



Unitarian  
Universalist  
Fellowship of  
Murfreesboro

# The Chalice

April 2018  
Volume 1, Issue 12

## Member Spotlight

Each month we bring you a character sketch of a UUFM member. Our spotlight member this month is:

**ALLYSON BAUGH**

**TC: How long have you been a UUFM member?**

AB: I have been a member for about 10 years.

**TC: What originally brought you to UUFM and keeps you coming back?**

AB: I discovered Unitarian Universalism while going to school in Knoxville and felt that I'd found an inspiring spiritual home. After moving to Murfreesboro after graduation, I was pleased to find UUFM and began attending. Kind people, uplifting music, thoughtful, positive services, and a message of acceptance keep me coming back.

**TC: How do you like to spend your free time?**

AB: I enjoy reading books and magazines, watching Star Trek, spending time with Frank, exploring new places, playing ukulele, decorating and organizing, napping, watching birds in the backyard, and shopping.

**TC: What's the best vacation you've ever taken and what is one place you'd like to see?**

AB: I've always enjoyed spending time in nature and hiking. Several years ago Frank and I went to Glacier National Park in northern Montana. It was breathtaking. We saw so many beautiful things: A bald eagle gliding above a lake, a grizzly bear running through a valley, so many stars and the milky way on a clear night, the bluest glacial water and wildflowers like I'd never seen, a beach of rainbow colored rocks... It was just an amazing trip.

Since that trip, I have felt a slight sense of urgency to visit our country's national parks and there are many more I'd like to visit. Yosemite in California is a park I would really like to visit soon.



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Allyson Baugh (continued from page 1)

**TC: If you could create a slogan for your life, what would it be?**

AB: I like “Life doesn’t have to be perfect to be wonderful.” It may be cliché, but nonetheless these words remind me that things are ok, imperfection is ok- and it can possibly even be celebrated. I have perfectionist tendencies and can be anxious, so this resonates with me. Life can still be wonderful.



## Social Justice Committee Activity

By Frank Baugh

UUFM is volunteering to take part in the National Park Day 2018 event. Please see Frank Baugh to sign up to help preserve our local national park. Here are the details:

Stones Rivers National Battlefield calls upon our friends and neighbors to join us and our partners at Picnic Pavilion #1 in Old Fort Park on Saturday, April 14, 2018 as up to 250 volunteers work to remove trash and invasive exotic plants from Fortress Rosecrans, Old Fort Park, and the Lytle Creek Greenway.

## A Generous Heart

By Jill Austin

What is a generous heart? The dictionary defines ‘generous’ as sharing, unselfish, and being free from meanness or smallness of character. Besides the obvious definition, ‘heart’ can be defined as the center of personality and emotion. So, a person with a generous heart has caring at the core of his/her being. The following quotes help to explain the idea of a generous heart. Alexander Pope offered the opinion that many people are “capable of doing a wise thing, more a cunning thing, but very few a generous thing.” Maya Angelou said, “You can’t be consistently fair, consistently generous, consistently just, or consistently merciful. You can be anything erratically, but to be that thing time after time after time, you have to have courage.”

According to Robert Frost, “There never was any heart truly great and generous that was not also tender and compassionate.” Steve Henry believed that a generous person “puts his money where his emotions are.” Winston Churchill said, “We make a living by what we get, but we make a life by what we give.”

Some media stories provide examples how a person with a generous heart acts. Liza Wisner planned a birthday party for her son where all gifts would be donated to a charity—lots of children continue to decide on their own to do this each birthday as they get older. Christine Little’s teenage son, Dustin, had a serious heart problem and he received a donor heart – someone else died so her son could live. Christine said this is the most generous of gifts. One more story from the news -- Joan moved next to Herb, an older man who was very reclusive. She and her family got to know Herb and he was like a grandfather to Joan’s children. After Herb died, Joan found several envelopes with about \$100,000 in cash in each one. There was almost \$700,000. No one knew that Herb had money—he lived very simply and retired from a job that paid \$32,000 a year. Seven charities received \$97,000 each – Dogs for the Deaf, American Cancer Society, Make-A-Wish Foundation, and the local Food pantry were some of the charities that benefited from Herb’s generous heart. What did I learn from news stories about a generous heart? There are many examples of people who care about others and show their concern by their actions.

