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## June 2018: Outlaw's Bridge Universalist Church

*Welcoming Congregation*

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### The Bridge

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

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

**\*Primary: "Love Surrounds Us"**

**\*Teens: "UU Kids"**

**\*Adults: "Transforming Faith" by Fred Howard**

**June 3: "Universalist Convocation 2018: All Conquering Love –**

**Universalism in Action"** – A look at the activities from Universalist Convocation 2018. Attendees will share what inspired them, including notes from Reverend Dr. Susan Ritchie's service *God is Love* and Reverend Kalen Fristad's service, *Our Universalist Roots and Branches*.

**June 10: "Living into Wisdom"** – Reverend Claudia M. Frost – Our worship and study theme for the month of June is *Wisdom*. It has been said "To live well we need wisdom for life." Our ability to make sound choices and good decisions calls on wisdom rather than cleverness or intelligence.

**June 17: "Father Knows Best – Or Does He?"** – Reverend Claudia M. Frost – As a congregation with a deep love for supporting and nurturing families, Father's Day is a good time to explore the wisdom of our fathers. Come celebrate Father's Day with us. It is also our annual **Flower Communion Sunday. Please bring a flower for the communal bouquet. During the service, someone will choose your flower to take home and enjoy.**

**June 24: "Lazy, Hazy Days of Summer"** – School is out: Summer is officially here. This will be a sharing service. You are asked to bring your favorite "summer" memory or reading to share with the congregation.

#### Dates to Remember

Touchstones topic for June is "Wisdom". Look for a copy of the *Touchstones Journal* in your email inbox.

**June 10: Board Meeting** following church services and covered-dish lunch.

**June 14: Quilting at 10:00 a.m.; lunch at Johnny's Seafood at 11:30 and AUW meeting at 1:00 p.m.**

**June 17: Flower Communion Sunday**

**August 31-September 3: Church Retreat Weekend, Shelter Neck, Burgaw, NC**

**September 11: Lifetouch Directory with free 8 x 10 portrait 2:00-9:00 p.m.**



## Claudia's Comments

In our Fellowship Hall we have a number of colorful banners inscribed with the Golden Rule as it is expressed by the world's major religions. At times, the Golden Rule seems forgotten, but this rule of human kindness is incredibly relevant. In our media driven culture that thrives on extremes, it often appears that kindness is steadily fading from society. The more kindness you see or extend to people, the more it inspires others. It can change your day. Cruel tweets, thoughtless Facebook posts, meanness poorly disguised as humor, bullying and contentious discussions assault us on a daily basis.

Acts of kindness change the tone of daily life. Kindness means being friendly, generous and considerate. There is gentleness, warmth, care and concern associated with kindness. The kindness you extend to people can inspire others. Kindness can change your day. According to an article I came across from Scientific American, *sympathy and caring for others is instinctual in human behavior.*

The late Maya Angelou said, *"I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel."*

Extending kindness to yourself and others makes you feel good. It makes other people feel good too. Acts of kindness improve your own quality of life and the lives of others. We just have to open our eyes and respond when we see people in need. Notice the suffering of others. Help. Hold a door. Give way in traffic. Smile. Listen without judgment or criticism. Give an honest compliment or send a thank you note. Refuse to gossip or engage in mean conversation. Think before we speak...*does what I'm about to say treat others as I want to be treated?*

Some people are by nature more inclined toward kindness as their way of being in the world, but everyone can learn to be more kind. Kindness is not a fixed trait. I've heard we should think of kindness like a muscle. It grows stronger with exercise and practice. Being oriented toward kindness doesn't mean we don't get angry at times, but kindness can inform how we respond. Rather than act out or throw verbal darts, expressing why you're hurt can go a long way in sustaining healthy relationships.

A wise person said *"Be kind, for everyone you meet is fighting a battle you know nothing about."* What about you? Do you tend to berate yourself in ways you would never treat a friend? Take time to notice how you relate to yourself as well as to other people. There's potential for kindness in every encounter.

So how will other people remember how you made them feel? The Dalai Lama says his religion is Kindness. What about yours?

Kind thoughts to the Fathers and Grandfathers in our lives...Happy Father's Day!

With Love, Hope and joy,

Reverend Claudia