

# Newsletter



Unitarian Universalist Congregation of the  
South Jersey Shore



Volume 12, Issue 01

January 2010

## January Services

We meet at our UU Center, Pomona Rd and Liebig Street, Galloway NJ (near the north entrance to Richard Stockton College).  
Services are at 10:00 am unless otherwise noted.

<p><b>January 3</b></p>	<p><b>Unitarian Universalist History Series: Part 3 – 1893 to 1961: The Rise of Humanism</b> <i>Lay speaker Michael Cluff</i> Thanks to Darwin, Nietzsche, and the rise of American freethought in the late 19th century, Unitarian thinking evolves toward "religious humanism." Will Unitarians and Universalists agree on a "religion without God"? Can they survive resurgent Christian Fundamentalism? Don't change that dial!</p>
<p><b>January 10</b></p>	<p><b>UUism and Shiism</b> <i>Guest speaker Amy Glenn</i> What do you know about Shia Islam? About 15% of the world's 1.3 billion Muslims are Shia, with majority Shia in Lebanon, Iraq, Bahrain, and Iran. What similarities, if any, exist between this minority expression of Islam and our Unitarian Universalism?</p>
<p><b>January 17</b></p>	<p><b>The Morality of Global Climate Change</b> <i>Guest speaker Chad Tolman</i> Climate change is not only a scientific, economic, political, and national security issue; it is a profound moral and ethical issue that demands a response from those who value the inherent worth and dignity of all people and who want to preserve the interdependent web of existence of which we are a part. Chad realizes that we have done a lot, but hopes to inspire us to even greater action on behalf of future generations and Earth's other creatures. <i>After the service Chad will expand on the topic with a presentation going into greater depth, with opportunity for dialog.</i></p>
<p><b>January 24</b> Visioning with Rev Libby Smith, 12-3 pm</p>	<p><b>Unitarian Universalist History Series: Part 4 – 1961 to the Present: "An Unexamined Faith is Not Worth Having"</b> <i>Lay speaker Jim Gentile</i> This quote from James Luther Adams sets the theme of the final Sunday in which we examine our UU tradition. The message will examine our responsibility to respect the dedication of those who came before us, define who we are as a community, and vigorously embrace the deep roots of our tradition, which intertwines relentless examination and universal compassion. <i>The service will be followed by a Congregation-wide workshop to enable us, as a community, to further examine who we are and, most importantly, who we seek to become.</i></p>
<p><b>January 31</b> 5<sup>th</sup> Sunday Potluck</p>	<p><b>Are You a Poet and Don't Know It?</b> <i>Led by Barbara Miller</i> Join us for our traditional annual poetry service, in which congregation members share their favorite poetry – some original.</p>



*Our guest speakers this month....*

**Amy Glenn** has served for the last ten years as a member of the Religion and Philosophy Department at The Lawrenceville School. In addition to courses on ethics and mythology, she teaches comparative World Religions, Islamic Studies, and Middle East Case Studies. Amy spends most of her day nurturing the intellectual and spiritual lives of adolescents. She is also certified Kripalu yoga teacher, a DONA certified doula, and certified Hospital Chaplain. Amy also enjoys traveling. In the summer of 2004, Amy and her husband Clark traveled to the Islamic Republic of Iran with ten other teachers from the United States. Join Amy Glenn on Sunday, January 10<sup>th</sup>, 2010 as she reflects on the connections between Unitarian Universalism and Shia Islam. Those who are interested to hear more about her trip to Iran are welcome to stay after the service for a slide show and informal presentation. While she was raised in a Mormon family in Utah, today Amy is an active member at the Unitarian Universalist Church at Washington Crossing in Titusville, NJ. Come listen to a UU scholar reflect on her travels in Iran and learn more about the rich legacy of Islam in that ancient land.

