

InSpirit

June 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.

June 2017 Services

June 4 – Joe Sturgill with
the Flower Communion

June 11 – Carol Stanfil
with the Annual Meeting

June 18 – Dr. Charles
Argo: The Middle East

June 25 – Trevor Lewin
with “Kosher
Communications”

Religious Exploration

Meet on the 1st and 3rd 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

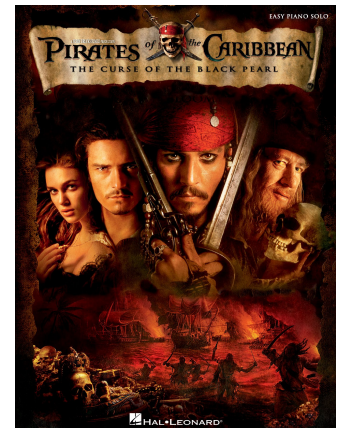
Meets on the 2nd and 4th Sundays from 9am-
10am at the church. Join us to discuss our
current book selection and engage in
conversation with other attendees. All are
welcome, even if you have not read the book!

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 4th Saturday of
each month, at 2pm.
June's movie will be on
the 24th! Please join us
for a family friendly
event – we will be
watching Pirates of the
Caribbean – Curse of the
Black Pearl (the first in
the series - rated PG-13
for action & adventure
violence).



June 2017 President's Update



U U General Assembly, New Orleans, June 21-25
Jet, my 17 year old granddaughter, and I will attend with thousands of other UUs from around the world. The experience is awesome. Our banner from Hot Springs will be proudly carried in the parade! Check us out on the webpage, uua.org. I will post updates on our Facebook group.

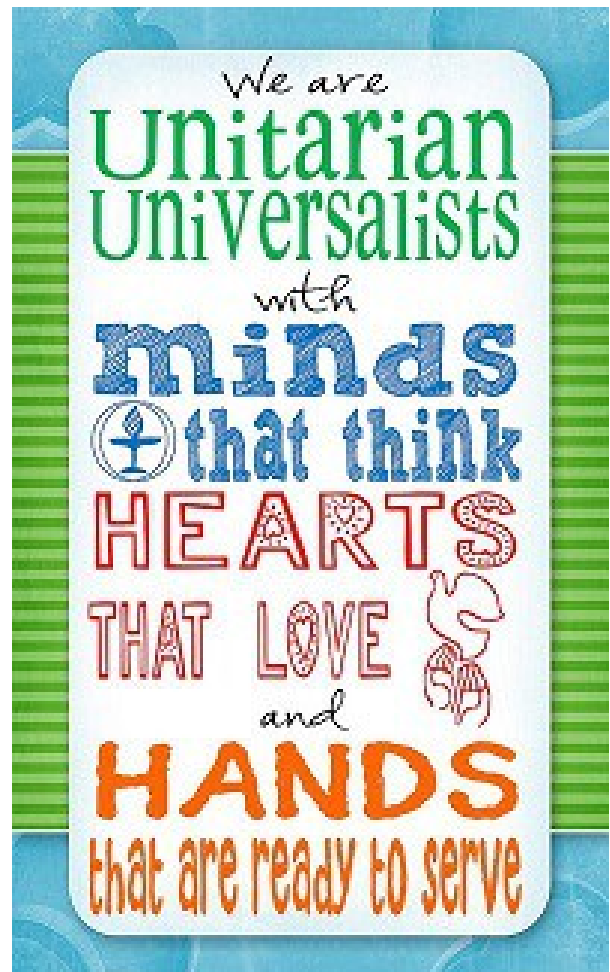
I try not to miss church each Sunday. I do enjoy being with our tribe often, so I can ground myself with sane, uplifting, supportive folks. I think the world would be a better place if everyone were Unitarian Universalist. Our principles are just what everyone needs.

So, we need to get the word out! Wear your UU pins and other jewelry! Order shirts with U U messages, (just "Google" U U clothing and jewelry.) There are several companies. You'd be surprised how often someone notices a U U themed piece of jewelry, socks, shirt, or bumper sticker, and a conversation follows. Most start with, "What's a UU?".

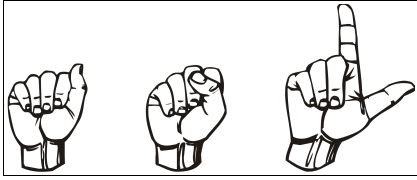
The short answer is called our "elevator speech", something that is brief enough to explain in a minute or two before your metaphorical elevator gets to the chosen floor. It is good to carry the little cards available at church, that explain our faith, or to have a couple sentences ready. I always recommend the websites: uua.org and uuchurchhotsprings.org.

Enjoy your days as we welcome summer!

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 June 2017

Linda and Sheri will be hosting Circle Supper in on June 17th at 5pm at their home in Hot Springs Village. If it is not too hot, we will eat outside. The theme is "Summer Fair". Linda will cook on the grill and will provide more details as the date approaches.

Thank you to Sarah and Paul Naslund for hosting last month – a wonderful time was had by all!

Our annual U U Church meeting will be June 11.

10:30am at the church. All members are asked to attend. All friends and new comers, please come, too. We'll have one of our famous pot lucks afterwards! Please bring a dish to pass.



