

Newsletter



Unitarian Universalist Congregation of the
South Jersey Shore



Volume 12, Issue 02

February 2010

February 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.

February 7	Parenting Perfection <i>Lay speaker Jim Woodcock</i> It is a daunting challenge to raise a child well, even though we may have the best of intentions. Today's talk will compassionately look at some of the traps which we parents may fall into. But perhaps there is a way by which all of us, parents and children alike, can find redemption from our missteps.
February 14	After the Love is Gone <i>Guest minister Rev Dr Om Prakash</i> There is a biblical verse that says one should love the Lord their God with all their heart, soul, body and strength, and equal to it, love thy neighbor as thyself. Equal to it is usually translated as "like it." What does this mean when we hear fundamentalists railing against the Immigrant and Gay, Lesbian, Transgender and Bisexual Communities, or being ahead when it comes to the desire for war? In our service we will discuss real love and its application, and how our world is being depleted and destroyed because of lack of a simple, heartfelt love.
February 21	Twice a phoenix: Reflections on the life of Tsutomu Yamaguchi <i>Guest speaker Dr Robert Nichols</i> Tsutomu Yamaguchi was a Japanese engineer who in August 1945 survived the atomic blast in Hiroshima, then a few days later, the next atomic explosion in his home of Nagasaki. Perhaps a hundred or more people experienced and survived both events. After the war he worked as a translator, teacher, and then again for his previous firm. Memories of death and loss haunted him. He became a poet who published late in life when he also took on public roles against nuclear weapons.
February 28	There Be Dragons Here <i>Guest minister Rev Dr Len DeRoche</i> Early European maps marked the end the world as they knew it with the statement, "There be Dragons here." Locations where people had never gone or returned from, were thought to contain dragons; so it is with our inner lives. Len looks at looking in these dark places.

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.



Our guest speakers this month....

Jim Woodcock retired to this area several years ago. Before that, he lived on Long Island where he was a clinical psychologist and a member of the Psychology Department at the C. W. Post Campus of Long Island University. There he developed courses in “Humanistic Psychology” and “Psychology and Spirituality.” He was also an advisor to the campus Interfaith/Multifaith Center. Although he was raised in the Roman Catholic faith, Jim has had a long-term involvement with Eastern traditions, especially Zen. He is currently interested in how spiritual and religious perspectives can be part of a scientific worldview. Today is Jim’s second presentation to UUCSJS.

Rev. Dr. Om Prakash is the Director of Racial and Social Justice for the Joseph Priestley District, and a graduate of Meadville Lombard Divinity School, also receiving a D. Min. degree from The University of Creation Spirituality, a school founded by Rev. Dr. Matthew Fox devoted to the idea of Mystic as Agent of Change. Om Prakash’s doctoral dissertation focused on how oppressive behavior is learned and how we can dismantle the internalization of oppression and oppressive behavior. He later did post-doctoral work at Sat Yoga Institute for Personal Transformation in Escazu, Costa Rica where he taught Chi-kung and Pranic Healing and studied identity formation. Om Prakash is a writer, a Nationally Certified Massage Therapist and Body-worker, a Certified Grief Counselor, a Tai-chi and Chi-kung instructor, and a Certified Healthy Congregations Trainer with the JPD.

Robert Nichols is a Professor of History at Richard Stockton College. He teaches Indian Ocean and South Asian history and has published interregional studies of social and political history. His latest work examines two centuries of migration connecting today’s Pakistan-Afghanistan border populations with Indian Ocean networks of employment and circulation.

Rev. Dr. Len De Roche resigned fall 2007 after five years as minister in the Unitarian Universalist Church of the Lehigh Valley, Bethlehem, PA. He served churches in Charleston, WV and Kingston, MA and as a Pastoral Counselor/psychotherapist and Chaplain at the University of Chicago Hospital. His first career was as an USAF Officer where he flew jets for about 12 years until he broke so many they sent him to maintenance to fix them. He ended his military career closing bases after the Berlin Wall crumbled. He lives with 300 pounds of frisky Labradors in Bethlehem while working for a fortune 300 investment firm.

New Group Forming

A "Men's Discussion Group" is forming that will help identify and address gender equality issues from the male perspective, and provide a means for men to support each other in brotherhood and introspection as we address issues of masculinity, homophobia, two-sided gender discrimination, families, and male issues.

For the moment, to promote open and unhindered discussion, we will limit participation to those who identify themselves as male, and hold all discussions confidential. The discussion will take place slowly and deliberately over time by exchanging views and resources on-line, informal discussions as we encounter each other day-to-day, and occasional meetings (not on Sunday at 11:30!!) where we can share and learn from each other. We hope we can also build in some fun and comradeship along the way. In the long run, we might even present our findings to the congregation in an inspirational and informative Sunday Service built around a masculine theme.

