
March 2019: Outlaw's Bridge Universalist Church

Welcoming Congregation

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: "Bible Stories for Skeptics": Richard Trudeau**

March 3: "Cultivating Ourselves" – Ann Malpass – Based on the writings of Christine Robinson & Alicia Hawkins from *Listening Hearts*.

Cultivating ourselves took a particularly American form with the writings of the Transcendentalists – Thoreau, Emerson and Channing. We will explore their ideas as well as think about self-respect, self-care, wisdom and peace of mind which then translate into our ability to act ethically, understand and empathize with and for others.

March 10: "Unplugged" – Reverend Claudia M. Frost – Let us take the opportunity during Lent to reconnect with an unhurried pace of life. What did you do with all the time before cell phones and emails? Do you catch yourself falling down the time zapping rabbit hole of Facebook or other social media? Has 24/7 news coverage turned you into a "news junkie" needing a quick fix of your preferred slant on the latest world events? Do you catch yourself being a bit more emotionally reactive to everyday events than you used to be? What does being so busy really cost us in terms of our relationships with family, friends and the Source of Life? Join us for a time to "unplug" and reconnect with the Holy.

March 17: "The Green-Eyed Monsters" – Reverend Claudia M. Frost – Shakespeare used the term *Green Eyed Monster* in both "Othello" and "The Merchant of Venice" to portray jealousy, envy and resentment. Many Biblical stories weave tales of jealous intrigue and downfall. Continuing our sermon series on negative or difficult emotions, let us explore the impact of these emotions on our spiritual growth and sense of wholeness.

March 24: "Form Versus Function" – Jimmy Merritt – The concept is easy to understand in musical instruments; hard to comprehend in religion.

March 31: To Be Announced



Dates to Remember

March 7: Lunch in New Bern followed by a trip to a fabric shop to pick out quilting material.

March 10: Board meeting following services and covered-dish lunch.

March 14: Have Lunch at Johnny's Seafood and then at 1:00 p.m. join us for the AUW meeting.

March 20: Music Concert featuring "piano man" Brandon Banks following covered-dish supper at 6:30 p.m.

May 17-19, 2019: Universalist Convocation at Murray Grove Retreat and Renewal Center in New Jersey. Theme is: Hope...Not Hell

The UU Justice Ministry of NC's "Becoming a Justice-Making Congregation" workshop will be held at the UU

Congregation of New Bern from 9:30 am to 3:30 pm on Saturday, April 6, 2019.

Information and registration at: <https://bit.ly/SJNewBern>

Claudia's Comments

As I look over this month, I see Ash Wednesday on March 6th signals the beginning of Lent. In the Christian calendar, that includes the six Sundays before Easter for reflection and preparation. I also note that Daylight Saving time begins on Sunday, March 10th. Let's not forget to set our clocks forward. I hope to see many of you at church that morning.

Sunday, March 17th will be St. Patrick's Day. I was surprised to recently learn from my friend Google, that there are more people of Irish descent in America than in Ireland. *According to census data, 39.6 million Americans list their heritage as primarily or partially Irish compared to 6.3 million people in Ireland.* No wonder we tend to enjoy all things green around the middle of March.

By March 20th, spring officially begins. Hopefully the rains will be done so we can spend more time outside enjoying nature's calming beauty. And of course, there's *March Madness* basketball to look forward to with the NCAA Tournament later in the month.

Over the last few years during the month of March, I've proposed a specific spiritual practice for the days of Lent. Last year we experienced a whole season of listening for the holy...for the still small voice within...the Spirit of Life...to the voice of God by spending time in silence, meditation or prayer each day. This year I'd like to see us all get "un-busy" during the Lenten season. The weeks before Easter have been known as a season of giving something up. I understand that's a hold over from a more penitential faith in the medieval church. This year let's focus more on making room in our busy lives. Let's discover what we need to do to reconnect with ourselves, with the people we love...with the Holy in ordinary moments.

I came across the following poem I think says what we might do this year to make some changes. The season of Lent is a perfect time to intentionally fast a little each day from our electronic world.

*We live in a clock-ticking world at a break-neck pace
trying to accomplish overwhelming tasks day after day after day...*

What does it cost to be so busy?

This Lent, fast from hurry...fast from worry...come and find a quiet center.

Come and find the quiet center in the crowded lives we lead

Find the room from hope to enter, find the frame where we are freed:

Clear the chaos and the clutter, clear our eyes that we can see

All the things that really matter, be at peace, and simply be...

I hope you will join me in making room in your life to experience life without so much activity and electronic distraction. This Lenten season let's find out what it really costs to be so busy. Let's slow down, settle our souls, and connect with the Holy.

With Love, Hope, and Joy,

Reverend Claudia