



# GNUUs

## Contents

Worship:

Gadding About:

### Ministries:

Radical Welcome:

Spiritual Growth:

Connecting Within:

Connecting Beyond:

### Events This Month

- Feb 1.....Yarns from the Heart+
- Feb 4.....Property Work Day\*
- Feb 4.....Imbolc Ritual\*
- Feb 5...Food Bank Donations\*
- Feb 5.....Congregational Conversation+\*
- Feb 10.....Death Dinner Party\*
- Feb 11.....Sewing with Sherree\*
- Feb 12.....Spiral Scouts+
- Feb 12.....Belief Exploration+
- Feb 15...Yarns from the Heart+
- Feb 15.....Board Meeting+
- Feb 16.....CUUPs Café+
- Feb 18...Green Team Meeting+
- Feb 25.....Book Group+
- Tuesdays.....Choir Rehearsal\*
- Sundays.....Tarot Sunday+
- Sundays.....Mindfulness and Meditation+\*

\*onsite

+online

For details visit [uucg.org](http://uucg.org)

### Did you Gnow?

- It takes approximately 90 days for a drop of water to travel the entire length of the Mississippi River.
- Lemons float but limes sink.

## Welcome to The Path of Love



“Our main job, both as a Universalist community and as individual persons is to remember love, whenever we can, whenever it is available to be remembered or experienced. And to remind one another when we have forgotten. We remind each other not by a logical argument, but by being love. By embodying and manifesting love, by grounding our actions, our choices, our words in that bedrock of love that underlays and supports everything, that is deeper than

the suffering and struggle of this moment.” ~ Rev. Darcey Laine

[Find resources for exploring The Path of Love with us here.](#)





## Worship in February Sundays at 11:00am

Theme: *The Path of Love*

Join us via Zoom <https://zoom.us/j/565460176>

### **February 5:** Online and In Person ***This is My Family***

Our family groups need not be related by blood or committed by law, and come in all types, shapes, and sizes. Having a family group is a key element to feeling “home.” We look for “kindred spirits,” and we look for ways to make consistent bids for connection despite our fears of rejection or indifference.

Join us in person or [via Zoom](#)

*Bill Benshoof (he/him), Service Leader*

### **February 12:** Online and In Person ***Love at the Center***

What does it look like, feel like, act like to put love at the center of our lives, both as individuals and as a congregation? What kind of love do we need to generate to truly practice the path of love?

Join us in person or [via Zoom](#)

*Rev. Jan Taddeo (she/her), Service Leader*

### **February 19:** Online and In Person ***Loving through Change***

As we each grow and mature through our lives, how does our love for one another change and evolve within friendships, families, and other relationships?

Join us in person or [via Zoom](#)

*Rev. Jan Taddeo (she/her), Service Leader*

### **February 26:** Online and or In Person ***When Love Gives Way to Compassion***

After the cards have been read, the candy eaten, the sentiments shared, how do we turn around and make compassion grow for the rest of the year? Can we turn our hearts outside and face a needy world in our own community?

Join us in person or [via Zoom](#)

*Lydia Patrick (she/her), Service Leader*

### ***Looking Ahead***

#### **March Theme: The Path of Vulnerability**

Join us for a celebration of Luminescence on March 19.

## After Hour, Sundays at 12:30pm

Join us on-site at UUCG for a different program each week of the month:

### **1st Sunday, 2/5**

- *Congregational Conversation*

### **2nd Sunday, 2/12**

- *Spiral Scouts (pre-registration required)*
- *Belief Explorers*

### **3rd Sunday, 2/19**

- *Family Faith Development*
- *Sunday Tarot*

### **4th Sunday, 2/26**

- *“Good Trouble”: Faith in Action*
- *Family Games*





## Gadding About

by Reverend Jan Taddeo (she/her)



As I gad about with colleagues, our conversations often include the challenges many congregations are experiencing as they strive to rebuild their volunteer infrastructures and encourage participation in the various

ministries of the congregation. Many are struggling in this effort, including us. I know many of you are already engaging in congregational life in meaningful ways and serving in leadership roles. And, we still need many more hands to make the work lighter for all.