**Chad Tolman** received his PhD in chemistry at UC Berkeley and thereafter worked for 30 years at DuPont Central Research in Wilmington. After retiring in 1996, he taught for a year at Delaware Tech and the University of Delaware, including a graduate course in environmental chemistry. He worked for three years in Washington for the National Science Foundation in the Chemistry Division, and two years for the National Academy of Science in the Division of Earth and Life Sciences.

Chad has followed energy and climate change issues for over 20 years, and has written and spoken about them extensively. He writes a monthly electronic blog, *Climate Change News*, and helped write the UU **Statement of Conscience on the Threat of Global Warming/Climate Change**, adopted by the General Assembly in 2006. He leads an interdenominational group of five churches, the **Coalition for Climate Change Study and Action**, and has given sermons on the morality of climate change at a dozen churches in five states. He has taught short courses at the UD Academy of Lifelong Learning called, **Is Civilization Sustainable?**, and one at Star Island titled, **The Natural History of Earth, Human Impacts, and Our Current Choice: Life or Death**. He chairs the Energy Committee of the Delaware Chapter of the Sierra Club, and is a member of the Advocacy Committee of the Delaware Nature Society and the Climate Change Task Force of the U.S. League of Women Voters, where he is helping to develop a **Citizen's Toolkit for Energy/Climate Action**. In 2009 he was awarded the DE Audubon Conservation Award for his work on energy and climate change.

## Vision, Mission, Covenant Workshop January 24

Please plan to join us for the Visioning workshop after service on January 24.

A light lunch will be served in lieu of coffee hour (approximately 11:15 to noon), after which the workshop will follow, from 12:15 to approximately 3:30. You are free to stay for only a portion of the workshop if necessary.

During the workshop Rev Libby Smith, a consultant from the Joseph Priestley District, will build upon the three visioning sessions we held during November and December.

## Revisiting Joys & Sorrows

A friendly reminder that Joys and Sorrows is meant to be a time to share personal joys and sorrows and not a time to make announcements. -- Margaret Rea

## Calling All Poets!

our annual Poetry Service approacheth!

Please contact Barbara Miller

if you would like to share a favorite poem,  
ideally one you yourself have penned!!!

### Art is...

Art has many avenues; love is carried through many vessels. Your oceans are your colours, your ship is your brush and your treasures are in your heart. -- *Moncy Barbour*

An art which isn't based on feeling isn't an art at all... feeling is the principle, the beginning and the end; craft, objective, technique - all these are in the middle. -- *Paul Cezanne*

Art is not the possession of the few who are recognized writers, painters, musicians; it is the authentic expression of any and all individuality. -- *John Dewey*

Art is like an ill-trained Labrador retriever that drags you out into traffic. -- *Annie Dillard*

## REFLECTIONS by President Jim Gentile

In November and December, the Congregation held three vision/mission talk back sessions. These focused upon questions of the current and future identity of the Congregation.

It appears that most of us feel that the sense of community, of support, of fellowship, and of safe opportunities for personal growth define the Congregation. Suggestions about the manner in which the Congregation should reach out to and serve the larger community were as varied as our membership, ranging from youth ministry, to small group ministry, to service to the poor, to encouraging the free flow of ideas, to interdenominational work, and to environmental work. Of course, there were additional suggestions which went beyond these categories. All of the suggestions are too numerous to list here.

The next step in this process of defining the vision and mission of the Congregation is a Congregation-wide workshop. It is hoped that this will engage the Congregation in focusing on the various suggestions obtained in November and December and in refining them into a vision and mission statement and into an action plan.

The Board has retained Rev. Libby Smith, of the Joseph Priestly District, to facilitate this process. **The workshop will occur on January 24, 2010, beginning after the service. It will run through much of the afternoon. Lunch will be served and child care will be provided for the younger children through members of the Congregation. The teens of the Congregation are invited to attend.** Please make plans to join us and assist the Congregation defining the next step in our growth.

