



# The CommUunicator

Newsletter of the Unitarian Universalist Fellowship of Waynesboro

## The Power of Music

By Lorain Harouff

Music is a very powerful force. I do believe that music can transcend communities, cultures, and creeds. I love to watch “flash mobs” on YouTube as people are drawn together from all directions when they hear a compelling piece of music started in some random public space by one or a few people. The wonder catches and expands as the crowd grows.

There are many sites on Google which address the relationship between music and spirituality. It makes sense that we process music in the brain by applying a type of memory encoding to a song or sound. It is almost like reliving a past moment of joy, happiness, pain, or sadness. Also, the nostalgic element of music cements our memory of words and phrases to a fascinating degree!

It doesn't matter which genre of music a person enjoys the most if it awakens an emotion that is true and deeply rooted. That experience is connecting us to our essence, our inner divine nature. When we “dissolve” into the sounds we are experiencing a method of meditation.

Perhaps the luckiest children are the ones who are given opportunities to hear many genres of music during their early years, which then gives them more avenues to “meditate” and experience joy from music throughout their lives. In the meantime, we should try to

The UUFW Blood Drive collected 24 units. Thanks everyone who gave and who organized this event.

understand and respect the music of others both far away and near to us. It is never too late for us to try broadening our musical tastes even though our early experiences will probably continue to dictate a top contender reaction!

I still remember going to *Peter, Paul and Mary* concerts in the 60's and thrilling at the shimmering of Mary's hair flipping back into silky perfection under the stage lights. She would accent certain notes with a quick head jerk. That beautiful harmony with stringed instrumentation left a stamp on my soul! What music moves your soul?



*Lorain and Bill Harouff have been making music together since high school. They have graced UUFW with folk music since the 1970s and performed for UUs throughout the country, including appearances at two UUA General Assemblies*

## New HVAC System for Chalice House

By Joe Good

Our new heating and cooling system is a major project that UUFW completed recently. It was headed up by the Buildings and Grounds Team with the support of Reverend Paul and our Board of Directors. The old furnace was on its last legs, and the building had for years been “cooled” by five noisy window units.

You may have noticed the external air conditioning unit newly installed at the rear of the building. The furnace replacement was complicated by the presence of asbestos-covered duct work, all of which had to be removed and replaced with new highly insulated ducting. The project also necessitated the installation of an upgraded electrical entrance box. These are high-tech, highly efficient units, which will significantly help to reduce our carbon footprint in keeping with our mission to safeguard our planet. This much-needed upgrade was financed through the generosity of all of us. Future plans for our lovely old (circa 1900) building include full attic insulation and planet-friendly replacement windows.

As a footnote to the above, it is the Building and Grounds Team that has as its charge the maintenance and improvement of our two buildings and our grounds. Our many tasks range from major ones, like the aforementioned improvement, to maintaining our gardens to resupplying paper products. And FIXING THINGS! Almost all of this is done by volunteers. We have a host of worker bees, some of whom are on the Buildings and Grounds Team and many of whom are not. The ins and outs of our building and grounds endeavors, our many tasks and our multitudinous troops will be detailed in a future newsletter.

## New Member Spotlight



Faye Duncan (pictured here with her grandchildren, Logan and Corbianne) first joined UUFW in the '90s, later moved away, and is now back! You recently saw her serve as the lay leader, not surprising since she has a special interest in our Sunday services. An avid reader, Faye was a cataloger at the Waynesboro Public Library for 12 years. She appreciates that in our congregation there is no set dogma she must follow, allowing her to listen to that "still small voice" in her conscience. Faye, we are very happy to have you (and your grandchildren) back with us!

## Disaster Relief Update

When we take up a special collection for the UUA to provide relief for natural disasters, as we recently did for Hurricane Harvey, we may not always learn how the money is used. The many natural disasters since Harvey led to the creation of a single UUA fund for aid to victims of Hurricanes Irma, Maria and the California fires. The [Disaster Relief Fund](#) page provides details on how much money has been raised, how it is being distributed, and how to give.

