family) recipe

- 1 1/2 cups sugar
- 3/4 cups butter
- 2 eggs
- 1 cup bananas, mashed (about 3)
- 4 tablespoons milk
- 1 teaspoon baking soda
- 3/4 cups nut meats (I use pecans.)
- 1 1/2 cups flour

Mix in the order given. Bake at 350F until center is done and cake pulls away from pan. Makes a loaf or layer cake.

## March President's Update



Dorothy and I attended the SWUU Women's Conference in Dallas in February. I really recommend attendance at out of town events. We came back relaxed and excited about our chosen faith. Next year the Conference is in Austin. Then, get ready for this: in 2019 our church will host the conference for between 200 and 300 ladies! We are beginning to plan now, so let me know if you'd like to get in on the fun and help us plan workshops, catered meals, motel rooms, entertainment, and lots of activities to offer the best conference ever! It will be the 33<sup>rd</sup> time the UU Women have gotten together for this annual fun event. I will be calling our first planning meeting in March. EVERY woman in our church may have a part to play. Watch your email for announcements.

March 8 is International Women's Day. Wear RED and check the internet for special events. For information: <https://www.internationalwomensday.com/>

Our church's U U Women's group is trying a new schedule this month. Since we have had only 1 or 2 participants at some of our Wednesday get-togethers, we decided to try meeting about twice a month at different times. So, help us come up with fun plans for April. March's schedule is here in the InSpirit. I will send email reminders.

There are so many ways to get involved in our family sized church. Let me know if I can add your name somewhere on our "Go-To People" list. It's time to think about gardening, spring cleaning, and planning some church activities. Ideas?

We have a dedicated group of members and friends who are helping our children's RE classes be fun and educational. You may want to teach once or join us every other month or so. Let me know if you would like to learn more about ways to help our youth. I can send you the notes from our first two meetings.

I know we all want to get involved in social justice. I share ideas via email when I see ways to live our principles. So, send suggestions and come join us in activities. Let's get the kids involved, too, in appropriate causes. "Service is our prayer". Boxes to collect items for Jackson House and the Ouachita Children's Center are in the kitchen at church. This is an ongoing project, so you can bring things, including money, any time.

Happy St. Patrick's Day! Enjoy Spring!  
Namaste,  
Carol Stanfill, president



## Learn American Sign Language!

ASL Club will be held every Monday at 6pm downstairs at the church. See Tiffany Gonzales for more information.



## UU Women's Group

**Thursday, March 2**, Slumber Party at Linda's House 6pm. Brunch to follow Friday, March 3<sup>rd</sup> at 10am – if you are unable to attend the slumber party, please feel free to join us for brunch! RSVP @ 405-627-6840 or [lindy4laughs@yahoo.com](mailto:lindy4laughs@yahoo.com)

**Wednesday, March 15**, Cards at Carol's House

## LGBT Alliance Events:

### Big Deal Spring Party

It's where it's happening!

Party with the Hot Springs LGBT Alliance members and friends Friday, March 31, 6pm, at Phil's Restaurant, 2900 Central, directly across from the Oaklawn Race Track.

Fun, Food, Music, Soft Beverages BYOB  
Fund raiser for the Pride Parade Celebration.

\$10.00 donation at the door.

Please RSVP by March 27th to Joe Sturgill, text or call 501-802-4111 or email to [alanjoseph@hotmail.com](mailto:alanjoseph@hotmail.com) or find him on facebook at [facebook.com/joe.sturgill.5](https://www.facebook.com/joe.sturgill.5)

### Canasta Game Day

March 26<sup>th</sup> at the church at 3pm

On Sunday, March 12<sup>th</sup> at 3pm, the Hot Springs LGBT Alliance will be showing the Academy Award Winning movie "Moonlight" at the church.

A timeless story of human self-discovery and connection, Moonlight chronicles the life of a young black man from childhood to adulthood as he struggles to find his place in the world while growing up in a rough neighborhood of Miami.



March 15<sup>th</sup>, The Ides of March  
(a.k.a. The Ides of Trump)

### Postcards from the People

This is an event that has origins I have been unable to trace. The concept is simple, and could possibly offer welcome revenue to the United States Postal Service now that we email and video chat rather than send snail-mail. In any case, it is a way for Americans to speak en masse to our country's leader in a way that will at the very least, make a noticeable impact, and perhaps open further dialog.

The idea is, on March the 15<sup>th</sup>, every American should send a postcard to the White House, expressing your personal concerns, questions and positions on whatever topic is important to you. Whether you support our president and his policies or not, the content of your postcard is entirely personal. Send him support, send him your worries, send him your frustrations – it's up to you.

