



Red River Ramblings

July 2013
Volume 10, Issue 7

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REMEMBER...

You can access the church calendar by clicking on the picture below.



Adult Forum ~10:00
Worship~11:15
Children's
R.E.~11:15
Fellowship
Gathering~ 12:15

Enter, Rejoice & Come In ~Sunday mornings at church

Sunday, July 7, 2013

Being Liberal in America

The Rev. Doug Strong, *preaching*

Some think that only conservatives can be patriotic, wave flags, eat hot dogs and watch parades on the birthday of our nation. Some think liberals aren't true Americans. It is true that liberals give voice to that which needs changing in our nation. Some think that speaking up and speaking out is un-American. I disagree and on this Independence Day week-end, it seems like the perfect time to honor liberals as we celebrate the 237 birthday of these United States. A morning of patriotic words (some will surprise you), music and songs!

Also this morning: We will appreciate those completing their leadership and officially install those newly elected leaders who started their work on July 1.

Sunday, July 14, 2013

Training Your Brain for Health and Wellness

Bill Mory, *speaking*

When the emotional brain is out of balance, we naturally develop problems with mood, relationships, behavior and health. EBT (Emotional Brain Training) focuses on the root cause: Stress! Instead of fighting bad behavior, this method helps to ease stress in your emotional brain. Mood, relationships, behavior and health naturally improve. EBT will give you tangible ways to create balance in your emotional brain. Also it will help to increase the eudonic rewards - Sanctuary, Authenticity, Vibrancy, Integrity, Intimacy, Spirituality and Freedom. Come learn more about how to rewire your brain for better health and wellness.

Share the Plate Sunday: Cash donations will be contributed to the Grayson County Shelter.

Bill Mory is a Marriage and Family Therapist in pri-

vate practice here in the local area. He is a mindfulness based therapist who is also certified as an EBT (Emotional Brain Training) Provider.

Sunday, July 21, 2013

Communitas

The Rev. Tony Lorenzen, *preaching*

How an early Christian concept of community and church can help revitalize Unitarian Universalism. And the concept has nothing to do with being Christian and everything to do with how we are a religious community.

The Reverend Tony Lorenzen is a spiritual director and free range builder of beloved community. Most recently the Director of Family Ministries at First Parish Church in Weston, MA, he has pastored churches in Massachusetts and Texas. He loves working with others to increase the awesome in the world. He's done this by being a classroom teacher, a pastor, a candidate for political office, a human rights activist, and a farmers market organizer. Tony is also the father of a teenager and a huge Boston Red Sox fan.

Sunday, July 28, 2013

My New Church

The Rev. Dr. Don Fielding, *preaching*

If, God forbid, I were to start a new church, in what ways might it be different from our common Unitarian Universalist Church - and how might it be the same. In this Reflection Don describes what the church of his dreams would be like, if it actually existed. Such a church might be a more full and complete kind of church for meeting the needs of 21st Century seekers, and might provide a new message and a new direction for growth in the future. Or perhaps you might realize that you are happy with our church just the way it is.

Elbert's Epistle



Greetings from the annual General Assembly of the Unitarian Universalist Association, which this year has been in Louisville, KY. It's always exciting to meet with over 3,000 fellow UUs from across the country and refreshing to find that many people have similar ideas to ours (though

UUs don't march in lockstep about anything). The debate that goes on in the plenary governance sessions (during which delegates elect UUA officers and vote on issues the denomination will speak out on), as well as in the workshops and smaller sessions, shows that we UUs are quite diverse in our thinking as well as our actions. One thing we do hold in common is our insistence on individual freedom of thought and expression.

It's always fun to check in with the Chalice Art crew (RRUers Bruce and Carolyn Cameron, Scott Bowie, and Pablo Cohen, plus some non-RRUU staffers) at the most.

prominent booth in the exhibit hall at G.A. We also enjoy seeing fellow UUs from other NTUUC churches and friends from former General Assemblies Actually, as I write this (on Wednesday, June 25), it's a few days after G.A., which was over on Sunday evening. We had to leave on Saturday afternoon, due to the fact that Marion was giving the program for Adult Forum at the UU Church in West Lafayette, IN, Sunday morning and doing a talk and signing at the local library that afternoon. Both events went well, as did her Forum program at UU Chattanooga and a book group meeting at UU Nashville before G.A.

