

# The gnuus

Gwinnett News for Unitarian Universalists

July 15—August 2019 newsletter for UUCG



**Sundays at UUCG**  
10:00am Faith Development  
11:00am Worship Service  
**July Theme:**  
**Freedom and Responsibility**

## July 21 *An it Harm None*

Rev. Amy Beltaine, *Service Leader*  
Bob Patrick, *Worship Associate*  
UU 101 / Potluck

## July 28 *Commons Sense*

Lorena Griffin, *Service Leader*  
Victoria Fashakin, *Worship Associate*  
TOWN HALL

**August Theme: Prayer**

## August 4 *Listen to Children*

Rev. Jan Taddeo, *Service Leader*  
Lydia Patrick, *Worship Associate*

## August 11 *Without Ceasing*

Sherree Bailey, *Service Leader*  
Bob Patrick, *Worship Associate*

## August 18 *Pray for Me?*

*Service of Compassionate Presence*  
Rev. Jan Taddeo, *Service Leader*  
Daniel Bailey, *Worship Associate*

## August 25 *Poetry as Prayer*

Rev. Jan Taddeo, *Service Leader*  
Victoria Fashakin, *Worship Associate*

## September 1 *Expectations of Change*

Lydia Patrick, *Service Leader*  
Miriam Patrick, *Worship Associate*

**Plate contributions are shared equally  
with Abundant LUUV**



**Assisted Listening  
Devices Available** 

**Wheelchair Accessible** 

## Parking Lot and Garden Repair Project

July 20 8am-5pm

Volunteers Needed

Bring shovels, steel rakes,  
water bottles and gloves

Contact Don Graff at  
404-538-9422

For childcare, email [syun@uucg.org](mailto:syun@uucg.org)



## TOWN HALL July 28 After Service

FLUSH FLASH: We will discuss  
the costs and vision for our  
sewer connection project

## Tea and Recital

Sunday, August 25 3-5pm



with flutist  
Barbara Stahnke,  
pianist Bryan Bishop,  
& UUCG musicians.  
\$10 Donation  
Register Online

## Junk in the Trunk-Fest

September 28 7am-3pm

Sign up today to sell out of your Car!

\$35 for a parking spot  
\$10 for a table

**Volunteers needed!**

Organized by  
Candice Bizzell  
Contact [admin@uucg.org](mailto:admin@uucg.org)

[Tinyurl.com/Trunk-Registration](http://Tinyurl.com/Trunk-Registration)



## Birthday Party!!!

Denni Sue Rice Turns 3



July 27

12pm-4pm

## Tarot 104

August 18 at 2pm

In the Library

With Sherree Bailey

- ❖ Presentation
  - ❖ Meditative Journey
  - ❖ Card readings
- \$10 Donation

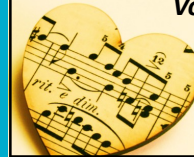


## Vocal Ease

Coffee House Concert

Saturday, September 14 at 7:30pm

**Volunteers Needed**



Speak with  
Sharon Yun  
or email  
[syun@uucg.org](mailto:syun@uucg.org)

## American Sign Language Practice Group

Tuesdays 3-4pm in the Library

Facilitated by Aline Harris. All Skill levels welcome.



Visit [www.uucg.org](http://www.uucg.org) & select "Calendar of Events" for details



Unitarian Universalist Congregation of Gwinnett

12 Bethesda Church Road

Lawrenceville, Georgia 30044

770-717-7913 • [www.uucg.org](http://www.uucg.org)



Visit [www.uucg.org](http://www.uucg.org) and select "Register for Events"

*We are becoming a radically welcoming sanctuary in a green space.  
We foster spiritual growth as we joyfully nurture connections  
and community within our wall and beyond.*

## Stewardship

### Funding Our Vision

- **Annual Pledge.** Our shared ministry is funded by the generous gifts of members and friends. Gifts of 2% or more of net income help UUCG in becoming a strong and vital faith community.
- **Birthday Club.** Give a dollar for every year you're celebrating on your birthday to grow our Endowment Fund. Write "Birthday Club" on the memo line.
- **Amazon.** UUCG will receive 4% or more of your purchase when you use this link: [https://www.amazon.com/?\\_encoding=UTF8&tag=u030-20](https://www.amazon.com/?_encoding=UTF8&tag=u030-20) and shop as you normally do! Bookmark this page!
- **Kroger Rewards.** Visit [www.KrogerCommunityRewards.com](http://www.KrogerCommunityRewards.com) to register your Kroger Plus Card. You keep all your points & Kroger gives to UUCG based on your purchases. Select "My Account" to login and add UUCG (NV919).
- **UUCG Sales.** Contributions for Fair trade coffee, chocolate, and cocoa at the Equal Exchange cabinet, books and jewelry and other items from our Bookstore, artwork from the gallery, and CDs from the Tech Team all benefit the UUCG operating budget.