There are some explanations about a generous heart from Christian religious teachings.:

- Matthew 6:21 -- “For where your treasure is, there will your heart be also.”
- Acts 20:35b -- “It is more blessed to give than to receive.”
- Proverbs 11:25 – “A generous man will prosper; he who refreshes others will himself be refreshed.”

From Hindu teachings, a quote -- “Teach this triple truth to all: a generous heart, kind speech, and a life of service and compassion are the things which renew humanity.”

From Buddhism, generosity is a universal virtue, and a typical example is the monastic community’s dependence on the lay community. Monks reciprocate by giving instruction and guidance. Starting with the Buddha, the tradition has always emphasized that an open-hand and open-heart orientation to life is essential if one is to make spiritual progress. The Dalai Lama said in *Ethics for the New Millennium*, “It is worth reminding ourselves that what brings us the greatest joy and satisfaction in life are those actions we undertake out of concern for others.”

He says that questions about human existence – “such as why we are here, where we are going, and whether the universe had a beginning, have each elicited different responses in different philosophical traditions, but it is self-evident that a generous heart and wholesome actions lead to greater peace.”

What do Unitarian Universalists say about a generous heart? In the sense that one of the sources of our faith is “wisdom from the world’s religions” those conclusions from religious writings I just listed are one explanation of what UUs might say about a generous heart. According to Cecilia Kingman Miller from her writing called *The Land of Enough*, Unitarian Universalists have a mission to “shine the light of our chalice in this community” and to give a gift that gladdens our hearts. As Unitarian Universalists, what we do in life is more important than whether we all believe the same way spiritually, so demonstrating a generous heart is required. According to UU minister James Ford, he considers the call to action and good works as our UU desire for what he calls a “salvation by character.” He says that a generous heart, “speaks to how we engage our own lives, both as we look within ourselves, and as we act in the world.” He says that, “We understand this is at our core; this caring, this attending to actual needs, to real people, to the living earth.”

Tom Owen-Towle wrote in *Growing a Beloved Community* that Unitarian Universalists talk about the importance of virtues such as love, justice, trust, acceptance, serenity, joy, forgiveness, and humility. He said that there is one virtue that is essential for religious living and that is generosity. Generosity, he says, “undergirds and underwrites all other values. Without generosity, one loves sparingly . . . without generosity, our acts of justice happen rarely, without generosity we hoard our precious gifts of time and soul and other resources.” Owen-Towle says that generosity is the primary virtue that makes possible the stewardship that sustains our healthy congregations. He says that the strongest Unitarian Universalist churches are those that have ‘large souls’ across the board – spiritually, educationally, prophetically, and fiscally.

Of course, our UU principles of justice, equity and compassion in human relations; encouraging spiritual growth; and the goal of a world community with peace, liberty, and justice for all are three principles that require us as Unitarians to develop a generous heart.

For me, a generous heart connects me to other people and it takes me out of self-centeredness and the “me” mentality and puts me into other-centeredness. I am more connected to my community when I am generous. My generosity makes others happy and there is real joy in me when I give to others. I have some satisfaction in making a difference when I give to others. Giving to others teaches me to depend on other people and helps me to develop trust. I give to others to both protect and to share my values. That old saying, it is better to give than to receive is really true. I want to believe that I have enough -- if I can make a difference in some way. Sometimes I think – I am too busy to care about others, I need time for myself, it takes too much energy to have a generous heart, or having a generous heart requires me to be vulnerable to others. All of these things may be true. But, what is the cost to me if I don’t develop a generous heart? Business people talk about opportunity costs in decision making. As part of their decision making, they ask – what is the opportunity that is lost if I don’t select a certain alternative action? I wonder what is the cost to me in lost opportunities if I don’t decide to develop a generous heart? A few potential costs come to mind: I won’t be open to others, I won’t be connected to my community, I won’t fully participate in life, and I won’t make any difference with my life. Some lyrics from a song written by Kate Campbell ask the question: “How much can one heart hold, a pound of dirt or a pound of gold? We may never know, the truth be told – how much can one heart hold?” Kate suggests that we should be careful what we put in our hearts – they will be filled with something. She says, “If the heart is a bottomless pit, you gotta watch what you put in it. . . Before you know it, you’re carrying around a ton of stuff that’ll weigh you down. How much can one heart hold?” The opportunity cost here is a heart filled with dirt, not gold – a heart that does not allow me to live fully.

