



GNUUs

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The Path of Courage

Courageous people change the world. There are so many who bravely moved (and continue to move) our world toward greater acceptance and affirmation. We rightly honor such giants. The problem is most of us aren't that tall.

Or are we?

Here's what we have to help each other remember: In addition to the heroic acts that alter history, there are also the daily choices that



prevent history from altering us! Bending the arc of the universe toward justice deserves praise, but so does the ordinary work of integrity and not allowing yourself to be bent.

So don't worry so much if you haven't changed the world yet. And certainly let's stop comparing ourselves with those giants. Our work rests less in looking up to them and more in looking over at each other. And in remembering that others are looking over at and needing strength from us.

Events This Month

- Oct 1.....Property Work Day*
- Oct 2...Food Bank Donations*
- Oct 5...Yarns from the Heart+
- Oct 8.....Silent Supper+
- Oct 9.....Spiral Scouts+
- Oct 9.....Belief Exploration+
- Oct 13.....Gwinnett Remembrance Coalition*
- Oct 15...Green Team Meeting+
- Oct 15.....Breathwork*
- Oct 18.....Board Meeting+
- Oct 19...Yarns From the Heart+
- Oct 19.....Book Group+
- Oct 22.....Samhain Ritual*
- Oct 28.....Trunk or Treat*
- Oct 29.....Death Dinner Party*
- Tuesdays.....Choir Rehearsal*
- Sundays.....Tarot Sunday+
- Sundays.....Meditation and Mindfulness*+

*in-person

+online

For details visit uucg.org

Did you Gnow?

- Camels have three eyelids to protect themselves from the blowing desert sand.
- $111,111,111 \times 111,111,111 = 12,345,678,987,654,321$





Worship in October Sundays at 11:00am

Theme: *The Path of Courage*
Join us via Zoom <https://zoom.us/j/565460176>

Oct 2: Online and/or In Person
The Path of Courage: Letting Go of Our Attachments

Stepping outside our comfort zone requires courage, and our UU faith often invites us, even encourages us, to be uncomfortable. How do we find the courage to be uncomfortable?

Join us in person or [via Zoom](#)
Rev. Jan Taddeo (she/her), Service Leader

Oct 9: Online and/or In Person
Love in the Heart of Darkness

In the midst of suffering, heartache, and physical pain, how do we find love, wholeness, and comfort? Are there guideposts through Hell?

Join us in person or [via Zoom](#)
Daniel Bailey (he/him), Service Leader

Oct 16: Online and/or In Person
A Courageous Faith

Unitarian Universalism calls us to live into some big commitments for love and justice. How do we embolden one another to learn and grow to live into our vision of a more just and loving world?

Join us in person or [via Zoom](#)
Rev. Jan Taddeo (she/her), Service Leader

Oct 23: Online and/or In Person
Hanging Out in the Deep End

The path to courage is mapped out one step at a time. Every step you take is a sacred one.

Join us in person or [via Zoom](#)
Lydia Patrick (she/her), Service Leader

Oct 30: Online and/or In Person
The Courage to Hold On and Let Go

This is our annual Service of Remembrance for beloveds in our lives who died in the past year. When someone we know transitions, what do we hold on to, and what do we let go of?

Join us in person or [via Zoom](#)
Rev. Jan Taddeo (she/her), Service Leader

After Hour Programs, Sundays at 12:30pm

2nd Sunday, 10/9—
Belief Explorers ([online via Zoom](#))

4th Sunday, 10/23—
"Good Trouble" (in-person and [online via Zoom](#).) - Democracy, followed by the Town Hall Meeting





Gadding About

by Reverend Jan Taddeo (she/her)



Our congregation hosted a UU the Vote event last week. It was well attended, we were fired up by the music of Emma's Revolution, inspiring words from our UU the Vote organizing team, and an invitation from the New Georgia Project leader. Then we were released from the sanctuary to choose a room to take action to get out the vote. We were invited to either make phone calls or write postcards.

I waited in the hall between the two rooms watching as a dozen or more people filed into the postcard room. Oh how I wanted to go in that room! And, yet, I knew, deep down, I needed to do what is the hard thing for me to do. I knew the postcards were in good hands. I needed to go make calls with the other three people who went into the phone-bank room.