# Faith in Action... *Living Our Values*



### Yarns from the Heart Care Shawl Ministry, 1st & 3rd Wednesdays at 10:00am

Knitters, crocheters, quilters and other fiber artists gather to create prayer shawls, lap blankets, baby blankets, hats, scarves, and other gifts for members, friends, and the wider community. Join us! Contact us at [yarnsfromtheheart@uucg.org](mailto:yarnsfromtheheart@uucg.org).



**The Racial Equity Organizing Team** is seeking more people to support our work in becoming a more radically welcoming congregation for people of color, indigenous peoples, and people of all ethnicities. We host workshops, movies, and book discussions, and encourage participation in local interfaith events that promote racial equity. Contact Reverend Taddeo at [revtaddeo@uucg.org](mailto:revtaddeo@uucg.org).



**The Green Team:** The Unitarian Universalist Congregation of Gwinnett has established a Green Team in order to help our congregation live more fully into our shared UU commitment to affirm and promote "respect for the interdependent web of all existence of which we are a part." We enter this work joyfully and with hope as we seek to model an ethic of care for our shared planet and all its inhabitants. Contact us at [GreenTeam@uucg.org](mailto:GreenTeam@uucg.org).



**The Social Justice Council** works on a range of issues, including immigrant rights, rights for the LGBT community, and environmental justice & awareness. The UUCG Social Justice council is open to all! Join us after the service on 1st Sundays every even month as we plan internal education, build partnerships, invite guest speakers, and provide active witness. We also laugh and have lots of fun together! Contact us at [SocialJustice@uucg.org](mailto:SocialJustice@uucg.org).

## Spiritual Practices



### Two Hands Sangha, Sundays at 6:00 pm

The Two Hands Sangha Mindfulness and Meditation Community invites members and friends of UUCG to its Sunday evening meditation practice. Love offerings are appreciated, but not required. Visit [www.twohandsangha.org](http://www.twohandsangha.org).



### Tai Chi, Thursdays from 7:00—8:30 pm

All ages and levels are welcome. Wear comfortable clothes and flat soft shoes or sock feet. Contact Rob at [taichi@uucg.org](mailto:taichi@uucg.org).



h a t h a y o g a

### Yoga, Wednesdays, 5:45 pm

Yoga brings balance to the body, mind, and spirit through breath and movement. This class is for all ages and skill levels and includes pose modifications. First class is free, then 7-session pass is \$70, or drop-in for \$15. JoAnn Weiss has been practicing yoga for 8 years and is registered with Yoga Alliance. Email JoAnn at [yoga@uucg.org](mailto:yoga@uucg.org) to sign up.



### Women's Spirituality Group, Friday August 16 at 7pm

Join us on the Friday closest to the full moon as we explore *Rise Up and Call Her Name* by Elizabeth Fisher, a UU women's group curriculum that leads us through geography and history to explore different Goddesses and Feminine Dieties. Integrate what you learn through hands on crafts, singing, drumming, and communing with other women through prayer, song, and fellowship. Email [womensgroup@uucg.org](mailto:womensgroup@uucg.org) for more info. Non-binary folks welcome.

# Fostering Spiritual Growth... August Theme: Prayer

## July Theme: *Freedom and Responsibility*

### Worship Services, Sundays at 11:00 am



Our services are led by our minister, the Reverend Jan Taddeo, and our inspiring team of Service Leaders and Worship Associates. This is our sacred time to gather in our cherished space to recall our true selves, reflect on the meaning of our lives, and explore questions of ultimacy together. All ages are welcome in our worship services, and child care is available for the youngest if desired. Children 5 and over are encouraged to be with their parents in the service. There is a table of intention in the back of the service with activities related to the service for fidgeters. You may contact Reverend Jan Taddeo at [RevTaddeo@uucg.org](mailto:RevTaddeo@uucg.org).