We have many newcomers joining us on Sunday mornings, and we want them to experience our enthusiastic welcome and opportunities to connect,

and to offer their own gifts for our shared ministry when they are ready. And we really need our established members to assist in helping everyone find a way to contribute their time and talents to keep our congregation strong and vibrant.

We have many options for ways to serve connections at UUCG as we rebuild our ministries after nearly three years of reduced programs. Here's a chart with some ideas for how YOU might share in our ministry with one another. Urgent needs are in **bold print**. If you want to learn more about these volunteer opportunities or explore the possibilities, please email the Shared Ministry Council at [sharedministry@uucg.org](mailto:sharedministry@uucg.org) or reach out directly to one of our Lay Ministers.

Thank you for the ways in which you serve to keep our congregation strong and growing stronger!

With a grateful heart...  
Reverend Jan

Area of Ministry	Commitment Level Low (Once a Month)	Commitment Level Medium (6 mos - 1 year)	Commitment Level High (1-2 years)
<b>Radical Welcome</b> <b>Bill Benshoof</b> (he/him)	<ul style="list-style-type: none"> <li>•Sunday Greeter</li> <li>•Safety Team</li> </ul>	<ul style="list-style-type: none"> <li>•Working on Whiteness Participant</li> </ul>	<ul style="list-style-type: none"> <li>•<b>Rainbow Team</b></li> <li>•Working on Whiteness Leadership Team</li> <li>•Trans Inclusion Team</li> </ul>
<b>Green Space</b> <b>Xoey Kelly</b> (she/her)	<ul style="list-style-type: none"> <li>•<b>1st Saturday Property Beautification</b></li> </ul>	<ul style="list-style-type: none"> <li>•Web of Life program participant</li> </ul>	<ul style="list-style-type: none"> <li>•Green Team</li> </ul>
<b>Spiritual Growth</b> <b>Elna Brynstad</b> (she/her)	<ul style="list-style-type: none"> <li>•<b>Sunday Beacon</b></li> <li>•<b>Sunday Zoom Manager</b></li> <li>•<b>Child Care Volunteer</b></li> </ul>	<ul style="list-style-type: none"> <li>•<b>Lead Faith Development programs for children and/or adults</b></li> <li>•Words of Wisdom Contributor</li> </ul>	<ul style="list-style-type: none"> <li>•Worship Associate</li> <li>•Faith Development Team</li> <li>•Join the Choir!</li> </ul>
<b>Connecting Within</b> <b>Lisa Kiel</b> (she/her)	<ul style="list-style-type: none"> <li>•<b>Sunday Hospitality</b></li> </ul>	<ul style="list-style-type: none"> <li>•Sharing the Journey Participant</li> <li>•Covenant Group Leader</li> </ul>	<ul style="list-style-type: none"> <li>•Covenant Group Leader</li> <li>•<b>Membership Team</b></li> <li>•<b>Pastoral Care Associate</b></li> </ul>
<b>Connecting Beyond</b> <b>Barbara Stahnke</b> (she/her)	<ul style="list-style-type: none"> <li>•Food Drive: Receive &amp; Deliver</li> </ul>	<ul style="list-style-type: none"> <li>•<b>Corley Elementary Liaison Team</b></li> </ul>	<ul style="list-style-type: none"> <li>•Gwinnett Interfaith Alliance</li> <li>•Gwinnett Remembrance Coalition</li> </ul>



## A Change in Tenants

By Ed Miller (he/him)

We have been fortunate that over the last three years we have hosted the Gwinnett franchise of the Turning Sun pre-school. Unfortunately, a few months ago they made the decision to relocate to a different facility, and requested an early termination of their lease. We are sad to see them go, and wish them success at their new location.

Shortly after Turning Sun ceased operations in our building, a potential new tenant stepped forward with an exciting proposal. We are pleased to welcome Friendship Forest Academy, a new school for neurodiverse children, to our facility. Jennifer Hickey, the president and founder of Friendship Forest was familiar with our space already, as her child previously attended Turning Sun at our location. Friendship Forest has a mission, “to provide high-quality education to students who need tailored and creative educational approaches that foster their intrinsic love for learning and cultivating lifelong relationships.”