This was not the first time I made calls to get out the vote. In 2020 I volunteered with the local NAACP chapter to make calls from a list of names they sent me. I called everyone. Most of my conversations were not difficult, and some were even delightful.

This time making calls was a little different. We were using an autodialer that was not always easy to navigate, had some wrong numbers, one man who used a certain very

offensive phrase in every sentence as he let me know he was definitely going to vote to get the current [person] out of office. I've heard that language before, and I moved on to the next call, a lovely woman, self-described senior citizen, who told me she has voted every year since she was eligible to vote.

For me, this experience was about courage and commitment. I place my heart, my faith, in the hands of humans to do the work of love and justice. I have to trust my core values to bolster my spirit to do the hard things that need to be done. Like that senior citizen I spoke with, I too have voted every year since I was 18 ... I am committed to democratic processes. Voting is a sacred act for me. Making those calls may be hard, the difference I make may be small, and I will make mistakes - and learn from them. Yet, between our in-person callers and those who joined us online, we made over 6,000 calls Monday night. It took the small drops of courage from each of us to create a waterfall.

Serving the Vision* of UUCG:

It takes many hands to support all that we do as a congregation in service to our vision. If you are curious about ways you can support our vision, [please click here to fill out this survey](#) to let us know the ways in which you would enjoy serving the path of belonging at UUCG. **Everyone who fills out the form will receive a small gift from me!**

In our shared commitment to our vision...

Reverend Jan

*UUCG is becoming a radically welcoming congregation in a green space. We foster spiritual growth as we joyfully nurture connections and community within our walls and beyond.

How I Got the Courage to be an Eco-Warrior

By Candice Currier (she/her)

I've always been a "nature freak". I get so passionate about it that I can become overwhelming in my conversations. But even for me, having the courage to stand up for nature and the environment is sometimes overwhelming.

The science of environmental issues has changed over the last 35 years. I remember from elementary school through high school the push to use plastic to save the trees from being cut down for paper bags. Now we are in a plastic disaster all over the world and the only way to reverse it is to STOP using plastic... the plastic that's been pushed for half a decade or longer.

With all the changing science the one thing we know for sure is that we need to find a way to protect the earth and all her resources she provides to us, what better way to do that than to get involved with an Environmental Justice Group?

Get involved in The UUCG Green Team, it's a great way to start . Become an Environmental Activist for our congregation. We support local groups such as the Sierra Club, Citizens' Climate Lobby and Georgia Interfaith Power & Light and have a drive to not only educate the community and congregation but to also take action by upgrading our facilities in the best and environmentally friendly ways we can.

If you have more courage than that, other ways to get involved in Environmental Justice are to consider other groups in our area. The Chattahoochee RiverKeepers is an Environmental Activist group that not only monitors the health of the river, but also educates and advocates for the river! (volunteer with come Clean Gwinnett to clean up trash along the roads or spend time at a local park or preserve to maintain the grounds. Plant native plants in your yard for the bees and butterflies) Many more possibilities are listed on the Eco-USA.net website, along with some great articles.

I remember in 2019 being asked to join the Green Team meetings, just to see how I felt about it. I had all intentions to, but no courage to actually go. I was an oddball, a not so active Eco Warrior, a hippy at heart who, I suppose, fell from grace, as nothing I did was very Eco friendly. I certainly couldn't be an Environmental Activist or join a Green Team without practicing green initiatives. After 3 years Daniel Bailey encouraged me once more to join them and I finally felt I was in a place where I wouldn't be a hypocrite! But what I have learned these last 9 months is that I really should not have waited 3 years to join. I've gained so much knowledge from the Green Team and the courage to educate my friends and family about the Environment and what we can do to correct the actions of our past. I'm not there 100% yet, but the Green Team and my passion has given me the courage to be the Eco Warrior I was meant to be!



Climate Disaster Response Training

Submitted by Side With Love (edited by Aline Harris [she/her])

The series offerings that we invite you to are:

Tuesday, October 25: **Mobilizing for Action** (7pm ET/ 6pm CT / 5pm MT / 4pm PT)

Tuesday, November 15: **Community Conversation** (7pm ET/ 6pm CT / 5pm MT / 4pm PT)

Faith Development Resources

Explore the Path of Courage throughout the month with these resources: <https://sites.google.com/view/uucgfaithdevelopment/themes/courage/courage-main>



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.