#### July 21 *An it Harm None*

Spiritual teachings of Earth-centered traditions instruct us to live in harmony with the rhythms of nature and honor the divinity of all. For millennia, Earth-relating spiritualities have been practiced and refined by hunters, farmers, indigenous people, and those who live close to the land and the sea. This Sunday we will look at some of the rich theo/alogies, traditions, and histories that fall within the 'Earth-Centered' label. Then we will explore some of the ethical gifts of these paths for Unitarian Universalists.

**Rev. Amy Beltaine, Service Leader** **Bob Patrick, Worship Associate**

#### July 28 *Commons Sense*

We share many common spaces - the family room, our parks and public places, even the air we breathe. How do we effectively navigate the unwritten rules and expectations so that each person's needs and desires are met without infringing on those of others?

**Lorena Griffin, Service Leader** **Victoria Fashakin, Worship Associate**

#### August 4 *Listen to Children*

Nelson Mandela: "History will judge us by the difference we make in the everyday lives of children." And, "The true character of society is revealed in how it treats its children." Time for a report card on how we are doing as a society in listening to the needs and prayers of the children. Students and teachers, bring your backpacks for our annual Blessing of the Backpacks.

**Rev. Taddeo, Service Leader** **Lydia Patrick, Worship Associate**

#### August 11 *Without Ceasing*

What does "pray without ceasing" mean? Is there value to prayer?

**Sherree Bailey, Service Leader** **Bob Patrick, Worship Associate**

#### August 18 *Pray for Me? Service of Compassionate Presence*

Our relationship with prayer is influenced by our religious upbringing, cultural norms, and our concepts of prayer. Let's explore some of those concepts, and find a way to say a little prayer for those who could use a little help from their friends.

**Rev. Jan Taddeo, Service Leader** **Daniel Bailey, Worship Associate**

#### August 25 *Poetry as Prayer*

Years ago in a prayer workshop we explored poetry as prayer. From the Psalms to Mary Oliver to Richard Blanco we can feel the prayerful essence in the poet's words. May it be so.

**Rev. Jan Taddeo, Service Leader** **Victoria Fashakin, Worship Associate**

#### September 1 *Expectations of Change*

Waiting can be hard. You've heard the phrase - Be the change you want to see - let's talk about what that means. Baby steps.

**Lydia Patrick, Service Leader** **Miriam Patrick, Worship Associate**

# Tending the Flame . . . Notes from Faith Development

As we enter the end of our summer season and prepare to embark on a new program year, we see this as a time of renewal – new opportunities, new practices, new ways to feed our spirits and to put our faith into action in the larger world. With this in mind, the UUCG Faith Development Team has some exciting programs planned for 2019-2020; opportunities to explore our faith in community, through programming and activities designed to offer a deeper dive into our chosen monthly themes.

Beginning after Labor Day, the ten o'clock hour will continue to include Adult Faith Development Workshop & Discussions, and we will be adding Family Religious Exploration during the first hour! This will be a program for all ages to explore relationship with our annual theme, Webbing the Universe. Look to the bulletin boards in both the foyer and back hall for details on this upcoming programming, including our book selections for this year's bi-monthly Book Discussion sessions.

This congregation's support of the value of Faith Development is evident in the way you all prioritize funding in the annual budget and space for program offerings in the building. And in order to have a vibrant, thriving Faith Development program, we invite you to make it evident in the time that you offer in service to the program itself. Upcoming Faith Development opportunities for you to grow in service and spirit include giving your time to being:

- Multigenerational RE sessions leader
- Adult Spiritual Practices workshop facilitator
- Book Discussion Leader
- Childcare provider
- Various other capacities (assist with materials prep, supervise Intention Table activities, etc.)

We encourage you to consider stepping forward and adding program facilitation to your personal spiritual practice. Contact Christiana McQuain ([cmcquain@uucg.org](mailto:cmcquain@uucg.org)) with any questions, suggestions or inquiry into how you can contribute to making the 2019-2020 program year as meaningful as it can be for our entire community. How will you live your UU faith in the coming season?