~Eileen G. Martinez



Mail to:

**President Donald J. Trump  
The White House  
1600 Pennsylvania Avenue NW  
Washington, DC 20500**

**HIKE FOR THE CLURE**  
**FOR THE CLURE**  
**FOR THE CLURE**  
**FOR THE CLURE**



Cost:  
\$7 without t-shirt (register by 3/15)  
\$16 with t-shirt (register by 3/15)  
Entry Info: Contact Bonnie Carr  
@ 501-844-7094 or at  
[Bonnie.carr@arkansas.gov](mailto:Bonnie.carr@arkansas.gov)  
Forms can be picked up at  
Montgomery County Heath Unit,  
Shangri-La Resort, Mountain  
Harbor Resort, Bates Sales &  
Service, Jessies Salon, and Hair &  
All That Jazz.

**Saturday, April 1st**

**Time: 8:00 a.m.**

**Where: Lake Ouachita Vista Trail**

**Shangri-La Drive**

**Mount Ida, AR**

### **An Old Irish Blessing**

**May love and laughter light your  
days,  
and warm your heart and home.  
May good and faithful friends be  
yours,  
wherever you may roam.  
May peace and plenty bless your  
world  
with joy that long endures.  
May all life's passing seasons  
bring the best to you and yours!**

Literacy Council of Garland County  
**Volunteer Tutors Wanted!**  
*"You can change a life!"*

Call the number listed below  
for more info.



**Tech Mondays**  
**4<sup>th</sup> Mondays @ month**  
**Jan—May**  
**1/23, 2/27, 3/27, 4/24, 5/22**  
**5:00-6:30pm**

**Learn to use your smartphone smarter:**

How to save power  
How & why to close apps  
Deleting & downloading apps  
What is iCloud, Google Drive, OneDrive?  
What is Bluetooth, Airdrop, Github?  
When & how to connect to WiFi  
Monitor data usage  
Sharing files  
Storage options  
Cyber Security



*"Become more literate with your smartphone!"*

**501-624-7323**

**119 Hobson Ave., Hot Springs, AR**

**CIRCLE SUPPER - WHERE UU'S GATHER TO  
DINE, DISCOVER AND DISCUSS – March 11th**

Thanks so much to our gracious hosts for February...  
Joe and Alan and Dee and Dan  
It's been reported in Real News, not Fake News, that  
a grand time was enjoyed by all.

Time to be determined by hosts  
Gracious Hosts and Number of available seats at  
their tables  
Dorothy Clark (8) (501-760-1264)  
Charlotte and Alan Gold (6) (501-525-1827)

Please contact a host to reserve your seat and to  
select your side dish for the occasion.



We help out Ouachita Children's Center when we can. There is a plastic tub in our kitchen for donations. Currently they are looking for these:

- ◆ New pillows
- ◆ Storage shelves
- ◆ Outdoor plastic chairs
- ◆ New matching comforter sets
- ◆ Outdoor benches, wrought iron chairs
- ◆ Corelle or Melamine plates, bowls
- ◆ Magnetic wall boards
- ◆ Paint
- ◆ Area throw rugs
- ◆ Trendy and Motivational quotes for the walls
- ◆ Board games
- ◆ Perfume, body sprays
- ◆ School supplies
- ◆ Clothing (please take clothing to the Jackson House Thrift Store or the Salvation Army Store)
- ◆ Teachers/ Volunteers
- ◆ Youth magazines, books

They are looking for folks who could teach or supervise music lessons, classes in poetry, writing, art, CPR, first aid, sports, etc.

OCC location: 339 Charter Oak, HS  
(501-623-5591)

"It is easier to build strong children than to repair broken men."  
– Frederick Douglass

## St. Patrick's Day with a Twist! Recipes from Eileen Martinez

### Guinness Corned Beef

~4 lb. Corned Beef Brisket  
12 oz. Irish Stout (i.e. Guinness)  
1 c. Brown Sugar  
Seasoning packet that comes with the corned beef

#### Instructions:

Rinse the beef and pat dry. Place in large crockpot, fat side up. Dump brown sugar and season packet on top of meat and then pour the stout over the top. (Feel free to use an extra bottle of stout or water to make sure the meat is covered). Put it on high for a half hour, then turn down to low and cook it for ~18 hours (overnight). Remove the corned beef from the liquid, and the fat on the top will slide right off, leaving you with fall-apart, amazing corned beef!

### Bubble and Squeak

3 slices of bacon OR 3 Tbsp of butter  
½ head of cabbage  
1 large yellow onion (vidalias are great)

#### Instructions:

Fry up the bacon (or if you're using butter, skip that part). Remove the bacon to a paper towel to drain. Cut your cabbage in half – unless you have a huge pan, you won't be able to fit a whole chopped cabbage! Chop into 1" pieces, give or take. Dice the onion. Saute both in the bacon fat or butter until translucent. Salt and pepper to taste, and if you used bacon, chop it and toss it all together!