29 October 2022
DEATH DINNER PARTY
6:00 pm

You and Your Ancestors are invited to join
CUUPS SILENT SUPPER
October 8th 2022
6:00pm till 9:00pm

BRING AN ANCESTRAL DISH TO SHARE WITH OTHERS AND PHOTOS OF YOUR LOVED ONES TO SIT WITH YOU AT THE TABLE.
MASKS ARE REQUIRED.

Finding the Heart in Our Shadows Breathwork

Submitted by Daniel Bailey (he/him)

October 15 2022

Finding the Heart in Our Shadows: Breathing, movement and focus for Centering and Expansion of our Emotional and Thinking Hearts.

Facilitating this workshop, Daniel Bailey is a practitioner of heart and body centered methods for spiritual and emotional centering and growth. He is a Certified Facilitator of Shamanic Breathwork, which will be a part of this workshop. The workshop will be masked as deep breathing is involved. Singing inserts are helpful for this! A love offering for UUCG is requested of up to \$25 if you are able! No one will be turned away. For more detailed information you may call or text Daniel at 404-569-2558 or email at Danielbaileyuucg@gmail.com.

Web of Connection

By **Aline Harris (she/her)**

As Unitarian Universalists we honor the interdependent web of all existence. But we are also a part of another web. The web that connects us within our congregation. You weave the threads of this web with every meeting you attend with another, with every casual conversation after a service, and with every purposeful conversation on deep topics. The past couple of years have stretched these threads, some have even been stretched so far they have broken. Not through any malice, just from disconnection. Is there someone you haven't seen or heard from in a while? Could you reach out? Even just to say you are thinking of them and hope they are well. If you are a member or active friend, you will be receiving an updated directory in your email in the coming weeks. If you don't receive it and would like to, please email admin@uucg.org

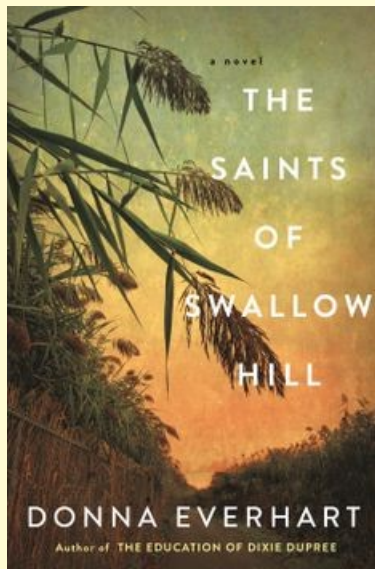
Lets strengthen our Web of Connecting Within.

The Saints of Swallow Hill *Donna Everhart*



Book Group Meeting Oct 19th 7pm

(note date change)



Where the Crawdads Sing meets The Four Winds as award-winning author Donna Everhart's latest novel immerses readers in its unique setting—the turpentine camps and pine forests of the American South during the Great Depression. This captivating story of friendship, survival, and three vagabonds' intersecting lives will stay with readers long after turning the final page.

[\[See more\]](#)

Please note, there will be no meeting in November and the December meeting is Dec 7th.

Regularly scheduled meetings will return in January.



Staff Off Hours

Please note that our staff all has limited hours. Feel free to send emails to them outside of these hours, but please do not expect a response until they are no longer off.

Rev. Jan Taddeo is off Mondays and Wednesdays

Christiana McQuain is off Mondays, Wednesdays, Thursdays, and Saturdays

Aline Harris is off Mondays, Thursdays, Saturdays, and Sundays

The physical office is closed all times **except** Fridays 10am-2pm

HELP Get Out the VOTE!

This month in Connecting Beyond our Walls, I want to report on an event held within our walls that was a totally rocking good time. On Monday, September 19, UU the Vote Campaign Manager, Jazahn Hicks, and UUA Field Programs Director, Nicole Pressley along with Emma's Revolution AND Melanie Morgan, Senior Volunteer Coordinator, The New Georgia Project, provided education, inspiration, witness, and an opportunity for advocacy with voters in Georgia.

