



October



FUF MONTHLY NEWS

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Fairhope Unitarian Fellowship
 1150 Fairhope Ave.
 Fairhope, AL 36532
www.FairhopeUU.org

A NOTE FROM THE FUF PRESIDENT

As we (FUF) contemplate the disorienting and confusing state of free speech in America today, it is with pride that I see our response. And this is why:

- We are not afraid to put love-not fear - at the center of our beliefs.
- Courage is contagious and our members are active in resistance activities.
- We attend our local town meetings, library board meetings and activities.
- We write to and speak up to state and federal legislators.
- We open our doors to other like-minded groups in the community.

Free speech needs to be protected. Yes, it is our First Amendment, but it is also lavishly involved in our Principles. We must maintain our positions. This takes time and patience. In order to preserve democracy, we must channel the rage, anger and fear into action. And always include the love.

I salute all of you who are showing up and speaking out! UU history is full of leaders and we can use their examples to give us the resilience and power to maintain the people's democracy.

Blessings be.
 Irene

TRIBUTE TO ART AT THE FELLOWSHIP

From its inception, artists and their work have been regularly featured at the Fairhope Unitarian Fellowship. Over the last months, long-time member and noted artist, Pinky Bass has been actively planning and finding pieces from her own and other artists' collections for the pop-up art sales scheduled for Saturday, October 18th.

The Fellowship Hall serves as a gallery as Art Committee Chair, Mark Oehler, finds and arranges regularly for local artists to display and sell their artwork here.

The standout piece at the front of the Hall is the stained-glass window depicting the chalice, a primary symbol of the Unitarian Universalist faith tradition. It was designed and created by Sandra Ward of Fairhope. Her husband, Tery Ward installed it with its finishing touches completing the erection of the Fellowship Hall in 2003.

Other art features include the painting above the podium that was commissioned by artist Joyce McAdams. On her website, Joyce explains her work as follows:

"I want my work to be like a good poem. It should be something a visitor can return to repeatedly, finding fresh ideas & meanings each time. The way I work is by layering images over images until surprising new meanings begin to surface. Meanings that are suggestions to the viewer's own psyche, a magical place where the work and the viewer engage."

The "jewel-like" quality her work is known for is the result of her intricately detailed combination of painting and collage-like imagery.

In addition to the commission of the painting, Joyce's husband, David, was commissioned for the structural wood pieces that include the podium, the chalice table, and the large serving table that we fill with treats or potluck dinner each Sunday of the month.

Besides the striking painting and furnishings, we have other symbolic artwork to remind us of what Unitarian Universalism represents.



The image of Unitarian Values as either a flower form or an atom form was created by Ellen Rockett, a Unitarian Universalist (UU) young adult, to accompany the seven separate images. UUs voted to replace existing Seven Principles and Six Sources language in our bylaws with language describing Unitarian Universalism through these shared values, all centered around love:

- **Interdependence:** We honor the interdependent web of all existence and acknowledge our place in it.
- **Pluralism:** We are all sacred beings, diverse in culture, experience, and theology.
- **Justice:** We work to be diverse multicultural Beloved Communities where all feel welcome and can thrive.



- **Transformation:** We adapt to the changing world.
- **Generosity:** We cultivate a spirit of gratitude and hope.
- **Equity:** We declare that every person is inherently worthy and has the right to flourish with dignity, love, and compassion.

This Values hanging, the green banner, and the displayed Principle relevant to the Sunday program allow us to further reflect on what Unitarian Universalism means to each of us.



POP-UP ART SALE

Don't miss the Arts Extravaganza coming up **Saturday, October 18, 11am-3pm** at the Fairhope Unitarian Fellowship — lots of art, supplies and goodies!!

Come out and help support the Fellowship!

BRIAN CONWAY

4pm Saturday, November 15th Brian Conway will be performing at Fairhope Unitarian Fellowship! Brian is a fantastic Irish-American fiddler.

More information coming soon!



