November 2026
Gwinnett News for Unitarian Universalists

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Elizabeth Blackwell was the first woman to receive a medical degree in the United States. She played a pivotal role in the establishment of the Women's Medical College of the New York Infirmary.

Welcome to our exploration of Healing



It could be argued that healing is at the very center of what it means to be a Unitarian Universalist. We're always seeking ways to heal the world around us. To repair the divide that exists between people. Helping those who feel the pain of being categorized as "other". Offering compassion to a society that all too often is faced with struggles. We also take more literal actions to heal the world, as we try to learn and implement ways to offset the climate crisis our Earth is suffering. There seems to be an endless supply of wounds for us to tend to.

The sheer volume of the healing required around us is why we need the support of one another. No single person has the strength to lift up everyone who has fallen, or care for those who are ill.

Sara Eileen LaWall expresses the need for We in her poem:

Out of the Flames

Out of the flames of fear, We rise with courage of our deepest convictions, To stand for justice, inclusion and peace

Out of the flames of scrutiny, We rise to proclaim our faith, With hope to heal a fractured and hurting world

Out of the flames of doubt, We rise to embrace the mystery, wonder and awe, Of all there is and all that is yet to be

Out of the flames of hate, We rise with the force of love, Love that celebrates our shared humanity

Out of the flames we rise

Worship in November

Sundays at 11:00am
Theme: Healing
Join us in-person or via Zoom
https://zoom.us/j/565460176

November 1st
Our Community's Healing Promise and Celebration Sunday!

One of the most important promises we make when we enter into community with UUCG is to be there for each other–to listen; to speak and act with Love; to hold each other with curiosity, courage, and compassion; to show up and to stay with each other when times are good and when they are tough. This Sunday we practice fulfilling this promise with our ritual of Spoken Joys and Sorrows and the relaunching of our Care Circles. Newcomers and long-timers–we all have a place in this healing practice!

Rev. Nancy Palmer Jones (she/her), Worship Leader

November 8th
Dealing with Healing

What do we believe about healing? How do we come to believe healing exists in us and for us and through us? What names do we carry for healing? Share this time today for conversations on approaching healing from a variety of viewpoints and experiences.

Lydia Patrick (she/her), Worship Leader

November 15th
Gathering the Glimmers: Healing is Possible

As we respond to this world we're in post the midterm elections, we offer a healing practice that works with our minds, bodies, hearts, and spirits. Come "gather the glimmers" with us–those micromoments that offer safety, calm, and connection. No matter what, healing is possible!

Rev. Nancy Palmer Jones (she/her), Worship Leader

November 22nd
What We Remember, We Carry

Join us for a service moving through three movements: remembering those we have lost, giving thanks for those who sustain us, and renewing our commitment to one another. Together, we'll explore how memory, gratitude, and connection can become pathways toward healing.

Candice Carver (she/her), Worship Leader

November 29th
Covenantal Convalescence

Wounds need the right environment to heal. The body, mind, and soul cannot recover amidst constant trauma. Our covenants are much more than fixed rules set down in the distant past; they are living, relational commitments to one another and our community to be that place of healing and growth. How wonderful is it that together we can reimagine how we live our faith again and again?

Ian Van Sice (he/him), Worship Leader

Programs

Sundays at 12:30pm

1st Sunday, 11/1
- Food Bank Collection
- Potluck
- Sharing the Journey

2nd Sunday, 11/8
- Belief Explorers
- Spiral Scouts
- Town Hall
- Sharing the Journey

3rd Sunday, 11/15
- Tarot for Teens
- Resisting Fascism Team
- Monthly Board Meeting
- Sharing the Journey



Worship and More

Post-Election Healing Conversation with Rev. Nancy



Join us on Zoom
Nov. 5 at 7:30pm

Find joys and sorrows to honor, and discover our calling in this new day.

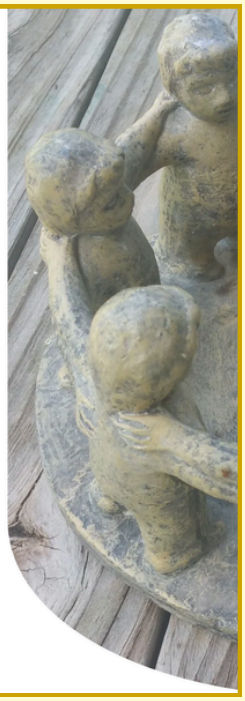


Congregational Town Hall

November 8
After Worship Service

The Board of Trustees will be presenting the proposed UUCG 2027 Operating Budget.

Members will be emailed when voting is open.



Give Away the Plate

Each quarter the Give Away the Plate Committee selects an organization from among those nominated by the congregation that embodies UU values and is helping to build a world of freedom for all, and share our weekly collection with them.

