

## Fairhope Unitarian Fellowship Jan 18, 2026

**Potluck is January 25. We are asking 3 people to bring pots of chili. Please contact Maggie Joffe or Mary Matthews if you would like to volunteer to bring chili.**

**There is an Artist Open Reception on Sunday, January 25 at 4:00 – 6:00pm. The artist is Bryant Galloway Whelan. Light refreshments will be served. Bryant's work will be featured January and February at the Fellowship.**

**Music 10:45** Phillip Storm on guitar: "The Power of Place". California Stars, Early Morning Rain, In My Life, New World in the Morning

**Greetings and Call to Gather - President Mary Anderson**

**Welcome**

**Announcements**

**Chalice Lighting:** Lynne Kralik

**Music and Collection:** Phillip Storm on guitar: Shower the People

**2nd Unitarian Principle:** We covenant to affirm and promote justice, equity and compassion in human relations.

**Moment of Silence**

**Reading:** Carol Blackman

**Introduction of Program** Mary Anderson

**Program:** Claire Helton "Good Grief Without God: A Spiritually Inclusive Approach to Loss"

**Claire Helton: "Good Grief Without God: A Spiritually Inclusive Approach to Loss"**

Religious folks often balk at the idea that anyone could make it through a loss without a faith to support them, and yet people of all persuasions - spiritual, secular, and everywhere in between - cope successfully with loss every day. In this talk, Claire will share her learnings as a hospice bereavement coordinator offering spiritually inclusive grief support in the Pensacola area, with particular attention to the gap in community bereavement resources for non-religious or spiritually wounded grievers.

Claire Helton is a hospice bereavement coordinator with a background in chaplaincy & congregational ministry, and is a member of the Unitarian Universalist Church of Pensacola. She finds life in creating spaces for deep reflection, community-building, and personal transformation, and puts that passion to use as a Mentor with *OutoftheBox* ([www.outofthebox.org](http://www.outofthebox.org)), a group dialogue tool she currently uses to facilitate her own spiritually inclusive grief support group called *Mindful Grief*, which meets in Pensacola.

**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. Personal care items are a big need too. A one reason person 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 Jan 18– Jan 25, 2026**

**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:** WOW Women of Wisdom, 11:00

**Thursday:** Thursday Club, 5:00-7:00 pm, Market by the Bay  
on Church Street

**Thursday:** Fiction Book Club, 4:30pm

**Saturday:** Tia Chi, 3:30 pm, at Fellowship

**Sunday, January 25:** 12:15 Potluck, chili

**Sunday, January 25:** 4:00 pm, Open Art Reception, Bryant Galloway Wehlan

## Program Next Week, January 25, 2026

### **Chad Bedwell - “From A Hacker’s Perspective”**

From a Hacker’s Perspective explores cybersecurity and how we can stay more secure as our daily lives become increasingly connected in a digital world. Using real-world examples and attacker tactics, the talk helps attendees better understand the risks we face and how those risks translate into everyday decisions.

Chad Bedwell is the Operational Technology (OT) Cybersecurity Lead for Mott MacDonald, a global engineering firm, specializing in securing critical infrastructure through ethical hacking and attacker-focused defense. He is passionate about helping people understand digital risk by explaining how real-world attackers think and how that knowledge helps protect the systems that keep the world running.