

# InSpirit

July 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.

### **July 2017 Services**

**July 2**

Bob VanHook, Fourth of July Service

**July 9**

Jesse Davis, The Science of Climate Change

**July 16** – Sarah Burns, Wandering and Wondering: A Poetry Reading

**July 23** – Bud Hearn, Elizabeth Cady Stanton and the Primordial Lie

**July 30** – Congregational Meeting with Potluck

### **Wisdom Seekers Group**

Meets on the 2<sup>nd</sup> and 4<sup>th</sup> Sundays from 9am-10am at the church. Sarah Burns will be leading us in a poetry discussion on July 10th. All are welcome! Please join us to help decide on our next discussion book.

### **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 Talk Topics you would like to recommend.

### **Birds' Practice Sessions**

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

## July 2017 President's Update



I am excited to welcome our new board. Many thanks to Jesse and Hazel for working with us this past term. Thanks to Linda and Joe for continuing and to John and Ann for joining the board for our 2017-2018 term.

July and August are traditional vacation months for me, so I will be going to the West coast for 2 weeks in July. I will enjoy visiting family in Washington and attending the International Master Gardeners' Conference in Portland, Oregon. I will spend July 4th taking my 8 year old granddaughter to Disneyland on the train. And yes, I will pack a sweatshirt for the cold summer days.

Have a great Summer and July Fourth.

Carol Stanfill, president

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Update from the 2017  
General Assembly in New  
Orleans:

Four THOUSAND individuals,  
from high school to age 25  
attended GA! Our country and  
faith are in good hands. We  
were so excited to be with 1000s  
of UU friends!



## Movie Matinee:



On the 4<sup>th</sup> Friday of each month, at 5:30pm. July's movie will be on the 28<sup>th</sup>! Please join us for a family friendly event – we will be watching Kong: Skull Island.

A team of scientists explore an uncharted island in the Pacific, venturing into the domain of the mighty Kong, and must fight to escape a primale Eden. (Rated PG-13 for intense sequences of sci-fi violence and action, and for brief strong language.)

## Circle Supper

Pat and Sunnye will be hosting a July Circle Supper on Saturday, July 15, at six pm.

The main course will be tacos. They'll have shells and three kinds of stuffing...beef, chicken and salmon. Ideas for accompaniments include lettuce, tomatoes, chopped green onions, peppers, assorted grated cheeses, guacamole, cheese dip, beans, capers(for the salmon), salsa, chips, dessert. Be creative ☐ ☐Let Sunnye know if you plan to attend and what you'd like to bring.

Many thanks to Linda and Sheri for the fabulous June Circle Supper they hosted at their home.

We will be having a congregational meeting on the 5<sup>th</sup> Sunday of the month, July 30, 2017. A potluck will follow; please bring a dish to pass!



The Alliance is hosting movie matinee Sunday, July 9, 2 pm, at the church. This month's film is Big Eden. “Successful but lonely New York artist Henry Hart (Arye Gross) returns to Big Eden to care for his ailing grandfather and winds up confronting his unrequited passion for his high school best friend and his feelings about being gay in a small town. As Henry works though his emotions, the townspeople quietly conspire to help him along, until Henry realizes new possibilities for both friendship and romance.” Eric Schweig and Louise Fletcher also star. Rated PG-13

## UU Women

Please contact Carol if you have an idea for Women's Group or would like to host an event or gathering. Carol will send out an email when something is scheduled.

“Summer afternoon—summer afternoon; to me those have always been the two most beautiful words in the English language.” ~Henry James

## Recipe of the Month

### Lemon Bars – Low Carb, Gluten Free

Makes 16 bars

Serving size: per bar Calories: 193 Fat: 19 Carbohydrates: 2g net Protein: 4

#### For the Crust:

6 Tbl butter  
2 cups almond flour  
⅓ cup granulated sugar substitute  
1 Tbsp freshly grated lemon zest

#### For the Filling:

½ cup butter  
½ cup granulated sugar substitute  
½ cup fresh lemon juice  
¼ cup lemon zest  
6 egg yolks  
½ tsp xanthan gum  
2 Tbsp unflavored gelatin



#### For the crust:

Melt the butter in the microwave or a small saucepan. Add the almond flour, sweetener, and lemon zest, stirring until fully combined. Press the dough evenly along the bottom and ½ inch up the sides of an 8 x 8 inch square pan. For best results line the pan with parchment paper or foil first, then you can simply lift out the completed lemon bars. Bake at 350 degrees (F) for 10 minutes. Remove and cool while you make the filling.

#### For the filling:

Melt the butter in a small saucepan on low heat. Remove from heat and whisk in sweetener, lemon juice, and lemon zest until dissolved. Whisk in the egg yolks and return to the stove over low heat. Whisk continually until the curd starts/r to thicken. Remove from the heat and strain into a small bowl. Whisk in the the xanthan gum and gelatin until dissolved and smooth.

Pour the filling over the pre-baked crust and spread out evenly to the edges of the pan. Bake the bars at 350 degrees (F) for 15 minutes. Remove and cool. Sprinkle with Powdered Swerve before serving if desired. Cut into sixteen 2 x 2 squares.

If you aren't eating sugar free, low carb or gluten free, you can opt for a traditional graham cracker crust instead of the almond flour crust and use sugar in lieu of artificial sweetener. Enjoy!

**Welcome our newest members,  
Sarah Burns and Akau Anyieth!**



**UU Women at the Lake**  
L-R: Charlotte, Claire, Linda and Sara



**Annual UU Flower Communion**  
**June 2017**

## Summer 2017 Annual Hot Springs LGBT Alliance Picnic



The weather was beautiful, if a bit hot, and as always, Entergy park was the perfect place to host a potluck picnic! Lots of food to sample and, more importantly, old friends and new got together to celebrate the LGBT community.

## July 2017 Calendar

Sunday	Mon	Tues	Wed	Thur	Fri	Saturday
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<b>2</b> <b>Bob VanHook,</b> <b>Fourth of July</b> <b>Service</b>	3	<b>4</b> <b>Happy</b> <b>Independence</b> <b>Day!</b>	5	6	7	8
<b>9</b> <b>Jesse Davis, The</b> <b>Science of Climate</b> <b>Change</b>  <b>LGBT Movie 2pm</b> <b>at the church</b>	10	11	12	13	14	<b>15</b>  <b>Circle</b> <b>Supper at</b> <b>Pat and</b> <b>Sunnye's</b> <b>6pm</b>
<b>16</b> <b>Sarah Burns,</b> <b>Wandering and</b> <b>Wondering: A</b> <b>Poetry Reading</b>	17	18	19	20	21	22
<b>23</b> <b>Bud Hearn,</b> <b>Elizabeth Cady</b> <b>Stanton and the</b> <b>Primordial Lie</b>	24	25	26	27	<b>28</b> <b>Movie</b> <b>Night</b> <b>with</b> <b>potluck</b> <b>5:30pm</b> <b>at the</b> <b>church</b>	29
<b>30</b> <b>Congregational</b> <b>Meeting w/Potluck</b> <b>afterwards</b>	31					

## 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, 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, Carol, Webmaster: Dan Watson

### Children's RE

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

Board Members, 2017-20018

Carol, John, Ann, Joe, Linda

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