



Bustin' out all over

June has always been a favorite month. I'm not sure if it's because of my fond childhood memories of the start of summer vacation, or because these days it means more riding weather. Ahem.

The month also marks a turning in a several ways. The summer solstice occurs June 20, at 11:24 pm to be anal about it. For students, it's a time for rising from one grade to the next. For graduates it means "the real world." For brides, well, you get the idea. It's also the beginning of our 2018 fiscal year here at UUFM. We received pledges for this year of over \$33,000, a 6.5% increase over last year, thanks to our members. If you support the work we do and want to see us grow, keep it coming!

New board and committee members

On May 21, the congregation voted to approve the 2018 budget and elected the following new board and committee members:

Jim will assume the board chair on June 1, 2018. John is elected to a two-year term beginning June 1, 2017. Kristen's term is for two years beginning June 1, 2017. Congratulations to these new leadership members!

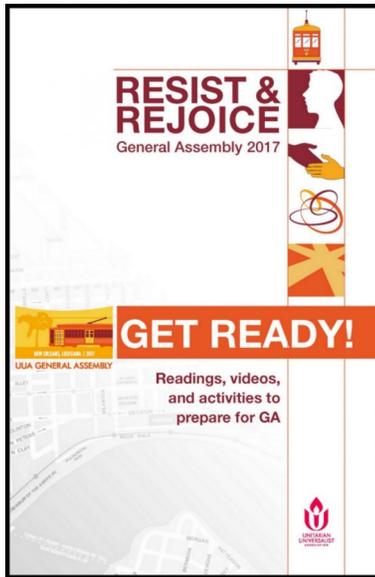
Position	Electee
Chair-elect	Jim Howard
At-large board member	John Skinner
Leadership Development Committee member	Kristen Birkholtz



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UUA GENERAL ASSEMBLY

The 2017 UUA General Assembly convenes June 21—25 at the Ernest N. Morial Convention Center in New Orleans. Steeped in a history of influences from Europe, the Caribbean, and Africa, it is one of America’s most culturally and historically-rich

destinations. It is a city known for its music, food, architecture, and festivals. You can register to attend GA in person or as an off-site attendee at the [General Assembly Registration](#) page.

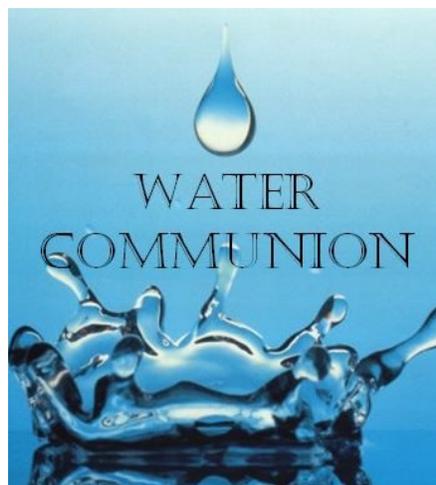
Volunteers are needed to assist with setup each Sunday morning.

VOLUNTEERS NEEDED

As a small congregation, we rely heavily on the generosity of our members. It takes a surprising number of people to prepare for each Sunday’s service, not to mention the work that must go on during the rest of the week. Volunteers are needed to assist with setup each Sunday morning, and during the service. If you would like to volunteer to help with setup, join a committee, lead a service or second hour, read the Story for All Ages, or anything else, please contact Allie Becker or any Board member.

HAVE A SAFE SUMMER

Once again, warm weather lures us outside whether we’re ready or not. A lot of you will be travelling and



we wish you safe journeys. Whatever you do this season, stay cool and hydrated—the summers just keep getting hotter. And remember to gather water for our annual Water Communion in the fall.



LITHA, THE SUMMER SOLSTICE: A PAGAN EXPERIENCE

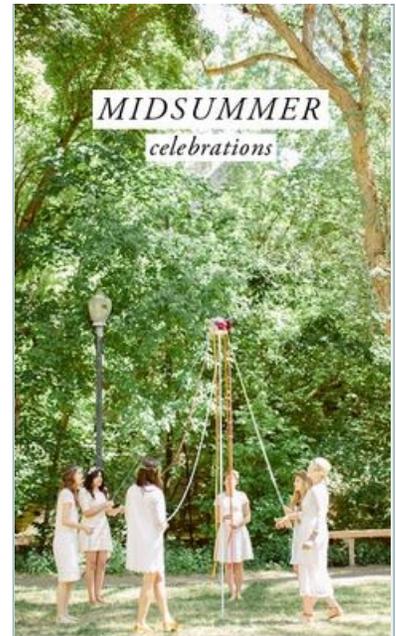
By Kitti McConnell

Summer! Warm weather, tanning, playing outdoors. Midsummer is when we are too happy about the sunshine and vacation plans to pay much attention to anything gloomy. Gardens are in full production, strawberries and watermelon and beans are fresh at the farmers' market. People write songs about sunny days. People enjoy shade under trees, big umbrellas, and porches. Life is good.

Summer solstice, 21 June in the northern hemisphere, is the longest day of our year. It is the first official day of the summer season, according to the astronomical calendar. Summer just means "warm weather" to most people, but this is the literal definition, the first day of the official season.

I love the sunlight reflected off dark green tree leaves, spots of light on the forest floor, joggers, and bicyclists. I love the relaxed clothes and chance to travel.

