

## Fairhope Unitarian Fellowship – October 27, 2024

**Potluck is this Sunday, October 27. The theme is “Brunch”. It is not necessary, but please feel free to bring a dish to share that is your favorite brunch dish.**

*Our artist for Oct, Nov & December is Sherri Springer from the Birmingham, AL area. She paints emotionally laden abstract, impressionistic landscapes and plants, especially from the area beaches. Our gallery hours are now posted and coincide with activities in the hall. Sunday morning 9:30 to 10:45, Monday during Open Uke Jam, 2:00 until 4:00, and Wednesday afternoon 2:30 until 4:30 during Backporch Folksingers practice.*

*See [SherriSpringerart.com](http://SherriSpringerart.com) on the web, SherriSpringerart on Facebook and Instagram*

**10:45 Music:** *Back Porch Singers: I'll Fly Away, The Roving Gambler, Tom Dooley, Singing Bird, The Midnight Special, Folsom Prison Blues*

**Sunday Service:** Program starts at 11:00

**Greetings from:** *President, Irene Wegner*

**Chalice Lighting:** *Sandy Tormoen*

**Announcements / Joys and Sorrows**

**Greeting Our Guests**

**Reading** *Nancy Oehler*

**Moment of Silence**

**Music and Collection:** *Back Porch Singers, Shenandoah*

**Introduction:** *Irene Wegner*

**Program: Beth Shelburne: How did an innocent man end up on death row?**

Sentencing to and conditions in Alabama prisons are horrendous. Beth has been active in fighting these for over a decade. The talk will examine the case of Toforest Johnson, a man who has claimed innocence from Alabama's death row for 25 years.

Beth is an independent journalist and writer based in Birmingham. She is the creator, producer and narrator of “Earwitness”, a critically acclaimed podcast series that follows her investigation into the death row conviction of Toforest. Beth has been reporting on and writing about the unconstitutional conditions in Alabama prisons for over a decade. Her work centers the lives of people directly impacted by state punishment systems. She records this work and the oppressive conditions in Alabama prisons in her blog; “Moth to flame”: <https://bethshelburne.substack.com/>

**1st Unitarian Principle:** We covenant to affirm and promote the inherent worth and dignity of every person.

**Weekly Haiku by Charlie Suhor**

Civilized towers  
dazzle. Nature's greenery  
invites. Both, Divine.

**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 Oct 27 – Nov 3, 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:** Thursday Club, 5:00-7:00 pm, Bay Breeze Restaurant

**Next Week November 3**

***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.