



The CommUUnicator

Newsletter of the Unitarian Universalist
Fellowship of Waynesboro

Stillness on the Spiral Journey

By Geoff Duke

When my family moved into our Vermont home, I built a small cave into the mossy hill in the backyard. It's just big enough for a candle and a small offering. On the Winter Solstice, I place a single votive candle in this sacred cave to symbolize the light of the new year, cradled in the Earth, waiting to be reborn. I say a prayer asking for good health, prosperity, and understanding and peace throughout the world.

My family and I spend the evening of Winter Solstice sharing stories, food, and good company amid the warm glow of candles. This is sacred darkness; quiet, reflective, expectant, comforting— together, we make our way through this longest night.

When morning comes, I try to witness the sunrise. Sometimes it blazes over the hilltop, sparkling on the crystal ice-covered branches. Other times, the morning dawns beneath a blanket of clouds. However the Sun arrives, it heralds the eventual lengthening of the day, and I know that Spring and Summer will come again.

This cycle of growth and decline, waxing and waning, appears throughout nature: from the turning of the seasons and the phases of the moon to the dark and light of each day. Similar patterns appear in our own lives: there's an ebb and flow in our relationships with others, in creative work, learning, and even spiritual practices. We experience periods of activity and engagement and also times of rest and drawing-back.

I've found it helpful to think about parts of my life as cycles or spirals instead of a single, often meandering path. These cycles aren't just happening to me, or to you. We engage with these

cycles though our own choices. We volunteer. We advocate for changes we want in our communities. Sometimes, we let go of something that no longer serves.

During the sacred darkness of this Winter Solstice, may we reflect on our journeys and express gratitude for the experiences of the past year. May we decide which things we need to carry forward with us, and which things to set aside— perhaps for good, or maybe until we're ready to pick them up again.

This essay is reprinted from [Braver/Wiser](#), the weekly inspiration found on the UUA website.

New Member Spotlight



Amy Goodloe (left) and Cynthia Eckles recently moved to Waynesboro from Broomfield, CO, and they began attending UUFW after Amy rode her bike past the Fellowship and was

intrigued by the rainbow flag.

Amy is an Atlanta native with graduate degrees in English and a history of teaching university writing and rhetoric. Cynthia is a Las Vegas native with graduate degrees in Psychology and a history of doing HR data analysis for state government and a software company.

Amy and Cynthia have been together since 2012 and were married a year after the Supreme Court made same-sex marriage legal. They have three dogs, and they enjoy travel, food, board games, movies, RV camping, and engaging with LGBTQ

communities and other communities with shared values.

They have really enjoyed how welcoming everyone at UFW has been, and they look forward to finding ways to be of service to the UFW community.

Lay Service Leaders and Readers

by Kay Yost, Worship Arts Team

Every Sunday, two volunteers are needed to assist in our Sunday services. A lay service leader is needed to open the service with a welcome message, reading of chalice lighting words, and introduce various parts of the service. In addition, volunteer readers are needed who will read selections chosen by the minister and/or Worship Arts Team during the service.

The Worship Arts Team especially needs more volunteers to serve in the role of lay service leader. I want to take this opportunity to explain how this job is done and encourage any of our members, including new members, who have never done it before it to consider trying it out. Our team maintains a lay service leader script that is printed out and kept in a binder at the podium for use during Sunday services. The script is also available as a PDF file that can be emailed to volunteers. When you sign up to be lay service leader for a particular date, all you need to do is arrive 15 minutes early so that you have time to review the order of service with Rev. Paul to select which pages you want to use in the script and mark them with a sticky post-it note so you can easily find your selected pages during the service.

The online SignUpGenius that is used for scheduling lay service leaders and readers can be found by going to the UFW website at ufw.org and scrolling to the bottom of the page and looking under "Volunteer." Just select Lay Service Leader Sign-Up and you find the schedule and be able to sign up for any openings. Feel free to contact Kay

Yost at service-leaders@ufw.org with any questions or if you would like to see the script which includes detailed instructions.

Community Support

The planned activity by our Religious Education program, which you have been hearing about, happened on Saturday, December 14. At least nine members of our child and youth programs, their parents and program leaders, spent about two hours playing board games and just talking with residents of the Valley Mission in Staunton. Aproximately twenty residents, including six children, participated in the activities. The children and some of the adults enthusiastically joined in the games, while others were happy to watch. We offered snacks for the event and delivered over 100

cans of vegetables to Mission staff. Thank you everyone who contributed to this mutually rewarding effort.

