



Newsletter for February 2016

First Unitarian Universalist Church of Nashville, *A Welcoming Congregation*

VOLUME 65

NUMBER 8

Nurture Spiritual Growth

Sunday Services

9 - 10:15 a.m. and 11 a.m. - 12:15 p.m.

Worship Themes: *Prayer/Meditation/Equanimity*

February 7: *Magic, Science and Prayer*

The Rev. Gail Seavey and Worship Associate Elaine Bailey-Fryd

Is prayer more like a satellite dish, streaming wi-fi or strange attractors? Does it require bare feet, burning bushes, or ears that hear? We will get to the basics of prayer.

February 14: *Some Things are Possible*

The Rev. Gail Seavey and Intern Minister Meghann Robern

With all due respect to a fine hospital, I am not alone in finding the hospital bill boards announcing "Nothing Shall Be Impossible" as counter to our divinely human abilities to heal one another. We will celebrate our annual healing ritual of anointing one another by considering the possibilities.

February 21: *Ping Pong Paddles, Parallel Circuits and Anxiety*

The Rev. Gail Seavey and Worship Associate Gail Sphar

One discipline for achieving equanimity in our closest human relationships – from families to congregations – comes from family systems theory. It is called the practice of 'non-anxious presence'. We will explore challenging transformations from tangled anxious messes to calmer relationships that better express our compassion and respect for one another.

February 28th: *Youth Sunday*

FUUN Youth Group

The Youth Group leads this service as an annual gift to our church community. The youth will explore this month's worship themes of prayer and meditation, considering in particular how these themes play out in their own lives.

Love In All Its Forms

-Make Habitat Your Valentine

Join us Feb. 13, 6 p.m. for an evening of fun and community—our annual fundraiser to contribute to the Habitat Unity build in the fall of 2016. Bring your sweetie, a friend or just your own sweet self and have a fun-filled evening with your UU friends while donating to this terrific cause.

Habitat for Humanity is a wonderful organization that helps people become home owners, which can change the lives of their family both now and for future generations. It takes \$60,000 to build one house. Our goal is to raise \$4500 during the month of February toward our part of the September Unity build. Child care will be provided for the entire evening.

Shari Tisch will be making a return visit just to cook for us again. The menu includes: Mediterranean style chicken breast (with mushrooms, tomatoes, onions, capers), French onion rice (vegetarian), veggie medley (cauliflower, broccoli, carrots) salad and rolls. Our veggie option is quinoa stuffed peppers. Wine and desserts will also be available.



During the dinner, 2D and 3D art pieces by artists in our congregation will be displayed, and a silent auction will be available for bidding. All money made on the art auction goes directly to benefit our *Habitat for Humanity* Unity Build.


Topping off the evening, guests will be treated to a [Valentine Variety Cabaret](#) featuring the voices of [SheriLynn DiGiovanna](#), [Valerie Martin](#), [Gail Sphar](#), [Bruce Baker](#), [Scott Weaver](#), and others with [Tom Surface](#) on guitar and [Jeff Stein](#) and [Meghann Robern](#) as our comedic MCs.



Tickets to the Valentine Dinner are \$25 each and are being sold at the Social Justice table in the social area after Sunday services. Credit cards will be accepted. If you cannot get your ticket at church, please contact [Suzanne](#) or [Carleen](#).

-[Carleen Dowell](#) and [Suzanne LeBeau](#), Team Leaders

Minister's Musings


 "I don't know exactly what a prayer is.
 I do know how to pay attention, how to fall down
 into the grass, how to kneel down in the grass."
 -from "The Summer Day" by Mary Oliver

After I left my childhood faith at 17, I was quite sure that I did not pray. There was no doubt that I did not pray like the minister did in the church I had attended for 12 years – with lots of verbal confessions of sins committed and righteous deeds undone. Sometimes when I was restless I did pray the way my mother taught me to before I went to sleep: "God Bless Mommy, God Bless Daddy" and then down the list of my siblings. I could keep adding people until the words calmed me enough to fall asleep.



I was surprised when a decade later my Unitarian Universalist minister, Doris Hunter, suggested that I did pray. Her comment seemed to come out of nowhere – we weren't talking about prayer, we were talking about the long days I spent in my sculpture studio. There I would work with the materials without a goal. I lost all sense of time and images evolved as I worked. I was shocked at the idea that this had anything to do with prayer – where did she come up with this stuff? She said that many world religions - including Christianity, Shinto and Buddhism which she taught about at a local college – traditionally used prayers with words and prayers without words. The Christian religion calls them Kataphatic and Apophatic prayers. The prayers I heard in church when I was a child were Kataphatic – they had content using words, images, symbols and ideas. In her opinion, I was engaged in Apophatic prayer in my studio. Apophatic prayer is when one empties one's mind of words and images and is simply present: present to God or Jesus if you were Christian; present to the Kami or nature spirits if you were Shinto; present to 'nothingness' if you were Buddhist.

In the years since, I have learned that people pray in many different ways for a great variety of purposes – so many ways that you could argue the word 'prayer' is meaningless. Yet I have come to find meaning in the word and even would agree with Doris that I was praying a lot in my art studio. In the month ahead, I look forward to hearing if, how, when and why you pray, mediate or pay attention, so that we can unpack this vast range of human practice together.

See you in church,
Gail

FAITH DEVELOPMENT—February 2016

Faith development is the process—religious, spiritual, and/or otherwise—by which we make meaning in our lives. FUUN Faith Development supports and encourages this in three ways: with classes, nonviolent communication practice groups, and covenant groups.

CLASSES

Various days and times, as indicated. Childcare is available unless otherwise indicated.