This morning, we heard the news about the Supreme Court's rulings on same-sex marriage. I know many UUs are extremely happy about this change in our laws, as am I

If any major crises have occurred at RRUU in our absence, thanks for NOT letting me know:-). See you back in Texomaland about July 3 and in church on July 7,

See you in church, friends!
Elbert



The UU College of Social Justice is excited to announce several new programs for this fall. These programs spotlight some of the UU justice movement's greatest work and draw on programs of UUSC and the UUA.

Justice for Women and Marginalized Communities in India

Join the UU Holdeen India Program (UUHIP) for a two-week pilgrimage to India. This journey will take us to the western state of Gujarat, where you will witness firsthand the work of the Self Employed Women's Association (SEWA), a UUHIP partner. At the confluence of Indian labor, cooperative, and women's movements, SEWA organizes women working in the informal sector. You will also meet with UUHIP partner Navsarjan and learn about their work organizing Dalits — once branded "untouchables" — to stand up for equal rights. Learn more at uucsj.org/india.

Food for Thought: An Exploration of Eating and Worker Organizing

Working with the Restaurant Opportunities Center of Chicago, a UUSC partner, you will learn about labor history, the injustices of the restaurant industry, and innovative organizing strategies. You will meet directly with workers and organizers and take part in on-the-ground action. This hands-on experience will give you the knowledge and skills you need to choose compassionate consumption and support people at the forefront of change in the food industry — and the drive to get involved when you return home. Learn more and register at uucsj.org/food.

BorderLinks: Immigration Justice

Delve into important immigration issues with three new programs:

- Sustainable Futures — investigate the connections between our food system and social justice
- Chiapas — learn how to stand with communities struggling for justice in one of Mexico's most impoverished states
- Seminary Journey — explore the entwined issues of economic justice and immigration on the U.S.-Mexico border as part of your path to ordination Learn more and register at uucsj.org/borderlinks.

Appreciative Inquiry ~ The Gentle and Generous Conversation

I'll be leading your All-Congregation Retreat in September and the board asked me to write pieces for the next couple of newsletters – to get you in the mood. So, here goes July 2013.

I've been spending a lot of time with my grandchildren this week. There are five of them, ranging in age from 10 to 5, so wildly differing everything – attention span, physical abilities, mental talents, interests, you name it. In the mornings we have been gathering at my son's house where we swim or hang out or walk to the playground in the neighborhood, go to the library, feed the ducks. Then, from 1 to 4, they are all enrolled in River Legacy's Nature Camp. River Legacy is in Arlington, about a 25-mile drive from the house.

Getting there requires about 40 minutes in the van. So there are snacks to pack, seating arrangements to work out, and all kinds of conversations to be had coming and going. Grandma's rules: no screens, no music. We talk.

I notice when I pick them up in the afternoon, I overhear other parents say, *What was your favorite thing today?* And the youngsters come up with something. I want to ask you to engage in *another* question for the next few weeks, and I'll tell you why!

Even though asking someone their favorite thing is a favorite thing of ours to ask, it sets off a chain reaction that doesn't necessarily lead where we want to go.

Appreciative Inquiry is a way to get to the heart of the matter, what is important to people, what do they use to build their world of church or family or community or work. What are the values that they hold dear, truly, in their heart of hearts. Asking someone their favorite thing starts a *sorting* process that goes something like this:

Hmmm. I wonder what s/he wants to hear.

What would they think is important?

Let's see, they really like stuff about x, so that's what I'll say.

Uhh. Maybe no. The most important thing would be y, so that's what I'll say.

