

UUCGT *Flash*

April 2, 2020

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Congregational Mission Statement



We are a Congregation
creating a better world by
nurturing the heart and
expanding the mind.

We provide a safe, caring
community where all can
freely explore diverse
religious thought.

We work for justice and
equality with the power of
compassion and
compassionate power.

Minister's Musings...

Softening the Soul

by Robert Wicks

Lighting a candle
in a dark room
is a small gentle act of peace.

When the match touches the wick
time slows down
and the race to the future ceases.

worries are consumed
anxiety burns out
and I sigh...deeply.

Watching the flickering light
is a graceful prayer
which eases my stress and lessens my strain.

Finally when the flame goes out
I turn quietly back
to the events of the day

and find everything changed because of the time
I sat softening my soul
...by candlelight.

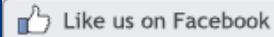
Dear Ones,

You are invited to join me for a time of softening our souls by candlelight. A candlelight Vespers service begins on Friday evening at 8 pm. Join us early for a time of fellowship.

If you have a poem or practice that brings you peace in hard times, please

UUCGT Quicklinks

[Website](#)
[Calendar](#)
[Who We Are](#)



UUCGT *Beacon*

If you would like to receive our monthly newsletter the *Beacon* please contact office@uucgt.org

consider sharing it with us during the service. I will send out an Order of Service tomorrow morning.

As we witness the ravages of this pandemic, our hearts are heavy with grief and fear, and it is important that we take time to recalibrate our center with silence, music, and companionship.

I am holding you in my heart and mind.

In faith and love,
Cathy

Sunday Services - Join us on Zoom

April 5 - 10:30 AM - "Restoring Ourselves"

Rev. Cathy Harrington, Andi Kramer, Betsy Hammerberg, coordinators
Renée Russell, Music Director

As we practice with loving solidarity sheltering in place, it is difficult to remain centered as we witness the overwhelming crisis as the virus spreads throughout our country. Restoring our equilibrium daily through spiritual practice, meditation, acts of kindness and compassion, and finding creative ways to make a difference - do make a difference. One gift we can give to the world is to stay centered, calm and safe.

Start signing in at 10:00 AM

Join Zoom Meeting

<https://zoom.us/j/244960152>

Meeting ID: 244 960 152

Please look for digital Order of Service on Friday.

Check out the newly updated website for information and links on how to connect with Zoom! www.uucgt.org.



Religious Education - Children & Youth

[Sunday Morning RE via Zoom - 9:45 AM](#)

We had another wonderful Zoom session last Sunday connecting with each other. We talked about the importance of taking care of others but that we also need to take care of ourselves. Claire taught us a simple meditation exercise and it was interesting to see how everyone approached it in their own way.

This Sunday, April 5, we will learn a little bit about the Jewish holiday of Passover. For our check-in this week, please bring something you have created over the past few weeks.

I look forward to seeing you all again soon!
Betsy

Note: A Zoom meeting link for Sunday Morning RE will be sent to families in a separate email. If you have a child who would like to attend the RE gathering and you did not receive the link, please contact Betsy at dre@uucgt.org.

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## *Connecting through Music*

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*"Music was my refuge.
I could crawl into the space between the notes
and curl my back to loneliness."
- Maya Angelou*

This week I want to share a wonderful compilation of inspiring and healing music put together by the coordinators at Soul Matters called "Making Our Way Together." You can find it [Here](#) on Spotify and [Here](#) on YouTube. And to keep leaning into the joy that music can bring, join this fantastic pair as they play a rocking version of [Viva la Vida!](#)

Let's Make Music! Please reach out to me if you would like to share your own musical experience from your home. I will happily help explain how to record yourself and share the file with me so we can share it with each other; or you can also just record the audio.

Renée Russell - musicatuucgt@gmail.com



UUCGT Online Giving is Here!

UUCGT bookkeeper, Glenda Corning and UUCGT website update designer, Jolynn Paige, have worked hard to make it possible for your donations to UUCGT to be made through the UUCGT website!

Check out informative video and links here:
<https://www.uucgt.org/connection/donate/>

Thank you for your generous contributions of support!

Donations mailed via U.S.P.S. are also accepted. If you have any questions, please email Glenna at bookie@uucgt.org

**UUCGT Calendar -
Stay Up to Date!**
[Click here!](#)

UUCGT services, meetings and classes
are being hosted on Zoom until further notice
Need help? See Zoom links below!

