



# THE MESSENGER

Unitarian Universalists of the Big Bend, Alpine, Texas

## A Month of Sundays

What Does It Mean to be a People of Attention

**November 3** Animal Blessing Service by Valerie Naylor. Monthly Potluck after worship. Please bring a dish to share.

**November 10** Matt Hagerman

**November 17** Heather Rickleff

**November 24** Jaime Escuder

Sunday Worship 11:00am. Email Beverly at [bescuder3@gmail.com](mailto:bescuder3@gmail.com) to sign up for a service.

### Hymn of the Month

**#90** *From All the Fret and Fever of the Day* Words by Monroe Beardsley, Music by Cyril V. Taylor. This hymn is a call back to silence, to be quiet for a moment, to intently listen for the voice within.

## Animal Blessing Service by Valerie Naylor Sunday November 3 at 11:00am

Join us for a special service to bless our animal friends and companions. Our seventh principle is "Respect for the interdependent web of all existence of which we are a part;" wild animals and pets are important parts of our lives. All well behaved humans and animals are welcome and encouraged to come. Dogs should be on leashes. Cats and small animals might be most comfortable in carriers. You don't need to have an animal to enjoy the service. If you have an animal that would prefer to stay home -- like a cat or fish -- or a beloved animal that has passed on, you can bring a photo of your pet. Dog and cat treats will be provided after the service. If you have questions, feel free to call Valerie at [605-787-0623](tel:605-787-0623).

All cash money from the offering plate this Sunday will be donated to the Humane Society. If you wish to make a contribution towards your pledge in the offering plate, please make sure it goes into a pledge envelope so that it is not mixed up with the rest of the offering.

## New UUBB Church Directory by Linda Hedges

Be sure to check the bulletin board for the new UUBB Directory, which provides name, address, phone number, and email for current members and friends of the congregation. Extra copies are available; feel free to take one. Please write-in any missing information and mark-up any corrections. The primary means of communication within our congregation include email, website, Facebook, and bulletin board. If you prefer to receive urgent messages via phone, kindly make a note to that effect. The directory is a work in progress, so stay tuned for updates!

## Message from the Church Board by Beverly Escuder

November is the month of Thanksgiving and we have much to be grateful for this month.

We are thankful for all who helped make the rummage sale a success by donating items, advertising, setting up, volunteering for the sale itself and helping clean up when it was all over. We made over \$1200 from the sale and had another \$200 come in from items that were sold in advance of the sale.

Our next fundraiser will be in November. Jill Goodwin will sell her beautiful handmade jewelry at Art Walk to benefit UUBB. We will need volunteers for this event, so please stay tuned for more details about how you can help.

Although we have met our fundraising goals so far this year, our expenses have been slightly greater than our income for the last two months. If you have not yet made a pledge this year, you can fill one out this Sunday. If you already made a pledge, but have forgotten to make a contribution, it's not too late! Although pledging is not a requirement for membership, we encourage people in our beloved community to give as generously as they are able to support the mission of this church and help us serve the greater community as well.

The Green Team is hard at work planning ways to beautify the grounds of the church. They plan to host a "Work Day" on November 16th to cleanup the landscaping and exterior of the building. Many hands make light work, so we hope you can make it!

Since Thanksgiving is right around the corner and many families in the Big Bend struggle to have enough food, the board voted for our quarterly donation to go to the Food Pantry of Jeff Davis County. We will donate \$250 to support their efforts to feed those in need in Jeff Davis County. If their mission is dear to your heart, consider attending their Harvest Bowl fundraiser on November 9 from 5-7. More information can be found at <http://www.foodpantry-jdc.org/2019-tex-harrison-harvest-bowl-fundraiser/>.

We still need leaders for upcoming Sunday morning worship, so please contact Beverly Escuder at [bescuder3@gmail.com](mailto:bescuder3@gmail.com) to sign up for a service.

See you around the church!

Your UUBB Board Members



## Worship Leadership

As a lay led congregation, we need leaders for worship this fall. We will continue to use the Soul Matters monthly themes which are listed below. If any of these interest you, please let Beverly Escuder ([bescuder3@gmail.com](mailto:bescuder3@gmail.com)) know and she will help you get scheduled to lead a service.

**2019-2020 Worship Themes:** What Does It Mean to be a People of...

**November:** Attention

**December:** Awe

**January:** Integrity

**February:** Resilience

**March:** Wisdom

**April:** Liberation

**May:** Thresholds

**June:** Play

Email Beverly at [bescuder3@gmail.com](mailto:bescuder3@gmail.com) to sign up for a service.

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## Interest Groups

### The Big Bend Book Club

meets on the second Wednesday of the month, **November 13, at 5:30pm** at the UUBB. The reading selection in November is *Hillbilly Elegy: A Memoir of a Family and Culture in Crisis* by JD Vance. A passionate and personal analysis of a culture in crisis-that of white working-class Americans. Anyone interested in attending is welcome even if you didn't read the book. If you have any questions please call Peter Koeppen at 713-702-6564.

### Love to Read Book Club

Love to Read Book Club will not meet in November and December. The next meeting at the UUBB will be on **January 16 (the third Thursday of the month) at 10:30am**. If you have any questions please call Louise Parmely at 713-702-1689.

### Zen Meditation Group

Group meditation meets Monday evening's at 6:00pm. Contact Jean O'Cuilinn 432-364-2462 if you are coming for the first time & have questions. A small donation to the church is appreciated.

## Children and Family News

### Family Night

**Friday, November 15 at 5:30pm**

Families with children are invited to join us to share a meal. After dinner the kids can play while parents enjoy adult conversation. There is no charge and all are welcome!

**Art Walk Friday, November 22, 9am - Saturday, November 23 9pm**

Jill Goodwin will sell her beautiful handmade jewelry at Art Walk to benefit UUBB. Come out and show your support.

## Table Blessing provided by Foothills Unitarian Church in Fort Collins, CO

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Every time we eat, we are sustained by the abundance of our planet and the work of hundreds of people we never will know. Offering words of blessing before is a small but meaningful gesture to express our gratefulness — for the food, for the chance to share a meal with family and friends. Even when we are eating alone or on the go, pausing for a short blessing invites us to eat more intentionally.

### Option One: Say this Blessing Aloud Before You Eat

For the Earth for providing us this food

For the Sun & Rain for helping it to grow

For the Wind and Birds for carrying its seed

We are grateful.

For the hands that grew and harvested the food For the hands that prepared this meal

We are grateful.

May this meal bring us strength and health

That we may be a blessing to the world.

### Option Two: Family Table Blessing and Ritual

1. Light a Chalice or Candle. Lighting a candle provides a warm glow. Lighting the chalice brings our faith into our daily lives.

2. Bless the food: Earth, air, water, fire and space combine to make this meal. Many beings gave their lives and many hands worked so that we may eat. May we be nourished, so we may nourish life.

3. Share joys, sorrows, gratitudes. Take turns sharing the highlights of our day. This gives us the chance to connect.

4. Blow out the flame and ask to be excused from the table. This defines the natural end to the meal and lets us practice good manners.

## Newsletter Deadline -

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Newsletter deadline the 25th of each month. Please submit your article, pictures (please send lots of pictures!) or comments to [rozolens@hotmail.com](mailto:rozolens@hotmail.com)