



The Bridge

*10:00 a.m. each Sunday: Intergenerational Devotional

*10:10 a.m. Religious Education for all ages

*Primary: "Love Surrounds Us"

*Teens: "Families"

*Adults: "Transforming Faith" by Fred Howard

February 4: "This Finite Earth" – Jim Scott – Jim intersperses songs and personal reflections on a spiritual ecological awareness. Drawing on his own music and other songs of ecology, diversity, community and peace, Jim turns the congregation into the choir.

February 11: "The Ultimate Lesson: Unconditional Love" – Reverend Claudia M. Frost – Our Unitarian Universalist faith says *love has the power to save us*. Our faith challenges us to love and know we are loved. Do you know the difference between people pleasing and unconditional love? Join us in worship to learn what it means to love without conditions.

February 18: "Law Man: Shon Hopwood and His Story of Grace" – Reverend Lois Cavanagh-Daley – Reverend Lois Cavanagh-Daley will reflect on the amazing true story of Shon Hopwood, a convicted bank robber and jailhouse lawyer who became an expert in Supreme Court Law! Come and hear about his incredible life journey.

February 25: "Finding Your Breath – Listening to Our Bodies" – Reverend Claudia M. Frost – This sermon is part of our worship series for Lent: "Listening to the Sacred". When we embrace our bodies as a *holy vessel*, we become even more of our *True Self*. Each breath brings us closer to the Source of Life if we only pay attention. Come and rest; listen. Hear the truth of your soul as you learn how to listen to your body and the *still small voice within*.

Dates to Remember

February theme is: Love



February 1: Musical Concert with Jim Scott: covered dish supper at 6:30 followed by concert at 7:30

February 11: Board meeting following services and pot-luck lunch.

February 17: AUW White Elephant Take Home Sale following lunch at Albertson Fox Hunt

We are recycling cards for St. Jude. If you would like to add your used cards, please bring them to church.



Claudia's Comments

Do you like to travel? I do. I guess that's a good thing since I make the two-hour trip from my home in Chapel Hill to Outlaw's Bridge often as well as longer distances for ministry meetings, family business and personal retreat. I enjoy the journey but always have a destination in mind.

On one of my recent plane flights, I noticed a magazine story about a farmer riding his tractor, pulling a plow and plowing fields in perfectly straight rows, without any technological aids. With him in the cab was his young grandson...astute enough to see how perfect his grandfather's rows were. So he asked, "Grandpa, how do you make each row so straight?". Grandpa answered, "I pick out a faraway point on the horizon and I aim for that point."

The words *All roads lead nowhere if you don't know where you're going*, stood out. Throughout our lives, the destinations may change, maybe even multiple times. But the important thing is to keep your eye on the horizon, (the destination), while you enjoy the journey.

When I'm traveling, sometimes people ask me about my congregation. I enjoy telling them we are a "destination church". People choose to travel many miles from a wide geographic area to come to our church because they love the people. It's a place where you can belong and be known just as you are. We have our eyes on a vision (destination) of who we are and want to be while enjoying our journey together. Our Destination/Vision: *a thriving liberal church where worship and community life support families and people of all ages; where people care for one another and engage in service.*

This month we will celebrate Valentine's Day with an appreciation dinner for our families with young children. If you are the parent of young children, please look for your invitation for a special evening of dinner and social time with our parents while other church members enjoy serving the dinner and have fun providing childcare, dinner and a movie for your children on February 16th, 2018.

Another journey begins on February 18th with a new worship series for Lent (the six weeks before Easter). Parker Palmer says *the soul speaks its truth only under quiet, inviting and trustworthy conditions*. Instead of a special word for reflection each day during Lent as we have done in previous years, this year we will focus on "Listening". *Listen – Hearing that still small voice and finding your own* by listening in many different ways.

This worship series flows from mid-February through March. We will also have a monthly theme: *Love* for February and *Humility* for March. I will be writing and preaching on both topics within the framework of our Lenten series and you will continue to receive your *Touchstones Journals* for further reading and discussion at home.

If you have not been officially welcomed into church membership, please plan to attend an information meeting on February 25th after worship and fellowship (childcare provided). Join the Journey.

With love, hope, and joy,
Reverend Claudia