Parents and Caregivers as Sexuality Educators

Wednesdays, Feb. 3, 10, 17, and 24, Emerson Rm (main building)

Who's excited to TALK TO THEIR KIDS ABOUT SEX?? If you have reservations about The Talk, join **Josh Robern** to explore the sometimes confusing worlds of human sexuality, child rearing, everyday social justice, UU spirituality, and where they intersect: the birds and the bees.



Introduction to the Caring Congregation Program

Wednesdays, Feb. 3, 10, and 24, Fireside Room (main building)

Join **Meghann Robern**, FUUN Intern Minister, for an introduction to this program that helps congregations become more intentionally inclusive and supportive toward people with mental disorders and their families. The goal is to reduce prejudice by increasing understanding and acceptance, giving ideas for specific supportive actions that can be undertaken. It intentionally honors the spiritual component in caring for mental disorder, thus building a community that will become a source of caring for those with mental disorders.

Holiday Animal Cards

Saturday, Feb. 6, 12:30-4:00 p.m., Pasto-Crosby home

Work with **Lisa Pasto-Crosby** and **Paige DeBenedittis** to make holiday cards with animals. We'll make cards with penguins and owls, as well as mice and bunnies. All supplies are included, no experience is necessary. See the church directory for Lisa's contact information or email herbfair@firstuunashville.org for directions to her home. Childcare is NOT available.

Decorating Votive Candle Holders

Wednesday, Feb. 17, 7-8:30 p.m., Classroom A (main building)

Join **Lisa Pasto-Crosby** and **Paige DeBenedittis** to decorate square votive holders with flowers. They can hold our citronella tea lights or regular votive candles. All supplies are provided, no experience is necessary.

NONVIOLENT COMMUNICATION PRACTICE GROUPS

Various days and times, as indicated. Childcare is available.

Nonviolent Communication Practice Groups are open to anyone, regardless of past experience here or elsewhere. To change one's mind set and habit patterns from a right vs. wrong model to a compassionate and connecting model takes practice. To connect empathetically with others, and

(Continued on page 3)

with oneself, takes practice. To begin to live in the world we dream about takes practice.

Anyone is welcome to visit an NVC Practice Group. Please email nvc@firstuunashville.org to enquire.

There are currently three groups:

- First and Third Wednesdays, 7-8:30 p.m., Palmer Room
- Second and Fourth Wednesdays, 7-8:30 p.m., Palmer Rm
- First and Third Sundays, 10:30 a.m.-noon, Fireside Rm

COVENANT GROUPS

Various days and times, as indicated. Childcare is sometimes available.

Covenant Groups are made up of five to 12 people, each led by a facilitator, which meet twice a month, usually in participants’ homes, for the purpose of supporting individual spiritual growth and deepening a sense of community among participants. Each session gives participants an opportunity to reflect with one another on an engaging topic, which might include: Generosity, Bitterness, Faith, Longing, Racism, etc. Covenant groups are an opportunity to listen and share with a subset of the congregation.

Registration is now closed, but if you are interested in more information, or in the possibility of a late-forming group, please email covenantgroups@firstuunashville.org or call **Meghann Robern**, FUUN Intern Minister, at 615-383-5760 ext. 316.

CLASSES COMING SOON!

YOU Can Speak Up for Climate Change Solutions!

As the world heats up, governments around the globe are finally beginning to act on climate change. What can we do in Tennessee to make a real difference in national policy? In this presentation from [Citizens’ Climate Lobby](#) local volunteer, Frankie Fachilla, on Wednesday, Mar. 9, we will learn about our vital role in creating the political will for a livable world.

Introduction to NVC

Have you wanted to learn about Nonviolent Communication, but not wanted to commit to a practice group? Here’s an opportunity! [Francois Beausoleil](#), certified NVC trainer from Montreal, Canada will give a two hour session on the basics of NVC as part of a weekend of NVC activity. The Intro to NVC, which is at no cost, is Friday, Mar. 4, in the FUUN sanctuary from 7-9 p.m. There is also a workshop, [Living in the Blame-Free State](#), on Saturday and Sunday, Mar. 6 and 7, at [Green Door Gourmet](#), 7011 River Road Pike, Nashville, TN 37209. There is a cost for the workshop, but an early bird discount is available until Feb. 4.

Social Media

Review the anatomy of a tweet, what’s a hashtag and why are they so important? What are the pros and cons of a closed Facebook group for church groups? What are the dos and don’ts of social media? How can we be more effective with social media? Do we need Pinterest, Instagram, and/or Periscope? Wednesday, Mar. 2, 6:30 – 8 p.m., and Sunday, Mar. 13, 10:45 a.m.—12:15 p.m.

Retirement Planning

The FUUN Endowment Trust is sponsoring a presentation on Wednesday evening, Mar. 30, by expert consultant, Mr. Zach Glaser of The Glaser Group (SunTrust Investment Services). One of the biggest questions of all is: Will my money last? The days of counting on Social Security and pension benefits to cover retirement income needs are in the past. We are now more personally responsible for funding our own retirements, and our expectations around lifestyle may be higher than those of our parents and grandparents, which may also mean we’re spending more. The good news is that we’ve probably saved more, and we may have spent our entire lives in the stock market. Of course, this has added yet another layer of complexity to the situation. In this discussion, Mr. Glaser will show just how easy it can be to come up with a road map to chart our way through the new territory ahead.

Please RSVP to mmills@firstuunashville.org so that we can send you a questionnaire that will allow Mr. Glaser to tailor the class to participants’ needs.