The Give Away the Plate recipient for the fourth quarter of 2026 is: **Science for Georgia**

Science for Georgia is a 501(c)3 non-profit that works to ensure Georgia understands, values, and engages with science.

They are dedicated to bridging the gap between scientists and the public through training, outreach, and advocating for the responsible use of science in public policy.

The Altar of Compassion



An "Altar of Compassion" in Unitarian Universalism is a dedicated sacred space within a sanctuary where congregants can engage in personal meditation, grief, or celebration. Individuals are typically invited to visit the altar before or during a service to light a candle, symbolizing their personal joys, sorrows, and hopes.

Message from the Minister



Savoring the Glimmers: A Path to Healing

by Rev. Nancy Palmer Jones (she/her)

On Monday, October 26, just as dusk is deepening into dark, I am driving home from the laundromat when, through a break among the buildings and trees, I catch a glimpse of a wide circle of orange light near the horizon. It's funny how our senses, when they are able, can immediately tell the difference between artificial and natural light, isn't it? I know right away: that's the full moon! And it's so much bigger and brighter and oranger than I expected!

I know my phone's camera won't do it justice. Still, when I come to a stoplight on a slight rise, I lean out the driver's window and take the picture that accompanies this essay. I want something to remind me that this happened.



That moon sighting was a "glimmer," according to the scientists studying polyvagal theory. When I do a search, an article by the Swedish Behavioral Health Team titled "Let glimmers of meaning bring shine to your life" is what pops up. But the truth is, our Worship Associate Britt Parris has already reminded me that these small moments of delight, interest, wonder, or curiosity are key to regulating our nervous systems and cultivating healing in the midst of all the stresses we are experiencing.

Deb Dana, a licensed clinical social worker (LCSW), introduced the term glimmer to describe those small, fleeting moments that make our nervous system feel safe, connected, or calm. They are easy to miss, especially when we have been living in a state of fear or anxiety for so long. So I was grateful when a glimpse of the full moon grabbed my attention and gave me a gasp of delight.

Tracking and savoring our glimmers—keeping a list, taking a picture, sharing them with friends, even just spending a few extra seconds noticing and mentally recording them—has a cumulative effect. When it becomes a practice, we can partially rewire our nervous system to notice more of these calming, satisfying moments and to be more resilient in the face of hardship and stress.

Once I savor the moon's appearance, I can ask, What other glimmers have I experienced lately? A few examples:

- A holy conversation about aging and directness with the postal worker who helps me get my passport renewal application in the mail. Our birthdays are 20-plus years and three days apart, she notices. We are different in age, race, jobs, life experience—but there's so much joy and hope in our shared laughter about shifting hormones and a thinner filter on what we say aloud.
- That moment when LaTreisha's large dog Dallas and Britt and Zack's small dog Gertie meet at the Blessing of the Animals. Gertie is sure she is the bigger, stronger of the two, leaving Dallas curious and a little befuddled by this strange bundle of energy who wants to say hello.
- The simple, generous, communal fun of our Trunk or Treat event on October 24 when we enjoy a fresh fall evening with UUCG friends and hundreds of community members. The trunks spill over with candy and spooky delights, and the children's faces light up with wonder at so many treats. The sweet sense of connection and ease is palpable.

What about you? What glimmers are you discovering?

As I write, a few days before November begins, none of us knows exactly what will happen in the weeks to come, during and after the midterm elections. We do know that this round of voting will have an impact, no matter what the results.

So I'm glad that Healing and Covenant are our themes for the month. By seeking a more wholistic view of our lives (Healing), and by recommitting to the promises we make about how we will live with each other (Covenant), we will not only weather whatever comes, but we will also become ever stronger agents of Love and joy.

Reflections

October Memories

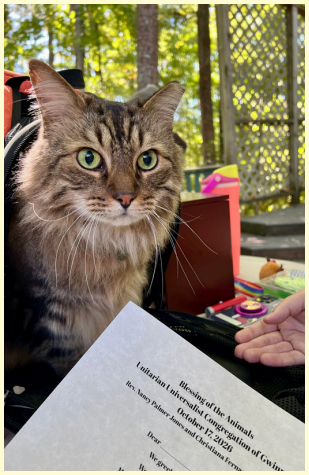
by Rev. Nancy Palmer Jones (she/her)

Even as we lean into the month to come, let's carry forward memories from the past month, too. Here are a few photos of when UUCG lived this year's Vision of Ministry:

"We are Nourishing Spirits, Transforming Connections, and Blooming Together."

