

UNITARIAN UNIVERSALIST CONGREGATION OF OWENSBORO

MARCH 2019 NEWSLETTER



Community Events This Month

March 16, Color Blast 5K will be held at Moreland Park in Owensboro. This is an annual noncompetitive 5K where participants wear white and are doused with colored powder every mile. It benefits five local non-profit organizations supporting those with disabilities; these are Puzzle Pieces, GRADSA, Dream Rider’s of Kentucky, the Wendell Foster Center, and Team Karlie. For more information go to <http://www.colorblast5k.org/>. To sign up, go to <https://runsignup.com/Race/KY/Owensboro/ColorBlast5k>.

The Wendell Foster Center will be holding their first annual Half Marathon at Smother’s Park on March 23. This will be a competitive event, complete with prizes. For more information, see <https://wendellfoster.org/halfmarathon-packetpickup/>.

The Foundation for Healing Through the Arts will be putting on *A Memory, a Monologue, a Rant, and a Prayer* on March 8 and 9, performance starting at 8 pm each night.. The event will be hosted by Unity Fellowship, at 625 Allen St. Admission is \$10, or \$5

for those with a student ID. Proceeds benefit New Beginnings Sexual Assault Support Services, the local crisis center which supports the seven county GRADD area.

Meditation Moment/UUA

“Supplication”

By Joseph Seamon Cotter

I am so tired and weary,
So tired of the endless
fight,
So weary of waiting the
dawn
And finding endless
night.

Rest for the days that are
gone,
And quiet for the little
space
That I must journey on.

That I ask but rest and
quiet—

MARCH EVENTS

02 SAT	Reiki 8:30 am Gamers 6-10 pm
03 SUN	Bag Lunch Comm. Ministry following lunch NonVlt O'boro Movie 2 pm
04 MON	NonVlt O'boro 6:30 pm
07 THU	Yoga & Meditation 6 pm New Members Class 7 pm
10 SUN	Bag Lunch Churchwide Ministry Eval. 1 pm
14 THU	Yoga & Meditation 6 pm
17 SUN	Lunch Out (Y)
18 MON	Convers. on Race @ Library 6:30 pm
21 THU	NonVlt. O'boro Steering 5 pm Board Meeting 5:30 pm Yoga & Meditation 6 pm New Members Class 7 pm
22 FRI	Fun Club: Coffeehouse @ DCPL 6 pm (Y)
24 SUN	Bag Lunch
26 TUE	Women Clergy 12:30-2 pm
28 THU	ODCMA 9 am Yoga & Meditation 6 pm New Members Class 7 pm
31 SUN	Potluck

CONSCIENTIOUS SHOPPER?

Consider the following great gifts:
Fair Trade Coffee, Tea, or Chocolate
Products by UUCO Artists

Interfaith Moment

Nineteen Day Fast, Baha'i Starting March 20

Spring is seen as a time of spiritual regeneration in many worldviews. The Baha'i prepare for this time with their Nineteen Day Fast. With this fast, they strive for growth of spirit and understanding. Here is a snippet from *BBC Religions*:

Bahá'ís practise fasting as a discipline for the soul; they see abstaining from food as an outer symbol of a spiritual fast.

By this they mean the practice of self-restraint in order to distance oneself from all the appetites of the body and so concentrate on oneself as a spiritual being and get closer to God.

Abstaining from food is not an end in itself but a symbol, and if it doesn't result in improvements in character and concern for others then it has not been undertaken in the right spirit.

For more information, see <https://www.bahai.org/beliefs/life-spirit/devotion/fasting>, and <http://www.bbc.co.uk/religion/religions/bahai/customs/fasting.shtml>.

CLAUDIA'S TRAVEL PLANS

Claudia will be away March 11 through March 18.

COMING UP THIS MONTH:

New Members Class

There will be a series of new members classes this month. They will be held at 7 pm, on the following Thursdays: March 7, March 21, and March 28. We will be needing current members to assist with these classes.

It isn't necessary to commit to attending all three, even attending just one will be helpful. If you think you can assist, please see Rev. Claudia.

Fun Club March

Teen Authors Coffeehouse at DCPL
Friday, March 22, at 6 pm.

Churchwide Ministries Evaluation

We will be holding a Church-wide Ministries Evaluation on Sunday, March 10, at 1 pm. Under evaluation will be the leadership of the church, which includes not only the Board, but all Committees. If you are on the Board or a Committee, questions for consideration will be emailed to you in

advance of Evaluation day. This is an open meeting, so any member may attend.

LAST MONTH'S CORNER...



The Cast - February Reflection



Jane reading



Jane listening to Gracie