FUUN SUNDAY SCHOOL \ FEBRUARY 2016					
Class	PreK	K-1st Grade	2nd-3rd Grades	4th-5th Grades	6th-8th Grades
Curriculum	Celebrating Me and My World	Love Surrounds Us	Moral Tales	Windows and Mirrors	Riddle and Mystery
Teachers	Suzanne LeBeau, Mary Shelton	Connie Ely, Missy Jean	Dan Hiller, Kristin West	Bethany Rittle-Johnson, Colin Woods	Mary Beth Ross, Arran Addington, Chas Sisk
7-Feb	Children’s Chapel: Moses and the Burning Bush				
14-Feb	My World Has Fish and Water	Hear Our Voices	Do No Harm	Privilege is a Blessings We Give Away to Be In Community	Touching All
21-Feb	My World Has Air	A Peaceful and Fair World	Making a Difference	Making Visible the Invisible	The Future and Me
28-Feb	My World Has Darkness/Light	Project to be determined		Attend Youth Sunday Service	
For grades K through 8, you can click on the curriculum title to view the curriculum online, and you can click on each lesson title to view that lesson online. (The PreK curriculum is not available online.)					

Mark Your Calendar!

Important dates for Children's Religious Education

January	Summer FUUN Camp registration opens to congregants
January 24	Community Conversation
March 27	Easter Egg Hunt
April 14	Summer FUUN Camp registration opens to public
May 1	Maypole and May Day Celebration
May 15	Religious Education Sunday
May 22	Summer program begins
June 13-17	Summer FUUN Camp

Email re@firstuunashville.org for more information



From the RE Administrator

Youth Group

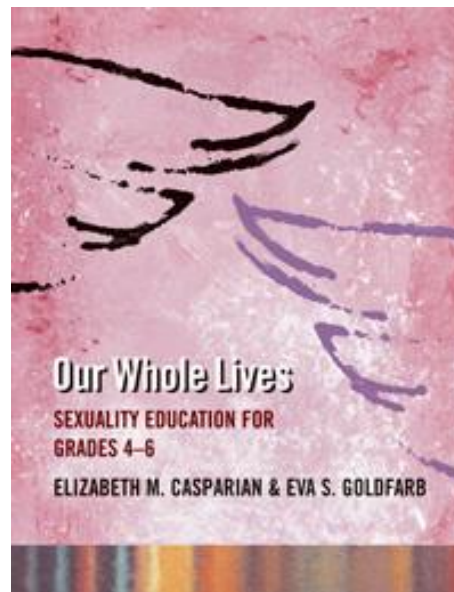
All youth in ninth–12th grades are invited to Youth Group. We meet Sundays from about 11:15 a.m. - 1 p.m. in the Youth Room (aka Norris House Conference Room). Join us in the sanctuary for the beginning of the 11 a.m. worship service - we sit together at the back of the section closest to the piano. We'll go down to the Youth Room together after the Story for All Ages. If you have questions, please email REAdmin@firstuunashville.org, or check in at the FUUN Family Welcome Table in the social area.

February Youth Program

- February 7th - Who Are Our Heroes?
with Meghann Robern
- February 14th - Queer History & Advocacy
with Rj Robles
- February 21st - The Poetry and Music Within Us
with Anne Bacon
- February 28th - Youth Sunday - no Youth Group

-Jonah Eller-Isaacs
Religious Education Administrator

Our Whole Lives—or OWL—is our Unitarian Universalist sexuality education program. It helps participants make informed and responsible decisions about their sexual health and behavior. It equips participants with accurate, age-appropriate information in six subject areas: human development, relationships, personal skills, sexual behavior, sexual health, and society and culture. Grounded in a holistic view of sexuality, *Our Whole Lives* not only provides facts about anatomy and human development, but also helps participants clarify their values, build interpersonal skills, and understand the spiritual, emotional, and social aspects of sexuality.



This February, FUUN is pleased to offer the OWL curriculum for 5th and 6th Graders. Your trained OWL Facilitators are FUUN's RE Administrator, **Jonah Eller-Isaacs** and Emi Canahuati, an experienced sexuality educator, founder of [Thrive Education](http://ThriveEducation.org) and coordinator of the [Nashville Alliance for Sexual Health](http://NashvilleAllianceforSexualHealth.org). Classes will take place Sundays, 3-5:30 p.m., February 21st through March 13th.

The Parent Orientation for this class will take place on Sunday, February 7, -3:30 p.m., in the Čapek Room (Morgan House lower level).

This session is mandatory for all custodial parents as well as students.

Please RSVP so we are able to properly plan for the event. We are providing childcare for younger siblings, so your RSVP should include any children joining you.

RSVPs and any questions - email Jonah Eller-Isaacs at REAdmin@firstuunashville.org

From the Fundraising Committee

Shop for First UU

Fulfill your need to support fair trade and support two great organizations with one purchase. FUUN is partnering with the retail store *Ten Thousand Villages* for a Community Shopping Event. On Wednesday Feb. 17, FUUN will receive up to 15% from all purchases in the store that day. *Ten Thousand Villages* of Nashville is a volunteer-run 501(c)(3) organization that helps provide fair wages to artisans in developing countries. A fair price is offered for all the wonderful handmade products in their stores so that a fair wage can be paid to the artisans from the various countries.

More information can be found at <http://www.tenthousandvillages.com/nashville>. Ten Thousand Villages is located at Greenbriar Village, 3900 Hillsboro Pike, Suite 20 in Green Hills in the same shopping center as The Donut Den, China Gardens and Parnassus Books.

Auction Fundraiser Roundtable

The Fundraising Committee is hosting a creative roundtable to present ideas of what a future auction fundraising event looks like. The fundraising committee will lead a discussion to obtain creative ideas from different perspectives. Afterwards, those ideas will be given to the Auction Committee for inspiration. Anyone that has participated in our auction, another auction or major fundraising events for other organizations, is encouraged to attend. Please join us for an engaging and creative dialogue that will benefit the Church for years to come.