Blessing of the Animals, October 17



CLICK HERE *for a video Blessing for Your Beloved Pet.*

Trunk or Treat, October 24









CLICK HERE *to join Zia and her friend Under the Sea!*

From the Board

Third Quarter Financial Update

by Ian Van Sice, Board of Trustees President



Friends,

We are in the fourth quarter of the year. These last few months have included much financial discussion. Here are some highlights:

1. The Congregation approved transferring some funds from the Building Reserve Fund to address a clerical error and approved the use of up to $10,000 from that fund to meet potential operating expense shortfall through the end of the year.
2. We launched our 2027 Pledge Drive with a stated goal of $175,000. This goal is based on maintaining our staffing at the levels we've enjoyed the last few years. We will write a budget based on our actual pledges, but cuts must be made if the goal is not met.
3. We sent out contribution statements to everyone who has made pledge payments or other donations through the end of August. We will send out 3rd Quarter contribution statements before this is published. Contact me at president@uucg.org if you did not receive an emailed statement and believe you should have.
4. UUCG Treasurer Christopher Shull had to step down from the board. We support his decision and thank him for his recent and past service.

As of this writing, I do not project a shortfall in our operating budget. If pledge income holds steady and meets the amount pledged, we should be OK! If pledge income is low through the end of the year, it may still be necessary to tap into the reserved funds. The board will communicate when and if that becomes necessary.

Overall, our financial position is manageable but not abundant. Utilities and occupancy expenses are up. This must be included in the budget for next year. We still have not secured a tenant for next year. Friendship Forest will move on permanently at the end of December. Their continued tenancy has buoyed our income through the end of the year, but we must move forward and seek a new long-term tenant.

The board will host a town hall on the budget after service on November 8th. I hope to see you there!

With Love at the Center,
Ian Van Sice
President, UUCG Board of Trustees

UUCG Stewardship

Unitarian Universalism calls us to the ideal of becoming a transformational force in each other's lives, in our communities, and in the world. Because we aspire to live into our faith beyond Sunday mornings, we are privileged to invest our time, energy, and resources in support of this greater mission. This is what stewardship is about.

Individual and congregational contributions are a gift to support UUCG, as well as the overall growth of Unitarian Universalism in the Southern Region.

You can contribute with a check gift made payable to UUCG, or with a **Venmo** or **PayPal** donation.

For more informatio, visit our Stewardship page at **https://www.uucg.org/connectingwithin/donate**.

From the Board

Healing

by Nancy Malone, Board of Trustees Member-At-Large

In July of this year I underwent Mohs skin cancer surgery on my nose, and it was a really intense experience. The surgery took over four hours and four layers of skin were removed from my nose. A plastic surgeon stitched me up.

The healing process came in stages.

First, it was acknowledging what happened, accepting it, and then grieving. I needed to find a way of letting go of how I looked before the surgery, and get on with the process of healing.

When the bandage was first taken off, and I saw how it looked, I had a meltdown. I cried, and I felt like, "I'll never be the same again. Will I be scarred for the rest of my life?"

My nose was swollen, and the shape of my nose was different, it was really hard to look at myself. I didn't want to be seen for weeks by anyone, and I didn't see how this was ever going to become my new normal. I just couldn't accept that. But I got myself together and decided hat I would share with people and allow others in to help me with what I was experiencing. Once I reined in my emotions and found my grounding I was better able to let the healing begin.

I realized that I don't really measure my emotional healing in the same way. I can't always have the awareness or see the inner scars heal. The changes and the progress I made because of having this process - this physical healing; this apparent, right on my face, in your face, healing - really is a great metaphor for seeing the stages and taking the steps of doing the work that, only within two or three months, I was able to achieve.

It became clear to me that this experience of physical healing where I am able to witness the stages made me wonder if only we could do this with our inner emotional being and see the healing. Then I related that to my emotional well-being and all the things I've experienced through my life. If it was possible to view our emotional healing as we do our physical healing, and witness the stages, steps, and the self-care, I believe the awareness we would gain could only create balance in our lives.





Ministry of Radical Welcome



Hospitality and Thanksgiving

by Carol Underwood, Lay Minister for Radical Welcome

Reach out to Carol to learn more about how you can contribute to UUCG's Hospitality Team

The concept of hospitality is woven into the very fabric of human civilization, serving as a foundational pillar for building communities, establishing peace, and fostering mutual trust. At the heart of this ancient virtue lies a simple, universal gesture: the act of breaking bread. Originating in the Ancient Near East as a practical necessity for dividing dense loaves without the use of dangerous knives, tearing bread quickly evolved from a physical act of nutrition into a profound social contract. To break bread with someone was to offer safety, recognize their humanity, and form a sacred bond of friendship. Centuries later, this profound tradition of food-centric hospitality found a powerful, enduring expression in the American tradition of Thanksgiving.

