



THE UNITARIAN CHURCH IN FALL RIVER.

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JUNE 2015

As I approach the last days of my professional career, it's difficult to say what I really expect in the time to come. It's not a matter of how much time I have, or what I'll do with it. But I know those will be among the things I'll have to deal with.

We've all known friends, relatives, neighbors, co-workers and others who have entered retirement, moved into more older years, and have found it absolutely wonderful. The "Glad I don't have to do THAT any more" attitude, or "Finally I'll have time to do all those things I really enjoy." And we've known others who have felt dismayed because they really don't want to stay home and watch TV or read magazines and books, or, in our time now, to spend so much time on-line.

Growing old is no more than a bad habit which a busy person has no time to form.

— *Andre Maurois*

So as I look into retirement when we come to the end of this church year, I'm not really sure about the details of what I'll be doing, but I'm sure I will keep occupied and will find ways to accomplish new and old goals, and will not simply sit around bored. We'll see what happens. But I will miss you.

(And perhaps I'll turn up some Sunday ...just for the coffee?)

C.F. Flagg

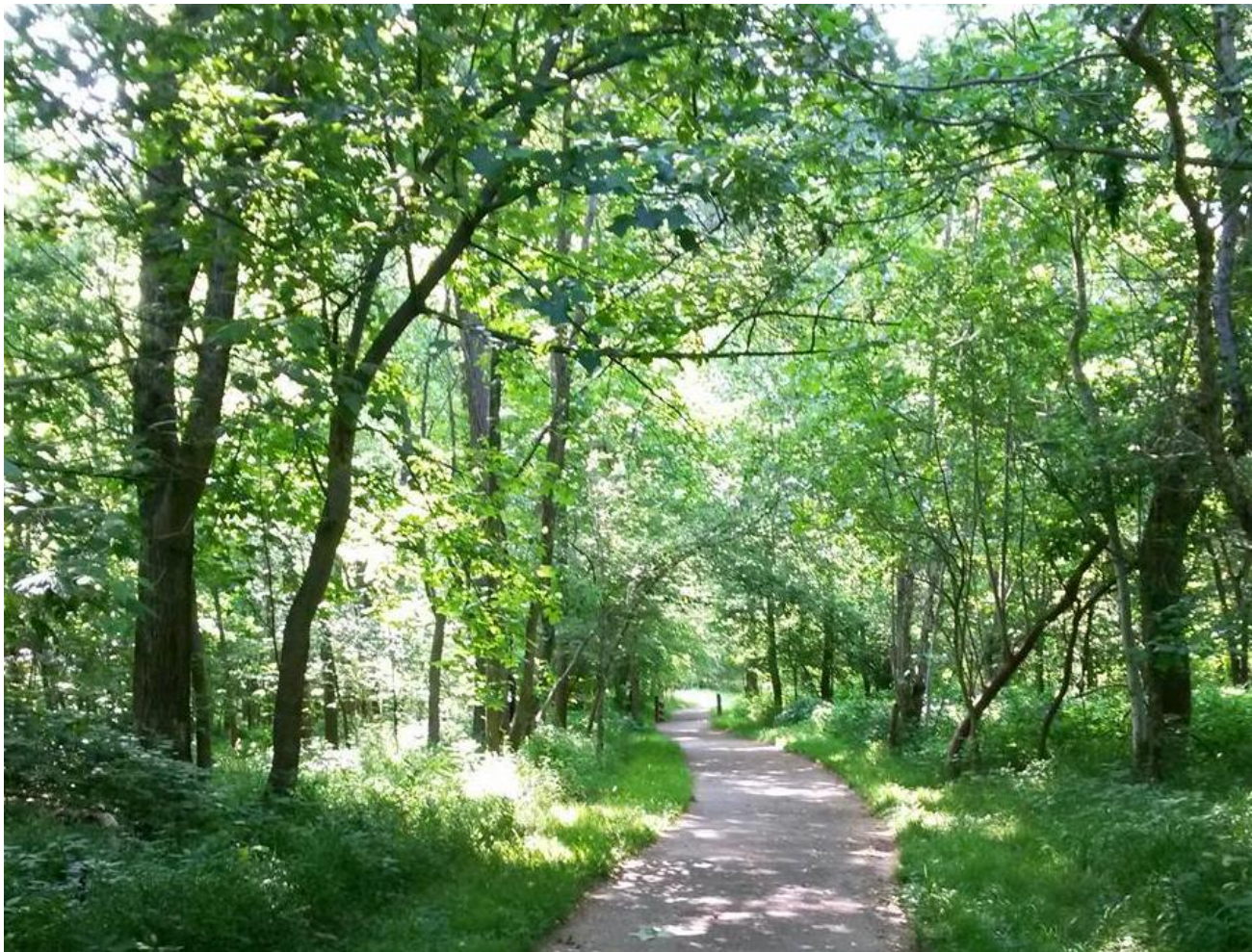
SERVICE THEMES:

June 7th “What Do We Believe About God”

June 14th “Looking to the Past and To the Future”

June 21st “What Comes Next?”