Jim

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**Please note! Board of Trustees meetings are ALWAYS open to the public. Any member can observe – no advance “permission” or “RSVP” needed – just SHOW UP!**  
Board meetings are the second Tuesday of the month, 6:30 - 8:30 pm in the downstairs lounge.

## Feeding our Neighbors

At our Christmas Eve service, the entire offering was dedicated to the Community Food Bank of South Jersey. The amount collected was \$407.

### Notes from Board Meeting December 8, 2009

A new telephone tree was prepared, and just in time! It was called into use for the postponement of our Winter Solstice Singing Ritual on Sunday December 20, due to the big snow on Dec 19. Thanks to Sharon Gray for preparing the list, which is available on our members-only webspace under "Miscellaneous Documents".

The date for the Fellowship Dinner has been changed to March 27, which is a little later than usual. Please mark your calendars for this important congregation-wide social event.

**Next Board meeting** – Tuesday, January 12, at 6:30 pm in the downstairs lounge.

UUCSJS Board of Trustees 2009-2010	
Officers	Members At Large
<b>Jim Gentile 10</b> <i>President</i>	<b>Ruth Eaves 10</b>
<b>Debbi Dagavarian 10</b> <i>Vice President</i>	<b>John Searight 11</b>
<b>Karen Zindell 11</b> <i>Secretary</i>	<b>Karen York 11</b>
<b>Primrose Reeves 10</b> <i>Treasurer</i>	* year given is end of term, e.g. 11 means thru 6/30/2011

### Default Committee Meeting schedule

1<sup>st</sup> Sunday Adult RE  
 2<sup>nd</sup> Sunday Children's RE, Interweave, FUUN  
 3<sup>rd</sup> Sunday Sunday Services  
 4<sup>th</sup> Sunday Membership, Social Justice  
 5<sup>th</sup> Sunday Potluck! *Please, no committee meetings.*

## Stock up on those winter comfort foods.

Buy **Gift Cards** any Sunday for **Acme & Shoprite**.

**Don't you have to buy groceries anyway?!!**

Using these gift cards for groceries nets the congregation 5%.  
*We also have Fair Trade coffee and tea!*

## UUCSJS Women's Assn January Meetings

The next meeting of the **Margaret Circle** will be held in the UU Center Library on **Thursday, January 7** at 1 pm.

Peg Felix will present information on Occupational Therapy that deals with learning disabilities for conditions ranging from spinal cord injury to psychiatric illnesses.

We will light the chalice at 1 pm and begin sharing with each other anything significant that happened in our lives during the past month. After a short meeting, we will break for refreshments. At 2 pm we will begin the discussion. Please RSVP to Refreshment Hostess, Kim Trotto, or Circle Leader, Arlene Yacka, to ensure we will have enough refreshments for everyone.

The newly formed **Evening Circle** will meet on **Thursday, January 14** in the UU Center Library from 7 to 8:30 pm. The first order of business will be to decide what famous UU Woman to name the Circle after. The topic of discussion will be Forgiveness: does it matter, who benefits, why bother. Please RSVP to Marsha Hannah.

The **Women's Spirituality Circle** will meet on **Tuesday, January 26** at 7 pm in the UU Center Library. This group is studying the book *The New American Spirituality (A Seeker's Guide)* by Elizabeth Lesser. If you are interested in this study group you will need a copy of the book. There are used books available at Amazon books.com at a very reasonable price. Please RSVP to Kathryn Kelley.

The **RE Mother's Group** has nothing planned at this time. If they decide to meet this month RE Mothers will be notified by email.

## UU Book Lovers

And as Tiny Tim said, 'God Bless Us, Everyone': The book group held their annual holiday recitation on December 11 in the UU Center. Participants read from an adapted version of *A Christmas Carol* written by Tom Celandine. Treats were brought to share and a good time was had by all.

On Friday, January 22 at 7 pm, the book group will be discussing *My Sister's Keeper* by Jodi Picoult. The discussion will take place in the library of the UU Center and be facilitated by Marsha Hannah. For more information, please email Helene Gentile.

