

Fairhope Unitarian Fellowship – November 3, 2024

Daylight Saving ENDS November 2 at 2:00 am. Remember to turn your clocks Back 1 hour before you go to bed on Saturday. We get an extra hour sleep that night!!

Our artist for Oct, Nov & Dec is Sherri Springer from the Birmingham, AL area.

Our gallery hours are now posted: Sunday morning 9:30 to 10:45, Monday, 2:00 until 4:00, and Wednesday, 2:30 until 4:30. See SherriSpringerart.com on the web, SherriSpringerart on Facebook and Instagram

10:45 Music: *Pinky Bass, piano, Time Slide*

Sunday Service: Program starts at 11:00

Greetings from: *President, Irene Wegner*

Chalice Lighting: *Trudi Rogier*

Announcements / Joys and Sorrows

Greeting Our Guests

Reading *Susan Hammack*

Moment of Silence

Music and Collection: *Pinky Bass, piano, Slumber My Darling*

Introduction: *Irene Wegner*

Program: Catherine Quiring: “Trust yourself again: Reclaim your inner compass”

Reclaim self-trust; learn about interoception and our ability to listen to all the information from our thoughts, emotions, beliefs, body & intuition to form a collective inner wisdom or compass. Heal from authoritarian, colonizing & fundamentalist worldviews & systems that taught it was not safe to trust yourself.

Catherine Quiring is a licensed mental health counsellor, self-trust coach, reformed people-pleaser and neuro-divergent ex-evangelical. She helps people to feel and think deeply to reconnect to their inner wisdom, heal from pressures and traumas they experience, reclaim their playfulness and liberate through collective care.

4th Unitarian Principle: We covenant to affirm and promote a free and responsible search for truth and meaning.

Weekly Haiku by Charlie Suhor

Why rail at God for
good and evil? I too am
the darkness and light.

Pantry Habit: Thank you for contributing to our Pantry. There is *always* a need for our Food Pantry! We particularly need pasta, hearty soups, canned green veggies and fruit. One reason people like it so much is that we don't require identification or proof of need. "Take what you need. Give what you can". This has worked well for us! Our neighbors appreciate our generosity! So, **THANK YOU** for your caring! **YOU DO MAKE A DIFFERENCE!**

This Week at FUF Nov 3 - Nov 9, 2024

Sunday: Silent Meditation Group, 8:45 am

Sunday: Sunday Book Discussion Group, 9:45 am

Sunday: Children's class, 10:45-12:15

Monday: Open Uke Jam, 2:00-4:00 pm,

Tuesday: Men's group, Kind Café, Fairhope, 9:00 am

Wednesday: The Back Porch Folk Singers practice, 3:00-4:30 pm

Thursday: Non-fiction Book Group, 9:30 am

Thursday: WOW Women of Wisdom, 10:30 am

Thursday: Thursday Club, 5:00-7:00 pm, Sage Restaurant

Saturday: Game Night, 6:30 - 8:30 pm

Next Week November 10

Sarah Wright: "Alabama cotton and Bemis bags: Pieces into Quilt History"

Feedsack quilts represent the artistic expression of American women in a distinctive textile era, 1930 - 1960, when quilts were created from colorful, patterned fabrics that started out as feed or flour sacks. Many of these bags originated in the cotton fields of Alabama with Bemis Bro. Bag Company in Bemiston, Alabama. Once used, these bags placed millions of yards of free fabric in the hands of creative women to create quilts.

Wright holds a B.A. in psychology from Samford University and was curator for "Our Quilted Past," an exhibit of Alabama feedsack quilts and Bemis Bro. Bag Company, and her research on the subject is published in "Uncoverings 2013." Sarah is a contributing author to "Alabama Quilts" (2020) and Southern Quilts (2017).