When I think of the companions in my life, the word companion literally means one with whom you share bread. Many people see their families once or twice a month…some see them every day…for a good bit of people, they have no one to share bread with because of many reasons that are too numerous to name, but they're no longer connected with their blood families. For others, that's not a complete negative because they have their chosen families.

I like creating ritual space where we can all break bread with one another by literally sharing a meal on Thanksgiving. Thanksgiving for me has always been a time to connect with the people in my community that I love, and develop relationships with people in such a deep and glorious way.

Thanksgiving hasn't always been that way for me, because of many times in the past when I had it with my blood family. There was so much drama, and communication was really strained. Now that I have a chosen family, I've been able to have what some people call Friendsgiving, but these people are more than simply just friends. They are also family as we all share the bread one another. We also share stories, telling everyone what's going on in our lives. And just enjoying the shared space together with food, laughter, and trading of recipes and tales with one another.

Thanksgiving is so complicated with family dynamics. It isn't easy sharing a table with a person who judges you. It is ok to take a breather and do something beyond the classic cliche of being with your blood relatives. Chosen family is a great environment - it's never perfect, but if it feels like home then you're in the right spot.

Food always seems to bring people together. I remember when I was an RA in college, the way I would always get people to join. My particular activity was to feed them pizza foods that we all like together, but it was our way of making friends and developing our relationships with one another, even though we may have come from different places in different ways - we can always share ourselves through the foods that we give and share.

This year I will be celebrating Thanksgiving with my chosen family. We will be hosting a Thanksgiving potluck on the day of Thanksgiving. All are welcome. The venue is UUCG. I will be at the building starting at noon and then dinner is at 4pm. Afterwards, we will all work together to clean up. It is also my 40th birthday on Thanksgiving. I'm so honored I will get it to spend with all of you.

Save the Date!

Sharing the Journey: 1st three weeks in November

UUCG Community Thanksgiving: 11/26

Ministry of Green Space

Keeping it Green:
a Green Space Ministry report
by Gary Kiel, Lay Minister for Green Space



Tending Our Grounds October 3

Yaupon hollies are in the ground. Four new additions to the front bed. Shrubberies! Karen Smith was the chief shrubber. Thanks Karen for obtaining those cute bushes.





A healthy hydration break during the work day. In the back, you can see Rob Kohl is planting the last of the hollies.

Past Green Space Nature Activities

September Activity: Native Plants...What?
Karen Smith presented, both words and plants, at the activity. It was fun learning and trading plant stories. Attendees showing off their souvenirs.





October Activity: Bug Snugs
Hannah lead the effort of giving the tiny wild creatures safe areas to hibernate or whatever they do in the winter.

Look What's Blooming



A visitor to a fall blooming Blue Mistflower. I consider these "old timey" flowers as I see them around older houses. This house was built in 1965. These flowers bloom late summer and fall. A swallowtail butterfly appreciates the flower.

Tending Our Grounds Schedule

Volunteers gather at 10:00am

Saturday, November 7

Saturday, December 5

Ministry of Spiritual Growth





Samhain Ritual

Saturday, November 7
6:00pm

Traditionally held from 31 October to 2 November, Samhain marks the turn of the wheel and the Celtic New Year. During this time, the veil to the Otherworld is drawn aside and those passed on are honored with celebration, ritual, and feasting, not as the dead, but as those among us.

Join the Sylvan Sanctuary for our annual Samhain ritual. For each ritual, consider bringing your staff or wand, an instrument, a dish to share, and an offering for Mother Earth.

OAK GROVE CUUPS at UUCG

Are you interested in learning about serving in Lay Ministry at UUCG?
Reach out to sharedministry@uucg.org.

Announcements

A Call to Lay Ministry: Opportunities to Serve

by Rev. Nancy Palmer Jones

UUCG's team of Lay Ministers, with the support of the Minister and the Coordinator of Family Ministries, serve on the Shared Ministry Council. They help envision, coordinate, and grow the five main ministries of this congregation: Radical Welcome, Green Space, Spiritual Growth, Connecting Within, and Connecting Beyond. Lay Ministers make deep connections with each other and their teams; they grow in leadership and understanding of our faith; and they make an immense contribution to the health of our community.

UUCG has the healthiest Lay Ministry model of any congregation I've known in my 25 years of ministry!

Shared Ministry

UU Shared Ministry is centered on the core belief and practice that the work, leadership, and spiritual care of a congregation belong to everyone in the congregation.

Ministers, professional staff, and lay leaders (volunteers and Board members) work together as inter-dependent partners, supporting one another's spiritual growth and the health of the broader community.