## Winter Weather?

UUCSJS has in place a phone tree for emergency notifications. Services will be cancelled **only** in case of SEVERE weather situations. You can see a copy of the phone tree on our Members-Only webspace. Go to uucsjs.org and click on Members Only, log in, then click on Miscellaneous Documents.

## ADULT RELIGIOUS EDUCATION

**MISSION: Broadening Religious Imaginations**

The **Spirituality Discussion Group** will now be meeting on weeknights instead of the second Sunday of the month. The first evening meeting will be Tuesday, January 26, 2010. At that meeting the group will decide what day of the month is best to set up as a regularly scheduled meeting date.

The Adult RE committee will be exploring the UUA series of programs called **Tapestry of Faith**. In addition to this, we will be considering what other offerings will meet the needs of our congregation. Please attend the next meeting if you wish to provide input.

-- Marsha Hannah, Chair, Adult RE

*Are you a woman exhausted by all the work of the holidays, and need a little respite for yourself? Like great conversation over tasty scones and tea sandwiches?*



*Then the Ladies High Tea is for you. This auction event, sponsored by Helene Gentile and Marsha Hannah, has 8 places left. Tea and delicacies will be flowing on Saturday, January 16, from 12 noon to 2 pm. Tickets are \$20, and of course benefit the UUCSJS. Contact Betsy Searight if you would like to be there.*

An orientation for those who are new to the congregation

Saturday, January 23, 9 am to 12 noon

Continental breakfast served

One of the ways that the Membership Committee helps our visitors become part of our community is to hold a gathering where we get to know our visitors and they get to know us. After sharing the stories of our spiritual paths, we tell our visitors more about our congregation and our denomination, and answer questions. Attendance at these gatherings is a step towards becoming a member for those who feel ready. These gatherings are held as needed, usually three or four times a year. Saturday mornings work well, but other times can be arranged when practical. Invitations will be sent to those who may be interested in the upcoming one on January 23. If you would like to attend, and do not receive an invitation, please contact Betsy Searight.



STANDING ON THE SIDE OF

**LOVE**

[www.StandingontheSideofLove.org](http://www.StandingontheSideofLove.org)

## National "Standing on the Side of Love" Day...

### ... Valentine's Day Re-imagined

Sunday, February 14, 2010 will be "National Standing on the Side of Love Day." Celebrate a Valentine's Day re-imagined. Love is about more than romance, greeting cards and chocolates. We want to celebrate love's power to transform communities!

On this day, UU congregations across the nation will participate in a day of worship and practice works of love. National Standing on the Side of Love Day empowers each congregation to take action on issues that matter locally, and to pursue strategies that are effective and meaningful to them.

*Standing on the Side of Love is a campaign sponsored by the Unitarian Universalist Association and promotes respect for the inherent worth and dignity of every person. We believe that no person of any immigrant status, race, religion, gender identity and sexual orientation, ability level, or political view should be dehumanized through acts of exclusion, oppression, or violence.*

## Children's Religious Education

Our Children's Religious Education Program begins the new year with new teachers in two of our classes; *new* is a relative term here, as both of them have already dedicated their time and teaching skills to the program in the past and we are pleased to welcome them back. Jim Gentile will lead our 5-7th grade *Bibleodeon* class and Paul Utts will be heading up the 3-4th graders in their *Spirit of Adventure* lessons. Karen York and Joe Terrazzini will continue with the *Spirit Play* and *Popcorn Theology* classes throughout the winter.

During the past few months, our congregation has had the opportunity to discuss "where we are going" as a community during several Board Talk-Back sessions. On January 24, the congregation will be participating in a Visioning Sunday, where the community will engage in a guided visioning with a leader from the Joseph Priestley District. This congregation-wide discussion is scheduled to begin following the service on the 24th and run through the afternoon.

