

THE COMMUNITARIAN



COMMUNITY UNITARIAN CHURCH
AT WHITE PLAINS

Religious Education
10:00 am

Sunday Services
10:00 am

Accessible to Handicapped

~ Meredith's Musings ~ Redemption

"Redemption" is a popular word in sports discourse, in the context of which "redemption" seems to mean any success following after any failure. Since life is a continual process of little (and occasionally larger) failures interspersed with little (and occasionally larger) successes, "redemption," in this sense is a very regular and recurring thing.

Six films, starting in 1930, 12 albums from as many bands, and even more single songs, have been titled, "Redemption." We speak of redeeming our honor, or reputation – by doing something particularly exemplary or by clearing ourselves of a charge against us. We speak of redeeming a coupon – by exchanging it for a product. You redeem your mortgage by paying it off, redeem your obligations by carrying them out, and redeem your possessions by recovering them.

"Redemption" comes from the Latin, *rudimere*, to buy back, and we can see that root concept at work in these various current uses of the word. In particular, the original usage primarily meant buying back one's freedom. Slaves who could manage to raise the money to do so could buy themselves and become free (again).

In Jewish theological history, "redemption" centrally refers to God redeeming the Israelites from various exiles: God buys them back and restores them to freedom in their own land, the land promised to them. From this idea of deliverance from exile grew the Christian concept of deliverance from sin.

The questions for us, then, are: In what ways do we find ourselves exiled from the inheritance of joy and belonging that is our birthright? To what do we find ourselves in bondage? And what is the price to pay for liberation, for return into our own, for realizing ourselves? Every CUC member will have a different way to answer that question. Maybe we feel stuck in a dead-end job. Or in an abusive relationship. Maybe we are entrapped by the detritus of our own material success – bound by our "stuff" and consumed by desires to protect it, maintain it, simply keep up with it all, or, God forbid, get more of it. We may thus be in exile from the life of simplicity and freedom.

One of the key distinctions in Nonviolent Communication (NVC) is between "demand" and "request." The NVC way is to make requests, not demands. The difference has nothing to do with how politely it is expressed. A demand need not carry implicit or explicit threat. It has to do with how you'll feel if the answer is "no." If you can be fine with not getting what you were requesting, then it was a true request. If you are, at any level, upset by a "no" answer, then you had some "demand energy" in your asking. Wherever your demand energy is, that's what you're having a hard time letting go of. And whatever you're having a hard time letting go of, that's what you're in bondage to. The path of redemption, of liberation, is the discipline of freeing yourself from the chains of your own demands.

Yours Faithfully,

Meredith

Community Unitarian
Church
468 Rosedale Avenue
White Plains, NY 10605
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March 2014
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MARCH SERVICES 10:00 AM

March 2: 11th Sunday of winter.

Youth Service
Adventure

March 9: 12th Sunday of winter

Rev. Meredith Garmon
The Myth of Scarcity

It's easy to fall into believing in scarcity. The truth of life, however, is abundance.

March 16: 13th Sunday of winter.

Rev. Meredith Garmon
Redemption Without Judgment

The notion of redemption in popular understanding has a lot to do with judgmentalism. What is redemption in the absence of other people judging us as having redeemed ourselves or not.

March 23: 1st Sunday of spring

Rev. Peggy Clarke

The minister of our neighbor congregation in Hastings-on-Hudson visits CUC in a pulpit exchange in which Rev Meredith is preaching in Hastings.

March 30: 2nd Sunday of spring

Rev. Meredith Garmon
Friends Along the Path

We won't get too far along the spiritual path without friends sharing the journey. Unfortunately, many of us don't have a (nonelectronic) circle of friends, and many of those who do find that they involve sharing every aspect of life except the spiritual aspect.

Can you name this event?

See board chair Ginny Strand's article on page 3 for hints.



PLEASE REMEMBER TO RECYCLE



PLEASE REMEMBER TO RECYCLE

AT CUC

BINS ARE CONVENIENTLY

LOCATED FOR YOU.