We have two openings for Lay Ministers right now:

- Lay Minister for Spiritual Growth
- Lay Minister for Green Space

Our **Lay Minister for Spiritual Growth** will be someone who loves and wants to nurture the ways in which we help each other to grow spiritually through Worship Services, Faith Development programs, book discussion groups, and more.

Our **Lay Minister for Green Space** will be someone who loves our sacred grounds, cares deeply about environmental justice, and wants to foster a deeper love of the natural world in all ages.

Do you see *yourself* in either of these descriptions?

Serving as a Lay Minister means engaging in lively online monthly meetings, working with other volunteers, communicating with the congregation about upcoming events and opportunities, and being a part of creating the collaborative Shared Ministry that helps our congregation to thrive.

You can read more about these roles here: https://www.uucg.org/about-us/our-leaders/ministry-council/

If you are interested in one of the open Lay Minister positions, please contact Christiana at cfm@uucg.org, and we will tell you more!



Ministry of Connecting Within

Healing

by Lauren Greenway, Lay Minister for Connecting Within



The topic for worship and reflection this month is "healing." I think there are different types of healing: physical, mental, emotional, spiritual, etc. But they all imply that there has been wounding of some kind. Something that needs to be repaired, something that isn't in a "healthy" state. Wounds also come in different shapes and sizes. They can be small and almost inconsequential in the grand scheme of things. But they can also be large and will bear a scar forever. Depending on the size and shape of the wound, it may need special care in order to heal.

Spiritual healing will be the focus of this article, even though the other types of healing could be enveloped by spiritual healing as well. Most of the spiritual wounds that I have encountered from others are deep. They carry so much hurt and pain that the wound may still be "open," even years later. A lot of what is described is a sense of betrayal by individuals or institutions in which one is supposed to feel safe and supported. These wounds can influence a person's sense of meaning in the world, identity, conscience, or their relationship with a higher power. The healing can feel impossible to the wounded person or possible but "too much work."

At UUCG, I think we attract a lot of individuals that have spiritual wounds. People that have been betrayed, pushed out, or just flat out are not welcomed in the first place. How can we, as a community and a congregation, promote spiritual healing in our midst? I'm sure I won't be able to cover all the ways this ideal can be achieved but here are some that come to mind:

1. You are welcome here. It's on the pavement walking into the main building. And we have to hold true to that. That people aren't just tolerated or ignored by us. But really, truly welcome and space is held for them.
2. Creating a covenant by which we abide. This covenant exists with love at the center and highlights mutual respect and care, no matter your spiritual beliefs.
3. Hearing and being with others' past pain. Sometimes just holding space and listening to someone can start to heal their wound. Just being heard by another is an important initial step.
4. "Me too." Sharing from your heart and soul about your pain and your healing offers validation and hope to others. 5. Adopting an attitude of non-judgmental positive regard. I may not agree with how you believe spiritually, but can I adopt an attitude of acceptance and of meeting people where they are? Can I show you support and love and root for your spiritual well-being even if your path looks different from mine?

Let us all try to reflect this month on how we are creating an environment ripe for spiritual healing. Both what we are already getting right and what we need to expand upon.

Book Group

4th Wednesdays at 7:00pm
Online via Zoom

The UUCG Book Group is open to everyone; all are invited to attend!

We choose books across various genres, with an eye toward what will provide substantial topics for discussion. When possible, we try to choose titles that are available at the Gwinnett County Public Library so that everyone can have access to the book. We have found that some of our favorite books have been those that have wide appeal.

For information about the current month's selected title, as well as upcoming selections, please **take a look here**.

Ministry of Connecting Within

Where Did Our Glass Chalice Come From?

by Doug Beers

Our original chalice was a gift dedicated in April 2003 with the following words:

May the fingers represent the support and the flame the warmth of UUCG.

After a great search to find a replacement for the original, which was broken in the spring of 2026, we located a piece created by the same artist:



Original Chalice



New Chalice

Jozefina Glassworks was founded in 1980 by Jozef Jankowski, a well known artist and glass blower. Jozefina has always worked in colored glass made with the highest quality workmanship, creating with two things in mind: beauty and function. Using old traditional techniques of glass blowing dating back to the 10th century, each piece is hand blown and hand finished. Jozefina Glassworks is located in Krosno Poland in the oldest glass and crystal producing area in Europe.

May it be so.

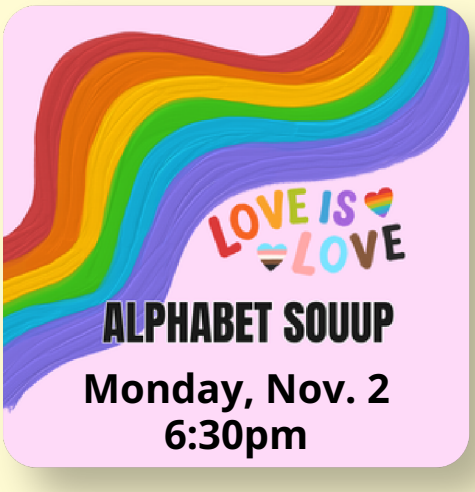
Another Chalice Joins the UUCG Family!