If you are interested in helping refine the charter of this group, taking a leadership role, identifying possible resources, or simply participating, please e-mail Richard Grzywinski.

11th Annual Fellowship Dinner: Saturday, March 27

This dinner is a coming together of all our community for a pot luck dinner, followed by a talent show. This is also the kickoff to our annual financial campaign, this year headed by Paul Utts.

Our campaign committee is looking for some folks who will commit to running this dinner. Please see Betsy Searight if you are willing to be on the team to serve food, the team to set up the room, to decorate, or to clean up. Wendy Terrazinni has agreed to coordinate the food sign-up.

Be thinking about our talent show, and if you would like to participate in it.

See you all there. Two months is **not** far away!

REFLECTIONS by President Jim Gentile

On Sunday, January 24, 2010, the Congregation engaged in a vision and mission workshop. During the first part of the workshop we engaged in a group-wide reflection of how we see ourselves. We broke into six groups, each of which crafted a statement. I offer them to you for your consideration, and in no particular order:

1. We strive to be an inclusive multi-cultural congregation where we are all encouraged to seek our own path; we come together to learn from each other, to cultivate compassion, and to promote social and environmental justice.
2. We are inclusive and promote personal spiritual growth, to learn/support/inspire: Compassion/community, social justice, environmental stewardship; serving by example and promoting peace and equity.
3. We are a congregation dedicated to helping hearts and minds grow and making the world a better place.
4. We are creating an inviting, safe space of open faith for individuals searching for spiritual growth. We strive to promote a loving community, compassion, environmental stewardship, and social justice.
5. We are a compassionate and accepting congregation engaged in our individual spiritual journeys seeking to transform the shared life of our planet.
6. Our loving, inclusive congregation exists to explore personal spirituality, to support and inspire one another and the community, by example and through action, and to bring peace, equity and sustainability to the world.

The second part of the workshop dealt with something of an action plan brainstorming session which is too lengthy to set forth here. Highlights will be sent to the Congregation electronically within the next week.

It is the intention of the Board to begin to deal with the results of the workshop and, the sense of direction obtained therefrom at regular meeting on February 9. If any of you would like to offer your thoughts to the Board with regard to what this information means to you and/or the congregation, please feel free to attend any of the Sunday Board Talk-Backs, or February Board Meeting. It is important that each voice be heard.

Jim

**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.

Notes from Board Meeting January 12, 2009

January's Board meeting primarily focused on the development of personnel and building access policies. Every use of the building must have a person authorized and responsible for closing up the building and arming the alarm properly.

The annual Murray Grove Retreat was extended from a one-night to a two-night event (June 11-13). The previous Board and newly-elected Board will use the time to transition, retuning to past practice. Participant cost will be about \$20 a night.

Other topics discussed included signage for Pomona Road, accommodating the hearing impaired, and audio recording Sunday services.

Dates set: Leadership Dinner on March 13, and Fellowship Dinner on March 27. Twice-monthly Board Talkbacks will continue throughout the spring.

Next Board meeting – Tuesday, March 9, at 6:30 pm in the downstairs lounge.

Board of Trustees 2009-2010

Jim Gentile 10 *President*
Debbi Dagavarian 10 *Vice President*
Karen Zindell 11 *Secretary*
Primrose Reeves 10 *Treasurer*

Ruth Eaves 10
John Searight 11
Karen York 11

Committee Meeting schedule

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

WHALECOAST ALASKA 2010:

Four Alaskan UU fellowships invite you to experience an eco-cultural and spiritual program this summer in our 14th year! See *REAL* Alaska, with UU homestays in Anchorage, Fairbanks, Juneau, and Sitka. Experience Native Alaskan culture. Observe wildlife, including bears, moose, caribou, whales, sea otters and bald eagles. Visit Denali National Park. Dave Frey, a 29-year Alaska resident, leads the programs. Visit www.whalecoastak.org. Don't delay, the program usually fills by March 10. Email dfrey@whalecoastak.org for information, or call 907-322-4966. We would love to share our Alaska with you!

Chocolate-covered cherries are not sinful.

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 Association Meetings

Margaret Circle. The next meeting will be held in the Library at the Center on Thursday, February 4, at 1 pm.

At this month's meeting, Betsy Searight will share the story of the "Flower in Vase" picture that is in the Library. After this, all participants are encouraged to come up with a question of a networking type to be asked to the group. These questions do not need to be profound. Often we wonder how our peers handle certain aspects of current life, and using this chance to ask them will make for some interesting conversation.

