

October 2025

Newsletter

www.uuaugusta.org



Picture Day!!

Oct. 19

We have an exciting mini event that we'd like to invite everyone to stop by for. Fern & Brandy are hosting a "Picture Day" after Sunday Service on Oct. 19th. Our goal is to get a picture of everyone for their Realm profile. Stop by and say, "hi" and let us snap a quick picture of you. We can't wait to see everyone's beautiful faces.



PICTURE DAY

Volunteering Builds Character!!

We love and appreciate all of our wonderful volunteers. Come see us and find out how you can volunteer your time and energy around our church.

INSIDE THIS ISSUE

- From Your Minister
- Family Ministries News
- Upcoming Events
- Auction Info
- Gifts of Honor
- A Message from the Board of Trustees
- Worship Calendar
- Group & Committee Events
- General Information



From your Minister, October 2025

Our new church year has hit the ground running. The 4th year of the jazz season has kicked off with a wonderful concert featuring John Hobbs and Josef Patchen last week. We have started an Our Whole Lives (OWL) sexuality education program for the first time in several years. Justice activities continue to percolate and expand the reach of our Mission and ties to the wider community. We've also seen notable progress on our security enhancements, funded by a grant from FEMA (thanks again to Debby Crane Campanella and Matt Maurer for all their work securing that grant and for Nike and now Brandy for pushing us through the physical changes which will keep us all safer). Our playground is once again completely fenced in. Our front doors have been refurbished, which will allow them to last several more years for us with some new security hardware enhancements like a panic bar. We have a new state-of-the-art security system from ADT always monitoring our building. And, we will soon have security film on nearly all our windows which will help slow down anything which might break the glass. Next up, we expect to replace all but a few of our external doors and add an entirely new exit out toward the labyrinth in the next few months (we're unsure about the exact timing as we await the materials needed for those projects).

All good things!

And there are more big things coming up, too this month. First, and very importantly, the Pastoral Care and Membership Teams and I invite you to a workshop on **October 4th (from 12:45-3 PM, starting with a provided lunch)** to learn about our newly developing UUCA Network of Care. This is such an important project which will help strengthen our community bonds and capacity to care for each other. Mutual care is always important, but especially in precarious and chaotic times like right now.

Please, please, please, consider coming to learn how to get involved and serve.

This work happens to bridge our theme from September (Building Belonging) with our theme for October – Cultivating Compassion. An important topic, considering our Mission statement and UU Values. Both of which mention the importance of *acting* with compassion to us as Unitarian Universalists here in the CSRA and wherever our journey(s) take(s) us. The work we are planning to do together is indeed a spiritual practice in and of itself because it intentionally connects us to something bigger than ourselves – each other; while simultaneously helping to sustain our within because of the resulting grounding and security we feel. Yet, it's incumbent upon us to also practice compassion in our own more private spiritual practices. Scroll down the newsletter for a couple suggestions to try. And perhaps check in with some of your friends or fellow members of any UUCA caucus group you're a part of about how they're doing with these or any other spiritual practice.

In addition to the October 4th event, we also have our annual service auction coming up – this year with a special twist: we're coupling it with a jazz concert from saxophone player Tim Sanders. Please see more information in some of the following pages about how you can get involved and attend.

We create Beloved Community through our actions, y'all. In so doing, may we be the embodiment of compassion. May we travel through this often-challenging existence *with* each other, regardless of the season we find ourselves in. Metaphorically and literally.

Happy fall (of the patriarchy & fascism & racism & heteronormativity & classism & any notion that any one (or group) of us is separate and above any body else or nature in general), y'all.

In Good Faith and Good Trouble,

Rev. Nic



Spiritual Practice Suggestions for October

Option 1

Self-compassion is a skill that is not often taught or encouraged in our culture. It is treated as something we will “get around to when there is time.” Self-compassion isn’t just about us. It’s indeed a very important practice which allows us to be as compassionate as possible with others. (Though to believe you *must* be compassionate with yourself or ‘love yourself’ in order to offer the same for others is a harmful idea to be cautious about promoting. Even worse is the idea that you must love yourself to *receive* love from others. No matter what, *you are worthy of love and compassion just by being alive*).