Former choir director, Michael Parker, has given UUCG a beautiful chalice made by the same artist as the new blue one we often use on Sunday mornings! This chalice—made of clear glass with white ribbons—will be dedicated on Sunday, November 1, and will live in Rev. Nancy's office. It will be used for small-group and pastoral meetings there, as well as for Board meetings and other leadership groups meeting on campus.

Thank you so much, Michael!

Making Connections

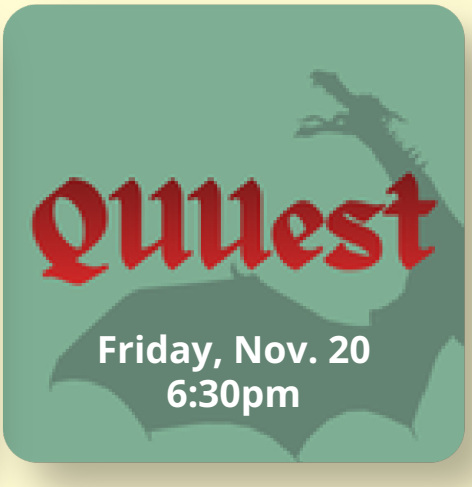












ONGOING ACTIVITIES

Alphabet SoUUp - In Person and Online: 1st Mondays at 6:30pm, potluck served!

Book Group - Online: 4th Wednesdays at 7pm **https://zoom.us/j/144736833**

Covenant Groups - **Registration Remains Open!**
Group A: Online - 2nd and 4th Mondays at 7pm
Group B: In Person - 2nd Wednesdays at 7pm (*TEMPORARILY CLOSED*)
Group C: Online - 2nd Thursdays at 10am

Men's Group - In Person: 2nd Saturdays at 9am
Online: 3rd Wednesdays at 7pm **https://zoom.us/j/93844952618**

QUUest, Jr. - In Person: 2nd Fridays at 7pm, campaign for Youth

QUUest - Online: 3rd Fridays at 6:30pm, campaign for Adults

Spiral Scouts - In Person: 2nd Sundays following Worship Service

Walkers - In Person: 2nd Wednesdays and 4th Thursdays at 11am (*per the weather*)
email **walkers@uucg.org** for contact information

Yarns from the Heart - In Person and Online: 1st and 3rd Wednesdays at 10am
https://zoom.us/j/98096623472

FOR MORE INFO CHECK OUT THE CONNECTING WITHIN BULLETIN BOARD LOCATED BESIDE THE LIBRARY ENTRANCE!



Connecting Within starts with presence—pausing to breathe, reflect, and truly see the beauty around us. As you walk through the doors of UUCG, capture the moments that bring you joy and share in the collective appreciation of this sacred space.

Ministry of Connecting Beyond

Palestinians and Muslims Haven't Fared Well When They're Unilaterally Disarmed

by Stephen Babb, Resisting Fascism Team

"When our fighters left our camps, anyone could kill us, and they succeeded."

"Where can we get guns? They are killing everyone." Palestinian survivors of the 1982 Sabra and Shatila massacres.

Why would Gazans be reluctant to have Hamas unilaterally disarm?

Because Palestinian and Muslim civilians have repeatedly been massacred by occupying armies when the forces protecting them have disarmed. In 1982, armed PLO militants agreed to leave Lebanon in return for international promises that the unarmed Palestinian civilian refugees they left behind would be safeguarded.

Instead the UN peacekeepers withdrew, the US looked the other way, and Israel arranged for fascist Phalangist Christian militia to go on a two-day rampage in the Sabra and Shatila refugee camps outside Beirut while Israeli forces supervised the massacre and illuminated the camps with flares so the Phalangists could work through the night. When they were done, at least 1,300 refugees, most of them women and children, had been shot and hacked to death.

Similarly, in 1995, as Yugoslavia disintegrated, Bosnian Muslim militias protecting Muslim refugees in Srebrenica from Serbian forces turned over most of their arms and fortifications to the UN, only to watch the Dutch peacekeepers allow Ratko Mladic's goons put the Muslim women and girls on buses to Bosnia and herd at least 8,000 Muslim men and boys to their deaths.