I think another opportunity lost by not developing a generous heart is a heart filled with fear, anger, uncertainty, or pain – rather than a heart filled with generosity, love, and compassion. Seems like the lost opportunities of not developing a generous heart are too high – I must actively develop my generous heart. This world and our local communities need our generous hearts. Our concerns expressed through our actions of giving our time and talents to others results in a better world for everyone. Our efforts to provide financial assistance to non-profit organizations, our work in cleaning up our environment, our efforts to help people who can’t help themselves, our contributions of food for children – all of these are examples of actions that we may offer – these actions are the results of our generous hearts.

### APRIL SERVICES

|    |   |
|----|---|
| 1  | Jill Austin: "The Importance of Symbols: Our UU Chalice Story"                                  |
| 8  | Doug Traversa: "What Might Be God?"   |
| 15 | Rev. Denise Gyauch: "A Lineage of Hope: Stories of Resilience & Resistance from our UU History" |
| 22 | Allie Becker: "Earth Day"   |
| 29 | Flower Communion  |

| SUNDAY            | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|-------------------|--------|---------|-----------|----------|--------|----------|
| <b>APRIL 2018</b> |        |         |           |          |        |          |
| 1                 | 2      | 3       | 4         | 5        | 6      | 7        |
| 8                 | 9      | 10      | 11        | 12       | 13     | 14       |
| 15                | 16     | 17      | 18        | 19       | 20     | 21       |
| 22                | 23     | 24      | 25        | 26       | 27     | 28       |
| 29                | 30     |         |           |          |        |          |
|                   |        |         |           |          |        |          |

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### APRIL MUSIC

|    |  |
|----|--|
| 1  | 38: Morning Has Broken<br>345: With Joy We Claim the Growing Light |
| 8  | 123: Spirit of Life<br>1027: Cuando el Pobre                       |
| 15 | 107: Now Sing We of the Brave of Old<br>121: We'll Build a Land    |
| 22 | 174: O Earth You Are Surpassing Fair<br>1064: Blue Boat Home       |
| 29 | 63: As We Sing of Hope and Joy<br>196: Singer of Life              |

### APRIL UUFM EVENTS

|    |                                   |
|----|-----------------------------------|
| 6  | UUFM Humanists—See Carolsue Clery |
| 8  | Board Meeting—Barbara & Bob       |
| 14 | Men's Group—See Blake Becker      |
| 21 | Women's Group—TBD                 |



UNITARIAN  
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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.

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POEM

HOMEWORK

By Allen Ginsberg

If I were doing my Laundry I'd wash my dirty Iran  
I'd throw in my United States, and pour on the Ivory Soap,  
scrub up Africa, put all the birds and elephants back in  
the jungle,  
I'd wash the Amazon river and clean the oily Carib & Gulf of Mexico,  
Rub that smog off the North Pole, wipe up all the pipelines in Alaska,  
Rub-a-dub-dub for Rocky Flats and Los Alamos, Flush that sparkly  
Cesium out of Love Canal  
Rinse down the Acid Rain over the Parthenon & Sphinx, Drain the Sludge  
out of the Mediterranean basin & make it azure again,  
Put some blueing back into the sky over the Rhine, bleach the little  
Clouds so snow returns white as snow,  
Cleanse the Hudson Thames & Neckar, Drain the Suds out of Lake Erie  
Then I'd throw big Asia in one giant Load & wash out the blood &  
Agent Orange,  
Dump the whole mess of Russia and China in wringer, squeeze out  
the tattletale Gray of U.S. Central American police state,  
& put the planet in the drier & let it set 20 minutes or an  
Aeon till it came out clean