We will light the chalice at 1 pm and begin by 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. Join us for an interesting discussion. Please RSVP to Kathie Benner or Arlene Yacka.

Evening Women's Circle: The evening women's circle has a name! It has been named Olympia Circle, after Olympia Brown (1835 - 1926), a Universalist minister, best known for being the first female ordained minister of any denomination in the U.S. She was a reformer on women's issues from 1866 to 1926 and served as president of the Federal Suffrage Association from 1903 to 1920. This circle was formed as a companion to the daytime Margaret Circle for women who can't attend a group during the day or for those wanting a double dose of women, discussions, and friendship.

The next meeting of the Olympia Circle will be Thursday, February 11 at 7pm. We will meet in the Library.

Would you like to know more about yourself? How you get your energy, how you recharge, how you perceive the world and gather information, how you function and make decisions, how you relate to the world and perceive yourself? If so, join us at the next Olympia Circle and take a simple "Meyers-Briggs" type self scored test. We will discuss the different personality types and how they relate to each other. Hopefully we will leave with a better understanding of ourselves and each other and how different people respond to the world around them.

Women's Spirituality Circle: We met for the first time in the evening on January 26. We will be changing to the 3rd Tuesday of the month. The next meeting will be on February 16 at 7 pm, in the Lounge at the UU Center. We will be discussing the third chapter of the book we are studying, *A Seekers Guide* by Elizabeth Lesser. If you are interested contact Kathryn Kelley.

Did you hear about the Buddhist monk who refused Novocaine during a root canal?
His goal: *Transcend dental medication.*

ADULT RELIGIOUS EDUCATION

MISSION: Broadening Religious Imaginations

The Adult RE committee is pleased to welcome Kathleen Hartnett as the new vice chair.

The new **Spirituality Exploration Group**, facilitated by **Alan Oliver**, met for the first time on Sunday, January 10. The discussion group was well attended and feedback was very positive.

The group will meet the **second Sunday of every month** and the next meeting will be on Sunday February 14 at 11:30.

We will be starting a few new exciting programs including a **Simplicity Circle** that will begin in late spring. Anyone who is interested should contact Marsha Hannah.

There has been a great deal of interest in Small Group ministry, so the Adult RE committee is hoping to start a new round of the very popular "**Evensong**" program. UUCSJS engaged in this exploratory spiritual program near the beginning of its existence, and those who participated then report that they formed bonds with their group members that have lasted these many years.

Evensong is a **4-week discussion program** that is held in member's homes instead of at the UU Center so that groups can meet in their local area. Each group consists of 4 to 6 people and all groups discuss the same topic. It is a great way to get to know people in our congregation that you may not otherwise interact with. We hope to have at least one group in the Cape May area, one in the Atlantic County area, and one in the Ocean County area. There will be a sign up sheet on the table outside the sanctuary for anyone who is interested in hosting or joining a group or would like information.

The next meeting of the committee will be held on Sunday February 7 at 11:30. We are looking for ideas of other types of small group ministries, classes or discussion groups. If you have an idea, you are welcome to attend to share your ideas. All are welcome to attend. If you have ideas but cannot attend the meeting, email your ideas to me.

-- Marsha Hannah, Chair, Adult RE

Greenlight Coffeehouse

The first Greenlight Coffeehouse was held Friday, January 29 and it was a complete success. Between 7 to 9 pm, there were 21 people from age 7 to 70 who performed everything from jazz, folk, poetry, torch songs, comedy, oldies -- using voice, piano, guitar, and even handclapping. A great time was had by all. Thanks Steve Fiedler for being the impetus behind getting this off the ground.

Look for this to become a regular monthly event. Details to be available soon.



BRIGID (CANDLEMAS) RITUAL February 2, 2010 – 7 pm

IT IS A TIME OF INSPIRATION!

This ritual is dedicated to Brigid, the Goddess of fire and inspiration in Ireland, the Triple Goddess of Poetry, Smithcraft and Healing.

Bring your creative work to share --
poetry, songs, art works, stories, crafts;
you may share something about your work -- a plan that
materialized, a good idea, special accomplishment.

Please bring a candle for this is the time of individuation: we
each light our own light and become uniquely ourselves.

Also a snack to share.