Because the input of UUCSJS families will serve as an integral part of the visioning process (including your ideas about the future of the Religious Education program), parents and youth sixteen and older are invited to attend the visioning while there will be activities, lunch and snacks available for the younger children in the lounge for the duration of the visioning.

Please plan to join us on January 24 so that you (and your family) have a voice in this very important process, in which we will examine who we are, and imagine who we want to become as a congregation.

-- Heidi Jansch, Director of Religious Education

## Annual Martin Luther King Day of Service

The Unitarian Society of Germantown will once again host the Martin Luther King Day of Service on the holiday - **Monday, January 18, 2010** at their church at 6511 Lincoln Drive, Philadelphia, PA.

USG is planning various service projects for all ages, taking place onsite and around the community. We'll gather for coffee and bagels at 8:30 am in the dining room while you sign up for that special project that you'd like to participate in, followed by a short worship service at 9 am. Then it's off to the work site at 9:30 am, returning to USG for a free lunch and wrap up at 12:30 pm. There will be a selection of age appropriate projects to choose from. Details of all projects will be forthcoming.

If you have special needs, any questions and/or are interested in participating please contact Nancy Dearden at 215-836-1240 or at nancy.dearden@verizon.net.

Please consider making this you and your family's day of active citizenship. *Yes We Can!*

*From uu&me / Church of the Larger Fellowship website:*

## Mindful Eating

*By Betsy Hill Williams*

One way to help your spirit connect with food is to try "mindful eating." Mindfulness, a Buddhist idea, means emptying your mind of everything except the one thing you want to think about in this moment. It's not as easy as it sounds!

### How long do you think you could spend eating just one orange?

Here's a challenge in mindful eating for you and your friends or family to try. One person should be the leader who will keep track of the time and guide everyone through each step. The leader can also help everyone stay focused with words like the ones printed in italics below.

Find a comfortable table to sit around. Place a basket of oranges on the table. To make peeling easier, ask an adult to score each orange peel into six sections. As you pass the basket, have each person take one orange. Spend at least two minutes in silence just looking at your orange. Be sure to use a watch or clock -- two minutes can be longer than you think!

Then say, *Imagine the tree the orange grew on -- see the beautiful white orange blossoms that bloom before the fruit develops. See the petals fall to the ground and the tiny green fruit that appears where the blossom once grew. Feel the sun shining on the new fruit and the rain soaking into the soil around the tree. Imagine the fruit slowly growing, turning from green to orange. One day it is picked from the tree and starts its long journey to this table. Now, each person should peel the orange s l o w l y and notice the mist and fragrance that fills the air. Try to spend one full minute stripping away each of the six scored sections of peel. Once the peel is off, divide the orange into bite-size sections. As you take your first bite, notice the feel of the skin surrounding the flesh of the orange. Imagine this was the first time you ever ate an orange. What words describe the feel and the sound of biting into an orange? As you chew, what sounds do you hear in your head? With each bite, count to 30 before you swallow to give yourself time to really experience your senses of touch, smell, and sound. As you swallow, pay attention to the feeling of the food going down your throat. What does swallowing sound like?*

### How long were you able to stay mindfully eating one orange?

How was this experience different from regular eating? Some people say they feel full quickly when they eat slowly and with more attention. Did this happen to you?

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*"Why not learn to enjoy the little things -- there are so many of them." -- Anon.*

## FULL GREEN AHEAD

Fresh is not always the “greenest” choice.

A recent Op-Ed in *The New York Times* (12/9/09), “Catch of the Freezer,” detailed a surprising truth about eating fresh fish. Research conducted by two ecological economists and a food system expert (in an effort to understand how to develop sustainable food systems for a predicted human population of nine billion by 2050) found that, when it comes to salmon, at least, the questions of organic vs. conventional and wild vs.



farmed matter less than whether the fish is fresh or frozen. Fresh salmon has about twice the environmental impact of frozen salmon, they found.