Childcare is available and sweet treats and coffee/tea will be served. The roundtable will be held on Wednesday, Feb. 10, 2016 in the Capek room from 7-8:30 p.m. We will start and end promptly. For more information contact **Skip Rudsenske** at fundraising@firstuunashville.org.
- *J Scott "Skip" Rudsenske, Fundraising Chair*

From the Herb & Craft Fair Committee

FUUN Herb & Craft Fair is April 30th

The garden gnomes et al. are working behind the scenes preparing another sensational Herb & Craft Fair to herald spring and green things that grow. Be sure the date is on your device and look for upcoming announcements regarding participation opportunities. The Herb & Craft Fair is our spring fundraising extravaganza featuring plants, handcrafted and garden themed items of all sorts, baked goods, preserved foods and much, much more. Thanks to the Earth's tilted axis, spring is coming

and so is the Herb & Craft Fair. Contact **Ginger Brown**, Herb & Craft Fair Chair at herbfair@firstuunashville.org for more information.

-*Emily Cathcart, Herb & Craft Fair Committee*



Act on Our Values

*From the Committee for the Larger Faith
General Assembly*

It's not too early to be thinking about General Assembly (GA), the annual Unitarian Universalist gathering that bring UUs from across the country together to learn, witness, worship and govern.

This year's GA will be in Columbus, Ohio, close enough to drive! The assembly runs June 22-26. The theme will be Heart Land: Where Faiths Connect. The faith world is increasingly multi-faith. People are crossing borders of religion and spiritual practice to create wholeness in their lives individually and collectively. The labels—Christian, Jew, Muslim, Buddhist, Hindu, theist and non-theist—no longer define who or what we love, or how spirit moves in our lives. General Assembly 2016 will assemble leaders and communities of many faiths to worship together, learn from one another, and create a new vision of faith that no longer divides us, but connects us to an interdependent future that works for all.

GA can be a life-changing experience. You'll hear ideas, meet new people, learn how-tos, and be immersed in Unitarian Universalism for four jam-packed days.

There are also opportunities to represent FUUN in the business sessions, whether you go to Columbus or not. We are seeking delegates who will serve either on-site or off. If you're interested in being one of FUUN's delegates, please talk to Bruce Baker or Gail Sphar. All delegates are approved by our board. Registration and housing open March 1. Begin planning now.

-*Gail Sphar, Committee for the Larger Faith*

From the Social Justice Committee

Share the Plate

The Share the Plate recipient for the month of February is the FUUN Habitat for Humanity Action Team. Half of your donations will go toward our Habitat Fall build. Please help us continue this important work in our community.

We collected \$1,127.94 through Share the Plate in December for our recipient, Renewal House.

Social Justice at FUUN includes several Action Teams, any of which would love to hear from you. If you have questions or would like to be involved, visit the Social Justice page on the FUUN website for more information. Team leaders for each action team may be contacted through the generic address for the applicable action team.

*-Susan Davis and Scott Weaver,
Social Justice Committee Co-Chairs
socialjustice@firstuunashville.org*

Action Team News:

Room in the Inn

Room in the Inn is signing up volunteers to help host, prepare and serve dinner, breakfast and a bagged lunch for 8 homeless men the first and third Fridays of November thru March in the Morgan House. We need 18 volunteers each night. There will be a sign-up sheet at the Social Justice table in the social area before and after each service. Sign-ups can also be done at RITI@firstuunashville.org.

The funds collected through Share the Plate were sent to the RITI office. Enough funds were sent to house two homeless recipients through the RITI housing program. The TV in the Morgan House was also replaced with a flat screen. The new TV was mounted on the wall by Trigg and is being utilized by participants in the RITI program. Your help and support are greatly appreciated!

*-Sara Plummer, Team Leader
RITI@firstuunashville.org*

Safe Haven

Did you know that families with children make up 32% of the homeless population? The Children's Program at Safe Haven added new programs and services in 2015. The partnership with the Vanderbilt Child Language and Literacy Lab provides access to free evaluations in the areas of speech, language, literacy, math and/or thinking skills. The recommendations provided following the evaluations can then be reviewed by the child's school, and if an IEP is created, that plan will follow the child regardless of where he or she moves. Another new partnership is with the Nashville Public Library's Puppet Truck program. The Puppet Truck travels to Safe Haven about once a month to provide a free puppet show, a big hit with the children!

If you or your family would like to provide food to Safe Haven Family Shelter, please contact **Pat Lynch** at safehaven@firstuunashville.org. *-Pat Lynch, Team Leader*

From the UUA Southern Region

Beloved Community Corner

UUA [Southern Region News](#)

Developing Our Spiritual Leadership to Stand for Black Lives Matter and Act Against Racism

Feb. 27 (10 a.m.-3 p.m.), UU Church of Chattanooga Plan to attend a dynamic and interactive workshop with Unitarian Universalist educator, Chris Crass, on using our spiritual superpowers of prayer, ritual, song, and community to act with courage against racism and for Black Lives Matter. Utilizing story sharing and small and large group discussion, this participatory workshop will focus on how we can help create supportive and healthy leadership and culture that enables more of us to be effective racial justice leaders in these Black Lives Matter times, in our congregation and our communities. Registration will open soon.



*-Emily Green-Cain and Carleen Dowell
Co-chairs Beloved Community Committee*

Mid-South Spring Conference

The Mid-South Spring Conference is Saturday, Apr. 2 at Emerson UU in Marietta, GA, just north of Atlanta. Connie Goodbread is the keynote speaker and has done a lot of work with our congregation - there will be several workshops given. See the Southern Region website for details: <http://www.uuasouthernregion.org/midsouthspring2016.html>

-Bob Day

Create Community

From Membership

Meet the Minister Luncheon

Are you new here? The Membership Committee hosts *Meet the Minister* luncheons for visitors and newcomers several times a year. The next luncheon will be on Sunday, Feb. 7, immediately following the second service. (There will be another on Mar. 6.) The Membership Committee will provide a light lunch; please bring your questions about Unitarian Universalism or our congregation and enjoy informal conversation with the **Rev. Gail Seavey** in Classroom A. Children are welcome, and no reservations are necessary.