At present, there are few resources available in Gwinnett County that provide individualized educational services for students in need of those. Friendship Forest Academy plans to serve a maximum of 12 students with a 2:1 student:teacher ratio, allowing high levels of support for students who need it. They will use two classrooms and create a sensory room in our building, with one of those classrooms being available for our use on the weekend. We are excited to welcome Friendship Forest Academy to our building, and look forward to a long relationship with them.

## No Potluck in February

There will be no potluck or shared meals in February due to COVID transmission numbers in Gwinnett County.

The UUCG board determines our COVID precautions based on 3 weeks of data from COVID Act Now, a non-profit that tracks data about COVID infections and hospitalizations. If, according to their data, the transmission rate in Gwinnett County has remained Low level, we will resume hosting Potluck Luncheons on first Sundays.

Watch this space for information about Potluck in March.

## General Assembly 2023

The UUA General Assembly, or GA, will take place this summer June 21st - 25th online and in Pittsburgh, PA. This is, “the annual gathering of Unitarian Universalists, where we conduct business of the Association, explore the theological underpinnings of our faith, and lean fully into our mission and principles.” Anyone may attend, and our congregation has the right to send three delegates to GA who will vote on our behalf. If you are interested in participating in the decisions and development of our national association, there are few better ways than to attend GA.

To be considered for serving as a delegate to GA, please send an email to [board@uucg.org](mailto:board@uucg.org) with a brief statement of your interest in



## Wider, Higher, and Smoother

By Bill Benschopf (he/him)

Dear Friends,

I am excited to be working with the Shared Ministry Council in the area of Radical Welcome. Radical Welcome is about drawing the circle wider, raising the bar higher, and making the threshold smoother! And, I have a lot to learn about all of the ways we can do this together!



I will work with our ministry teams to develop plans and register volunteers in all task areas. Here is an overview:

- Our outside and inside **greeters** are our "first chances" at making sure folks are well taken care of as they go to Worship, Faith Development, or the Nursery/ Childcare.
- Hospitality** helps with our post-Service "Call to Connection," as well as potlucks and other events where we serve food and (non-alcoholic) beverages. The Congregation's job is to help them where needed in set-up and clean-up.
- The "**Sharing the Journey**" program is the Congregation's way to give folks a path to membership and to foster relationships inside our walls. This program, which is registering now and starts soon, invites folks new to UU, as well as members interested in developing connections with our newcomers, to join us.
- Our "**Good Trouble**" programs on the 4th Sunday, the Green Team, Covenant Groups, and other programs are ways to be "seen and heard" as UUs expressing our values in the community. These activities connect us to a lot of folks who share our values, so they are an important part of Radical Welcome.

We are accountable to each other and the beloved community to honor peoples' individual worth and dignity, to recognize how individuals and groups, including BIPOC (Black, Indigenous, and People of Color) and people who are LBGTQIA+ have been (and are being) marginalized. We are accountable to bring them (and their voices) into the center of our beloved community, and to release our burdens of regret for past actions. To this end, although our curriculum will change over time, we have a commitment to these programs:

- Working on Whiteness
- Transgender Inclusion in Congregations
- Welcoming Congregation (yearly renewal)

Part of "smoothing our threshold" is to embrace people with disabilities in our set-ups and planning for events, which takes some work at times to make sure all opportunities to use our facilities are available. We are certified as handicapped-accessible and have a Sanctuary layout reflecting that. We provide assisted-listening devices to those who request them.

In addition to the above areas, I see opportunities (let me know if you are interested) for learning and change in these areas:

- countering overt, systemic, and implicit disenfranchisement;
- joining the worldwide movement for peace;
- further study of healthy communication, conflict resolution, restorative practices, and reconciliation.

Above all, our best Radical Welcome is to emphatically thank folks who let us know how we can do better, "love each other up," encourage each other, consistently practice discernment, offer in-person invitations to become involved, and try to ensure a great experience for everyone who crosses our threshold.