LITTLE FREE PANTRY

Please consider making it a weekly habit to bring nonperishable food items and/or toiletries for our Little Free Pantry! There is ***always*** a need for our Pantry! 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!**

October Programs



October 5

The Chalice

The flaming chalice is the official logo of the Unitarian Universalist Association (UUA). It is enshrined in stained glass at the head of our fellowship hall, and our most significant symbol. But what is its meaning and significance? Suzanne will unpack its history & relevance to the Unitarianism.

Dr. Suzanne Tormoen Suzanne has been a Unitarian since Junior high school and loves the Fellowship, which is an important part of her life. She is a physician in internal medicine in Fairhope after working in Mobile and has a Masters in nutrition. She studied martial arts with Yoseikan Budo for 5 years. She likes to garden, walk, do yoga, cook and be civically minded. She has 2 sons, 3 grandchildren, & 3 siblings.

October 12

Members' Summer Stories

Some of us have been running away from the heat and humidity and most of us are back. We're even beginning to welcome back snowbirds. Some have remained steadfast in Baldwin County weathering what the climate threw at us.

We will sit in a circle and tell stories of our summers; of foreign parts, of travel disasters, of beautiful moments and dreams of vacations to come. No pressure; come even if you want to stay mum.





Rachel Wright

October 19

Art, Wonder, and the Wheel of Life

In this presentation, artist Rachel Wright will discuss a brief history of her art making culminating in the Cryptic Underwing exhibition, on now at the Mobile Museum of Art. She will explore the themes of mortality and beauty, and how they compelled her to explore the Mobile-Tensaw Delta as part of her creative process. <https://www.mobilemuseumofart.com/exhibitions/cryptic-under-wing-rachel-wright/>

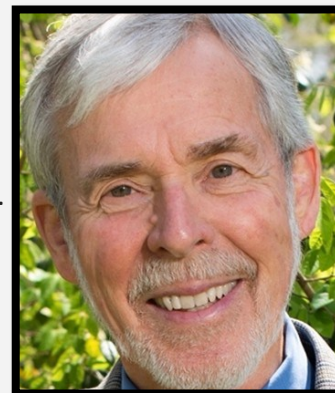
Rachel Wright is a self-professed biophiliac: she has a deep love of the natural world. She received her BFA from the Art Institute of Chicago and her MFA from Southern Illinois University at Carbondale. Rachel has exhibited nationally, had her work included in the Cooper-Hewitt Design Museum, and has received two Artist Fellowships from the Alabama State Council for the Arts. Rachel loves to share her passion with students in workshops and teaching at University of South Alabama.

October 26

How Politicians Manipulate Our Brains

For millennia leaders have used rhetoric to persuade others to follow them. Neuroscience has revealed why this is possible. Politicians now employ neuroscience to assist them in manipulating us to support them. This talk will explain how this is done, and what we can do to avoid being manipulated.

Dr Harvey Joanning is Emeritus Professor at Iowa State University and an Adjunct Professor at USA in the Department of Psychology and College of Education. He is licensed as a Psychologist and Marriage & Family Therapist. He been a consultant for NASA & the U.S. Department of Defense.



Dr. Harvey Joanning

Join us for Fellowship every Sunday!

10:45am—Musical Prelude

11:00am—Program with Guest Speaker

Coffee Hour to Follow (Potluck on October 26)



FUF Groups

All are welcome to join any group!

Weekly

Silent Meditation Group

Meets every Sunday at 9:45am

Uke Open Jam

Meets every Monday from 2-4pm. All are invited to come jam with us.

Contact: Carl Couret

Men's Discussion Group

Join us every Tuesday at 9am at the Kind Café in Fairhope. Contact: Don Joffe

Back Porch Folk Singers

No invitation necessary

3-4:30pm every Wednesday

Contact: Phil Strniste

Thursday Group

Meets every Thursday 5pm at the Market by the Bay on Church Street. Contact: Michael Patrick

CARES AND CONCERNS

If you experience a health setback and could use some assists or if you know of a Fellowship friend or member who is experiencing such setback, the Care and Concerns Team is here to help.

Team members and friends can provide meals, transportation, cards of support, and/or visits while you are on the mend.

Call/text Susan Hammack @ 205-527-3328

Email the Fellowship office office@fairhopeuu.org or leave a voicemail at 251-929-3207.

You are not alone. We are in this together.