-Denise Gyauch, Membership Coordinator

From the Board of Directors President

Thanks to everyone who showed up for our mid-year congregational meeting last month. About 100 people attended. The congregation approved minutes from last June’s meeting and the Nominating Committee’s slate of appointments. The Finance Committee recommended some changes to this year’s budget, which also passed. We don’t always have a mid-year budget adjustment, but the committee felt it was important this year because of some fairly significant changes in how operating revenue and expenses are going. For instance, the current-year pledges and auction fundraiser revenue numbers are lower than posted in the original budget, as are some staffing and administrative costs. The net result is that we will be using more operating reserves (our monthly “cushion”) than we planned. However, under this new budget those operating reserves will stay above the \$25,000 minimum specified in our financial policies.

This August, the **Rev. Gail Seavey** will be taking a 6-month sabbatical. This leave is spelled out in the letter of agreement between Gail and FUUN, which states sabbatical time is “for study, education, writing, meditation, and other forms of professional and religious growth.” The Board and the Committee on Ministry is developing plans to cover Gail’s duties and responsibilities while she is gone.

If you have questions or concerns about church business, please let me know. You can usually find me in the social area after the first service, or you can email me at president@firstuunashville.org.

– *Tom Surface, President*

From the Safe Congregation Panel
Update on Policies and Healing

In December, there was an incident in the social area between services involving **Jim Seavey** and **Tom Surface**. Unfortunately, emotions got heated and two people who have given so much to this church were wounded. The Safe Congregation Panel (SCP) exists because conflict is normal and expected. What is not normal is the way in which these two men came together to listen intently and openly. They learned a lot about each other and laid a foundation to rebuild trust in their relationship. The **Rev. Jason Shelton** and I witnessed the soul-searching work Jim and Tom undertook to repair the harm. It was a beautiful demonstration of our values: “to forgive and be forgiven; to touch and be touched.”

For anyone who witnessed the incident, please know that it has been addressed to the satisfaction of the parties involved. We are also comfortable that it is not likely to recur. If you have concerns you would like to discuss, please contact **Jason Shelton** for pastoral care or a member of SCP for input on our process.

When incidents occur, it is best if policies and procedures are already in place so we are not scrambling during a crisis. The policies administered by SCP were recently updated. Members of the Safe Congregation Panel Policy Review Team are: **Alan Leiserson, Doug Pasto-Crosby, Stacey Smith, Nancy Stott, and Vicky Tataryn**, Board Liaison. When you see them, please offer your gratitude for their time, knowledge, and devotion to this important, yet tedious task. The task force made recommendations which the Board adopted for the following policies: Honoring the Children Policy, Policy Against Discrimination, Policy Against Sexual Harassment, Disruptive Behavior Policy, and Complaint Procedure. You can access them at <https://thefuun.org/policies-procedures/>.

– *Jennifer Hall, SCP member and SCP Policy Review Team Chair*

Senior Brunch

The next Senior Brunch will be held on Saturday, Mar. 12, at 10 a.m. in the social area. If you plan to attend, RSVP to the church office by Thursday Mar. 10. All are welcome whether or not you receive an invitation.

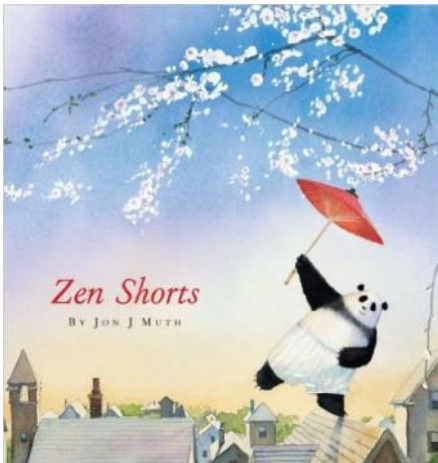


Artist Open House

Friday, Feb. 5, the artists of the January-February art installation in the FUUN sanctuary will have an open house in the social area from 4:30 - 7:15 p.m. Refreshments will be served and the artists will be present to discuss their work. Stop by on your way home from work to start your weekend relaxation.

From the Children's Religious Education Committee
FUUN Books for All Ages

Following is the first of what will be monthly book reviews from children's religious education (CRE) committee member Jean Kline. Jean spent 30 years as a teacher in both public and private schools, and as a teacher of parenting classes. We are fortunate indeed to have her on the CRE committee! Each month's book will reflect the FUUN monthly theme and is available in the Religious Education Library. Please visit the library (in the 1808 house wing of the main building) and check out the books for all ages!



Zen Shorts, By Jon J. Murth, A 2006 Caldecott Honor Book
 In conjunction with this month's theme of prayer/meditation/equanimity, I highly recommend *Zen Shorts* by Jon J. Murth. Zen is the Japanese word for meditation and "Zen shorts" are brief meditations encouraging us to reconsider our thoughts, fears, and desires. With gentle wisdom and a "slight panda accent," Stillwater the panda tells three siblings stories relating to each of their lives. The stories, using three Zen parables, encourage them to view their world and each other with a fresh outlook. Without being preachy, he addresses giving, luck, and forgiving.

In their time together, Stillwater tells Addy about his uncle who gave gifts to a robber who broke into his home. Michael hears about a farmer who knows luck can be neither judged nor predicted. Might be good luck, might be bad. Karl, who is very angry with his brother, is told the tale of a monk who learns that forgiveness can help him bring calm to his world.

I applaud this book as a platform for discussion with children aged three through 13.