Finally, in Gaza, the West Bank, and Lebanon, we've watched as thousands of unarmed Muslims and Christians, including disproportionate numbers of children and women, are deliberately slaughtered by Israeli military forces with our weapons, while everyone who comes to their defense – including doctors, UNRWA aid workers, journalists, good Samaritans from humanitarian groups and international aid flotillas, and morally serious rapporteurs, prosecutors, and judges – has been slandered, doxed, imprisoned in Gulag dungeons, forcibly evicted from Gaza, or assassinated.

When Palestinians mount peaceful protests, as in the 2018-2019 Great March of Return, they have been slaughtered and maimed with impunity.

In lieu of a Gazan Iron Dome, some form of armed self-defense is Gazans' last remaining shield against utter annihilation, subjugation, or forcible deportation.

Now Gazans are being told that they should entrust their children's survival to the "Board of Peace" and the "Gaza Humanitarian Foundation" (GHF), Islamophobic fronts for ethnic cleansing and genocide which are run by war criminals like Jared Kushner who stand to profit from the "reconstruction" of Gaza as a Vegas-style resort erected on Palestinian children's bones. GHF is infamous for repeatedly massacring starving Gaza children in flour queues.

As he salivates over his pending windfall from beachfront Gaza real estate, Kushner warns Gazan parents that, should they fail to abandon Gazan children to the tender mercies of the IDF, he will greenlight Bibi to "finish the job" of culling them with our bombs.

Needless to say, the "Board of Peace" isn't calling for Israel's occupation armies, which are exponentially more heavily armed than Hamas and have exponentially more children's blood on their hands, to pack up their F-16s and Hellfires and withdraw from a territory which Israel had no legal right to occupy in the first place.

Understandably, many Palestinians have concluded that: (1) Palestinians' lives are dirt-cheap in the eyes of Israel, the US, and the West; (2) international promises of protection are worthless; (3) appeals to international law and moral suasion are wasted breath; (4) the only frail remaining deterrent to Palestinians' extirpation is armed self-defense against the IDF's atrocities; and (5) nobody could possibly treat Palestinian civilians more cruelly than the Israeli soldiers who have been brainwashed since birth to regard them as human animals.

Can we blame them?

Ministry of Connecting Beyond

Widening Our Circle



As this country marks 250 years, we will examine the limits and possibilities of American democracy and our sacred call to shape a multiracial, interdependent democracy where everyone can thrive at Side With Love's monthly event to strengthen your spirit, make sense of the threats to democracy, and take meaningful action alongside others!

Register to strengthen your spirit!



Rooted in Unitarian Universalist values, The Woodlands exists to offer belonging, spiritual care, and restoration-centered community in a world that too often denies trans people safety, dignity, and rest. This is not a discussion group or advocacy forum—it is a place to be held, celebrated, and nourished.

Each monthly gathering is gently structured and chaplain-led, offering both grounding and flexibility.

Gatherings include:

- A shared opening ritual and grounding
- A monthly theme centered on resilience, restoration, identity, or joy
- Story-sharing and reflection
- Breakout groups designed for different ages and identities
- A brief postlude shared together as one community
- Participants are never required to speak. Listening, resting, or simply being present is always enough.

REGISTER TO JOIN

Save the Date...









Thursday Mar 11 (6:00 pm) to Sunday Mar 14 (12:00 pm), 2027

From the Editor



Looking Back on Healing

by Jason Pfeffer, Office Administrator

After just over half a century of hurtling through space on a little blue-green marble, the theme of Healing has taken on multiple meanings for me. Most of it would fall in the category of Physical Healing, though I've also had my fair share or emotional and mental turmoil. And I find myself confused at why healing is difficult to come by.

I look at our planet and wonder why so many people seem to be against its healing. It isn't like we have a back-up habitat waiting in the wings.

"It takes too much effort to fix things! It costs too much money to clean things up! I like that burnt rubber smell that permeates everything!"

Ok, maybe that last one was only when I lived in Philadelphia. But the meaning still stands!

I look at our healthcare system and wonder why so many people are against other people healing. Shouldn't we want efficient and affordable medical resources in case we, ourselves, need to take advantage of it?

"We might make things worse if we try to change the system! I don't want to pay for others to be healthy! It works for me, so I don't care if other people have a problem with it!"

I look at people with disabilities and wonder why so many other people feel put out by making accommodations for them? Does making someone else's life a little less challenging really cause us such a burden?

"I don't want to have to walk an extra ten feet in the parking lot! I don't want to give up my aisle seat to make room for a wheelchair! Hey, these ramps are kind of convenient, though."

Yes, my time spent on Spaceship Earth has also made me very snarky. I've noticed that my patience for selfish or lazy excuses has become practically non-existent. Just because our society developed along a path to make our lives easier and more convenient - many times at the expense of our environment and at the exploitation of our fellow human beings - doesn't mean we can't take a step back to reevaluate whether or not what we've come up with is a good idea.