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LITHA, THE SUMMER SOLSTICE: A PAGAN EXPERIENCE

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For us up here in the Northern half of the planet, summer is a milder experience. We are a wee bit further from the Sun during our hot season than the southern half of Earth during theirs. So in June, this extra distance means the Southern Hemisphere is getting a colder winter. We have thunderstorms and hurricanes, the southern half gets snow and ice.

This dichotomy, this contract of extremes, is part of the solstice experience. Litha, longest day of the year, is also when the days start to shorten again. Wiccans acknowledge this darkening half of the year as the reign of the Holly King. This solstice is the peak and it is downhill towards the opposite solstice at Yule. This same day in the Southern half of Earth is the first day of Winter, the Wiccan Yule holiday.

“Let yourself sweat, too. It may be an unpopular sensation, but sweating is a healthy practice.”

So make use of this heat! This is the best time of year to harvest and dry herbs, especially that best herb of all, GARLIC. Any herbs in your garden are likely to be at their greenest and most potent, before they get overgrown and their oils spread out. Mint, basil, thyme, rosemary, any leafy herb you have, cut them at Litha and hang them to dry for a few days. I have old tea tins to save freshly dried herbs in.

Cutting herbs at this point also gives the plants plenty of sunny summer weather to grow back. They have the next three months of warm summer weather to make more sugars for their own purposes. Cutting them later in the year sets them back and makes the coming winter harder to survive.

The heat of this season means the garden may need extra water. Plants can handle a lot of heat if they have plenty of water. Potted plants need water every morning in hot weather. But for the garden, hook up your water hose once a week if things are dry. Water really well, soak your garden. A good watering should take a couple hours at least. There needs to be enough water in the garden to soak the ground, not just dampen the surface. You want the deep roots, the ones that really form the plant's foundations, to have plenty to drink. Forget the lawn. Just take care of the plants that provide you with goodies.

Let yourself sweat, too. It may be an unpopular sensation, but sweating is a healthy practice. I enjoy how I feel after a good sweat, and then a good shower.

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JUNE SERVICES

June 4	Rev. Denish Gyuach: "TBD"
June 11	Doug Traversa: "TBD"
June 18	Jill Austin: "We'll Build a Land"
June 25	Rabbi Rami Shapiro: "The World Wisdom Bible and

JUNE UUFM EVENTS

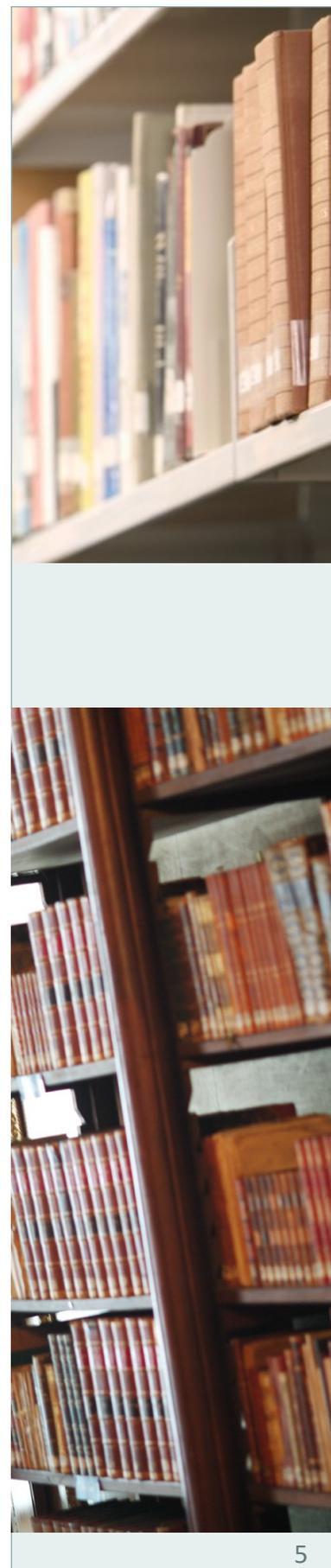
June 6	Humanists 6:00 pm McAlister's
June 14	Men's Group 6:00 pm TBD
June 15	Board Meeting 6:40 pm Kimbro home
June 20	Women's Group 6:00 pm TBD

POEM

Crazy Horse Speaks (part 2)
by Sherman Alexie

2.

Little Big Horn.
Little Big Horn does not belong to me.
I was there
my horse exploded beneath me.
I searched for Long Hair
the man you call Custer
the man I call My Father.
But it wasn't me who killed him
it was _____
who poked holes in Custer's ears
and left the body for proof.
I dream of him
and search doorways and alleys
for his grave.
General George Armstrong Custer
my heart is beating
survive
survive
survive.



**UNITARIAN
UNIVERSALIST
FELLOWSHIP OF
MURFREESBORO**

The Unitarian Universalist Fellowship of Murfreesboro, Tennessee (UUFM) is a liberal religious society associated with the Unitarian Universalist Association (UUA). UUFM is a member of the Southern Region and the Mid-South District.

LITHA

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Celebrating Litha is celebrating sunshine. To honor the Sun, wear sunny clothes, gold and yellow and orange. Enjoy some sunlight, maybe allow yourself to tan if you enjoy it. Beaches are good places for that. Litha occurs on the first day of the astrological sign of Cancer, the tasty crustacean and also the sign of Motherhood. You can find crabs on beaches! Crabs, lobsters and crayfish are tasty and cook well with herbs. Those herbs you just harvested! Watermelons, long associated with fertility, are sweet and hydrating hot weather food that is ripe around Litha.

Enjoy this relaxed season. Happy, happy summer time.

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