With joy!
 Jean Kline

FUUN Weekly Email

The spam level has gone up with our weekly email due to an increased number of necessary links and pictures. If you have not been receiving it, please check your spam folders and add it to your contacts list.

Men's Group

The FUUN Men's Group meets Sundays, Feb. 7 and 21, 6-8 p.m. in the Fireside Room. Bring food and/or beverages if you want. Come talk about what's going on in your life and learn what's up with other FUUN men. If there's time after everyone checks in, we'll talk about subjects that came up in the check-ins or about anything else that's on our minds. Last time we touched on male-female relations and on tattoos, among other things. Come join us. -*Charlie Akers*

Movie Group

The Movie Group meets on the second Sunday after the second service, 12:15-1:30 p.m. in the Emerson Room.

Please join us on Feb. 14 to discuss the movie "Carol," or, if you caught it, "Trumbo."
 -*Liz Schneider*



Book Group

The Book Group meets on the third Tuesday, noon-1:30 p.m. in the Fireside Room. All are welcome. On Feb. 16 we will discuss the book "Have a Little Faith" by Mitch Albom.

-*Liz Schneider*



From the Strategic Planning Team

FUUN Focus Groups Are Coming!

Where do we come from? What are we? Where are we going? These are the kinds of questions your Strategic Planning Team is asking about how we exist and grow in our beloved community. Please come share your thoughts and questions and dreams with us in Small Group Sessions (aka Focus Groups). Each of these Small Group Sessions will be guided by one of the three themes that emerged from our initial Needs Assessment:

- Leadership/Shared Ministry,**
- Nurturing Spiritual Growth, and**
- Engaging in the Larger Community**

Use this link for the meeting schedule, more information and to sign up for these important meetings:

bit.ly/1IUwmGm

You may also reserve a spot by calling the church office: 615-383-5760.

Meeting #	Date	Day	Time	Location	Theme
1	1/24/16	Sunday	1:30	Fireside	Shared Ministry/Leadership
2*	1/27/16	Wednesday	6:30	Norris Conference	Nurturing Spiritual Growth
3**	1/31/16	Sunday	1:30	Fireside	Nurturing Spiritual Growth
4	2/4/16	Thursday	1:30	Norris Conference	Engaging the Larger Community
5	2/6/16	Saturday	10:00	Fireside	Shared Ministry/Leadership
6	2/11/16	Thursday	1:30	Norris Conference	Nurturing Spiritual Growth
7	2/13/16	Saturday	10:00	Norris Conference	Engaging the Larger Community
8* / **	2/17/16	Wednesday	6:30	Norris Conference	Engaging the Larger Community
9*	2/20/16	Saturday	10:00	Fireside	Shared Ministry/Leadership
10	2/21/16	Sunday	1:30	Fireside	Nurturing Spiritual Growth
11*	2/24/16	Wednesday	6:30	Norris Conference	Shared Ministry/Leadership
12*	2/28/16	Sunday	1:30	Fireside	Engaging the Larger Community

* Childcare Available

** Designated for new members

From the Caring Committee
The Caring Coordinator for February is
Liz Schneider (615) 665-0634

Wednesday Evening Dinners
 Join us in the social area at 6 p.m. every week for a catered dinner served with vegetarian, carnivore and gluten free alternatives. Costs to cover expenses are \$8 - adults, \$5 - children, with family rates available. All are invited to share the meal whether you can pay or not. Grace will be offered at 6:05 p.m. followed by joys and concerns. All are invited to participate whether eating or not.

From the Sanctuary of Light

Sanctuary of Light Imbolc Celebration with SPIRAL

Jan. 30, 6 p.m. – 9 p.m., Morgan House
Ritual will begin at 6:30 PM

Special guest, Christina Beard-Moose, PhD, of Suffolk County College in New York, channels the Goddess Bridget and will present a slide show of the sacred places she has recently visited in Ireland. We ask a donation fee of \$5 to cover the cost of her plane tickets from New York.

Imbolc, also called Bridget's Day, is a celebration of the coming of spring when plants begin to break through the earth and the animals in their dens stir. This is the time of year when we invite Bridget into our homes to protect us. She is the Celtic goddess of poetry, smithing, medicine, arts and crafts, cattle and other livestock, sacred wells, serpents (in Scotland) and the arrival of early spring.

Imbolc legend says when the Cailleach - the divine hag of Gaelic tradition - gathers her firewood for the rest of the winter and wishes to make the winter last a good while longer, she will make sure the weather on Imbolc is bright and sunny, so she can gather plenty of firewood. Therefore, people would be relieved if Imbolc is a day of foul weather, as it means the Cailleach is asleep and winter is almost over. At Imbolc on the Isle of Man, where she is known as Caillagh ny Groamagh, the Cailleach is said to take the form of a gigantic bird carrying sticks in her beak. (Groundhog Day anyone?)

We will make Bridget dolls which you can take home and



place on your hearth, over your door or in a place of honor to invite her into your home.

Please bring donation for Safe Haven, the only family shelter in Nashville. The list includes; bed comforters for adult and children, curtains, trash cans, sheets, towels, shampoo, laundry detergent,, pillows, shower curtains, brooms, dustpans, cleaning products, mops, buckets, small chest of drawers, etc. Anything you can think of for people moving into a new house. They would prefer new or gently used items please.

SPIRAL will also be accepting donations of canned goods for Martha O'Brien Center and money for their building fund.

Full Moon Drum Circles

Please join us for our February Full Moon Drum Circle! Saturday, Feb. 20, Morgan House

Please bring a potluck snack to share, as well as instruments. New friends and children of all ages are always welcome.

We will break for a SHORT RITUAL (~15 min) promptly at 8 p.m. Everyone is welcome to opt in or out depending on comfort level.

Drumming begins when someone begins it, so please feel free to get something started whenever you feel the call!