That said, this exercise has you do the opposite of “getting around to it” by inviting you to do it regularly throughout the month. To help you do that, we’ve created a large list of ways to be compassionate and gentle with yourself. Just print out the list and then, throughout the month, do at least five of the options. Here’s the link to that list:

https://docs.google.com/document/d/1QdR-XSBTsgw3nyQF0F_8mKA9WFes1sYTfD8tujn3ftc/edit?usp=sharing

- After doing the activities you’ve chosen from the list, reflect on these questions:
- Was there a common theme to the activities you picked? What might that say about your deeper longings or needs?
- Did you struggle with picking or doing any of the activities you choose? Why was that?
- Were you glad you only had to do five? Or did you wish you had time to do a lot more?
- Did you feel different after doing all the activities you picked? Did the activities lead you to viewing life, others or yourself in a different way?

Option 2

We are mixed and complicated creatures. Our natural instinct and inclination to be compassionate sits right alongside many competing and conflicting instincts and urges. So it’s not surprising that research indicates that our desire to be more compassionate needs the support of us pairing it with a commitment to setting intentions.

So for this exercise, you are challenged to engage in some intentional compassion. The instructions are simple, even though the application is not. Basically, you are asked to take a week and begin each day by setting an intention to be compassionate in a particular way.

Here’s one way to go about it:

- Set your intention as early in the day as you can.
- Prepare yourself by finding a private space where you can center yourself by bringing awareness to your breath and calming your body.
- Think about the day ahead of you and identify likely situations you will face where greater compassion might be needed.
- Then with that in mind set an intention related to those situations you’ve identified. Your intention can be as general or specific as feels right to you. Just make sure it is connected to the situation you want to focus on. For instance, a specific one might involve committing to being more compassionate with a particular co-worker or researching a social issue so you can figure out a way to get more involved, not just think about it. Similarly, a more general intention might have to do with a habit you want to cultivate, like being more encouraging with others or being less judgmental toward yourself. Click [HERE](#) for some ideas to get you thinking.
- Write down your intention in a few words on a small card or piece of paper that you can carry with you throughout the day.
- Revisit your intention throughout the day.
- At the end of the day, reflect on how your intention impacted your day.



October Family Ministries Newsletter: Compassion, Critters, and the Mountain!

October is here, bringing with it cooler weather, colorful leaves, and a wonderful opportunity to focus on our monthly theme: **Cultivating Compassion**. As Unitarian Universalists, we know that compassion extends beyond human relationships to encompass all living things and the world around us. This month, we have some exciting events that beautifully connect with this theme and some important deadlines we need to keep in mind!



Our most visible expression of compassion this month is our annual **Blessing of the Animals** ceremony, which will be held on **Sunday, October 5th**.

This is a beloved tradition where we celebrate the bond we share with our animal companions. We invite you to bring your **well-behaved pets**—dogs on leashes, cats in carriers, even hamsters! If bringing a live pet isn't feasible, please feel free to bring a **picture of your pet** or even a **beloved stuffed animal** to be included in the blessing. It's a joyful way to honor all the creatures who enrich our lives and teach us about unconditional love.

THE PARENTS' GROUP IS ROLLING



We're excited to announce that our **Parents Group** is back in full swing with a fantastic new team of leaders to help support you on the journey of parenthood!

- **Third Sunday Discussions:** **Melissa Cox** and **Fae Gaudet** will co-facilitate our discussions at **12:30 PM** on the third Sunday of each month.
- **Monthly Parents Night Out:** **Jamie Miller** and **Greta Nueman** will be organizing our fun monthly outings.
- **Monthly Potlucks/Sign-ups:** **Brandy** will organize our monthly Parents Group potlucks and manage the sign-up lists.