Oh, wait. I tried that last time and the response wasn't so

Save Sunday, Sept 15th for a special all-church retreat, including break-fast, worship and time to focus on "Who Exactly Are We"

good. Maybe I'll try z.

And so on.

Try it with a friend or your spouse or partner. What was your favorite part of the book? What did you like best about the movie? What's the best part of church?

The very question has your mind go into Sorting Mode. And that is pretty spiral-y.

Here's the exercise: Try asking, What did you like about x? – Totally open question. You could have 5 things that you liked. Or one.

And, then, really listen to what the person says and see if you can engage in that some way. Pretend you're Phil Donahue (most of you are old enough to remember) with a mic in your hand and you say, Tell me more about that. Or, Really? How would that work? Or, What might happen next? Or something else equally open-ended.

We will be using Appreciative Inquiry to uncover what's next in your congregation/community. The questions will not be leading in any particular direction. You can get a jump start by practicing this particular skill this summer. And I'm hoping it's a skill you use everywhere in your life. I do, including with my grandkids, and it makes for a pretty rich conversation!

See you on September 15th, at your all church retreat.

MarySue Foster

Board Bits ~ from the June 2013 Board of Trustees meeting

At the June meeting of the RRUU Board, we established a schedule for the year July 2013-June 2014. Board meetings will be on the second Thursday of each month, beginning at 1:30 p.m. If you have something to bring before the board, please feel free to attend. We set aside a time for concerns of the congregation at about 1:40 or 1:50 p.m. each meeting. If you cannot attend but want to bring something before the board, please send a letter, note, or other communication to me (president@rruu.org) or to any other board member.

A fall retreat/workshop has been set for September 15, and we hope all members of our congregation will come and participate. More information is available elsewhere in this newsletter. Please plan to attend!

We are also looking for ways to connect more closely with our neighbors in Northtown (those living near our church). Some suggestions include a movie night with supper, an open house, or a yard sale. Any other ideas?

Thanks.

Elbert

Annual School Supplies Drive ~ Shop, Bring, Give, Smile

It's that time of year! Each July we join together with other organization and collect school supplies. This year we're linking up with Families Readiness Group who will provide school supplies to children of active duty military personnel. They will hand out everything that is collected at a picnic in early August.

You can purchase any school supplies you want. A large collection basket is in the foyer

outside the chapel. We'll be collecting throughout July - the more we collect, the more children we'll help.



The Adult Forum ~ Sunday mornings @ 10 AM

July 7

Great Courses, Lecture #11 Shinto and Shamans: Looks at the indigenous religion of Japan, Shinto, with its kami (gods and sacred beings), beautiful shrines, and grand festivals. We will also observe two examples of Asian Shamans: Korean mudang and Hmong shamans, with their emphasis on healing and communicating with gods and spirits.

July 14

Great Courses, Lecture #12 Zen Buddhism & Pure Land Buddhism: follows Buddhism to East Asia, where it takes on the forms of Zen Buddhism, which stresses sitting meditation, and Pure Land Buddhism, which features chanting and offers liberation through Amida Buddha.

July 21

Great Courses, Lecture #13 Judaism--God, Torah, and Covenant. Lectures 13-15 examine Judaism, it's sacred texts of Torah and Talmud, and the diverse forms of Jewish life. Major holidays, rituals, and dietary practices are put into their historical contest. We will follow Jewish history from biblical times through the Holocaust of the 20th century and note the importance of Jerusalem and the Hebrew Bible as focuses of Jewish faith.

July 28

Great Courses, Lecture #14 Judaism--Varieties of Jewish Thought and Practices.



Treasurer's Report

In the month of May we had income of \$2,724 from general operations. After operations expense of \$1,453 for the month, we had a net income from operations of \$1,272. There was no renovation work in May. We also had \$207 of grant expense for the RE program.