BOARD OF TRUSTEES

Good news! Our gas leak is fixed, and we are awaiting the all clear from White Plains and Con Edison. We are hopeful that we will be back up with fully restored heat before the end of the month – maybe by the time you get this newsletter. Despite the challenges this has presented, our last month has seen a tremendous amount of activities. Many program committees continued to meet, the choir continued to rehearse and sing every other Sunday, and we sponsored two major events.

On January 26 we hosted Lara Campbell's ordination. As most of you know, Lara was our Director of Religious Education for about 10 years, leaving two years ago to finish her preparation for the ministry by interning at Mt Kisco and the Church of the Larger Fellowship (an on-line UU congregation). We had over 200 here that Sunday for a moving and inspirational ceremony.

On the week-end of January 31- February 2, CUC was the host congregation for a regional Youth conference (CON). A lot of planning and hard work went into the event by our RE council and youth from CUC and elsewhere. We had over 100 youth here that week-end for a very successful event – no glitches and everyone stayed warm!

Looking forward, we will be beginning to focus our efforts more specifically toward supporting our new mission. As mentioned last month, we hope to launch a small group ministry program this spring – delayed somewhat with the weather but keep tuned. The first event planned is a forum for the congregation to educate ourselves more about the benefits and challenges of developing this structure in our congregation. Along these lines, the Board of Trustees is exploring the possibility of expanding our reach by associating with two additional community ministers. We will keep you posted. Another major goal articulated by the board is to move toward a more focused outreach ministry in social justice. Exactly what form this will take needs planning but, again, keep tuned for developments.

We have a number of “infrastructure” projects underway to support our various ministries. First, as you will be reading in this newsletter, is our annual giving campaign. We have been graced by a community that has enthusiastically supported CUC in the past and hope that this will not only continue but grow as we look to move onward and outward.

The Board of Trustees is also launching a Committee on Ministry. For those of you who have read Robert Latham's book –Moving on From Church Folly Lane – or attended his workshop last January, 2013, you may remember that he is a proponent of such a committee for a UU congregation. This will replace what has formerly been our Ministerial Relations Committee. As he says in his book, the Committee on Ministry is "an agent in congregational life that represents the total of its ministry, that is responsible for monitoring, evaluating, protecting, educating and advising in respect to its effectiveness and which is inclusive of both professional and key leadership functions".

The Board has asked six former board chairs to form the first committee, and develop a plan over the next few months for the scope of work for the committee. They are: **Steve Bear, Creighton Cray, Ted Dreher, Anne Majsak, Charlie McNally and Janet Press.** The Board is grateful for their willingness to serve. At a minimum, the Committee on Ministry, in consultation with the Board, will take responsibility for the assessment of both the minister and the ministries of the church (Worship, Religious Education, Outreach – social justice, and In-Reach – care for each other). More to follow as the committee gets underway.

On a more mundane note, watch for announcements about a budget forum and a forum to present proposed by-laws revisions, both to be held in May prior to the annual congregational meeting in June.

Yours in community, Ginny Strand, Chair, Board of Trustees

RELIGIOUS EDUCATION SOCIAL ACTION VARIETY SHOW

By Chris Breault and Elizabeth Suvanto

Get ready for the GREATEST SHOW ON EARTH (well, at least at CUC) (in the month of May) (you get the idea).

Save the date of May 10th (seriously get your smart phone out right now and input the date). The entire congregation (yes everyone is invited to perform and/or watch) will put on a show that you won't soon forget. **It's our social action Variety Show.** Last year's show was brilliant on so many levels. It was fun to watch. It was fun to perform. We raised money (and awareness) for "Kids in Crisis."

This year we are aiding **Riverkeeper**. Riverkeeper is a member-supported watchdog organization dedicated to defending the Hudson River and its tributaries and protecting the drinking water supply of nine million New York City and Hudson Valley residents.

So please come out on May 10th and celebrate the talents we have at CUC, or better yet sign up! The sign up sheet is in the lobby of the RE wing. Kids- please double check with your parents before deciding upon what talent you'll be showing off.