Stay Connected! If you are not already in our **Realm Parents Group** and would like to stay updated on all upcoming events, please reach out to me at ffm@uuaugsta.org and I will get you added.

A Huge Thank You! We want to express our deep gratitude to **Annie Cook, Anne Robinson, Abby Drescher, Natalia Bowdoin, and Tim Hunter** for being such dedicated organizers and facilitators during the 2024–2025 church year. Your service was invaluable!

Tweens & Teens: Donate Your Service to the Auction!



It's time to channel that spirit of compassion into community service! Teens and tweens, you have a little bit longer to finalize your ideas for a service or skill donation to the church auction. This is a fantastic way to raise money for our church while sharing your talents.

Here are some great ideas to get you started:

- **Babysitting/Parents Helper**
- **Dog-Walker/Pet Check-In**
- **Yard Work/Leaf Raking**
- **Basic Tutoring:** Helping with homework, reading, basic math.
- **Car Washing/Vacuuming**
- **Tech Setup & Troubleshooting**
- **Holiday Decorating (Indoor/Outdoor)**
- **Birthday Party Assistant**
- **Specialty Baked Goods**
- **Local Errand Running**

Action Item for Youth Service Donations:

All auction donation sign-ups must be picked by Thursday, October 10th. The sign-up list where you can claim your donation slot is located in the **Youth Room**. Please make sure to secure your commitment by this date.



Mountain Retreat Deadlines are Near!



The clock is ticking for our youth who are heading to The Mountain (our Unitarian Universalist Retreat and Learning Center in North Carolina)! If your child plans to attend, please note these crucial payment and registration deadlines:

- **Junior High (6th–8th Grade):** Headed to the mountain on **October 31st**. The deadline to register and pay through The Mountain's website is **October 17th**.
- **Senior High (9th–12th Grade):** Headed to the mountain on **November 14th**. The deadline to register and pay is **November 2nd**.

Action Item: You must complete the registration and payment directly through The [Mountain's website](#).

Scholarships are available! Please contact Desria Seay at ffm@uuugusta.org confidentially if financial assistance is needed.

Important Update: Kids Night In & Teen Nights



To better serve our varied age groups and allow our staff to plan age-appropriate activities, we've made an update to our evening programs:

- **Kids Night In (Ages 10 & Under):** Beginning **October 1st**, Kids Night In will now be exclusively for our children **ages 10 and under**. Our October Kids Nights In will be held on **October 10th and October 24th**.
- **Youth Outings (Ages 11+):** Our older youth (tweens and teens) will now have their own monthly dedicated social programs! The first Youth Outing will be at Steeds' Dairy located at 4634 Wrightsboro Rd, Grovetown, GA 30813. We will meet at Steed's Dairy at 10am on October 18. Tickets are \$11 a person.
- We look forward to an October full of service, fun, and the shared joy of cultivating compassion together! See you all on Sunday!

UPCOMING EVENTS

October 4th – 12:45-3:00pm UUCA Care Network

Information meeting & training. Lunch will be provided.

October 5th - Blessing of the animals

We welcome you to bring your well behaved pets, picture of your pet, water from it's aquarium, or a stuffed animal to represent your furry loved one.

October 5th – Adult Faith Formation with Reverend Nic in the Sanctuary

October 6th - 7:00 PM Christian Nationalism

Compromising both Church and State, a panel discussion sponsored by the Progressive Religious Coalition of Augusta at Sacred Heart Cultural Center.

October 7th - 6:00-7:30 PM An Interfaith Service

A service for Healing of the Mind and Spirit at Lighthouse Christian Fellowship Baptist Church (2877 Lumpkin Road, Augusta, GA)

October 7th - 6:00-7:30 PM Building our Reproductive Freedom: an Augusta Town Hall

Amplify Georgia Collaborative, along with partners like Color of Change, Men4Choice, Repro Freedom for All, SPARK Reproductive Justice Now, URGE, Feminist Center for Reproductive Liberation, and others are coming to Augusta.