Friday, April 3 - 8:00 PM **Come early for social time @ 7:30 PM

Vespers - A quiet time to connect with others, relax, breathe

Join Zoom Meeting: <https://zoom.us/j/4896148527>

Meeting ID: 489 614 8527

Phone: 1 929 205 6099

Sunday, April 5 - 9:45 AM

Religious Education for Children

Contact Betsy Hammerberg, dre@uucgt.org for Zoom link

Sunday, April 5 - 10:30 AM ** Start signing in at 10:00

Sunday Service - "Restoring Ourselves"

Join Zoom Meeting: <https://zoom.us/j/244960152>

Meeting ID: 244 960 152

Phone: 1 646 876 9923

Monday & Wednesday - April 6 & 8 - 10:00 AM

Stretch & Strengthen Class - Staying Fit at Home!

Join Zoom Meeting: <https://zoom.us/j/161005737>

Meeting ID: 161 005 737

Tuesday, April 7 - Community Lunch - Contact Mary Kiner

Wednesday, April 8 - 10:00 AM

Open Zoom Drop-in Conversations with Rev. Cathy

Join Zoom Meeting: <https://zoom.us/j/4896148527>

Meeting ID: 489 614 8527

Phone: 1 929 205 6099

If you would like a personal visit with Rev. Cathy via Zoom, please contact her via text or email: 231-301-3177; revharrington@mac.com

Wednesday, April 8 - 3:30 PM - Finance Committee

Wednesday, April 8 - 4:00 PM - Healthy Congregations

Wednesday, April 8 - 5:30 PM - Wednesday Happy Hour - on Zoom!

The Wednesday Supper group is continuing to meet for happy hour at 5:30 PM every Wednesday via Zoom. If you would like to join us, please contact [Mike and Sandra McDonald](#) for the weekly Zoom invite.

All are welcome! Just bring your beverage of choice and share fellowship!

Thursday, April 9 - 12:00 noon

Open Zoom Drop-in Conversations with Rev. Cathy

Join Zoom Meeting: <https://zoom.us/j/4896148527>

Meeting ID: 489 614 8527

Phone: 1 929 205 6099

New to Zoom?

We encourage you to check out these Zoom introductory videos & FAQ's:

<https://zoom.us/>

[How to Join a Zoom Meeting: https://bit.ly/2TWsxtp](https://bit.ly/2TWsxtp)

[How to View UUCGT Online Services](#)

[Tips for Attending a Zoom Meeting](#)

[Tips to Navigate Zoom Window](#)

[Tips for Attending Sunday Coffee Hour](#)

To schedule meetings & events, contact office@uucgt

We are a beloved community...
reaching out to one another, staying connected, standing steady.

Rev. Cathy

231-301-3177

revharrington@mac.com

New ZOOM Offerings!

RE Classes for Adults & Families

If interested, please complete class surveys below!

Creative Well-Being RE Courses for All Ages focus on physical, mental and spiritual well-being

Claire Crandell, RE teacher, will facilitate both sessions

Mandala Art Adventure

Mandala patterns are evident from our cells to the universe. A brief powerpoint of photos will begin each session, depicting patterns from nature, designs from various cultures, and the universe. Participants will then design and create their own mandalas. Materials will be whatever you have at home - they can be as simple as a piece of paper and a pen or as involved as paint and multimedia!

4 week class will meet weekly via Zoom, date and time TBD



Black and White Me

Based on 4 T'ai C'hi movements

Learn 4 easy movements of T'ai C'hi, which is sometimes called a sacred dance. After practicing the movements we will draw or paint, using only black and white, what we experience or understand about this dance of spiritual energy. 3 week class will meet weekly via Zoom, date & time TBD



To indicate your interest in **Mandala Art Adventures** or **Black and White Me**

go to: <https://www.surveymonkey.com/r/BVBH797>

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Writing Workshops for your consideration!
Alison Ernst, RE teacher and certified AWA workshop facilitator



A Way to Write
Beginning Creative Writing for Everyone

- Creative writing is an art form available to everyone. This workshop provides a safe and supportive space for both new and seasoned writers to practice their art and generate new work. A writer is someone who writes, and every writer has a unique voice.
- This is an online creative writing workshop using the Amherst Writers and Artists (AWA) method based on Pat Schneider's book, *Writing Alone & With Others* (Oxford University Press 2003).
- 4 week session will meet once a week via Zoom. Each session lasts 1½ hours, including a break.
- Day and time TBD

Documenting Family Stories

Are there stories from your own life experience or those of your forbears you want to share with your children and/or children's children, not to mention other relatives or close friends?

- This workshop will guide you through the process of identifying stories to document through the art of writing, creating and polishing drafts.

But that is not for them to decide.

All we have to decide

is what to do with the time that is given us."

- J.R.R. Tolkien

The Fellowship of the Ring

**UUCGT office will be closed until further notice
Please email office@uucgt.org with any questions/concerns**

**Contact Rev. Cathy at revharrington@mac.com
Stay up to date on Facebook & UUCGT website**

www.uucgt.org