We are adding something very cool this year: a **Bake Sale** (Hint: we like Chocolate). Now, you're probably thinking to yourself, "Self, surely they can't possibly do any more to raise money for an important charity?" (Don't be silly). We are also including an **ART Sale** too (And yes if you want to do all 3 things—talent, baking and art-- please do) (OK we're done now).

See you May 10th (But you already knew that because it's in your smart phone).

Questions? Contact Liz Suvanto at elizabethsuvanto@hotmail.com or Chris Breault at chrisbronext@gmail.com.

Highlights:

- May 10th our social action "Variety Show" for Riverkeeper
- The show starts at 5pm; Pizza for participants at 4pm.
- Plus a Bake Sale
- Plus an Art Sale
- Yes you can do all three.
- Sign up in the RE lobby (children, please check with parents first)



Christine and Sophie Major are among the talented performers from last year's show.

GIVING CAMPAIGN

“We’re on a Mission!”

This month, we kick off CUC’s Annual Giving Campaign for the 2014-15 church year -- what a perfect opportunity to focus on our newly adopted mission:

To nurture each other in our spiritual journeys;

To foster compassion and understanding within and beyond our community; and

To engage in service to transform ourselves and our world.

A successful Giving Campaign - with the full participation of all our members and friends -- will ensure that we give vigor and strength to our mission and **translate our words into action**.

“We’re on a Mission...to get 100% participation in the 2014-15 CUC Giving Campaign!”

In a recent sermon, Rev. Garmon spoke about The Meaning of Membership: “[As part of membership] we commit to participation, to engagement in our community’s deliberative processes, and helping out in the realizing of our programs, our ministries. We commit to a pledge, according to our financial means, to fund those programs and ministries and maintain the building in which they are fostered.”

More than ever, we will need to rely on the pledges of members and friends to not only support the on-going programs and operations of CUC and but also to fund new initiatives and projects. As the Board begins the budget process for the upcoming church year (July 2014-June 2015), the success of the giving campaign will have a critical impact on our ability to take important steps towards enhancing and enriching the programs of CUC – and put us firmly on the path to fulfilling our mission.

Pledges to the annual giving campaign have a tangible effect. Look at what our pledges will support:

- Enhancing the **worship experience** and developing new ways to nurture each other on our spiritual journeys.
- Deepening our vibrant **Religious Education** program and inspiring our children with creative and challenging classes and activities.
- Improving the **building and grounds** that are so crucial to our worship and programmatic growth.
- Supporting the **music program** which provides enlightenment throughout the year at services and special concerts.
- Developing **social action initiatives** so that we may fully realize the service component of our mission.

Over the next few days, you will receive the annual giving campaign mailing and over the next few weeks, you will hear more about the goals of the giving campaign and how we can all do our part to ensure the success of this exciting new chapter in the life of CUC. Thank you!

Bennett Rink, 2014 Giving Campaign Chair

UNITARIAN UNIVERSALIST ASSOCIATION(UUA) ~ DENOMINATIONAL AFFAIRS



General Assembly is more than the annual business meeting of the Association. The myriad of programs, worship events, witness and service opportunities, and exhibits not only provide a rich experience to the thousands of UUs who attend each year, they also give participants a renewed sense of energy, up-to-date information, inspiration, and innovative ideas to take back to their congregations and communities.



“Love Reaches Out” is the theme for this year’s GA. We believe that our faith provides a path for each of us to unlock our transformational capacity to serve the world with love. We will gather to help our association live into a future where “Love Reaches Out” – to share our faith both within and beyond our congregations’ walls.

Come be part of the experience of UUs essentially taking over a compact downtown. Providence is a vibrant Renaissance city, known as “The Creative Capital”. Here you’ll find history, natural beauty and vibrant culture wherever you turn.



Registration and Hotel reservation opens March 3rd at 9am.

On Saturday, June 28, the UUA will co-sponsor WaterFire Providence® a unique public art phenomenon. This is an amazing opportunity for us to participate in the local culture of our host city while simultaneously witnessing our faith.

Multigenerational and Inclusive

There is an active youth and young adult contingent at GA. Scholarship and Volunteer Opportunities, Childcare, and Accessibility Services are available.