RSVP to be a part of the town hall at tinyurl.com/ReproFreedomAugusta.

Email Allison Glass at allisonglass@amplify-ga.org with any questions. You have to RSVP for this. It's open to the public and it's being held here at our church next Tuesday evening from 6-7:30pm.

October 11th - 1:00-5:00 PM Indivisible Training

Free de-escalation, medic, and non-violence training offered by Indivisible.

October 17th - 5:30 PM Crossing Paths Youths Meet at UUCA

Crossing Paths Summit Sunday Meeting will be at The Congregation Children of Isreal. We'll meet in our church parking lot at 5:30 and caravan there together.

October 18th - 3:00-6:30 PM No Kings Day 2

Beginning at the Richmond County Municipal Building and ending at the 8th Street Bulkhead (Saturday morning market location). Please join us in solidarity and justice!

October 19th - 12:15PM Picture Day!!

See Fern & Brandy to get your picture taken for your Realm Profile.

October 25th – 4:00-7:00 PM UUCA Annual Service Auction

Including a delicious Chili Cookoff and a special Jazz performance by Tim Sanders.

October 26th - 5:00-8:00PM Films with Fern

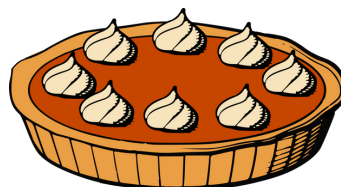
1976 Horror Film, "Carrie:"



AUCTION



We are in need of participants for the chili cookoff! Bring a crockpot full of your best chili, adding your personal touch to our cozy buffet, and join in on some friendly competition! Attendees get to vote, and the top 3 chili chefs get a fun prize! **ALL CHILI COOKOFF PARTICIPANTS GET A DISCOUNT ON THEIR AUCTION ENTRY TICKETS!**



If chili isn't your jam, we'd really appreciate some volunteers for sides and desserts! Corn bread, biscuits, autumn themed desserts...whatever your heart desires. Let's create a delicious and filling meal for all who attend!

LASTLY - We are in need of raffle basket items! Our current themes are:

Coffee Lovers

Tea Lovers

Autumn Hygge/Cozy

Self Care

Family Game Night

Arts and Crafts

Garden in a Basket (bulbs, seeds, gardening tools for next spring)

Witchy Autumn Magic



We've got the baskets, just looking for things to fill them! Any contribution is **MUCH** appreciated! Thank you so much for your help in making our 2025 auction the best one yet!

Volunteer sign-ups needed by October 10, and raffle basket items by October 15! Thank you!

SAVE THE DATE

UNITARIAN UNIVERSALIST CHURCH OF AUGUSTA

HARVEST OF HOPE

SERVICES & HANDMADE GOODS
FUNDRAISER AUCTION

SAT • 10.25.25 • 4-7pm

CHILI COOKOFF CONTEST
SILENT AUCTION
LIVE MUSIC
FUN FOR THE WHOLE FAMILY!

STAY TUNED FOR MORE
DETAILS AS THEY COME!



Adobe Stock | #443056395

UNITARIAN UNIVERSALIST CHURCH OF AUGUSTA

HARVEST OF HOPE

SERVICES & HANDMADE GOODS
FUNDRAISER AUCTION

SAT • 10.25.25 • 4-7pm

Please Submit Your Donations
to the Auction by October 10th!

Services
Experiences
Handmade Goods



NEED SOME IDEAS?