On a year to date basis, our net income from general operations continues to cover our year to date principal payments thanks to everyone who has helped to keep expenses lower than

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*Thanks to everyone who
has helped keep expenses
below budget!*

budgeted and/or made additional donations. For the year to date period of July through May 2013, we had net income of \$8,734 from operations on the income statement. We also had expense of (\$4,129) for the cash payments of principal on our loan, net income of \$1,227 for renovations, expense of (\$1,500) for the board retreat that was covered by a grant from last year, and we have \$8,308 remaining from two new NTAUUS grants for RE and worship.

As of the end of May 2013, we had cash of \$51,148 and debt of \$39,337. The cash amount includes \$4,344 reserved for renovations and \$10,358 reserved for grants for the RE program, worship and board retreats.

In May we only received \$5 for the Grayson County Shelter from the Share the Plate program.

Carole Harner, Treasurer

Out To Lunch ~ Sun. July 21st



This month it is off to **Girasoles Mexican Food** in Denison. They're at 505 .S Armstrong Ave, in Denison (about 3 miles from church) · (903) 464-0003.

We'll look for you around 12:45 on Sunday, July 21st.



RRAMS Group ~Wed. July 17

Bring yourself, instrument(s), voice, or just your ears and join them on Wednesday, July 17 at 7:00 PM at RRUU for a fun evening of music.



Moveable Feast ~July 11th

No one wants to cook during the summer, so this month we're going to **Blondee's Sports Bar and Grill**, 2700 Eisenhower Parkway in Denison on Thursday, July 11th - gathering at 6 p.m.



Meditation Group ~Sun. July 28

Because Fellowship and Refreshments are served in the upper foyer, the Meditation Group will meet, from now on, in the Chapel stating at 12:45 PM on the last Sunday of each month.

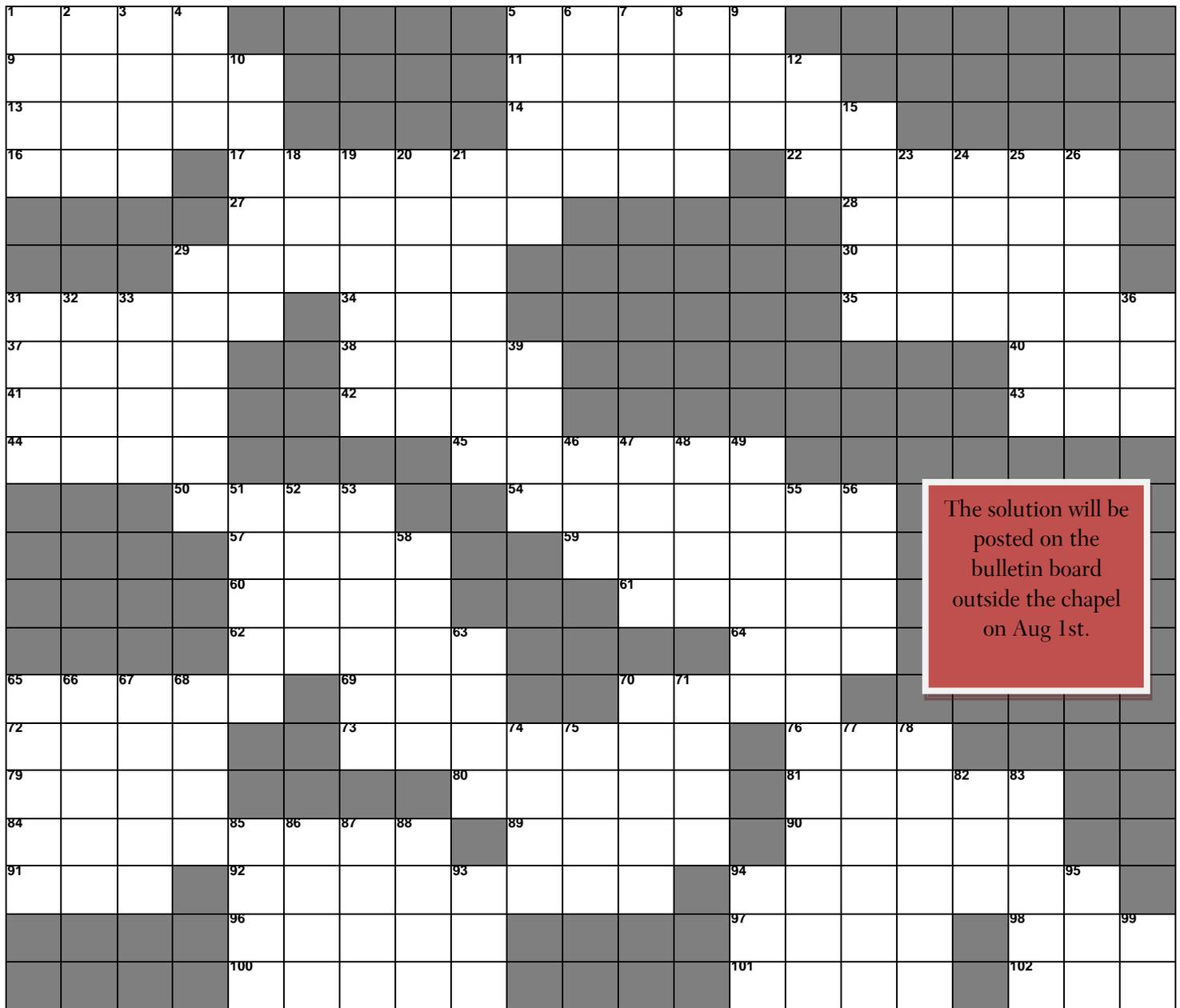
Open to all who enjoy meditating, or simply sitting quietly for a period of time. If you've never tried meditating, come and give it a try. You may be surprised how wonderful it can be.