At the UU Center
Please RSVP to Theresa McReynolds

The Rainbow Circle at Murray Grove

Gatherings, Celebrations, Workshops/Trainings and Support for the GLBT Community happen **monthly!** All Gay, Lesbian, Bi-Sexual, Transgender, Queer, Questioning and Intersex folks and their allies and supporters are encouraged to come! The February Circle will be on Valentine's Day – **Sunday, February 14**. And the next after that is March 28. Future dates will vary, but it's on a Sunday once each month, from 5 to 6 pm (free will donation), followed by dinner (\$5 per person suggested minimum donation). RSVP at 609-693-5558 or murraygrove@murraygrove.org

UU Book Lovers

On Friday, February 26 at 7 pm, the book group will be discussing *The Brief and Wondrous Life of Oscar Wao* by Junot Diaz. The discussion will take place in the library of the UU Center. For more information, please email Helene Gentile.

NOTES FROM THE TREASURER:

- The monthly financial reports are now posted on our "Members Only" webspace. There you will find both a written summary and a detailed report.
- Anyone who donated at least \$25 to UUCSJS during the last calendar year should have received a 2009 Tax Receipt by e-mail. If you did not receive one and think you should have or if you have questions about your receipt, please contact Prim.

Children's Religious Education

Religious Education for our 3rd and 4th graders this past month has focused on food. They began the month by making their own version of Stone Soup and learned how when we each contribute to our community, we make the community better. The class tried its hand at a peanut butter play dough recipe, using standardized measurements (a system made famous by Unitarian Fannie Farmer). Later in the month they rallied together to run a popcorn sale to raise money for the animal shelter, and with the congregation's support, were able to raise \$97.00 for the Atlantic County Humane Society! Thank you all for helping the class learn that they can make a difference in the world.

Our Bibleodeon class is traveling through the Old Testament with Moses, David and Solomon (with a little help, now and again, from Homer Simpson). Our teens have been considering topics of faith, prayer, fear and hope in their classes, with inspiration from the films Contact, Bruce Almighty, Bowling for Columbine, and Hotel Rwanda.

The Children's Religious Education committee will be organizing the annual Mystery Pals program this month. Mystery Pals is an intergenerational program where an adult in the congregation exchanges notes and small trinkets with one of our youth each Sunday throughout the spring. Look for more information about Mystery Pals in the March issue of the newsletter..

-- Heidi Jansch, Director of Religious Education

Five Rules for Healthy Congregations

1. Always attribute the best possible motives to one another, even when you do not understand one another's words and actions.
2. Laugh and cry together, sharing both your joys and heartaches.
3. Be very quick to praise one another, and very slow to criticize.
4. Accept one another's gifts with gratitude; accept one another's deficiencies with grace.
5. Do not tell one another how to feel. Remember that feelings are facts and treat them accordingly.

and a bonus:

Let your eyes light up when you come into one another's presence.

Celebration of Allen Blumenthal's Life Brighton at Barnegat Recreation Hall 35 Brighton Rd, Barnegat NJ Sunday, February 7, 1 pm

There will be an informal homemade service from those who knew him best, some poetry, music, and family thoughts to be followed by a buffet lunch. If you would like to join Maxine in this gathering, please come; hugs appreciated. Directions: North on Garden State Parkway, take Exit 63A (Route 72 West). Go 4.3 miles, the entrance to Brighton is on the left.

Yet Another FUUN Committee Event!



Valentine Dance
Saturday, February 13
7:30 – 10:30 pm
Featuring
Package Goods Orchestra
Tickets \$10

Note: NO Child Care available

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.

At UUCSJS, the Rev Dr Om Prakash will be delivering a message of love in recognition of the special day.

WHAT'S HAPPENING IN SOCIAL JUSTICE?

Social Justice Goes to the Movies!

As one of our missions is the further education of the congregation on social justice topics, the SJ Committee will be offering two movies of timely interest. Come join us for well-presented information and lively discussion:

Friday, February 5, 7 pm - Rethink Afghanistan

This 62-minute documentary examines key issues surrounding the war in that country. Directed by Robert Greenwald (also known for *Iraq For Sale: The War Profiteers*, *Wal-Mart: The High Cost of Low Price*, *Outfoxed: Rupert Murdoch's War on Journalism*, and *The Burning Bed*), this is a film that has a strong point of view. Following the screening, facilitator Richard Grzywinski will be passing out a questionnaire to solicit congregants' views on Afghanistan and other issues of peace and war. This feedback will help the SJC move forward with actual concerns of the congregation in mind.

Friday, February 19, 7 pm - Food, Inc.

A probable nominee for this year's Academy Awards, *Food, Inc.* dissects facets of our nation's food industry, including putting profits ahead of consumer health, worker safety, and impact on the environment. Discover surprising, even shocking truths about what we eat, how it's produced, who we have collectively become, and where we go from here. Anticipating a lively discussion, we hope you can be there for the Social Justice Committee's showing of this much-discussed feature film.