From the Office Administrator
Office volunteers

*"The best way to find yourself
is to lose yourself in the service of others."*

– Mahatma Gandhi

No one knows this better than the members of FUUN! Over the past three months as your office administrator, I have had the pleasure of meeting and working with such an incredible group of people. I've been blessed to have a team of amazing office volunteers who have given of their time and talents to support the staff and the running of the office, without whom we would not be able to do all that we do!

A big thank you shout out to:

-Our weekly office volunteers; **Liz Schneider, Peggy Wilkerson, Gaines Mann, Jean Kline and Bruce Baker.**
-Our monthly newsletter folding team; **Ian Pasto-Crosby, Jack Blied, Carleen Dowell, Victoria Harris, Sara Plummer, Beth Gwinn, Ayla Dumont** (and her son!) along with our weekly office volunteers.



We could always use more joyful volunteers, so if you're interested in becoming an office volunteer weekly, monthly or even periodically, please contact me at 615-383-5760 or Office@firstuunashville.org. There's a project waiting just for you.

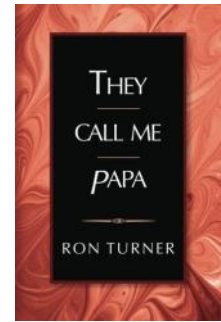
-Mary Lindsay, Office Administrator

Photo by Jim Seavey

Members in the News

Book Published

Ron Turner's new book of poetry, "They Call Me Papa" is now available from Amazon.com -**Ron Turner**



Addressing Diversity

On January 19, Peabody faculty and student leaders welcomed Vanderbilt's new Chief Diversity Officer and Vice Chancellor for Equity, Diversity and Inclusion George C. Hill.

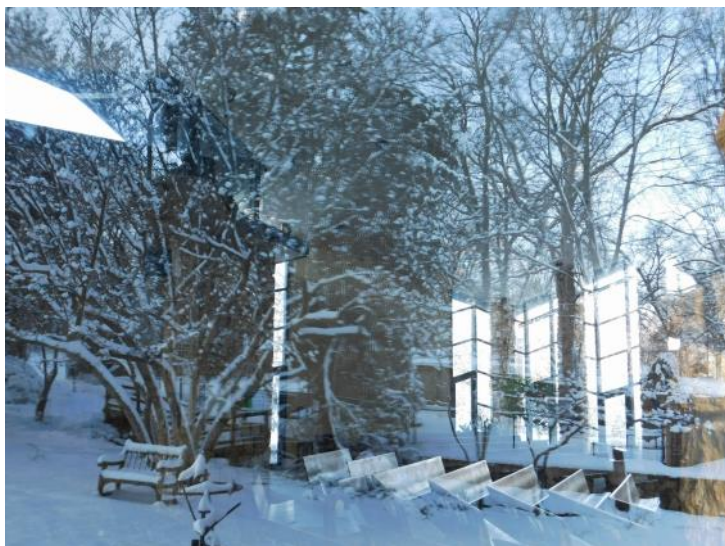
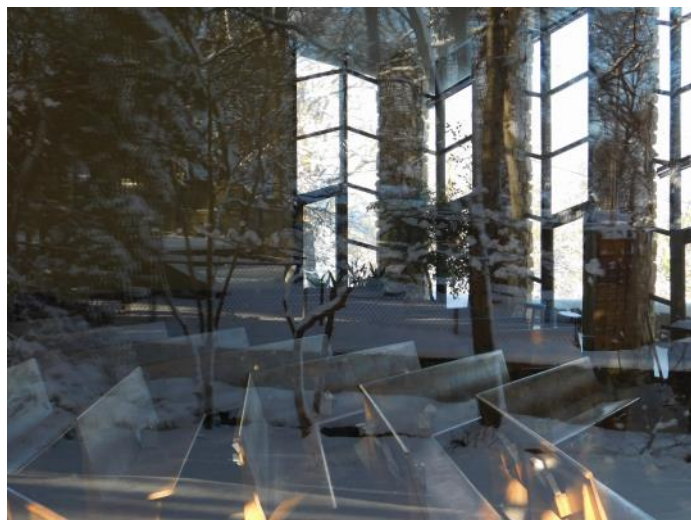
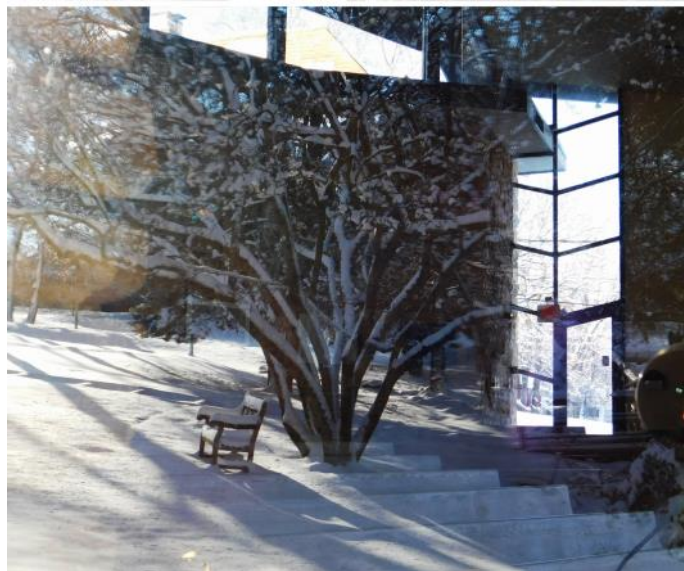
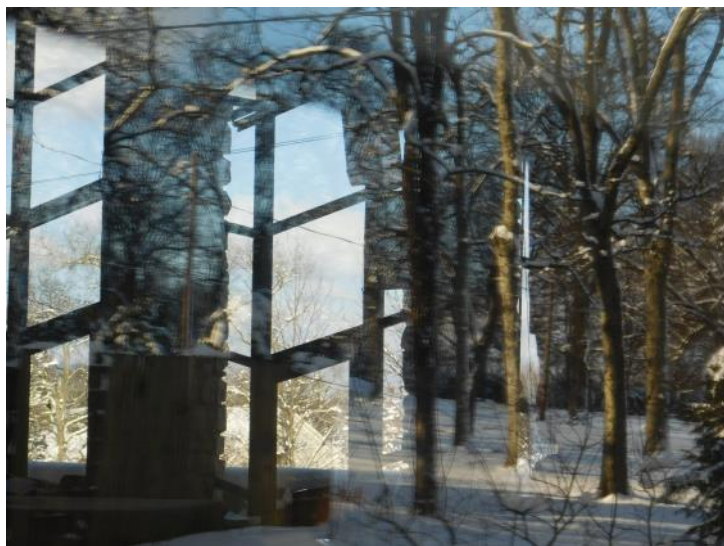


