

UNITARIAN UNIVERSALIST CONGREGATION OF OWENSBORO

TOM HICKS, PRESIDENT

REV. DR. CLAUDIA A. RAMISCH, MINISTER

JUNE 2015



We enter into the longest day joyfully, allowing ourselves the beauty of this time together in which we may rest our cares and sorrows, and allow our hearts and spirits to be uplifted. Take a deep breath, drink in the beauty and community that surrounds you in this place, and as you release it, become centered here, in the now.

Solstice Prayer, B. Leslie Koons

ANNUAL EVENT TO DENOUNCE TORTURE

UUCO's 11th Annual Denounce Torture Observance will be on Thursday, 25 June @ 6:30 pm. The United Nations Convention Against Torture and Other Cruel, Inhuman or Degrading Treatment or Punishment was entered into force on 26 June 1987. The prologue to the Convention says that it is built on the Charter of the UN and recognizes that human rights "derive from the inherent dignity of the human person." This connection to our UU principles is the impetus of our annual events.

Beginning with our 10th observance, we have turned our focus to how to create and nurture healthy communities in which torture would not be just unacceptable, but unthinkable. This year's event will combine our Vigil Service with an extended presentation by Sylvia Coleman, Executive Director of the Owensboro Human Relations Commission. Ms. Coleman's appointment includes working with numerous organizations to help strengthen Owensboro in this regard.

QIGONG ADDED TO TAI CHI

The Nation Qigong Association shares these basic points about the practice of Qigong:

- Qigong is an ancient Chinese health care system that integrates physical postures, breathing techniques and focused intention.
- Qigong is an integration of physical postures, breathing techniques, and focused intentions.
- People do Qigong to maintain health, heal their bodies, calm their minds, and reconnect with their spirit.
- Qigong's great appeal is that everyone can benefit, regardless of ability, age, belief system or life circumstances.

More detail about these points is available at: <http://nqa.org/resources/what-is-qigong/>

If you've never tried Tai Chi or QiGong, Vivian Partridge (our instructor) makes it very accessible. She has added some simple QiGong postures and breathing techniques to the end of our Tai Chi session to make a smooth transition to meditation. Come join us for some light exercise, relaxation, and reflection!



Spring Events (L to R): UUCO gave its grant to Working Hands; Dianne Morris received it, 3 May. Linda reads @ International AIDS Memorial @ Zion UCC, 17 May. Dr. Lucinda Mosher spoke to us on Interfaith Dialog after event @ Islamic Center.

IMPORTANT DATES THIS MONTH

- **5 June**, Doughnut Day (in honor of WWI vets) and World Environment Day.
- **17 June**, beginning of Ramadan.
- **21 June**, Father’s Day.
- **21 June**, Litha/ Summer Solstice (northern hemisphere.)
- **28 June**, Stonewall Anniversary.

HAVE YOU HEARD ABOUT THE PRESIDENT'S FATHERHOOD PLEDGE?

In response to President Obama’s call for a national conversation on responsible fatherhood and healthy families, a pledge is offered at www.fatherhood.gov The website has been designed and developed by the US Department of Health and Human Services. I stumbled upon it while doing some general research and I admit that at first I was astonished to find such a government site. However, the materials are really broad, community-building resources that almost any responsible adult with connections to children can use—fathers and the rest of us, too.

I’m not concerned with the campaign for signatures on the pledge form but I hope that we act on the pledge’s reminder that responsible adults are important in children’s lives whether or not children are in our home. This attitude of community responsibility informs our weekly blessing of our children and our work on a comprehensive Safe Congregation Policy.

Father’s Day can be as much of an emotional minefield as Mother’s Day. We have complicated relationships with parental figures whether or not they are in our life, whether or not they’re good in their roles. So take some time this month to encourage fathers and father-figures and maybe years hence, we will offer less complicated memories to future generations!

Happy Father’s Day! Claudia

I will be teaching with **Dr. Lucinda Mosher** at Hartford Seminary, from 1-5 June. In case of emergency, please contact Tom (684-1548) or Peggy (685-0924) and they will assist you.
Thank you, Claudia



UUCO JUNE ACTIVITIES

MON 02 6:30 pm	New Member Class
THU 04 6/6:30 pm	Tai Chi & Qi Gong Meditation
SAT 06 8:30 am-?	Reiki by Appointment
TUE 09 1-5 pm	Home Office Hours
WED 10 1-5 pm	Home Office Hours
WED 10 6 pm	Board Meeting
THU 11 6/6:30 pm	Tai Chi & Qi Gong Meditation
SAT 13 8:30 am-?	Reiki by Appointment
THU 18 6/6:30 pm	Tai Chi & Qi Gong Meditation
TUE 23 9 am-5 pm	Home Office Hours
THU 25 6 pm	Tai Chi & Qi Gong
THU 25 6:30 pm	Denounce Torture Event
FRI 26 6:30 pm	Drum Circle
SUN 28 12-6 pm	Pride Picnic @ Panther Creek Park

New Members’ Class:
Maude Earhart, Margie Smith, Peggy Wilson, Richard Simon
After completing the class, the Board will affirm their membership.
Thank You Team:
Claud Porter (missing), Linda Craig, Shannon Sanderson, Tom Hicks