Facelift for SJ Table

The Social Justice Committee met on Sunday, January 3 with 16 members attending and a very full agenda. Chairman Jesse Connor initiated lively talk about how to tidy up the **Social Justice table**, both to enhance its appeal and renew its functionality. It was resolved to create focus each month on a **specific issue or theme** (rather than try to cover all bases all the time, to confusing effect). Thus, now you might find displays and materials focusing on, say, "ethical eating" in February, then a different theme the following month. A **question box** will be available for questions and comments that table volunteers may not be able to respond to on the spot.

New Officers Selected

Noting that she is term-limited, long-time SJC chairman Jesse Connor offered a draft document on SJC "Roles & Responsibilities," to help clarify leadership tasks and suggest how each of us might lend our particular skills and passions to the work of the committee.

The following were selected by the committee and will assume their positions at once: *Chair*, **Angela Jones**; *Secretary*, **Cynthia Grzywinski**; *Treasurer*, **Kim Trotto**; and *Vice Chair* (currently open), but Jesse has generously agreed to serve temporarily.

Acknowledging that the SJC has grown in membership and complexity, Jesse had also proposed and the committee then

selected several "Coordinators" for special task areas, as follows: *Peace*, **Richard Grzywinski**; *Adopt-A-Road*, **Michelle Bellinger**; *GLBT Liaison*, **Sheila Stoner**; *Animal Rights*, **Cynthia Grzywinski**; *Fair Trade*, **Lee Campbell**; *Newsletter Liaison*, **Judy Pereira**; *UU Legislative Ministry NJ Liaison*, (open); and *Green Sanctuary Chair*, (open). **Jesse Connor** will head a special sub-committee on *Global Climate Change*. If you are interested in any of these or other social justice topics, please contact Angela Jones. Social Justice Committee meetings will be held on the *first Sunday of each month* in future.

Heads Up, Green Thumbs!

The second annual **Native Plant Swap & Sale** is set for Saturday, May 8, so now is a great time to begin thinking about what you want to have ready when the date comes. Native perennials are especially welcome. Please talk to Jesse Connor if you have questions about this fun (and ecologically important) event!

FULL GREEN AHEAD

Remember the Bag Monster at the Eco Service Fair? What a powerful representation of the number of bags each person uses each year! Inspired by that vision of petroleum waste and environmental degradation, many of us UUs have committed to using reusable shopping bags. However, you may be feeling frustrated when you find yourself in a store being handed your purchase in a single-use (!) plastic bag. Having found myself in that dilemma too many times, I have adopted some strategies that are leading to more success with my commitment.

Here are some of the strategies that are working better for me. I keep four folded reusable bags folded inside a fifth one in both our cars. Five bags seems to be the max of what I use when food shopping, so that covers that weekly purchase. Storing a stash in each car means they are available *whenever* I need them. At a dollar apiece, the bags quickly pay for themselves. My favorites are Trader Joe and Whole Foods bags, both of which are really sturdy. I leave another nicer-looking bag in each car for shopping at Target, Kohl's, and the like. I also keep a ChicoBag (a small bag that fits into its own pouch) in my purse for quick trips into CVS, Wawa, etc. Not carrying a purse? Stash a ChicoBag in your car's glovebox, which works well, too. And the trick at all of these stores, as I'm sure you have discovered, is to have the bag(s) out and at the ready for the cashier. You have to be fast!

If you have other strategies that are working for you in this situation, please let me know so that I can share those as well.

Worried about those blue plastic sleeves the paper comes in? There is nothing much you can do to stop accumulating those, short of dropping your newspaper subscription, but Maggie Osman has come up with a clever way to repurpose them. She figured out how to knit them into a fun-looking and serviceable carry-all. I can imagine a knitting/crocheting session sometime in our near future. If you'd like to participate, please start saving those blue plastic sleeves.

And speaking of saving, if you are planning on composting your kitchen and yard waste, you'll want to save leaves – or gather up those bags of leaves that your neighbors are disposing. You'll need plenty of dried leaves to go with the fresh kitchen scraps and other green materials to make your compost pile work effectively.

The UUCSJS special collection for Haiti
received a total of \$765, to be forwarded to
the UUSC to aid earthquake relief efforts.

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
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Newsletter

Mariann Maene
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Electronic Communications

Sharon Gray
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Board of Trustees 2009-10

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



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February 2010

Visit us on the Web: www.uucsjs.org

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Congregation of the South Jersey Shore
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