With Grace and Gratitude,

Christiana and the UUCG Faith Development Team

## Fall Covenant Group Registration Open

Covenant Groups are small groups of up to 10 people who gather to discuss words of wisdom on the themes of the month. Each participant has 5 minutes of uninterrupted time to share their thoughts and then there is a group discussion. This is a great opportunity to deepen your faith through introspection as well as insights from others which can expand your perspective. This is also a great place to deepen your relationships with fellow UUCG congregants through intimate conversation. Covenant Groups are open to the public. Please register online. There will be childcare offered Monday nights. Register online at <https://form.jotform.com/Syun/registration>

There are 8 sessions beginning late August. Please make sure you can commit to at least 6 sessions.

- 2nd/4th Monday nights 7pm-9pm 8/26, 9/9, 9/23, 10/14, 10/28, 11/11, 12/2, 12/9
- 1st/3rd Wednesday nights 7pm-9pm 8/21, 9/4, 9/18, 10/2, 10/16, 11/6, 11/20, 12/4
- 2nd/4th Wednesday nights 7pm-9pm 8/28, 9/11, 9/25, 10/9, 10/23, 11/13, 12/4, 12/11
- 2nd/4th Thursday mornings 10am-12pm 8/29, 9/12, 9/26, 10/10, 10/24, 11/14, 11/21, 12/12



## Change in Leadership and a Big Thank You!

A big thanks to all Board and Nominating Committee members who are completing their term, serving another term, continuing their service, or taking on a new leadership role. *Make sure to let them know how much you appreciate them!*

Thank you **Marcus Kabel** for serving another year as President and **Terry Welsher** for serving another year as Secretary.

Thank you **Bill Benshoof** for your service as Vice President this last year.

Thank you **Lorena Griffin** for serving as our Vice President this year.

Thank you **Jeza Hehn** for being our Treasurer this year and **Greg Bandy** for serving as Treasurer-Elect, and Treasurer next year.

Thank you **Nathalie Bigord** for completing your dedicated service as Member At-Large for 3 years.

Thank you **RJ Rice** for becoming our new Member-At Large.

Thank you **Daniel Bailey** and **Ally Perras** for continuing to serve your 3 year term as our Members At-Large.

Thank you **Thomas Yun** for taking on a third year and **Heather Meador** for serving her second year on the Nominating Committee.

Thank you **Katrina Yurko** for completing your dedicated service of two years on the Nominating Committee.

Thank you **Joe Bentley**, **Jen Garrison**, and **Natalie Mann** for joining the Nominating Committee for a two year term.

# Activist Meeting Fourth Mondays

**Mondays July 29 and Aug. 26 7:30-9:30pm AROMA: Activists, Recruiting, Organizing, & Mentoring in Atlanta Meet & Greet**

AROMA aims to provide a **gateway** for interested people to begin to discover activism and what it means. We wish to serve as a **recruitment agency** for social justice movements in the Atlanta area. We strive to **reach out** to those frustrated with injustice in the world and give them hope by **exposing them** to the little-known work and legacy of social justice activism. We want to **connect** potential activists with current activists, organizations and movements. We commit to **support** these “new recruits” as they self-direct their exploration of the many ways to engage in activism. We endeavor to help them find their place in today’s movements, and **guide** them in learning and developing the knowledge and skills necessary to participate fully in making the changes we need in the world. For more info visit [activismatlanta.com](http://activismatlanta.com)



## Backpack Drive for Corley Elementary



The first day of school starts early, August 5th. That's right around the corner, so get ready for the Corley Elementary School backpack drive! UUCG has been a supporter of this community school since 2011 -- through our Christmas Gift Card Drive and the Backpack Drive, but also with teacher appreciation events. The school has shown its gratitude for our dedication and our relationship is a strong one. For this year's drive, we need new and gently used backpacks in by Sunday, August 4, 2019, for the start of the school year. (We will accept them later as well.) Look for the Corley Backpack Bin near the Laboratory.

For you busy people, we will do the shopping for you! Just give your money or gift cards to Carol Richardson or Toby Lyles or grab someone from the Social Justice Committee! And if you spot any bargains out there, let us know! Questions or suggestions: Email [sjc@uucg.org](mailto:sjc@uucg.org)

There will be a Blessing of the Backpacks August 4. All students can bring their backpacks to be blessed during the service.

## Parking Lot Repair Work Day July 20 8am-5pm

All hands on deck! Designated volunteers will be operating a bobcat so that we can fill in the sinkholes in our parking lot. We will need people to level out the fill material with steel rakes. Before that can happen, all of the weeds that have overgrown the area must be removed. There is poison ivy in that area so come prepared to avoid contact with your skin. For example bring long pants and gloves. You may also consider protection for your face. There are other projects to do as well.

