



# Unitarian Universalist United Fellowship

December 2019

Discussion 10:15 a.m.

Service 11:00 a.m.

Vol. 24

No. 12

## November Calendar

- Dec. 1: **Discussion:** Joan Burns  
**Program:** Roy Delay  
“Words Matter”
- Dec. 8: 9:45 Board Meeting
- Dec. 8: **Discussion:** Alan Nelson  
**Program:** Donna Terrence  
“Uppity Women”
- Dec. 15: **Share Sunday** One half of today’s loose collection will go to the Free Clinic
- Dec. 15: **Discussion:** Roland Chew  
**Program:** Robert Tucker, PhD  
“Why People Believe Weird Things”
- Dec. 21: *The Wassail!*
- Dec. 22: **Discussion:** Mike Davis  
**Program:** Rev. Kathleen D. Korb  
“The Giving is Easy”
- Dec. 22: Newsletter Deadline
- Dec. 29: 9:30 Program Committee Meeting
- Dec. 29: **Talk Back to Santa**  
See Article

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True religion is the life we lead, not the creed we profess.

*Louis Nizer*

## President’s Message

As the holiday season arrives, some of us become overwhelmed and exhausted. Many new demands compete for our precious time and attention, resulting in high levels of stress and anxiety. Now, more than ever, serenity is elusive and when it does appear it is fleeting and far too short lived. These are the times when a daily practice of meditation can make a noticeable and positive difference in our lives.

Don’t be put off by the word meditation. My motto in this context - “Uncomplicated is Best.” One need not sit in an uncomfortable position on the floor. Bells and gongs are unnecessary. The simple act of sitting in a chair in a quiet room, uninterrupted for just five minutes, can be extremely therapeutic. Some close their eyes (myself included); others leave eyes open in a soft downward gaze. Whatever works best for you is fine and dandy. Try it sometime. You might be very surprised at the result. And here’s my wish that your holidays are as happy and as stress free as possible.

**Donna Terrence**

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## Birthdays and Anniversaries

- Dec. 9 Donna Terrence  
Dec. 25 Katherine Giacoletti  
Dec. 26 Frances Harper  
Dec. 28 Adrian Vyner-Brooks  
Dec. 30 Bob Collette

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