More info: <http://www.uua.org/ga/> or contact Mary & John Cavallero, and/or Denice & Jeff Tomlinson who will be attending GA with Rev. Meredith.

Other Denominational News:

Upcoming scheduled webinars from the Central East Regional Group (CERG)

<http://www.cerguua.org>

March 13 and March 14: Ministry to Families: Supporting Families in Good Times and Bad

March 26: Raising the Bar: Designing a UU Introductory Course for Prospective Members

Save the date:

A national gathering of UUs for Jewish Awareness (UUJA) will be held March 14-16 at the Morristown (NJ) Unitarian Fellowship. The theme is “Jewish Voices in Unitarian Universalism”

For more info - <http://www.uuja.org>

Junior Youth Con: March 29-30, 2014 - UU Congregation of Monmouth County, Lincroft NJ

The UU United Nations Office Intergenerational Spring Seminar for Adults and Youth is scheduled for **April 3-5, 2014**. The theme is Rights of Indigenous Peoples, with keynote speakers the Rev. Peter Morales, UUA President, and Vyda Ng, Interim Executive Director of the Canadian Unitarian Council. Registration will be open in January 2014. <http://www.uua.org/international/events/seminar/>

The 2014 District Annual Meeting will be held May 2-3, 2014, at the Hyatt Morristown in Morristown NJ. Contact Denice Tomlinson for more info denice.tomlinson@yahoo.com.

E V E N T S

A Note of Gratitude from RE:

*Thank you so much for your generous contributions to the **SPCA**.* The animals there are very thankful for your care and concern, and excited to play with their new toys!

Here is an approximate summary of what you donated:

72 Towels (includes all sizes, dish towels, and bath mats too)

23 Sheets (includes all sizes)

10 Blankets (includes mattress pads)

3 Pillows

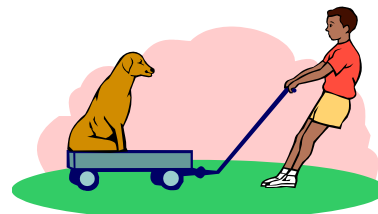
1 Leash

39 Dog/Cat Toys

\$10 Cash

and a few other handy items that the animals will have for their walks and indoor/outdoor play.

WELL DONE CUC!



Bird/Nature Walk at CUC

**Sunday, March 2
8:30 am
(meet behind the parsonage)**

The February bird walk was another success. "White Plains reported a low of 13 degrees this morning and 18 avian species in total were seen by 5 intrepid bird watchers. Our hours for observing birds begin at sunlight at the parsonage bird feeders and end at noon, and include anywhere on CUC grounds. " (LoraKim Joyner)

For a full report on the last walk go to:
<http://cucmatters.blogspot.com/>

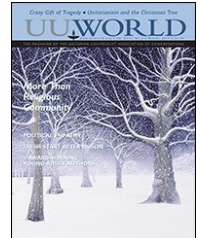
Led by Rev. LoraKim Joyner, DVM. If you have any questions, you may contact her at amoloros@gmail.com.



**Adult R.E.: "Around the UUWorld"
Brown Bag Lunch**

**Wed Mar 19 -- noon
Fireside Area of Sanctuary**

Bring your lunch and join Rev. Meredith to discuss a recent article from our denominational magazine, the UUWorld.



For Wednesday Mar 19 we'll discuss "Political Empathy" (from the 2013 Winter issue.)

March 16, Sunday



PANCAKE BRUNCH

\$3 children, \$5 adult, \$15 per family
Sponsored by the Youth Group

The Basement Zendo



is located at:
The Parsonage
466 Rosedale Ave
White Plains, NY 10605

Turn in where the sign (green with white lettering) says "Montessori Entrance."
The Basement Zendo is in the basement of the house on your right as you pull into the Montessori Entrance. Enter in the rear of the house.

SCHEDULE

One-hour Morning Zen:
Mon - Fri, 7:30 - 8:30am.

Saturday Zen Service: 10:00 - 11:45am

Led by Rev. Meredith Garmon

All Basement Zendo events are subject to regular and irregular cancellations, as Meredith's travel schedule or pastoral emergencies dictate. Cancellation notices are posted at <http://basementzendo.blogspot.com/>.