Georgia is a key battleground state for voter rights which is a reason UU the Vote chose UUCG to host this event (it doesn't hurt that we have a respected minister on social justice issues as well as radical welcome as one of our ministries). UU the Vote is a non-partisan program of the Unitarian Universalist Association. The goal for UU the **Vote is Race to Election: Fall Flex for 4 million**. This program is living out our principles (e.g. fostering democratic processes within society at large.) They are working to combat voter suppression laws that have made it more difficult for people to vote.

The wonderful folk music performers and social justice activists, Emma's Revolution is the duo of Sandy Opatow and Pat Humphries. They provided inspiration through song with encouraging rationales to GET OUT THE VOTE including Climate Justice, Reproductive Justice, and #DefeatHate. One of the songs performed and fully participated in by attendees was "Keep on Moving Forward" with new lead verses for climate, reproductive, and voting justice. (For those who were in service the day Elna Brynstad led us in singing "Keep on Moving Forward", our practice there was well worth it. Our voices rang out loud and proud singing with the original composers.)

We rounded out the evening being trained and doing "Get out the Vote" work with the New Georgia Project (NGP) whose mission is to build power with and increase the civic participation of the New Georgia Majority—Black, Latinx, AAPI, and young Georgians—and other historically marginalized communities through nonpartisan voter registration, organizing, and advocacy on the issues important to our communities. Some of us made calls, encouraging folks to vote, with others on the regular Monday night phone bank – between 5,000 and 6,000 calls were made Monday night. Some of us wrote postcards encouraging folks to vote. "I wrote 20 postcards tonight" one person stated (sorry I can't remember who said it, and the number might be off.)

What can you do:

- Sign up as a volunteer with the new Georgia Project – write postcards, phone bank, and more – it's not hard and some of this can be performed from home. <https://newgeorgiaproject.org/get-involved/>
- Volunteer with UU the Vote – join a squad, download the guide, and become a leader in voting advocacy here in Georgia <https://www.uuthevote.org/get-involved/>
- Donate to UU the Vote and support their efforts to mobilize congregations across the United States, especially in key locations that can make a difference in voting access. <https://secure.everyaction.com/C6JvJREdUKcQ8KUKaKNIg2>
- Make sure you, your family, your friends, and your acquaintances are Registered to Vote and Active. If not registered, get registered (deadline Oct 11th). <https://mvp.sos.ga.gov/s/>
- Make a plan to vote, AND help friends, family, and acquaintances: Vote Early (10/17/22 - 11/4/22) OR Vote Absentee (Request ballot by October 28th [requesting now is better!]) or vote on Election Day: NOVEMBER 8th from 7A-7P. <https://mvp.sos.ga.gov/s/>
- Talk to a trusted friend (I can be that friend) about anything here. I can listen FIRST and work to find answers if you need them. bstahnke@comcast.net

In hopes of created the Beloved Community. Barbara, Lay Minister Connecting Beyond our Walls.

"When you see something that is not right, not fair, not just, you have to speak up. You have to say something; you have to do something." *John Lewis*



Knit the Rainbow

Submitted by Aline Harris (she/her)

Do you know how to knit or crochet? Would you be willing to make a garment or two for homeless LGBTQ+ youth? For free patterns and guidelines [click here](#).

We will be collecting items until December 4th.

Please drop off items anytime before

December 4th to the office at UUCG with a note that they are donations to Knit the Rainbow.

Let us know if you are participating by emailing [Barbara Stahnke](#).

4th quarter GATP recipient— Gwinnett Remembrance Coalition



By the Give Away the Plate Committee

The Gwinnett Remembrance Coalition (GRC) is a group of concerned Gwinnett residents who have come together with a shared purpose — to memorialize local victims of racial terror lynchings and to educate the Gwinnett community about this dark chapter in this county's history.

To achieve this goal, GRC is partnering with the Equal Justice Initiative, the organization that recently established the National Memorial for Peace and Justice, as well as the Gwinnett Historical Restoration & Preservation Board, the Gwinnett County Commission, and the City of Lawrenceville to carry out the following steps:

- Conduct research on lynchings of African Americans that occurred in Gwinnett County, their locations, and the stories of the victims and their families;
- Collect soil samples from the locations in Gwinnett County where lynchings occurred or, where this is not possible, from symbolic sites;
- Erect historical markers providing information about these lynchings; and
- Claim Gwinnett's monument from the National Memorial for Peace and Justice and install it in a prominent location.