Teach a Skill or Practice
(In Person or Zoom)

Personal Grocery Shopper

Lawn Care

Child Care

Handyman Services

Gift Wrapping Services

Catering or Bartending

VRBO for 1-2 Days

Create a Custom Craft

Tarot Readings

Pet Sitting/Walking



UNITARIAN UNIVERSALIST CHURCH OF AUGUSTA

HARVEST OF HOPE

SERVICES & HANDMADE GOODS
FUNDRAISER AUCTION

SAT • 10.25.25 • 4-7pm

**DON'T FORGET TO
PUT YOUR NAME
DOWN FOR THE
CHILI COOKOFF!**

Gifts of Honor



Looking for a way to celebrate a friend or loved one's birth, birthday, marriage, anniversary, graduation, or recent achievement?

Consider making a Gift of Honor in their name to the church!

This program is organized by the Finance Committee.



A check or cash-in-an-envelope should be clearly marked – Gift of Honor – and be sure to tell us who or what you are honoring.

All Gifts of Honor will support the General Fund.

Make an online donation on the church's website at UUAugusta.org or use the QR Code.

A Message From Your Board of Trustees

The Board continues its work with “The Nested Bowls” framework, helping us clarify who we are as a congregation and how we live our values in the world. At the same time, we are beginning visioning work for the future of our church, imagining together what is possible for our community in the years ahead.

We know that this vision can only be shaped in partnership with you. In the coming months, we look forward to engaging in deeper conversations with members and friends of the congregation. Your ideas, your hopes, and your visions are essential as we continue to grow and build the future of the church together.

October Worship Calendar - Building Belonging



October 5th - Reverend Nic Blessing of the Animals

What I've learned about Cultivating Compassion from my non-human kin. Feel free to bring your well-behaved pets, a picture of them, or a stuffed animal for a blessing.



October 12th - Reverend Nic Acting with Compassion

Do we?



October 19th - Natalia Bowdoin Theologies of Rest and Retreat

The Kali Yuga, Rosa Parks and other lessons for meeting the current moment



October 26th - Chris & Dominique Grushinski Cultivating compassion with & from our Ancestors

We welcome you to bring a photo or item of your ancestors to place on the Ancestor Altar.

Service is held Sundays, at 11am - [Join Us Live](#) - [View Past Services](#)

Group and Committee Events

Parents' Group

Next Meeting:

October **19th** at **12:15pm** in **classroom 1-2**

Childcare will be provided for ages 10 and under

Contact: Desria Seay ffm@uuaugusta.org



Recovery International



Mental Health Support Group (**online**)
Virtual **Wednesday weekly** meeting at **6:30pm**
Open to newcomers

Pre-register: [Here](#)

You will receive a confirmation email containing information
about joining the meeting.

Contact: Maryka Bhattacharyya [630-605-6913](tel:630-605-6913)

UU Meditation

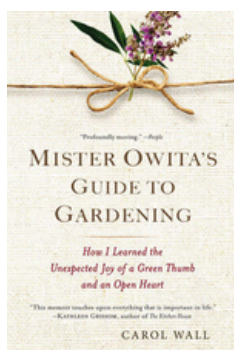
Monday at the church gathering:

Contact: Chris Garcia garceus@yahoo.com

Wednesday online gathering:

Contact: Catherine Prysiazny
catherine8758@att.net

ZOOM link: [Click Here](#)



UUCA Book Group

Next Discussions - **October 25th at 1pm**

Fourth Saturdays at 1pm
Room 1-2

Contact: Jan Parsons - janbparsons@gmail.com

Group and Committee Events

Good Trouble Team

Next meetings: **October 26th**

The Good Trouble Team meets on the
4th Sunday at 12:05pm

ZOOM Link
Passcode: 324295



Board Meeting

Next meetings: Thursday, **October 16th**



Monthly Board Meeting will be held the in the
Common Room

Contact: Co-presidents, Tim Hunter or Dominique
Grushinski
board.president@uuaugusta.org

UU Humanist Freethought Group

Next Meetings: **October 12th**

Usually meeting the
second Sunday at 5pm in the Common Room

Zoom link

Contact: Frank Carl frankcarl2040@gmail.com



Group and Committee Events

UUCA Women's Luncheon Group

Next Gathering: October 14th @ 11:30
Location: Ultima Bodega, in the lowest Level of Surrey Center



They have a large covered patio, which gives us an opportunity to eat "out" when it's not too hot or too cold.