June 28th “A Time of Farewell”



Pastoral scene in Fairfax County, VA

A time to talk by Robert Frost

This poem is about the value of friendship and priorities. Even while working, take the time to chat with your friend, the work will still be there when you come back. Friends and family are what is important in life.

When a friend calls to me from the road
And slows his horse to a meaning walk,
I don't stand still and look around
On all the hills I haven't hoed,
And shout from where I am, 'What is it?'
No, not as there is a time to talk.
I thrust my hoe in the mellow ground,
Blade-end up and five feet tall,
And plod: I go up to the stone wall
For a friendly visit.

Source: <http://www.familyfriendpoems.com/poem/a-time-to-talk#ixzz3bm0Smuxs>
Family Friend Poems Source: <http://www.familyfriendpoems.com/poem/a-time-to-talk#ixzz3blztz0oH>
Family Friend Poems

I don't think we emphasize these enough:

"We, the member congregations of the Unitarian Universalist Association, covenant to affirm and promote [the following principles]:

1. The inherent worth and dignity of every person;
2. Justice, equity and compassion in human relations;
3. Acceptance of one another and encouragement to spiritual growth in our congregations;
4. A free and responsible search for truth and meaning;
5. The right of conscience and the use of the democratic process within our congregations and in society at large;
6. The goal of world community with peace, liberty, and justice for all;
7. Respect for the interdependent web of all existence of which we are a part.

**Comments and future articles should be submitted to us by email:
office@unitarianchurchfr.org**

Living a Thoughtful Life

By Neel Raman

It's so easy isn't it, to get caught up in daily living, making a career for yourself and chasing achievement, and not pay too much attention to asking questions about how you live. In fact, you can choose to let everyone else make the decisions about politics and ethics, and just go with the flow. Why should matters like that concern you? Surely, you say, it's not up to you to ask at all - that's for politicians and philosophers and people who know what they're talking about.

Think about this for a moment. Were it not for the fact that ordinary people like you and me ask questions, and examine the way we live, and seek change for the better, it would be down to a handful of remote people making decisions on your behalf. About everything! About human rights. Community issues. Foreign trade. Care of the elderly. War.

Everything that you see and experience in the world is worthy of question.

That's why you really can believe in your ability to be a politician and a philosopher, and add to the conversation about what it is to be a human being in the global community. You are truly capable of it. And you have the courage to do it.

Giving someone a label doesn't mean that no-one else has the right to challenge what that person believes or how they act - you have the opportunity to make a difference by being always mindful of what you believe are fundamental requisites for living a truly compassionate and thoughtful life.

You can do this because you are committed to your journey to find the truth in your life and you have asked questions of yourself to understand what holds you back from achieving your goal. It's only a step away from really examining the beliefs and opinions you hold and questioning them to ensure that they are based on your inner truth and your commitment to it.

Living a thoughtful life is about understanding the ethics of how you live, and what you can change to improve the quality of life for all life on the planet. It means always re-evaluating your beliefs and having the humility to reassess them if you find that there is a more loving and compassionate way of thinking.

You have the power to change things for the better. Think about it.

Formula for Living the Good Life **by Miami Phillips**

1. Above all else: Be yourself. Do not try to be anyone else. Be uniquely you and take great pleasure in that.
2. Do what you love to do. If your life is made up of struggle, then look at that struggle and ask yourself: what is the cause of the struggle? Are you doing things you do not want to do?
3. Gratitude opens the door for all else. Be continually grateful for all that you have. It is a gift. If you and I were to talk today, how many things would you list that you are thankful for?
4. Set your goals and intent and take the steps necessary to achieve them. Communicate your dreams to the Universal Power, then follow through on your part.
5. Let go the outcome. What control do you have anyway? And, if you are enjoying being who you are, and you are enjoying doing what you love, then anything that comes after that is a complete blessing! Why worry about it? Just make it happen!