SACReD Principles and Commitments

Submitted by Rev. Jan Taddeo (she/her)

SACReD Principles and Commitments Program Begins **October 15**

I know most of us at UUCG are deeply concerned about the impact of the Supreme Court's decision this summer striking down the national reproductive choice protections that were in place in our country. This was a wake up call that we must always be vigilant in our efforts to protect our individual rights to body autonomy. The Spiritual Alliance of Communities for Reproductive Dignity has created a curriculum for congregations to engage in conversations about reproductive freedom and explore the core commitments and principles we can choose to adopt as a congregation.

Please join us to explore and learn together:

Foundations of SACReD Principles and Commitments

- Sacred Bodies, Sexualities, and Reproductive Journeys
- The Truth Will Set You Free
- Reproductive Realities and Moralities
- From Judgment to Justice
- Parenting Takes a Village
- Spiritual Activism

“It only takes one person to mobilize a community and inspire change. Even if you don't feel like you have it in you, it's in you. You have to believe in yourself. People will see your vision and passion and follow you.”

-Teyonah Parris

Co-facilitated by Rev. Taddeo, David Morgen, Christiana McQuain and Barbara Stahnke, together we will dive into the deep and sometimes murky waters of what it means to be a congregation fully committed to reproductive freedom, as well as the realities of what it means when we say, **"It takes a village to raise a child."**

Sessions are 90 minutes each, from 1:00-2:30 on Saturdays:

October 15, October 22, October 29, November 5, November 12, December 10, and December 17.

While it would be desirable to attend all seven sessions, missing one is okay.

Please sign up using the link below, and do indicate if you prefer to meet in-person, on Zoom, or have no preference. If we meet in person, we will have a voting system to determine if masks are required or optional.

[\[CLICK HERE TO REGISTER\]](#)



SACReD

Spiritual Alliance of Communities
for Reproductive Dignity

Nurturing Connections



Property Work Day October 1 10am
In-Person



Food Bank Dropoff October 2 10am-12pm
Front Porch at UUCG



Tarot Sundays every Sunday at 5pm
Zoom Meeting ID: 978-9585-2363



Mindfulness and Meditation every Sunday at 6pm
In-Person



Covenant Choir Gathering every Tuesday at 7pm
In-Person



Yarns From the Heart October 5 10am
Email admin@uucg.org to be added to the email list and receive the Zoom link



CUUPs Silent Supper October 8 7:30pm
In-Person



Spiral Scouts October 9 12:30pm
For children ages 3-12 and their families. Preregistration is required



Belief Explorers October 9 12:30pm
Zoom Meeting ID: 896-987-304



Gwinnett remembrance Coalition October 13 7pm
In-Person



Green Team Meeting October 15 9:30am
Zoom Meeting ID: 926-178-30455



CUUPs Breathwork October 15 4pm
In-Person



Board Meeting October 18 7pm
Zoom Meeting ID: 956-757-31773



Yarns From the Heart October 19 10am
Email admin@uucg.org to be added to the email list and receive the Zoom link



Book Group October 19 7pm
Zoom Meeting ID: 144-736-833



Sylvan Sanctuary Ritual October 22 6pm
In-Person



Trunk Or Treat October 28 6pm
In-Person












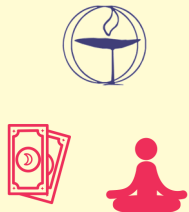



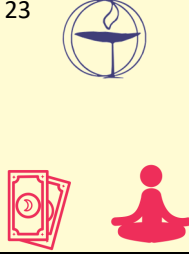



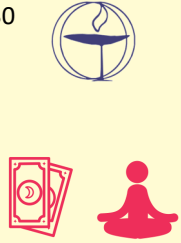


CUUPs Death Dinner Party October 19 6pm
In-Person

Visit our Calendar Online for more information and links to our Zoom rooms.

For all of the Zoom events, go to <https://zoom.us/join> (or call 646-558-8656) and enter the Meeting ID

October 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						
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9 	10	11 	12	13 	14	15  
16 	17	18 	19 	20	21	22 
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30 	31					