June 11th @ 2pm – Monthly Movie - "But I'm a Cheerleader"

June 25th @12pm - Annual Picnic at Entergy Park

UU Women's Group

June 5, Mexican Train Game, at Ann's 1:00

June 27, Hand and Foot Game, at Charlotte's, 1:00

We are trying to get a group together to attend a performance of the Hot Springs Music Festival. Date and time are pending. Contact Ann and Carol, if interested.

Please remember to turn in your pledge drive forms to Jesse as soon as possible!

Your annual pledge helps support our UU Community, to maintain the church and in many other ways. Thank you!



Recipe of the Month

Brussels Sprout Hash and Eggs

(Original recipe from KetoDietApp.com)

- 4 cups brussels sprouts
- 4 cups (280g) sliced button mushrooms
- 8 slices of bacon, high fat content
- 4 large eggs
- 3 tbsp high-heat cooking fat like ghee, butter or coconut oil



Unless you already have some crisped up bacon, slice the bacon into small pieces and place in a pan greased with 1 tablespoon of your preferred cooking fat. Cook until brown and crispy and mix to avoid burning. Alternately, you can cook the bacon whole and crumble or chop after. When done, set aside.

Meanwhile, clean and thinly slice the mushrooms with a knife. Prepare the sprouts by removing the hard stems and finely slice them (best if sliced thin on a mandolin).

Place the mushrooms in another heavy-bottom pan greased with your preferred cooking fat. Cook them over medium heat for 5-10 minutes until they start to caramelize. Stir 3-4 times to avoid burning.

When the mushrooms are browned, add the sliced Brussels sprouts. Cook for 10-15 minutes stirring frequently to prevent burning.

When the sprouts are fork-tender, add the bacon.

Fry four eggs separately (or if you like sunny side up, make four wells in the skillet and cook the eggs right in the hash). Divide into four servings, each with a fried egg on top.

Nutrition per serving:

Calories 400.4, Fat 31.59g, Protein 20.05g, Carbohydrates 11.58g, Fiber 4.5g,

Net Carbs 7.07g

“The shared meal elevates eating from a mechanical process of fueling the body to a ritual of family and community, from the mere animal biology to an act of culture.”

– Michael Pollan from his book

In Defense of Food: An Eater's Manifesto



**Remember to collect a small vial
of water from a memorable
summer experience to share
during water communion in
September.**



**Unitarian Universalist Church of Hot Springs will be celebrating a Flower
Communion on Sunday,
June 4th, 10:30am**

**Unitarians in Prague and around the world will also be celebrating the
95th Anniversary of the Flower Communion on Sunday the 4th of June 2017 this
year.**



“Bring a flower to exchange and take a flower home with you.

We want to make this annual event particularly special this year. We would like to invite Unitarian Universalists and visitors throughout the world to join us in this joyful event on Sunday June 4th.

A Global Flower Communion will mean that Unitarian and Unitarian Universalist communities throughout the world will be celebrating the Flower Communion service at different times on June 4th depending on their local Time Zone. We see this as a wonderful way of enriching the 95th Anniversary of the original Flower Communion service held there in Prague.”

Jackson House Lunch Volunteer's

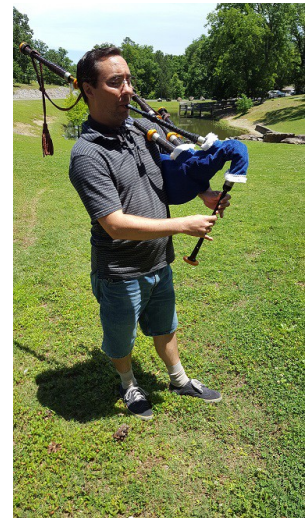


UU volunteer's prepared and served 161 sack lunches on Tuesday, May 30th. A crew of six worked in assembly line style to accomplish the task. Thank you John Nino, Oliver Driver, Linda Puckett, Denise Marion, Charlotte Gold and Dorothy Clark!



May 2017 Arkansas Cluster
May 5 and 6 Dorothy and Carol attended Arkansas Cluster at the U U Village Church. We saw old friends, met new friends, and came away with lots of good information. U U folks from six churches in Arkansas meet twice a year to share idea., Mark your calendar now for Fall Cluster in Little Rock, October 27-28.

UU Annual Spring Picnic at Entergy Park



What makes a day great? Close friends, delicious food and...bagpipe music! The weather was perfect, the kids were running around like crazy – a perfect day by anyone's standards!

May 2017 Calendar

Sunday	Monday	Tues	Wed	Thur	Fri	Saturday
				1	2	3
4 Joe Sturgill: Flower Communion Religious Exploration 9am at the church GROUP PHOTO	5 Mexican Train Game at Ann's 1:00 ASL Club at the Church 6pm	6	7	8	9	10
11 Carol Stanfill: Annual Meeting (w/Potluck afterwards) Wisdom Seekers 9am at the church 2pm LGBT Movie	12 ASL Club at the Church 6pm	13	14	15	16	17
18 Dr. Charles Argo: The Middle East Religious Exploration 9am at the church	19 ASL Club at the Church 6pm	20	21	22	23	24 Movie Matinee at the Church 2pm
25 Trevor Lewin: Kosher Communications Wisdom Seekers 9am at the church Annual Hot Springs LBGT Picnic 12pm at Entergy Park	26 ASL Club at the Church 6pm	27 Hand and Foot Game at Charlotte's 1:00	28	29	30	

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!