Unitarian Universalist Choir Festival

Saturday, March 29th
7:00 pm at CUC

The Fellowship Choir of Northern Westchester of Mt. Kisco

The Fellowship Choir of UUFBCO of Croton On Hudson

The FUSW Coffee Hour Choir of Hastings On Hudson

The Community Unitarian Church at White Plains Choir

More than 60 voices will gather together to perform such pieces as Rutter's *For the Beauty of the Earth*, spirituals such as *Ride the Chariot* and *Nothin's Gonna Stumble My Feet*, and anthems such as Thomas' arrangement of *I Dream A World*, among others.

Suggest donation: \$20, \$10 for seniors or students. Proceeds will be donated to local food pantries.

My fellow choir directors and I have enjoyed working together to make this event happen and look forward to this great opportunity of fellowship among all of our choir members.

The CUC Choir will be rehearsing the music for this performance from 7:30-8:45pm each Tuesday evening, so please come and sing with us if you wish to participate in this special event. For more information about this and other Choir activities, please feel free to contact me at choir@cucwp.org, or by phone at 347-278-3187.

If you cannot sing with us, I hope that you will attend the concert and enjoy the music.

Lisa Meyer, CUC Choir Director

Caring & Sharing...

If anyone knows of another among us who is in need of a caregiver from our Caring & Sharing Circle, throughout March contact Ingrid Hartmann or Liz Laite.

Ingrid: 946-2026, wwwingrid@webtv.net

Liz: 366-4211, em.laite@verizon.net

In Memory....

Our thoughts are with **Lauren Taylor** and her family. Her mother Diva Theodora (Tonucci) Taylor passed away peacefully on January 27th, after having moved from Cape Cod in 2013 to be cared for closer to Lauren.

A memorial service will be held at CUC on **Saturday, March 22, 3:00 pm.**

**Members Jim and Mary Cobb
honored by two organizations**

February 24th, 6:30 pm

Westchester County Board of Legislators is honoring Jim and Mary Cobb at the Black History and Heritage celebration at the County Office Building (8th floor).

February 27th, 6:00 pm

The Third Annual "Harlem Fine Arts Show Comes to White Plains" — the premier showcase for modern and contemporary African Diasporic art will honor James W. Cobb and Dr. Mary Lane Cobb on Thursday, February 27th, 6:00 p.m. at the White Plains Public Library, 100 Martine Avenue. The recent Harlem Arts Show at Riverside Church in New York City attracted more than 100 Artists and 10,000 people. According to Youth Bureau Director Frank Williams, "it is our hope that the White Plains Harlem Fine Arts Show will become as successful and important to White Plains as the Harlem Fine Arts Show is to New York City."

KEITH HAMILTON COBB PRESENTS "AMERICAN MOOR"

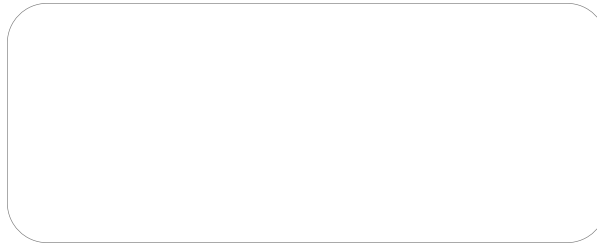
Actor/Playwright Keith Hamilton Cobb, son of members Jim and Mary Cobb will perform his solo show, "American Moor," a one-act play that explores the experience and perspective of black men in America through the metaphor of Shakespeare's character, Othello. The work is being directed by Paul Kwame Johnson. It can be seen for one evening only, Saturday, March 1st at 6:00 PM, at the Yonkers Riverfront Library, One Larkin Center, across from the Metro-North Railroad Station. Library phone: 337-1500, ext. 433. The play is for a mature audience and is free to the public.

Cobb is best known for his television work in All My Children, The Young and the Restless, Gene Roddenberry's Andromeda, and Noah's Arc.

