

THE BRIDGE

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Outlaw's Bridge Universalist Church

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MAY 2011

Sunday Services

May 1, 2011 - Lay Service on Gratitude

May 8, 2011 - "Celebrate, Renew, and Remember" – Rev. Claudia M. Frost – It's Mother's Day and Homecoming... what better time to celebrate?! What is it about going home that causes such a mixture of emotions and motivations? As Dr. Mary Pipher says, "The faces of those we love are the first, the primal, mandalas for us all." Let us celebrate our church family, renew our spirits, and remember those who have made a difference in the life of this church and our lives (especially our mothers!).

May 15, 2011 - Service with Jimmy Merritt

May 22, 2011 - "What is The Truth?" – Rev. Claudia M. Frost - This month's theological theme is Truth. Finding Truth and Meaning are part of the central task of the individual and community religious journey. What are we to do about the blind spots that keep us from full understanding? Fact checking, trusting a source, searching widely.....what more is required for embracing theological Truth?

May 29, 2011 - Lay Service with Darrell Kornegay - "The Similarities Between Universalism and Latter Day Saints."

The fifth Sunday offering will go to Habitat for Humanity.

UPCOMING EVENTS

May 8 - Homecoming Services with Rev. Claudia Frost

May 20-22 - Universalist Convocation, Newberry, SC

May 28 - Chicken Salad/Chicken Pastry Supper at the church for Scholarship Funds.

Every Sunday

9:45am - INTERGENERATIONAL
DEVOTIONAL

10:00am - ADULT AND YOUTH
RELIGIOUS EDUCATION

11:00am - CHURCH SERVICE

Religious Education

Adults: Bart Ehrman's Lost
Christianities lead by Robert Stolar

Middle School: May 22 with Rev.
Claudia and Lisa Stolar

Children: UU Kids with Linda Jones
and Lisa Stolar



OBUC is affiliated with: The Universalist Convention of North Carolina, Inc. (UCONCI), The Universalist Convocations, UUA Thomas Jefferson District (TJD), and the Unitarian Universalist Association (UUA)

Claudia's Notes

May 2011

Did you know that May is Mental Health Month?

People with mental problems are our neighbors. They are members of our congregations, members of our families; they are everywhere in this country. If we ignore their cries for help, we will be continuing to participate in the anguish from which those cries for help come. A problem of this magnitude will not go away. Because it will not go away, and because of our spiritual commitments, we are compelled to take action.

- Rosalynn Carter

The extent of mental illness in this country is shocking. According to the Surgeon General, one in five families in this country will struggle with someone's mental health difficulties and half of all Americans have mental health issues at some time in their lives. Illnesses of the brain affect all people, regardless of age, gender, ethnicity or economic status.

Mental Illness is a physical illness of the brain that affects the whole person....mind, body and spirit. According to the National Association for Mental Illness (NAMI), brain illnesses are treatable and they are far more common than cancer, diabetes, heart disease or arthritis.

Our brains are the most complicated and least understood part of our bodies. We all need to learn about mental illness for ourselves, people we love and care about and people we may meet who suffer from a mental illness. There is such a stigma and false image of people who suffer mental illness that ignorance causes many people to turn a blind eye.

Faith communities, such as ours, hold an important role in the recovery journey by providing support and assistance and making people feel a part of a loving spiritual community. Recently I attended a workshop titled, "Mental Illness As a Spiritual Journey". This was hosted by an inter-faith coalition of faith communities in the Chapel Hill-Durham area who are dedicated to increasing understanding of mental illness through education, advocacy and support called "Faith Connections on Mental Illness". This large group includes several United Methodist churches, a Catholic Church, several Episcopal churches, Presbyterian churches, a Friends congregation, a Lutheran church, a Baptist Church, a Judea Reform congregation, a Mennonite Church, a Unitarian Universalist church, several Foundations which support families and individuals around mental illness issues and numerous NAMI affiliate groups.

I am inspired to learn more about how we can network in our surrounding communities to join with other faiths to offer hope to families dealing with mental illness. I welcome conversations with you. Please let me know if you are interested in joining me in this effort.

With Love, Hope, and Joy,

Claudia