One project we will be working on is digging around the garden bed and putting gravel down to prepare the area for a proper retaining wall. The more people who come, the more we will be able to accomplish. Childcare will be available starting at 9am. Contact Don Graff for more info: [buildingandgrounds@uucg.org](mailto:buildingandgrounds@uucg.org).

Please bring shovels—pointed and flat - and steel rakes if you have them. Bring weed whackers and any other yard tools you would like to use to help us improve our grounds. And of course remember your water bottles!

Barbara Stahnke has created an online form for bringing food to make sure our work crew is nourished throughout the day. <https://www.signupgenius.com/go/4090b44aaa92aaa8-72019> Check it out to see how you can contribute.



## Flush Flush! Town Hall July 28

The project team has been busy chasing contractors for bids and expects to have as many as eight bids soon. At This Town Hall, your Board of Trustees wants to present the results and host a discussion of your vision for the next steps. Based on the first four bids so far, the total project looks like it will exceed the \$50k budget the congregation has approved. It may be significantly more. The bids range widely, which is why we want to wait a bit before we all come together. The regular monthly Board meeting on July 17 will also be reviewing what we know by then, and of course you are welcome to attend their 7-9 p.m. meeting in the Library if you'd like a status update.



# Community FUNdraisers

Below are our current fundraisers. You may create an event anytime you'd like. Email [admin@uucg.org](mailto:admin@uucg.org) or speak to Sharon Yun to schedule an event. Please describe the event in detail and give the time, place, and requested donation amount.

Register for events online. You may pay in advance at [paypal@uucg.org](mailto:paypal@uucg.org).



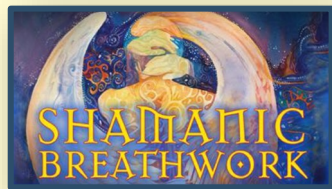
**Sunday August 18 1-3pm (Rescheduled) Plarn Crochet Workshop**  
with Janet Hazzard Learn to make Plastic Yarn from plastic shopping bags and make a Plarn Bag. Basic crochet knowledge required. \$10 donation.



**Sunday, August 25 3-5pm Tea and Recital**  
with flutist Barbara Stahnke, pianist Bryan Bishop, and other UUCG musicians.  
\$10 Donation.

**Saturday, September 14 10am-1pm Shamanic Breathwork™ and Heart Centered Breathing workshop**

Shamanic Breathwork is a powerful altered state process to connect with healing archetypes, inner shamans and healers, ancestors, spirits and divinity. We will establish sacred space through intention and sacred ceremony; then use the power of deep connected breathing and heart focus to enter an altered state in which we can explore and experience a journey to reconnect with our own spirits, heal our shadows, experience unconditional love, and taste what wholeness and inspired living are. Donation of \$20 or more requested. No one turned away for lack of funds. Led by Daniel Bailey. Sharon Yun will be assisting.



**Sunday, October 20 1-3pm Finger Knitting Class for Children**  
with Janet Hazzard. For ages 6+. \$10 donation



## Vocal Ease Coffee House Concert September 14 at 7:30pm

What happens when you get a group of singers together who DREAM of singing on stage? You get Vocal Ease. They will share *A Million Dreams* with you with their vocal stylings and tight harmonies under the expert direction of Huu Mai. They perform pop-rock and they will be performing music by Billy Joel, Elton John, Aerosmith and others from the 60s to today. You will hear ballads to pure rock and everything in between, with tight group harmonies as well as selected solos.

Singers: Mark Morris, Randy Blasch, Doug Wilson, John Pruitt, Mark Sexton, Jasmine Cutting, Liz Van Klingerren, Susan Gamble, Susan Ahern, Reina Lingle, Merri Beth Stephens

Doors open at 7 pm, show starts at 7:30 pm. \$5 suggested cash donation. Proceeds will benefit our Give Away the Plate Recipient, Abundant LUUV. Our performers rely on tips and merch sales, so consider bringing some extra cash for them. There will also be pastries, tea, and coffee for purchase.



Volunteers are needed: before and after the concert to move chairs; to take donations at the door; and to serve refreshments. Contact Sharon Yun at [syun@uucg.org](mailto:syun@uucg.org). Thank you for making this event happen!