With a grateful heart and hopes for Peace,  
Bill

## Faith Development Resources

**Explore The Path of Love throughout the month through music, poetry, pertinent readings and other media with these resources.**

*“ Know that love is a vulnerability but not a weakness. Love is the volunteer in you that raises its hand and steps forward without needing to be rewarded. Love is a currency that functions in reverse, because the only way to be wealthy with it is to give more of it away.”*

*~ Shane Koyczan*



Ministry: Spiritual Growth

## Reskilling

By Candice Bizzell (she/her)

Reskilling, what exactly is it? The dictionary states that reskilling is the process of learning new skills so that you can do a different job, or training people to do a different job.

I do this often. I take a year to learn a new skill, do I learn it well? Eh, well enough I'd say, I'm more of a jack of all "skills," master of none. I've always been interested in reskilling myself with multiple ways to be self-sufficient, knowledgeable of many survival topics and if I need to live in the wild for a bit, I can (I swear I'm not a doomsdayer)! I also like to reskill myself with skills to create gifts and useful things for myself and others, like gifts. I'd much rather give a hand made gift than one I purchased from a box store.

My reskilling interest goes wayyyyyy back to when I was growing up, but it hasn't been 'til recently that I started "relearning" the skills I learned along my life path.

Since 2019 I've learned foraging mushrooms, herbs and weeds (not really weeds honestly). I've been able to garden, started canning food again, and brought back my grilling, smoking and cooking skills. I build on these each year by trying foods I've never cooked before, cooking dishes my ancestors cooked and learning to cook in unconventional ways (over an open fire is the main one). Reading and researching on other canning methods, fermenting recipes, and learning to make my own cider and mead.

Some of them I find I absolutely love, like canning, cooking, gardening and foraging. Others are more challenging for me like sewing, weaving and crocheting. But I press on and still my desire to reskill myself is prominent.

I always had a desire to learn to sew, make my own clothes (clothes are so expensive), create clothes for others, sew dolls and bags and other things to make my house look so amazing.

My step mother sewed, it was so amazing to see her take measurements, cut out the pattern and piece it together to create a dress, shawl, table cloth and dolls. I LOVED everything that she made, but never learned to sew, not that well. I can piece a sideways bag together, but that's about it.

I've deemed that this is the year that I'll learn to sew and I'm excited to be part of the Sewing with Sherree classes!

I love to create things for myself, for friends and family and people in general. To see their faces in awe when they realize it's made specifically for them. It may be selfish on my part to impart such joy on others, possibly an ego boost when I hear the words "WOW, you made this, you're so talented!" But so be it, my love language is creating and giving.

What skills would you like to learn?



## Sharing the Journey

Sharing the Journey is a 4-week program for both newcomers and long-time members of UUCG to experience “deep listening and sharing practices” in a small group setting.

The 4 sessions begin with an opportunity for you to share your personal spiritual journey and tell how it led you to Unitarian Universalism, then travel through the historical journey of UUism and our own congregation, arriving at an exploration of the shared journey that we travel together as Unitarian Universalists. This shared journey is made up of three fundamental and distinct UU spiritual practices: listening to one’s deepest self, opening to life’s gifts, and serving needs greater than our own.

Whether you are a long-term UU or are new to our faith, join us to explore the experience of small group ministry in four sessions. This cycle, the dates for each 90-minute session are: February 19, March 6, March 19, April 2  
Come re-engage on your path within Unitarian Universalism and UUCG. Reignite the fire of commitment!

**[Click here to register.](#)**

Ministry: Connecting Within

## Hospitality Team Volunteers

By Lisa Kiel (she/her)

Does your stomach start growling mid-way through Sunday worship? Do you forget your coffee rushing out the door? Do your kids always need a snack when they go absolutely anywhere? If you don’t suffer from these problems yourself, would you like to be the solution for them? You’re in luck because **the Hospitality Team is searching for 5 individuals who would like to help organize, set up, and supervise clean up for upcoming potluck lunches and Sunday morning coffee, tea and snacks.**

All joking aside, this is an important way to contribute to the welcoming atmosphere of our communal space. Our congregants are adjusting to spending time in the building after church for faith development programs and congregational conversations. Providing a potluck or morning snacks and beverages helps folks to relax and stay a little longer for other forms of nourishment. If you feel you could support our community in this way, please reach out to me at church or email me at [lkiel58@gmail.com](mailto:lkiel58@gmail.com). We’ve got plenty of room on this essential team!