Fresh fish is wonderful and healthful, and if it's driven a reasonable distance to market, then its relative environmental impact is low. Fish that has been flash-frozen at sea, however, offers a taste and quality practically indistinguishable from fresh and, more important, can be moved thousands of miles by container ship, rail, or truck at much lower environmental impact than fresh fish air-freighted. We are sometimes purchasing fish that have racked up huge air miles when we buy fresh salmon and other fish as well.

Is the future full of fish sticks? No. But when it comes to eating seafood from halfway around the world, we need to get over our fetish for fresh. With the challenge of global climate change (and the problems of the world's oceans), buying frozen can be a wise choice.

-- Jesse Connor, Chair, Social Justice Committee

- **Travel and stay in homes of people who share your ideals**
- **Learn about hosting people in your home to earn extra money**



The UU bed and breakfast directory UU're Home (formerly Homecomings) offers a network of hosts in the United States (and a few abroad) who enjoy meeting new friends and who are happy to open their home to like-minded people.

Travel to different cities and stay in reasonably priced accommodations or become a host and enjoy meeting new friends.

For more information, visit [www.UUreHome.com](http://www.UUreHome.com) or write to [info@UUreHome.com](mailto:info@UUreHome.com).

## Joseph Priestley District of the UUA Announces Coalition Based Community Organizing Workshop

Save The Date!  
Saturday, May 15, 2010  
10am to 4pm

First Unitarian Church of Wilmington  
730 Halstead Road  
Wilmington, DE 19803

Do you want to know how to work in your community to transform it? Do you want to know how to partner with others outside of your faith community to do this work? On Saturday, May 15, the Joseph Priestley District is offering training and networking opportunities for congregations involved in Coalition Based Community Organizing or those who are interested or curious about how CBCOs can help your congregations do transformative work in the larger community. If you would like to empower your congregation to do the *greater work* of transforming the society at a larger level by working in a diverse, interfaith organization, then CBCOs may be a good opportunity.

Rev. Louise Green, Social Justice Minister of All Souls, Unitarian, Washington, DC, is a long time community organizer and community organizer trainer. She will provide you with examples of various Interfaith Coalitions, will explain how they function as agents of change, and explore how your congregation can become part of a CBCO and can function well in the interfaith environment of a CBCO. If you are already doing an Interfaith Based Coalition Ministry you will have the opportunity to learn new ideas and expand your knowledge and network with others about your experiences.

At the end of the day we will be discussing the formation of a District Social Justice Committee. Each congregation is asked to choose at least two representatives to attend the training. This is an opportunity for them to begin networking as members of a District Social Justice Committee. We will form a working group to aid in the programming and planning for upcoming JPD Social Justice Committee meetings. We especially welcome the input of those who are interested in membership of the district committee and we will be in contact with you as we plan our first meeting.

We would like to have at least 20 people register for this workshop for it to take place. Please send in your registration form by Monday, May 3, 2010.

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*“In every community there is work to be done. In every nation, there are wounds to heal. In every heart there is the power to do it.” – Marianne Williamson*

# Unitarian Universalist Congregation of the South Jersey Shore

**Minister**

vacant

**Music Director &  
Sunday Service Coordinator**

Barbara Miller  
music@uucsjs.org

**Director of Religious Education  
& Staff Coordinator**

Heidi Jansch  
dre@uucsjs.org

**Church Administrator**

Tricia Berko  
office@uucsjs.org

**Newsletter**

Mariann Maene  
newsletter@uucsjs.org

**Electronic Communications**

Sharon Gray  
uucsjs@yahoo.com

**Board of Trustees 2009-10**

Debbi Dagavarian, Ruth Eaves,  
Jim Gentile, Primrose Reeves,  
John Searight, Karen York, Karen Zindell



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**January 2010**

**Visit us on the Web: [www.uucsjs.org](http://www.uucsjs.org)**

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Congregation of the South Jersey Shore  
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