

## Sunday Service at UUFMC February 2012

### February 5

Forum: **John Sharpe, MD** “*All About Blood Pressure*”

We've all heard that high blood pressure can lead to heart disease, heart failure, stroke, kidney failure and other health problems. Low blood pressure can also be dangerous. Sometimes a simple change in lifestyle can correct the problem. Listen...learn...heed!

Speaker: The **Castle Bay** musical couple—“*The Elements - Return to Balance*”

Understanding the power of Earth, Air, Water and Fire has always been a fundamental basis for examining humankind's place in the universe. Through poetry, music and meditations we will explore how we embody all the elements. These ancient concepts can help us understand our relationship with the earth and each other and to achieve connectedness, balance and a sense of wholeness.

Service Leader: Dick Chady

Chalice Lighter: Dick Bassette

Coffee and Hospitality: Bill Bare&Carole Clarke

Audio/Visual: Robert Ridgard & Hal Sands

### February 12

Forum: **Judy Flickinger** is returning! Her inspirational message originally introduced at the November 13 forum will continue. *How to Remain Fully Alive with a Life-Limiting Illness*. Her message is "take control - be educated and empowered."

Speaker: **Rev. Janet Onnie** -- "*Listening for the Murmuring Farmer*". Using silence in the form of meditation/prayer as a tool to cope with change.

Service Leader: Joyce Mills

Chalice Lighter: Gil Gillelad

Coffee and Hospitality: Judy Novak & Betsy Pinter

Audio/Visual: Al Reeves & Gregg Gilbert

### February 19

Forum: **Understanding Deathcare Choices and Why Some Folk Choose to "GO GREEN"**.

**Freddie Johnson**, Executive Director of Prairie Creek Conservation Cemetery, will discuss conventional choices and their consequences, the origin of embalming, alternative choices, home funerals, and planning vs prepaying.

Speaker: **Rev. Janet Onnie**--"*Striking a Balance*." After considering that things change, the theological basis for change, and ways to cope with change, we will talk about how we might strike a balance between changes and constants.

Service Leader: Sylvia Kelch

Chalice Lighter: Bill Bare

Coffee and Hospitality: Gerry Chambers & Mary Hord

Audio/Visual: Ruth Deussen & Nelson Hay

## **February 26**

Forum: Open Forum

Speaker: **Jim McIntosh**-- "*How to Make Things Less 'Rong'*" -- All organizations, whether religious, social or political make plans regarding how they will conduct business and foster social interaction among their members. Occasionally the resulting systems work well, often they do not. Why? I will present 11 principles that can go a long way toward improving decision making and the avoiding of misunderstandings and failure.

Service Leader: Hal Sands

Chalice Lighter: Paul Collins

Coffee and Hospitality: Hope Deckman & Wendy Griffith

Audio/Visual: Diane Cosner & Bob Zanelli

**Thank you for your continued support of the Fellowship's Fifth Sunday Collections!**