Birthdays in July



- July 12 – Drake Meyer
- July 14 – Robert Shelton
- July 18 – Ben Schulze
- July 23 – Patricia Eagle
- July 24 – Tisha Meyer
- July 26 – Scott Bowie
- July 26 – Jim Gauthier



The solution will be posted on the bulletin board outside the chapel on Aug 1st.

ACROSS 1. 27th in line [UU]

- 5. Gem stone
- 9. Belonging to Mr. Sandler
- 11. Fundamentalists Bane [UU]
- 13. Type of Juror
- 14. Not for
- 16. Direction [Abbr]
- 17. News bad boy [UU]
- 22. Sculptor
- 27. Rents
- 28. Ancient Turkish region
- 29. Card game
- 30. ASPCA founder [UU]
- 31. Chemical element
- 34. Tit for ____
- 35. Blissful
- 37. Childs toy
- 38. Elevator man
- 40. Airport [Abbr]
- 41. Unit of matter
- 42. English shire
- 43. Lower

- 44. Battle hymn [UU]
- 45. Encircled
- 50. Ego
- 54. In the zone [UU]
- 57. Part of speech
- 59. Showy plant
- 60. Valley
- 61. Part of ship's hull
- 62. Dark
- 64. Alsace region
- 65. Crown
- 69. Self
- 70. Shop
- 72. Edible tuber
- 73. Parallelogram
- 76. Put away
- 79. Front of phobia
- 80. Lecture
- 81. Scandinavian
- 84. Leading apostle [UU]
- 89. Valid
- 90. Sticky

- 91. Islet
 - 92. No scent
 - 94. Founder ACLU [UU]
 - 96. Strange
 - 97. General Robert
 - 98. In the box
 - 100. Bodies of light
 - 101. Square
 - 102. Obtained
- DOWN:** 1. Adhesive
- 2. Arabian gulf
 - 3. Lot
 - 4. Enough said! [Abbr]
 - 5. Founding Father [UU]
 - 6. Crazy about
 - 7. Island group
 - 8. One of two
 - 9. German article
 - 10. Taken
 - 12. Agency in the news
 - 15. Clan