- Lisa Kiel

# Sharing the Journey

Together, we are traveling this path of Unitarian Universalism at UUCG.

Whether you have been with UUCG a while or are new to the congregation, this program provides:

- ⊕ an opportunity to re-engage with Unitarian Universalism and UUCG
- ⊕ a path to membership for those new to UUCG
- ⊕ an opportunity to explore the experience of small group ministry in four sessions



**Sundays at 12:30pm  
over four sessions**

**Feb. 19  
March 5  
March 19  
April 2**

**Pre-registration  
is required**

Registration opens January 1st

## 30 Days of Love

By Barbara Stahnke (she/her)

For the past 11 years, the 30 days of Love Campaign has been facilitated by the Unitarian Universalist Association. The campaign provides resources for Unitarian Universalists (UUs) and other faiths to build awareness about what needs to be changed to end injustice, to develop abilities in making change happen, and to identify ways each of us can take action(s) to live out love in the world.

This annual campaign runs from Dr. Martin Luther King, Jr. Day through February fourteenth. This year's focus is on a major justice issue each week; you will find that these issues are all intersectional. When you start with one, you will be impacting injustice in another area. You can find the [resources here](#):

WEEK 1 (January 16-22): Interdependence :: Democracy & Electoral Justice

WEEK 2 (January 23-29): Embodiment :: LGBTQIA+, Gender & Reproductive Justice

WEEK 3 (January 30 - February 5): Healing :: Decriminalization

WEEK 4 (February 6-12): Resilience :: Climate Justice

BONUS DAYS (February 13-14): Blessings :: Liberatory Intersections

30 days of Love is not just for UUs; please consider sharing the resources with friends and family who may be interested.

For me, I am taking these 30 Days of Love to reflect on the myriad ways the treatment of all the stages of kidney disease in African Americans is impacted by systemic injustice. An [article](#) announcing new guidelines for transplant hospitals requiring the transition to race-neutral calculations of estimated Glomerular Filtration Rate (eGFR) hit my desk the same week the 30 Days of Love Campaign started.

Not to get too technical, eGFR is used to determine treatment decisions for kidney disease. The lower the eGFR, the more severe the kidney disease. These levels determine the level of treatment. For years – approximately 1999 – 2012 – almost all eGFR calculations used a race factor – and this was based on science (people who self-identified as African American had a higher average Creatinine level). This led to a higher eGFR. Remember, the lower the eGFR the more severe the disease. Transplant waiting time is partially based on eGFR. Typically, one can apply for the waiting list when eGFR is around 20.

The problem is race is not a biological construct (which we have known for years – human genome project anyone?). And the fact is African Americans have an almost four times higher incidence of kidney disease.

Around 2020 (date suggest anything to you?), scientists got hard to work; by 2021 the National Kidney Foundation and the American Society of Nephrologists came up with new calculations without a race factor that all member labs are required to transition to. The new policy for transplant hospitals requires them to adjust patients waiting time if the eGFR initially used had a race factor.

I tell you this story because I believe it took all of us standing up, speaking out, and demanding justice for years prior to 2020; the louder actions with more voices in 2020 amped up the processes. Our actions on the side of love; making sure we live out the verb version of love, are making a difference in the lives of our African American Siblings. Look for the changes happening – I think you will find them – then take some joy in making a difference.

*“Change will not come if we wait for some other person or some other time. We are the ones we’ve been waiting for. We are the change that we seek.” —Barack Obama*

## Knit the Rainbow

By Aline Harris (she/her)

As a congregation, we hand knit 10 separate pieces of winterwear to be donated through the Knit the Rainbow program to homeless LGBTQ+ youth in New York City.

We supported Eco-Friendly Crafts in Lawrenceville and all together they sent over 300 pieces.

Thank you for your generosity and love.





