

# Weekly Message August 21, 2015

## from

# The Washington Unitarian Universalist Church

Route 110, Washington, Vermont [www.washingtonvtuu.org](http://www.washingtonvtuu.org)

*Worship Service Sundays at 10 AM, followed by a potluck lunch. All welcome. Childcare provided.*

## **Adult Religious Exploration Group** following the potluck on most Sundays

Films, Singalongs, Volunteer Opportunities, Adult Religious Education,  
& Potlucks throughout the week.

## **Theme for the Summer: Cultivating the Art of Optimism: Responding Spiritually to Cultural Shifts and Climate Change**

*“ The biggest challenge we face is shifting human consciousness,  
not saving the planet. The planet doesn’t need saving. We do”  
Xiuhtezcatl Martinez*

### **Upcoming Worship Services at 10 AM**

**August 23 “A Scientist’s Beliefs” Seth Frisbie** Our guest speaker, Seth, is a member of the Washington UU Church and also a professor of chemistry. He will share the evolution of his own theology in the face of significant life experiences. He has worked on drinking water and public health in Bangladesh and other developing countries for the last 18 years. His team has helped improve the health of over 60,000,000 Bangladeshis and is helping to prevent hundreds of thousands of cancer deaths around the world. He will discuss his spiritual beliefs. Please read more at <http://www.uuworld.org/news/articles/289495.shtml> . Accompanist to be announced. We’ll have a small group discussion after the potluck on the theme of the service.

**August 30 “How Can We All Get Along?: The Art of Community” with Rev. M’ellen Kennedy** Across the globe, individuals are creating innovative answers to pressing problems: from food cooperatives to immigrant services to performance art. For any of these worthy endeavors to be successful, the participants need to learn how to get along! The art of living, walking and working well together is necessary for creating our new world harmony. In spiritual community we call this “covenanting.” How do we engage in the world from a place of artful community building? What have we learned this summer about the art of getting along? How much Love did we manage to fit into one summer? With accompanist to be announced.

# **Yard Sale- Saturday August 22 9am-4pm**

at the Washington Unitarian Universalist Church located at Rte. 110 at the corner of Firehouse Lane in downtown Washington, VT. We will have lots for sale; books, tools, clothes, shoes, furniture, hand blown glass, louvered blinds, printer, large mirror with mantle, stove pipe, silverware and more!!! We look forward to seeing you then!

## **Thanks to Our Musicians!!**

We have been gifted this summer by the presence of a number of talented musicians. Thanks to our regular Helen Wilson, from Vershire. Helen has played for us some this summer and is taking a break to let her tendonitis rest. Thank You, Helen, for your dedicated service to us over these years. We'll miss You and Betty this summer.

Other guest musicians have been Joan Stepenske and Lindsay Wade. Ron Cameron will be playing the next two weeks. What talent they have brought us! Thanks to each of You!

## **YARD SALE on CHURCH LAWN SATURDAY AUGUST 22**

The Church doors will be open on Saturday, August 22 for visitors to tour the building and learn more about our wonderful little church. The occasion is that a local person (not a church member) named Ragan, will be using the church lawn for a yard sale. We 're piggy backing on this event. If You 'd like to participate, please speak with Sue Stukey or Rev. M'ellen. We 'd like a few volunteers to greet visitors, hand out brochures of the church, perhaps bring some baked goods to sell, or whatever other ideas we can come up with to take advantage of this opportunity of having local folks in our building. If You want to show up and be a church presence at this event please contact M'ellen Kennedy at [mellenken@aol.com](mailto:mellenken@aol.com). Thanks.

## **OPPORTUNITIES TO PITCH IN**

You can help make our dear Washington congregation function smoothly by pitching in. We need a few folks to arrive early on Sunday morning, greet folks, make coffee, etc... Please speak with Rev. M'ellen or Sue Stukey or sign up on the clip board at the back of the church.

Thanks to all those who have already volunteered to get the church ready for the summer and to help out on Sunday mornings and for other activities.

## **Dzogchen Seminar with Dzigar Kongtrul Rinpoche**

SUSAN WALP, [SWALP@SOVER.NET](mailto:SWALP@SOVER.NET), STELLAR ROAD, WASHINGTON

August 22 – 23 Pema Osel, Vershire, VT

Registration by August 7: \$180 Full Program, \$95 Per Day

After August 7: \$200 Full Program, \$105 Per Day

In the Tibetan Buddhist tradition, Dzogchen is considered the most profound, yet also the simplest, practice of meditation. It begins with the premise that all beings possess the same enlightened nature as the Buddha. Its teachings aim at directly acquainting practitioners with that nature.

Dzigar Kongtrul Rinpoche, renowned Buddhist teacher, is the founder of the Tibetan Buddhist organization Mangala Shri Bhuti. and author of It's Up to You: The Practice of Self-Reflection on the Buddhist Path, Light Comes Through: Buddhist Teachings on Awakening to Our Natural Intelligence , and Uncommon Happiness

For More Information: <http://www.mangalashribhuti.org/Dzogchen-Seminar>  
or call (802) 333-4521.

## **Calef Memorial Library Summer Food and Fun**

FROM APRIL JOLLEY, [CALEFLIBRARY@GMAIL.COM](mailto:CALEFLIBRARY@GMAIL.COM), Director, Calef Memorial Library, Washington

Come join us for free meals (meals available for purchase for adults). All children 18 and younger are eligible. June 29th-August 13th 12:00-12:30pm. Monday, Tuesday, Wednesday, Thursday. Lunch every day, Activities on Tuesday, Wednesday and Thursday, 12:30-1:30. Calef Memorial Library, Main Street, Washington, Vermont

## **Volunteer Drivers Needed**

LYNN CRAIG, [LCRAIG1974@GMAIL.COM](mailto:LCRAIG1974@GMAIL.COM), Assistant Town Clerk/Assistant Treasurer, Orange Volunteer with Meals on Wheels: Miles of Smiles!

There is an immediate need for volunteer drivers to deliver Meals on Wheels to seniors in the area. If you are available to lend a hand to your neighbors once a week or once a month, your help and support is invaluable.

As a Meals on Wheels driver with RSVP, you make a real difference in the lives of local seniors by helping to improve their nutrition, maintain social connection, and supporting their overall well-being while enabling seniors to remain living independently.

For more information on how to volunteer, please contact Kate Reilly-Fitzpatrick, RSVP Coordinator at the Central Vermont Council on Aging, at 802-479-1953 or [kreilly-fitzpatrick@cvcoa.org](mailto:kreilly-fitzpatrick@cvcoa.org).