- 18. Pasture
- 19. Composer/pianist [UU]
- 20. Holdings
- 21. At ease
- 23. ____ the line
- 24. In the matter of
- 25. Inked
- 26. Society island
- 31. Biblical wife
- 32. ____ Rooter
- 33. Shine
- 36. Lid
- 39. Program language
- 46. Primary color
- 47. Olive ____
- 48. Grades 1-12
- 49. Funny Phyllis
- 51. Finish
- 52. Temporary gift
- 53. Feminist [UU]
- 55. Red Cross [UU]
- 56. Irish

- 58. Horse denial
- 63. Spree
- 65. Pile
- 66. Hiding place
- 67. Finery display
- 68. Crazy bird
- 70. Lubricant
- 71. Tennis great
- 74. Allot
- 75. Night spots
- 77. The Jug
- 78. Eaten
- 82. Baste
- 83. Watching
- 85. Yuletide
- 86. Thought
- 87. Standard
- 88. Clasp
- 93. French article
- 94. Gentle ____
- 95. Recent
- 99. Heft [Abbr]

Leadership

Board of Trustees

Elbert Hill, *president*
 Gil Alexander, *vice president*
 Carole Harner, *Treasurer*
 Doug Strong, *Secretary*
 Paula Blackshear, *Trustee*
 Marla Loturco, *Past President*

Committee on Ministry:

Gerry Shehan, Peter Schulze
 Joyce Peak

Team Leaders or Team:

Adult Forum: *Joyce*

Aesthetics Team:

Bruce, Joyce, Maura, Paula

Building/Grounds: *Marilyn*

Communications: *Doug*

Chalice coordinator: *Open*

Finance/Endowment: *Dan*

Good Times: *Carole, Lura,*

Marilyn & Marion

Long Range Planning:

Amy, Gil, Marilyn

Membership: *Marion*

Nominations: *Helen, L.D., Marla*

NTUUC Rep: *Marla*

Safe Congregation Panel: *Elbert*

Social Action: *Open*

Ways & Means: *Open*

Worship:

Carla, Dan, Doug, Faye, Marla

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Phone: 903.231.3232

Web: www.rruu.org

weekly E-News:

announcements@rruu.org

We need your time ~ for just one hour only!

Eight wonderful people have now volunteered to do 'kiddie-duty' for one Sunday this summer. Our latest sign-on is Gil Alexander, who plans an archaeological dig in the sandbox! Probably makes you wish you were a kid! We need four more people to donate one hour in July or August. You could tell a story, play an instrument, go for a walk, play a game, or just hang out. It's a great way to get to know our RRUU children and for them to get to know you. Please contact Joyce or Carolyn if you will help. Email Joyce or Carolyn if you will help.

Installation & Appreciation of leaders ~ July 7

Without candidates to elect we would not have a body of people willing to take their turn at serving. In a brief ceremony during worship on Sunday, July 7, we will formally install those elected last May to their leadership positions in a brief ceremony and we will offer our collective appreciation and gratitude to those who have completed their terms of office.

Chalice Circles/Interest Groups ~ for us all!

GREEN TEAM, an Environmental Action Circle is taking a well deserved break after another successful Earth Day Festival. Facilitator: [Amy Hoffman-Shehan](mailto:Amy.Hoffman-Shehan).

MOVEABLE FEAST, a Cooking and/or Eating Circle will go Blondie's restaurant this month. The date will be posted in the e-news Speak with the facilitators: [Elbert & Marion Hill](mailto:Elbert & Marion.Hill).

OMMMM... Meditation Group, Meditation meets the last Sunday of each month @12:45 in the Chapel. Open to all who wish to learn more about meditation and to participate in meditating. Facilitator: [Paula Blackshear](mailto:Paula.Blackshear).

BOOKED FOR LUNCH, an informal book discussion group that is taking the summer off so we can all enjoy hours of leisure reading.

OUT TO LUNCH, One Sunday a month after things we go out for a Dutch-treat lunch. There is no agenda, no reports, no minutes - just everyone heading out and breaking bread together. See page 5 for details. Email announcements@rruu.org if you have a restaurant suggestion.

RED RIVER

Unitarian Universalists

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