

# InSpirit

May 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.

### **May 2017 Services:**

May 7 - Pat Farnsworth -  
Reincarnation

May 14 – Bob VanHook –  
Mother's Day

May 21<sup>st</sup> – Tiffany  
Gonzales – Summer  
Reading

May 28<sup>th</sup> John Nino –  
Memorial Day

### **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**

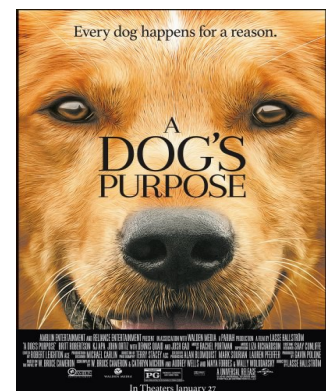
Meets on the 2<sup>nd</sup> and 4<sup>th</sup> Sundays from 9am-  
10am at the church. This month, we will  
continue to discuss the book, What Money  
Can't Buy: The Moral Limits of Markets by  
Michael J. Sandel

### **Birds' Practice Sessions**

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

### **Movie Matinee:**

On the 4<sup>th</sup> Saturday of  
each month, at 2pm.  
May's movie will be  
on the 27<sup>th</sup>! Please  
join us for a family  
friendly event – we  
will be watching “A  
Dog's Purpose” - a  
family friendly movie  
for all!



## May 2017 President's Update



There are always so many things going on for all of us, that it's hard to keep track. This is why we use the internet. Our church website will always show you who is speaking next Sunday. On our website, [uuchurchhotsprings.org](http://uuchurchhotsprings.org), you will also find our current newsletter and all past InSpirit newsletters. We list times for Wisdom Seekers and Adult RE.

On our Facebook group, U U Church Hot Springs, you will find information on other activities that are of interest to our congregation, too. You can post about anything going on in the area or the state, post links that adhere to our principles, and announce personal things like stuff for sale, parties, Circle Supper, events, etc. This is an open group, so, if you need help signing up to join us, let me know. There is a lot of information on Facebook, so I really recommend it.

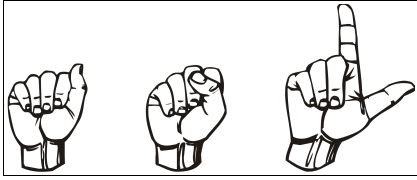
In May, don't forget Arkansas Cluster. This time it's close to home, so it should be easy for lots of us to attend. I can send information again, if you need it. Friday evening, May 4 through Saturday afternoon, May 5, Hot Springs Village UU Church. It is so much fun to visit with other U U folks from our state. I always come away excited about the future of our religion and our impact on society. All Arkansas U U churches will be represented. In the fall, cluster will take place in Little Rock.

This month, some of us are busy working on the landscaping outside and painting the kitchen inside. Our little old church is looking pretty darn good for its age! Remember, the auto repair guys across the street are nice enough to let us park there on Sundays. They want us to only park against the fence at the far side, by the dog yard. I guess the branches piled up across the parking lot are to remind us!

Details will be on the internet about May events including feeding lunches at Jackson House on May 30, Circle Supper, Movie Night, Women's Group, painting day, cluster, and the kids' hike (postponed for lack of interest in April).

Happy Spring!  
Carol Stanfill, congregation president

### Learn American Sign Language!



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

### Circle Supper May 2017

Sara and Paul Naslund will be hosting the Circle Supper on Saturday May 20th at 6pm. Seating will be for 8 to 12 guests  
RSVP to Sara by phone or email:  
Cell 520-1705 Home 525-4596  
Email: [senprn@gmail.com](mailto:senprn@gmail.com)

Thank you Ann and Claire for hosing last month!

### From the Nominating Committee:

We have an immediate need for nominees for officers for our church for next fiscal year. Our current board has worked very diligently to improve our church and to support its continuing missions. 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.

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

- President
- Membership Committee Chair
- Secretary
- 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



### Possible canoe/kayak May float trip anyone?

The trip would be a one day float on either the Ouachita at Dragover, the Caddo above Glenwood or the Buffalo at Tyler Bend. The Ouachita and the Caddo are quite rain dependent, whereas the Buffalo at Tyler Bend has good floatable water this time of year. Mt Ida and Glenwood are less than an hour from Hot Springs. whereas Tyler Bend is three hours away. Send me an email if interested - [rockyvann@yahoo.com](mailto:rockyvann@yahoo.com)

**“It's spring fever. That is what the name of it is. And when you've got it, you want—oh, you don't quite know what it is you do want, but it just fairly makes your heart ache, you want it so!”** – Mark Twain

**UU 1st Principle:  
The Inherent Worth and Dignity of Every Person**

One among us has been diagnosed with Alzheimer's disease, a slow, devastating loss of control cognitively, emotionally and physically. Alzheimer's is a disease of the brain. It is not a disgrace, but the effects are humiliating. No cure, no prevention has been found yet. Researchers are laboring to uncover the causes, how to prevent, and to find a cure for dementia-related diseases and other fatal health issues. [A touch of politics, here: the current legislature and executive branch are cutting funding for remedial medical research without regard to all of us, even those who voted in this administration. Sorry! My anger had to come out!]

We attend church when we can – sometimes the caregiver simply needs a day of quiet. Interacting with people and participating in the services provide stimulus, which is another key to quality of life..