Please send your reservation by the Sunday prior to Pat Lynch-Hayes:
706-733-8303, plynchhayes@gmail.com

Usually meets the **second Tuesday at 11:30am** at area restaurants



Pagan PotLUUck

Next Gatherings: October 9th

A casual circle for pagans and witches of all ages, genders, and practices. We can explore topics that relate to our shared beliefs, rituals, and needs. Or simply connect and enjoy good company with one another.

Gathers the **second Thursday at 6:30pm in the Common Room**

Contact: Janeya Filzen: janeyajoy@gmail.com

R.O.M.E.O. Lunch Group

Next Gathering: October 23rd
Location: Oliviana's in Surrey Center, 399 Highland Ave.

Retired Old Men Eating Out Lunch Group meets at **11:45am** at area restaurants

Confirm & RSVP by Tuesday's on Realm to Frank Dennison:
Text **706-267-9298** or frankdennison@outlook.com.



Group and Committee Events



CSRA Adult ADHD Peer Support Group

Next Meetings: TBA

A monthly gathering for adults with ADHD to discuss and learn about topics relevant to those with Adult ADHD (treatment, relationships, life hacks, resources) as well as connect with others who share similar life challenges.

Meets the **2ND Tuesday at 6pm in Room 1-2**

Contact: Dave Mackey dave@davemackey.net



Building & Grounds Team

Next Meeting: **October 13th**
@6:00pm

Are you interested in helping maintain our beautiful campus and building?
Volunteer with us for clean-ups and planning.

Contact: Brandy for more info. churchadmin@uuaugusta.org

****SOMETHING FUN****

We're inviting everyone to pick a rock from the Labyrinth Garden, take it home, paint it, and then bring it back to the garden. The kids have already done a great job getting us all started. We would love to see some more color out there!

GENERAL INFORMATION

- **Joys and Sorrows** can be sent ahead to the **Pastoral Care Team**:
pastoralcare@uuaugusta.org.
- Our **UUCA Choir** welcomes new voices. We hope you'll join us at **9:30am Sunday** mornings and help us add to the worship experience.
- All ages **Faith Formation Classes** are held after Worship on the **first Sunday** of each month. The classes will be from **12:15-1:15pm** following a short fellowship time.
- The **Committee on Shared Ministry (CoSM)** is concerned with the spiritual health of the entire ministry of the congregation, as a reflection of mission fulfillment. For more information about COSM and all UUCA teams and committees, please visit:
<https://www.uuaugusta.org/committeesandteams>
- **Josef Patchen** is offering Piano Lessons: Any age, Any level, Any style. For information, write: jcpatchen61@gmail.com or text: 706-399-5852
- Contact the **Church Administrator** for group meeting and event scheduling and for addition to the **UUCA Public Calendar**. churchadmin@uuaugusta.org
- The **first Sunday** of each month is **Youth Greeter Week**. This is an opportunity for our young members to play a special role in our congregation. Inquire with **Faith Formation Manager**: Desria Seay (Ms. D) - ffm@uuaugusta.org.
- The **Midday (AA) Group** meets **Monday - Saturday at Noon** in the **Common Room**.



May we create beloved community

In good faith and good trouble

<u><i>UU Augusta Office Email</i></u> <u><i>Minister's Email</i></u>	<i>706-733-7939</i>
<u><i>UU Augusta Website</i></u>	<i>3501 Walton Way Extension Augusta, GA 30909</i>
<i>Office Hours: Monday-Friday -9:30-2:30</i>	<i>Rev. Nic's Office Hours: Wednesday: 4pm-6pm</i>