Shown from left to right are students **Camille Cowart** and **Sara Green**, Vice Chancellor Hill, Dean **Camilla Benbow**, Associate Dean for Students and Equity, Diversity and Inclusion **Monique Robinson-Nichols**, and student **Andrew Brodsky**.



FUUN in the snow

Photos by Jim Seavey



2015-2016 Standing Committees

MINISTERIAL COUNCIL

Liz Schneider, Chair
ministerial@firstuunashville.org
 Caring
 Choir/Music
 Committee on Ministry
 Covenant Groups
 Lay Ministers
 Prison UU Worship
 Sanctuary of Light
 Worship
 Young Adults

OPERATIONS COUNCIL

Chris Wood, Chair
operations@firstuunashville.org
 Campus Preparedness
 Communication
 Facilities
 Grounds
 Technology

PROGRAM COUNCIL

Ashley Crownover, Chair
program@firstuunashville.org
 Beloved Community
 Children's Religious Education
 Committee for the Larger Faith
 Faith Development
 Fellowship
 Social Justice
 Youth/Adult

RESOURCES and DEVELOPMENT COUNCIL

Charles Akers, Interim Chair
 Fundraising
 Leadership Development
 Membership
 Personnel
 Stewardship

First Unitarian Universalist Church of Nashville

1808 Woodmont Blvd. Nashville, TN 37215
 Phone: 615-383-5760 | Fax: 615-383-5785 | www.firstuunashville.org

Office Hours

Tuesday through Thursday: 10 a.m. – 5 p.m.
 Friday: 10 a.m.—3 p.m.

Church Staff

Minister	The Rev. Gail Seavey x302 gseavey@firstuunashville.org
Associate Minister for Music	The Rev. Jason Shelton x303 music@firstuunashville.org
Director of Lifespan Religious Education	Marguerite Mills x304 mmills@firstuunashville.org
Religious Education Administrator	Jonah Eller– Isaacs x315 REAdmin@firstuunashville.org
Director of Communications	Sheri Lynn DiGiovanna DirCommunications@thefuun.org
Church Administrator	Mary Lindsay x305 office@firstuunashville.org
Membership Coordinator	Denise Gyauch x306 dgyauch@firstuunashville.org
Sunday Membership Coordinator	Mary Early-Zald mearlyzald@firstuunashville.org
Intern Minister	Meghann Robern x316 intern@firstuunashville.org
Childcare Coordinator	Aubrey McMillan childcarecoordinator@firstuunashville.org
Young Adult Coordinator	Kate Brady youngadults@firstuunashville.org
Pianist	Susan Snyder
Bookkeeper	Mitzi Stafford bookkeeper@firstuunashville.org Phone/Fax: 615-354-5883
Custodian	Tony Flemister
Community Minister Affiliated	Laurel Cassidy lcassidy@firstuunashville.org

Two Easy Ways to Stay Connected with FUUN

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on Facebook!



Follow us
on Twitter!

Scan the QR codes above with your smartphone
to go directly to FUUN's Facebook page
and Twitter account.

The FUUN newsletter is published monthly.
Printed copies are available in the social area and a
PDF version is available on the website.

Editors: Sheri DiGiovanna, Richard Bird

Layout: Sheri DiGiovanna
newsletter@firstuunashville.org

Board of Directors

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Operations Council Chair	Chris Wood
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First Unitarian Universalist Church of Nashville

1808 Woodmont Blvd. • Nashville, TN 37215-1574

TIME DATED MATERIAL; PLEASE EXPEDITE

Address Service Requested

Our Mission

The Mission of the First Unitarian
Universalist Church of Nashville is

to create community,
to nurture spiritual growth,
and to act on our values
in the broader world,
guided by reason and compassion.

adopted January 27, 2008



Like us!

First Unitarian
Universalist Church
of Nashville



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Mark Your Calendar

February

Saturday, Feb. 6	Holiday Animal Cards Class
Sunday, Feb. 7	Meet the Minister Luncheon
Wednesday, Feb. 10	Auction Fundraiser Roundtable
Saturday, Feb. 13	Valentine Dinner & Show for Habitat
Wednesday, Feb. 17	Decorating Votive Candle Holders
Wednesdays	Parents and Caregivers as Sexuality Educators
Wednesdays	Introduction to the Caring Congregation Program

March

Wednesday, Mar 2	FUUN Social Media Class
Friday, Mar 4	Introduction to NVC
Wednesday, Mar 9	YOU Can Speak Up for Climate Change Solutions!
Wednesday, Mar. 30	Retirement Planning by expert consultant, Mr. Zach Glaser

For a detailed list of events, see <https://thefuun.org/events/>

For our detailed calendar, see <https://thefuun.org/church-calendar/>

Next newsletter: Volume 65, Number 9

Issue will cover March 2016

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