## Junk in the Trunk Fest September 28 7am-3pm



Clean out your closets, your basement, and your garage. Turn your junk into another person's treasure! Sign up today. Volunteers are needed to set up the night before and break down after the event. We also need people to take turns at the UUCG information table. Volunteers are also needed to direct parking lot traffic. Please speak to Candice Bizzell or email [info@uucg.org](mailto:info@uucg.org) if you are able to volunteer or if you'd like more info.

A parking spot is \$35. A table is \$10. To register, please go to: [Tinyurl.com/Trunk-Registration](http://Tinyurl.com/Trunk-Registration). You may keep whatever money you make or choose to donate it all or a portion of it to UUCG.

Please pick up some fliers at UUCG to post on community boards and give to friends.

# The Health Benefits of Singing

by Michael Parker

I know that you usually see me on Sunday mornings, smiling in your direction and waving my arms to the beat of the music we sing during worship services. However, did you know that I am also leading you in: an exercise/workout?

Improving your mental health?  
linguistic practice?

Well, I am!

According to an article from the Chicago Tribune, dated March 16, 2018, with research from the professional organization "Chorus America" (to which I am a member), "more than 32 million American adults sing regularly in groups nationwide. Although many people may restrict their singing to the shower or when no one is around to hear them, there are some surprising health benefits of singing frequently — and encouraging others to do so as well."

According to Time magazine, "singing may release endorphins associated with feelings of pleasure as well as stimulate the release of oxytocin, a hormone that is found to alleviate anxiety and stress."

Prevention magazine notes that "choir singers, who often report feeling happy and free of significant anxiety, may notice their moods improve when they start to sing."

Research conducted at the University of Frankfurt found that professional choir members who had their blood tested before and after an hour-long rehearsal displayed a greater amount of antibodies called 'immunoglobulin A' after the rehearsal. These increases were not found in the choir members who simply listened to music.

In the study, titled "Singing modulates mood, stress, cortisol, cytokine and neuropeptide activity in cancer patients and carers," researchers found higher levels of cytokines present in the blood of those who sang for an hour in a choir, and lower levels of the stress hormone cortisol.

A 2008 study published in the journal "Sleep Breath" found that the prevalence and severity of snoring among semiprofessional singers and non-singers indicated that singers scored lower on the snoring scale. Singing strengthens muscles in the airway that can help reduce snoring. Furthermore, the breathing required to sustain a song may help improve lung function and reduce symptoms of mild asthma.

For those with dementia, singing can improve concentration and memory recollection. The Alzheimer's Society has a "Singing for the Brain" program to help people with dementia maintain their memories.

Finally, singing with a group can reduce loneliness by bringing together like-minded people engaged in the same activity. Singing can boost confidence, improve mental function, help with immune response, and be a form of cardiovascular exercise.

So, the evidence clearly shows, for a long and healthy life,

'Come! Sing a Song With Me'!

## Music & Art

### Choir

Rehearsal Tuesdays,

7:00 pm

Warm-up, Sundays,

10:15 am

If you enjoy singing with others, drop in on Tuesday night for rehearsal and then warm-up with the choir on Sunday before the worship service. Contact our Choir Director, Michael Parker, at [mparker@uucg.org](mailto:mparker@uucg.org).

### Music Night

1st & 3rd Mondays, 6:00pm

People of all ages and music abilities practice, perform, and share musical gifts. Bring your music stand, instrument and music. Contact Barbara at [musicnight@uucg.org](mailto:musicnight@uucg.org)

### Jam Night

If you would like to see a UU House Band or interested musicians gather to play rock and folk rock periodically, contact Ben at [jamnight@uucg.org](mailto:jamnight@uucg.org).

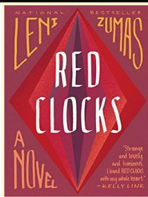
### Art Gallery

Enjoy the beautiful selections of art on display in our sanctuary and foyer, all created by local artists. A portion of the proceeds of art sales benefits UUCG. Contact Diana Dice at [prattdice@gmail.com](mailto:prattdice@gmail.com).



This QR Code will take you to our unique Amazon link that will give UUCG 4% or more of your transaction.

# Nurturing Connections



## Book Club, 4th Wednesdays at 7:00 pm

**Next meeting: August 28 *Red Clocks* by Leni Zumas**

All are welcome to a time of bonding, lively discussion, and building friendships.