Sometimes in order to heal, we need a moment of self-reflection.

Is what I'm doing causing me or others to experience more pain? Am I adding to the overwhelming stress our planet has to endure? Can I maybe just eat a salad? (That last one's hard.)

Quiet Healing

National Chicken Soup for the Soul Day celebrates who you are and how you get there. Take time to nurture your soul on November 12th.

A little chicken soup does a lot of good. It's warm and hearty. As we cup our hands around the bowl, the heat radiates into our bodies. The steam hits our face with a comforting aroma. Similar to what chicken soup does for our bodies, the regular nurturing of our souls benefits our health.

While you're celebrating National Chicken Soup for the Soul Day, be sure to share it with someone else. Celebrations are always better together.

Ways to observe National Chicken Soup for the Soul Day can include (but are not limited to):

- Tell an inspiring story to a friend or family member. It will lift their spirits and remind them that you care about them.
- Try a new recipe and make it a double batch. Then share it with someone who needs some cheering up.
- Do something wholesome for yourself.
- Listen to some soulful music.
- Watch a movie with an uplifting message.

excerpted from nationaldaycalendar.com

November 2026

for more information about any of these events, please visit our online Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21 EVENT
22	23	24	25	26 EVENT	27	28
29	30					

	Food Bank Donations	Food collection for our members in need and the Lawrenceville Co-op.	In-Person
	Potluck Lunch	Sign up to volunteer; bring a dish to share; come break bread together.	In-Person
	Board Of Trustees	Congregational Conversation, Board Meeting, or Business Meeting. All members and friends of UUCG are invited to attend.	In-Person/Online
	Alphabet SoUUp	Discussion group for Queer-identified folx.	In-Person
	Choir	Rehearsal for performance during Worship Services.	In-Person
	Yarns from the Heart	Creates prayer shawls and baby blankets for members and friends.	In-Person/Online
	Sweet MUUsic Rehearsal	Musicians of all skill levels gather to play together.	In-Person
	Tending Our Grounds	Monthly indoor/outdoor workday. All skills and abilities are welcome.	In-Person
	Oak Grove UUCG CUUPs	Oak Grove UUCG Covenant of UU Pagans Gathering, all are welcome.	In-Person
	Belief Explorers	Explorers of world philosophies, faith traditions & religions.	In-Person/Online
	Spiral Scouts	All-gender scouting group for ages 3-12.	In-Person
	Covenant Groups	Small group ministry. Registration required.	In-Person/Online
	Men's Group (inclusive)	Male-identified people gather for discussion.	In-Person/Online
	Green Team	Environmental Justice-focused group, all are welcome.	In-Person/Online
	Sylvan Sanctuary	Oak Grove Sylvan Sanctuary Druid Ritual celebrating the Sabbats.	In-Person
	Book Group	Monthly book discussion.	Online
	G3T	Grand Green Get-Togethers: Movies and more with the Green Team.	In-Person/Online
	Worship Services	Sunday Morning Worship Services at 11:00am weekly.	In-Person/Online
	QUUest & QUUest Jr.	Dungeons & Dragons campaigns (adult & youth), registration required.	In-Person/Online
	"Good Trouble"	Put your UU Values and Faith in Action to effect change in society.	In-Person/Online
	Resisting Fascism Team	Social Justice-focused discussion group, all are welcome.	In-Person/Online
EVENT	Special Event	Unique event/holiday taking place at UUCG.	In-Person
	Sharing the Journey	4-session program to experience "deep listening and sharing practices"	In-Person/Online
	Tarot for Teens	Engage with tarot as a creative tool for self-reflection and decision making.	In-Person

Staff Schedules

Rev. Nancy Palmer Jones
Minister
revnpj@uucg.org | 678-558-4834
Tuesday thru Thursday:
email or text for appointment
1st & 3rd Saturday: 10:00am - 2:00pm

Christiana McQuain
Coordinator of Family Ministries
cmcquain@uucg.org
Tuesday (remote): 9:00am-4:00pm
Friday (on-site): 9:00am-2:00pm
Most Sundays (on-site): 8:30am-2:30pm

Jason Pfeffer
Office Administrator
admin@uucg.org | 770-717-7913
Tuesday (on-site): 10:00am-2:00pm
Wed. & Thu. (remote): 1:00pm-4:00pm
Friday (on-site): 9:00am-2:00pm
Third Sunday (on-site): 10:00-12:00pm

Janese Bradley
Facilities Maintenance
Friday evenings
Sunday afternoons

LaTreisha McKay
Bookkeeper
lmckay@uucg.org
Monday (remote): 5:00pm-8:00pm