### Candied Carrots with Tarragon

1 lb. Carrots  
¼ c. brown sugar  
3 Tbsp. Butter  
1-2 tsp. Tarragon to taste

#### Instructions:

Chop the carrots how you like, I prefer to cut them into small strips, but you can dime chop or dice them too. Cook carrots in butter until softened, stir in brown sugar and sprinkle with tarragon.



### Garlic Mashed Potatoes

3 lbs. Russet or Yukon Gold Potatoes  
5 cloves garlic (peeled and woody end removed)  
½ pint sour cream  
¼ c heavy whipping cream  
½ stick butter

#### Instructions:

Peel potatoes (you can leave yukon skin on if you like) and place in a large pot with enough water to cover. Throw in garlic as well. Boil until potatoes can be pulled apart easily with a fork. Drain the potatoes in a colander, and mash or use a blender to smash them. Stir in butter until melted and then add sour cream and whipping cream until you have the desired consistency. Mix in dill weed or chopped chives if you like.

## February Photo Highlights!



**They may be in Houston, but they are never far from our hearts!  
From Left to Right -  
Orson Cook, Elsie Hay Cook, Peter Brooks and Dian Hauser**



**Feb. 10-12 SW UU Women's  
Conference in Dallas**

**Dorothy Clark (right) and Carol  
Stanfill (left) had a wonderful time.  
They have lots of ideas now for 2019,  
when our women will host  
the event at the  
Hot Springs Convention Center!**

## March 2017 Calendar

Sunday	Monday	Tues day	Wednesday	Thursday	Friday	Saturday
			<b>1</b> Hike for the Cure 8am	<b>2</b> Birds Practice 5:15pm  UU Women Slumber Party 6pm	<b>3</b> UU Women Brunch 10am	<b>4</b>
<b>5 Trevor Lewin -</b> "Inspiration in Signing"  <b>Ted Talk 9am</b>	<b>6</b> ASL Club at the church 6pm	<b>7</b>	<b>8</b> <i>International Women's Day</i>	<b>9</b> Birds Practice 5:15pm	<b>10</b>	<b>11</b> Circle Supper
<b>12 Akau Anyieth -</b> "Man Without a Country"  <b>Wisdom Seekers 9am</b>  <b>LGBT Movie Matinee 3pm @ the church</b>	<b>13</b> ASL Club at the church 6pm  <i>Hindu Holi – Festival of Colors</i>	<b>14</b> <i>Pi Day</i>	<b>15</b> UU Women 10am Cards at Carol's House  Ides of March	<b>16</b> Birds Practice 5:15pm	<b>17</b> <i>St. Patrick's Day</i>	<b>18</b>
<b>19 Dave Welch -</b> "The Devil made me do it: Religious understanding and level of moral reasoning."  <b>Ted Talk 9am</b>	<b>20</b> ASL Club at the church 6pm	<b>21</b>	<b>22</b>	<b>23</b> Birds Practice 5:15pm	<b>24</b>	<b>25</b> Potluck at 1pm, movies at 2pm at the church.
<b>26 Bob VanHook -</b> "The Evolution of God"  <b>Wisdom Seekers 9am</b>  <b>LGBT Alliance Canasta 3pm @ the church</b>	<b>27</b> ASL Club at the church 6pm	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b> Big Deal Spring Party 6pm at Phil's Restaurant.	



## Volunteer List of Go-To People

<i><b>Volunteer Assignment</b></i>	<i><b>Name</b></i>
Adult RE	Alan, Eileen
Children's RE	Carol
Circle Supper Coordinator	Sunnye
Coffee, prepare and stock supplies	Tiffany, John, Hazel
Facebook Group, Email Distribution	Carol
Film Fests	Sheri
Grounds, mowing, gardening	Jesse, Eileen, Carol
Kitchen organization, supplies, fridge	Sheri, Sunnye, Bai, Audrey
Librarian	Joy
InSpirit Editor	Eileen
Maintain building, repairs	Jesse, Jay, Oliver, John
Membership Directory, nametags	Joy
Music, Choir	Joe, Jason
Nominating Committee 2017	John, Oliver, Dorothy
Pastoral Care	Jason, John
Pews, restock and organize	Ann, Audrey, Nico and Joe M.
Rummage Sale 2017	Oliver
Sanctuary supplies, décor, flowers	Joe, Linda, Ann, Barbara
Social Action	Tiffany, Charlotte, Carol
Social Justice	Charlotte, Dorothy, Carol
Sound, AV equipment	John, Eileen, Joe, Pat
Street Clean-up	Dee
Website	Rob, Eileen, Carol, Webmaster: Dan Watson

### Children's RE

Teachers: Carol, Charlotte, Oliver, Ann, Dee, Tiffany, Audrey, Rocky (hiking)

Board Members, 2016-2017  
Carol, Linda, Jesse, Joe, Hazel

If you are interested in volunteering,  
please contact Carol or ask any member – we'll happily put you to work!