

This is a shortened version of the E-Nuus sent by Chalice on July 18.

Weekly Newsletter for July 18, 2018

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### **A note from Rev. Sharon:**

Of course I hope that every sermon is meaningful and worth your time, but this past Sunday's sermon "Living with Unwanted Visitors" seems to have been especially the right sermon at the right moment for many Chalice congregants. If you are struggling at all, it may be worth 18 minutes of your time. [You can view it on Facebook here \(not necessary to log on\).](#)

I've mentioned this the past two Sundays and offer again here: Please don't take lightly your feelings of despair or overwhelm. Depression is real, and it takes many different forms. If you are experiencing ongoing tiredness, difficulty concentrating, joylessness, sadness...please talk to a doctor about being screened for depression.

Blessings and love,  
Rev. Sharon

### **Chalice RE Summer Class can use donations:**

Kathleen has organized a series of Social Service projects for the students. Last Sunday, they decorated cookies for the Haven House guests. Chalice contributed a dinner for ICS Haven House on Monday, July 15.

This coming Sunday (or soon), they will fill back packs that Interfaith Community Services will distribute to children from families that are unable to afford supplies for school.

**If you would like to donate School Supplies** for the backpacks, pencils, markers, pens, spiral notebooks, glue sticks, etc. are always appreciated. ICS can provide school supplies when a family needs them.

### **Journals for our Teens**

Do you have a blank journal that you have never used? Our teens will be discussing, acting, and reflecting on virtue ethics next year and one of the ways they will be doing this is through journaling. If you happen to have one that you won't use, please pass it along to Kathleen--thanks!

*THANK you all!*

## **Food Addicts Anonymous:**

Every Friday evening, a group of people who are members of Food Addicts Anonymous meet at Chalice. This is a national organization of support groups for people who are challenged by eating disorders. The Escondido group that meets at Chalice prefers the name: "Freedom through Acceptance & Action"

The mission of the national organization: "Our mission is to offer hope to suffering food addicts. We are recovering together *one day at a time* from the biochemical disease of food addiction."

You do not need an invitation to attend. If you feel you would benefit from visiting with this group, please contact Heather or Carolyn, or come visit one Friday evening at 7 pm in the cottage.

More information can be found on the website:

foodaddictsanonymous.org or by calling or texting one of our local contacts: Heather (704) 516-3077 or Carolyn (760) 532-2762

## **Racial Justice Film Series**

### **Thursday, July 26 from 6 to 9 pm in the chapel:**

The next film in the Racial Justice Film Series will be "Get Out" presented on Thursday, July 26 from 6PM-9PM in the Chapel. "Get Out" was chosen by the National Board of Review, the American Film Institute and Time magazine as one of the top 10 films of the year.

**We will enjoy this as a potluck.** Bring whatever you want for 6-10 people and let's have a blast watching and discussing this very challenging movie with alternative endings.

## Two Weeks of the Chalice Calendar

### Thursday, July 19

Zen Meditation: (Cottage) 8:30 am  
Women's Meditation: (Chapel) 10:30 am  
Notes of Comfort: (Chapel) 7:00 pm

### Friday, July 20

Ladies-Out-To-Lunch: (off-site) 11:30 am  
\*\* meeting at the Brigantine on Felicita Ave in Escondido \*\*  
Chair Yoga Class: (Chapel) 12:00 noon  
Food Addicts Anon: (Cottage) 7:00 pm  
Luminary Arts: (rental / Chapel) 7:00 pm

### Saturday, July 21

Renovations Meeting: (Chapel) 10:00 am  
Worship Team: (Cottage) 10:00 am  
Neighborhood Connection Group: (Common Rm) 11:00 am  
Luminary Arts: (rental / Chapel) 3:00 pm  
Circle Suppers: (various homes) 6:00 pm

### Sunday, July 22

Services at 9 and 11 am  
"Bread for the Journey: Interdependence"  
Rev. Sharon Wylie  
Multigenerational service  
Outreach Team: (Cottage) 11:00 am  
No Concert - sorry, it was postponed  
Zen Meditation: (Cottage) 3:30 pm

### Monday, July 23

Readers' Theater: (Common Rm) 6:45 pm  
*The Crucible* by Arthur Miller  
Luminary Arts: (rental / Chapel) 7:00 pm

### Tuesday, July 24

Chair Yoga: (Chapel) 10:00 am  
Communications Task Force: (Nook) 1:00 pm  
Yoga: (Chapel) 7:00 pm  
Newsletter Deadline:  
ChaliceUUCNewsletter@gmail.com

### Wednesday, July 25

Cracker Barrel: (Marie Callender) 9:00 am  
Luminary Arts: (rental / Chapel) 7:00 pm

### Thursday, July 26

Zen Meditation: (Cottage) 8:30 am  
Women's Meditation: (Chapel) 10:30 am  
Racial Justice Film Series: 6:00 pm (Chapel)  
Watching "Get Out"  
Notes of Comfort: (Cottage\*\*) 7:00 pm  
\*\* This choir group graciously offered to meet in the cottage so that the Racial Justice Film Series could be in the chapel tonight.

### Friday, July 27

Chair Yoga Class: (Chapel) 12:00 noon  
Food Addicts Anon: (Cottage) 7:00 pm

### Saturday, July 28

Private Support Group: (Comn Rm) 11:00 am  
Luminary Arts: (rental / Chapel) 3:00 pm

### Sunday, July 29

Services at 9 and 11 am  
"Do I Dare to Eat a Peach"  
Everett Howe, Pulpit Guest  
RE Classes during 9 am service  
Zen Meditation: (Cottage) 3:30 pm

### Monday, July 30

Luminary Arts: (rental / Chapel) 7:00 pm

### Tuesday, July 31

Chair Yoga: (Chapel) 10:00 am  
Coord Team: (Nook) 1:00 pm  
Yoga: (Chapel) 7:00 pm

### Wednesday, August 1

Cracker Barrel: (Marie Callender) 9:00 am  
Bruno Groening Circle: (rental / common rm) 7:00 pm

### Thursday, August 2

Zen Meditation: (Cottage) 8:30 am  
Women's Meditation: (Chapel) 10:30 am  
Notes of Comfort: (Cottage\*\*) 7:00 pm