Bi-weekly

Women of Wisdom Discussion Group

WoW meets every other Thursday at 11am in the TED Talk room. Members select the topic. Lunch to follow at a local restaurant. For more info contact Jane Finger jane09@gmail.com or just show up!

Monthly

Non-Fiction Book Group

Meets at 9:30am on the 1st Thursday of the month.

Contact: Robin Fabel or Michael Patrick

Fiction Book Group

Meets at 3:30pm monthly on the 4th Wednesday.

Contact: Nick Coulson

Small Group Circles

Afternoon Circle meets 1:30pm on 10/15 at the Joffes'

Evening Circle meets 6:30pm on 10/16 at the McMurrays'

To join, an empty chair awaits you.
October's topic is "Our Identities."

For more information, contact:

⇒ **Mary Anderson—251.346.6638**

⇒ **Maggie Joffe—678.910.2762**

⇒ **Joanne Preston — 831.402.4997**

⇒ **Vivian McMurray 251.232.2841**





October



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
*All events are at FUF unless otherwise noted.			1 3pm-4:30pm -Back Porch Folk Singers 4:45-5:45 – Eastern Shore Strings 7-9pm —Reserved	2 9:30am -Non-Fiction Group 11am -Women of Wisdom 5pm -Thursday Group (FH Market by the Bay)	3 1pm -ESIC	4 9am-2pm Gulf Coast Nature Expo @ Weeks Bay Plantation
5 9:45 Silent Meditation 10:45 Musical Prelude 11:00 -Program	6 2pm -Uke Open Jam	7 9am -Men's Group (Kind Café)	8 3pm-4:30pm -Back Porch Folk Singers 4:45-5:45 – Eastern Shore Strings	9 5pm -Thursday Group (FH Market by the Bay)	10 12:30pm -Board Meeting 1pm -ESIC	11
12 9:45 Silent Meditation 10:45 Musical Prelude	13  2pm -Uke Open Jam	14 9am -Men's Group (Kind Café)	15 3pm-4:30pm -Back Porch Folk Singers 1:30pm – Small Group Circle @ the Joffe's home 4:45-5:45 – Eastern Shore Strings	16 11am -Women of Wisdom 5pm -Thursday Group (FH Market by the Bay) 6:30pm – Small Group Circle @ the McMurray's home	17 1pm -ESIC	18 11-3pm Pop-Up Art Sale
19 9:45 Silent Meditation 10:45 Musical Prelude 11:00 -Program 12:45pm-4pm -Grandmother's Circle Group	20 2pm -Uke Open Jam	21 9am -Men's Group (Kind Café)	22 3pm-4:30pm -Back Porch Folk Singers 4:45-5:45 – Eastern Shore Strings	23 5pm -Thursday Group (FH Market by the Bay)	24 1pm -ESIC	25
26 9:45 Silent Meditation 10:45 Musical Prelude 11:00 -Program Potluck Sunday	27 2pm -Uke Open Jam	28 9am -Men's Group (Kind Café)	29 3pm-4:30pm -Back Porch Folk Singers 3:30pm -Fiction Book Group 4:45-5:45 – Eastern Shore Strings	30 5pm -Thursday Group (FH Market by the Bay)	31  1pm -ESIC 	

Deadlines for Publications

Weekly Bulletin and FUF Weekender

Wednesdays by 5pm

Submit to Mary Matthews: matthewsmary29@yahoo.com

November Newsletter

Submit by October 22

Email your UU-relevant articles, bits of wisdom, scheduled events, quotes, poems, or images!

Submit to Ashley Weller: Office@FairhopeUU.org

Thank you 
for reading!



Fairhope Unitarian Fellowship

Mission Statement:

To explore new ideas,
To search for truth and knowledge,
To take care of the Earth,
To enjoy fellowship with open-minded thinkers,
To support and care for each other,
And to create an atmosphere of love and
understanding among our members and for those
who come after us.

Vision Statement:

Grounded in love,
guided by reason,
committed to spiritual growth and justice.

*Fairhope Unitarian Fellowship welcomes and embraces
people of any age, race, gender identity or expression,
sexual orientation, socioeconomic status, ability, language,
or cultural background.*