



# The CommUUnicator

Newsletter of the Unitarian Universalist Fellowship of Waynesboro

## THIS IS YOUR LIFE

By Ed Piper

During a time when we are bombarded with unsettling news on a daily basis, it is tempting to adopt a cynical view that life and history are little more than “just one damned thing after another.” An alternative is to find meaning and purpose in one’s personal life *in spite of* the negativity that surrounds us. Rather than viewing one’s life as a series of random and disconnected events, we can look for recurring themes that enable us to view our life story as a meaningful narrative that can serve as an ongoing guide for ourselves and a potential inspiration for others.

Beginning on February 5<sup>th</sup>, I will be leading a five-session adult religious education class designed to provide an opportunity for UUFW members and friends to reflect on their life experiences—joys and sorrows, relationships lost and found, roads taken and not taken. This class will offer a framework for recalling and interpreting the significant life events and people that have shaped your life story, with the goal of identifying recurring issues and themes

### In Memoriam

Former UUFW member, Ron Burch, passed away on January 11. He is survived by his wife, Marian, and two sons. The service was private. Ron is fondly remembered for his love of playing Irish music and skill making Native American flutes.

that have made you who you are today. Our guides will be respected personality theorists such as Erik Erikson and Carl Jung as well as contemporary writers like Brené Brown, author of *Rising Strong* and other books about personal resilience, and Dan McAdams, author of *The Stories We Live By*.

This class is *not* intended to provide a form of group therapy. Instead, I hope that class members will be able to identify and affirm the personal qualities they want to pass along to others. Based on your life narrative and the sustaining values you have formed along the way, what do you want your life legacy to be?

This class will meet Mondays, 7:00-8:30 p.m. on Feb. 5 & 19, Mar. 5 & 19, and Apr. 2 in Chalice House. If you would like to participate, please inform our administrative assistant, Marilyn Nash at [mpnash1@gmail.com](mailto:mpnash1@gmail.com).



A full house on January 21 enjoyed a fine sermon by Rev. Paul and a monthly potluck of comfort food.