## Property Beautification Day

**Saturday, February  
4th**

**9:30am-11:30am**

Come lend a hand to keep our  
outdoor spaces beautiful.

Imbolc Ritual  
Saturday, February 4th  
at 6:00pm

Come celebrate  
the return of the sun  
and the approach of spring

All are welcome



Find details for  
all these events  
and more  
on our website  
calendar

What is the first thing that comes to mind  
when someone mentions death?  
What questions do you have about death?  
Join us for a conversation about how we die,  
how we mourn, and how we care for and  
remember our dead.

Friday, February 10th  
at 7:30pm

***DEATH DINNER PARTY***

















*Hosted by Justin Miller*

**UUCG  
Book Group**





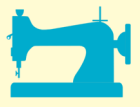
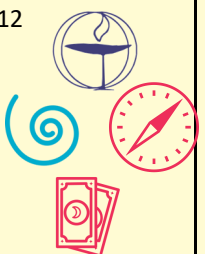







**Wednesday,  
February 22nd  
at 7:00pm**

**online via Zoom**

# Nurturing Connections

	Covenant Choir	Choir gathers to rehearse for performance on Sunday mornings during Worship Services.	Every Tuesday 7:00pm	In-Person
	Yarns from the Heart	Knitters and crocheters gather on Zoom to create prayer shawls and baby blankets for members and friends and the wider community. This group is open to all fiber artists.	1st and 3rd Wednesdays 7:00pm	Online send email to admin@uucg.org for access
	Property Beautification Day	Monthly projects to benefit the UUCG building and grounds. All skills and abilities are welcome.	1st Saturday 10:00am	In-Person
	Sylvan Sanctuary	Sylvan Sanctuary is the Mother Grove of the Druid Order of the Three Realms, a community of Druids walking personal paths. All are welcome.	February 4th 6:00pm	In-Person
	Food Bank Dropoff	We collect donations for the Lawrenceville Co-op food bank.	1st Sunday of even numbered months	In-Person
	Congregational Conversations	Discussions centered around Unitarian universalism and our specific congregation. All are welcome.	1st Sunday 12:30pm	In-Person and Online Zoom ID: 565-460-176
	Tarot Sundays	A discussion about all things Tarot and a Guided Meditation inspired by the weekly topic.	1st, 2nd, & 4th Sundays 5:00pm	Online Zoom ID: 978-9585-2363
	Death Dinner Party	Join us for conversation about how we die, how we mourn, and how we care for and remember our dead.	2nd Fridays 7:30pm	In-Person
	Sewing with Sherree	Join us for easy sewing projects and fun! Bring your fabric and machine if you got one! All skill levels are welcome.	2nd Saturdays 10:00am	In-Person
	Spiral Scouts	An all-gender scouting group that focuses on nature-based learning and activities. We are open to children ages 3-12.	2nd Sundays 12:30pm	In-Person
	Belief Explorers	A group of Unitarian Universalists and others who are interested in exploring the sources of world faith traditions. All are welcome to join the discussion.	2nd Sundays 12:30pm	In-Person and Online Zoom ID: 896-987-304
	Board Meeting	Open to the congregation at large. If you have something to discuss that you would like added to the agenda, please email board@uucg.org at least three weeks ahead of time.	3rd Wednesdays 7:00pm	Online Zoom ID: 956-757-31773
	CUUPS	The Oak Grove Covenant of Unitarian Universalist Pagans (CUUPS) of UUCG is open to anyone in the UUCG community.	February 16th 7:30pm	As scheduled
	Green Team Meeting	All who are interested in environmental issues are welcome.	3rd Saturday 9:30am	Online Zoom ID: 926-1783-0455
	Book Group	The Book chooses a new title each month for discussion. All who have read the book are invited to attend.	4th Wednesdays 7:00pm	Online Zoom ID: 144-736-833
	Good Trouble	We invite you into discussion about an issue that we (community, society, world) are facing currently, and share specific ways that you can get involved in working for change.	4th Sundays 12:30pm	In-Person and Online Zoom ID: 145-984-149

# February 2023

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 	22 	23	24	25
26 	27	28 