Don't be surprised when Peter introduces himself to you every time he sees you even though he's known you for years. He hasn't forgotten; he's just forgotten. Try not to feel singled out if he suddenly lashes out or snarls. My understanding is that these are symptoms of frustration, feeling lack of control or not comprehending the subject. Occasionally, continuous loud noises cause exasperation. It's nothing you have done – his brain has just misfired.

Our congregation has been exceptionally understanding, even though perhaps puzzled at times. Words cannot express my gratitude for your kindness. Perhaps a hug will do?

Love to all,  
Barbara Thexton

**alzheimer's**   
**association**<sup>™</sup>

To learn more, or to donate to the Alzheimer's Association, visit [www.alz.org](http://www.alz.org)



**Party for Planned Parenthood**

**You're invited to the 30th annual Garden Party!  
Wednesday, May 3rd, 6-8 p.m. at the Historic Rogers House**

**Join us on May 3rd as we celebrate our 30th Annual Garden Party in Little Rock, AR. We'll be honoring local advocate and superwoman, Bettina Brownstein, with our Brownie Ledbetter Legacy Award. Heavy hors d'oeuvres, cocktails, and our fabulous silent auction await you in the garden!**

**Proceeds raised at the Garden Party will support the Little Rock health center.**

**Business casual attire requested. [Click here for Ticket pricing.](#)**

**Jackson House Lunches  
Tuesday May 30, 2017**

**The UU's Social Justice Committee needs volunteers to prepare and serve sack lunches for Jackson House clients on Tuesday, May 30th from 10:00 A.M. to 1:00 P.M.**

**We usually prepare between 125-150 sack lunches.**



**Five volunteer's are needed.**

**Please email Dorothy Clark (dclark1620@att.net) or call (501) 318-3210 if you are able to help.**



**Cute UU Kids!**

**Meeting of the Cluster of Arkansas Unitarian Universalist Churches  
and Fellowships  
May 5 & 6, 2017**

**Hosted by the  
Unitarian Universalist Village Church (UUVC)  
403 Barcelona Road, Hot Springs Village, AR**

**THE CARE AND FEEDING OF VOLUNTEERS**

**TENTATIVE SCHEDULE OF EVENTS**

**Friday evening, May 5**

**5:00 Arrival and social time with heavy Hors d'oeuvres**  
**6:00 Welcome and Introductions**  
**6:30 AR UU Justice Ministry**  
**7:30 Cluster Business or Breakouts**  
**8:15 Entertainment, Coffee/Tea/Sweets**  
**8:45 Closing Words**

**Saturday, May 6**

**8:30 Continental Breakfast**  
**9:00 Dr. David A. Schroeder, PhD - University of Arkansas**  
**An Exploration of Volunteerism**  
**Do people volunteer to reward themselves or the groups they  
serve? Dr. Schroeder will share his expertise on the many facets  
of Volunteerism.**  
**12:00 Lunch**  
**12:45 Breakouts**  
**1:45 Break**  
**2:00 Reporting by Breakout Groups**  
**3:00 Cluster October 2016 follow-up - Technology Updates**  
**4:00 Closing Words**

**Registration upon arrival is \$30.**

**Questions: [msrustin@snet.net](mailto:msrustin@snet.net) or call 501-204-4999**

## May 2017 Calendar

Sunday	Monday	Tues	Wed	Thur	Friday	Saturday
	<b>1</b> <b>ASL Club</b> <b>at the</b> <b>Church</b> <b>6pm</b>	<b>2</b>	<b>3</b> <b>PP</b> <b>Garden</b> <b>Party</b> <b>6-8pm</b>	<b>4</b>	<b>5</b> <b>Arkansas</b> <b>Cluster</b>	<b>6</b> <b>Arkansas</b> <b>Cluster</b>
<b>7</b> <b>Pat Farnsworth</b> <b>Reincarnation</b>  <b>Religious</b> <b>Exploration 9am</b> <b>at the church</b>	<b>8</b> <b>ASL Club</b> <b>at the</b> <b>Church</b> <b>6pm</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
<b>14</b> <b>Bob VanHook</b> <b>Mother's Day</b>  <b>Wisdom Seekers</b> <b>9am at the</b> <b>church</b>	<b>15</b> <b>ASL Club</b> <b>at the</b> <b>Church</b> <b>6pm</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b> <b>Circle</b> <b>Supper</b> <b>6pm</b>
<b>21</b> <b>Tiffany Gonzales</b> <b>Summer Reading</b>  <b>Religious</b> <b>Exploration 9am</b> <b>at the church</b>  <b>All Church Picnic</b> <b>Entergy Park</b> <b>12pm - 3pm</b>	<b>22</b> <b>ASL Club</b> <b>at the</b> <b>Church</b> <b>6pm</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b> <b>Movie</b> <b>Matinee at</b> <b>the</b> <b>Church</b> <b>2pm</b>
<b>28</b>  <b>John Nino</b> <b>Memorial Day</b>  <b>Wisdom Seekers</b> <b>9am at the</b> <b>church</b>	<b>29</b> <b>ASL Club</b> <b>at the</b> <b>Church</b> <b>6pm</b>	<b>30</b> <b>Jackson</b> <b>House</b> <b>10am-</b> <b>3pm</b>				

## Volunteer List of Go-To People

<i>Volunteer Assignment</i>	<i>Name</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, Claire22
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!