Contact [bookclub@uucg.org](mailto:bookclub@uucg.org).



## Boy Scout Troop 99, Mondays at 7:00 pm

UUCG hosts this troop for boys grades 6-11. They meet in the Playhouse, and child care is provided for younger siblings during the parent meetings.

Contact Maryjane Stout or Don Graff.

## The Oak Grove Covenant of UU Pagans (CUUPS)

CUUPS meets twice a month to share different practices and rituals. On August 3 at 3:30pm Candice Bizzell will be teaching us to make a Shekere: a gourd rattle covered in bead webbing. Cost of gourds:

Large \$3, Small \$2. We have string, some beads, and wood burning tools. Please bring beads or shells. Child care is provided if requested by registering online at least a week in advance. Contact [CUUPS@uucg.org](mailto:CUUPS@uucg.org) for more details. Also visit their Facebook page and group.



## Sylvan Sanctuary: Rituals for the 8 Sun Stations

The Druids have a vital relationship with the Earth, celebrate the Sun and its sacred days, hear the call to the inner life, and are weaving a wisdom that is both personal and communal. Sylvan Sanctuary has been

a grove for 10 years and is led by Bob Patrick, a founding Druid. Childcare is provided if requested at least a week in advance.

Sylvan Sanctuary welcomes all who are interested to a Lughnasad ritual at 6:00pm on August 3. Lughnasad is one of two seasons of the Druid year that focuses on the "tribe" (the other is Imbolc in February). AT this ritual we will be calling on traditional Irish symbols of life, support, protection and strength for all those gathered and those extensions of our lives.

Contact [sylvan@uucg.org](mailto:sylvan@uucg.org) for more info.



## Gwinnett: Understanding Secular Truths (GUST)

**2nd Mondays at 7:00 pm in the Sanctuary**

GUST supports programs that explore atheism, skepticism, and secular humanism and works to encourage community and friendships. contact Dylan at [gust@uucg.org](mailto:gust@uucg.org) or visit <http://brights.meetup.com/295/>



## SAGE (Seniors Aging with Grace and Enthusiasm)

Join other UUCG seniors for special events.

Contact [info@uucg.org](mailto:info@uucg.org) to be added to the SAGE email group.



## Potluck Lunch, 3rd Sundays

Our 3rd Sunday potluck lunch is a great opportunity for food, fun, and friendship. Bring a generous quantity of a favorite recipe to share. Label dishes with information for special diets (vegan, vegetarian, gluten-free, contains nuts, etc.).

## Spiral Scouts, 2nd Sundays from 12:30 pm-2:30pm

For children ages 3-12 and their families, this earth-based scout program encourages young people to co-create their programs. Meet in the Treehouse after the worship service. Healthy snacks provided. Contact [CUUPS@uucg.org](mailto:CUUPS@uucg.org).



## UU 101 is July 21 and August 18

## UU 102 is August 18



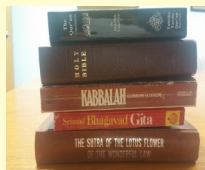
Join us after the service for the UU101 Visitor Orientation in the Library. To learn about the path to membership come to the Pastor's Parlor for our UU 102 program. Childcare provided. Please register online ahead of time for childcare.

## Walkers Group



Walks are planned by group participants. Contact Wally at [walkers@uucg.org](mailto:walkers@uucg.org) to learn more about upcoming walks with UUCG friends and to be added to the group's e-mail list. Open to all walks of life.

## Belief Exploration



We explore the sources of world faith traditions. We have no prescribed theology and honor each person's spiritual path toward enlightenment and reason. We invite you to join us if you have an interest in theological writings and would like to learn and share your

views in an open, accepting environment. We meet after the worship service on the second Sunday of each month in the Laboratory. Speak to Carol Richardson or email [beliefexplorers@uucg.org](mailto:beliefexplorers@uucg.org) if interested.

## Rev. Jan Taddeo, Parish Minister

[RevTaddeo@uucg.org](mailto:RevTaddeo@uucg.org)

Cell: 678-558-48434

Appointments scheduled at:

[revtaddeo.acuityscheduling.com](http://revtaddeo.acuityscheduling.com)

## Building Open

Sunday 9:30-12:30

Tuesday 10:00-2:30

Friday 10:00-2:30

or by appointment

770-717-7913

**Marcus Kabel** [president@uucg.org](mailto:president@uucg.org)

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