~ March 2014 ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2 8:30a-9:30a Bird/Nature Walk (Parsonage) 9a-11:30a Nursery Care (32) 10a-11:30a RE Classes (FH & classrooms) 10a-11:15a Worship/Coffee (SANC) 11:45a-1:15p In the Spirit of Truth (FH)	3 7:30a-8:30a Basement Zendo, Zen Meditation, Parsonage back entrance 6:30p-7:30p Tai Chi (FH)	4 7:30a-8:30a Basement Zendo, Zen Meditation, Parsonage back entrance 7:30p-9:15p Choir Rehearsal (SANC)	5 7:30a-8:30a Basement Zendo, Zen Meditation, Parsonage back entrance 7:30p-9:30p Program Council (R41)	6 7:30a-8:30a Basement Zendo, Zen Meditation, Parsonage back entrance	7 7:30a-8:30a Basement Zendo, Zen Meditation, Parsonage back entrance	8 10:00a-11:45a Zen Meditation, Parsonage back entrance
9 Canvass Kick off (Sanc) 8:45a-10a Choir Rehearsal (Sanc) 9a-11:30a Nursery Care (32) 10a-11:30a RE Classes (FH & classrooms) 10a-11:15a Worship/Coffee (SANC)	10 7:30a-8:30a Basement Zendo, Zen Meditation, Parsonage back entrance 6:30p-7:30p Tai Chi (FH)	11 7:30a-8:30a Basement Zendo, Zen Meditation, Parsonage back entrance 7:30p-9:15p Choir Rehearsal (SANC) 7:30p-10p RE Council (R41)	12 7:30a-8:30a Basement Zendo, Zen Meditation, Parsonage back entrance 7:30p-9:30p Board of Trustees (41)	13 7:30a-8:30a Basement Zendo, Zen Meditation, Parsonage back entrance 11:30a-1p Science and Spirituality (R24)	14 7:30a-8:30a Basement Zendo, Zen Meditation, Parsonage back entrance	15 10:00a-11:45a Zen Meditation, Parsonage back entrance
16 Communitarian Deadline 8a-1p Pancake Brunch (YG) (FH), Ktc) 9a-11:30a Nursery Care (32) 10a-11:30a RE Classes (FH & classrooms) 10a-11:15a Worship/Coffee (SANC)	17 St. Patrick's Day 7:30a-8:30a Basement Zendo, Zen Meditation, Parsonage back entrance 6:30p-7:30p Tai Chi (FH) 8p-9:30p Finance Committee (41)	18 7:30a-8:30a Basement Zendo, Zen Meditation, Parsonage back entrance 7p-8:30p Worship Associates (R41) 7:30p-9:15p Choir Rehearsal (SANC)	19 7:30a-8:30a Basement Zendo, Zen Meditation, Parsonage back entrance 12p-1p Around the UUWorld Brown Bag Lunch (FH)	20 7:30a-8:30a Basement Zendo, Zen Meditation, Parsonage back entrance	21 7:30a-8:30a Basement Zendo, Zen Meditation, Parsonage back entrance	22 10:00a-11:45a Zen Meditation, Parsonage back entrance 3p-3p Open Arms Shelter (FH)
23 Open Arms Shelter (FH) 8:45a-10a Choir Rehearsal (Sanc) 9a-11:30a Nursery Care (32) 10a-11:30a RE Classes (FH & classrooms) 10a-11:15a Worship/Coffee (SANC)	24 7:30a-8:30a Basement Zendo, Zen Meditation, Parsonage back entrance 6:30p-7:30p Tai Chi (FH)	25 7:30a-8:30a Basement Zendo, Zen Meditation, Parsonage back entrance 7:30p-9:15p Choir Rehearsal (SANC) 7:30p-9p RE Council (41)	26 7:30a-8:30a Basement Zendo, Zen Meditation, Parsonage back entrance	27 7:30a-8:30a Basement Zendo, Zen Meditation, Parsonage back entrance 10a-11a COMMUNITARIAN mailing (FA) 11:30a-1p Science and Spirituality (41)	28 7:30a-8:30a Basement Zendo, Zen Meditation, Parsonage back entrance 3p-8:30p Spring Concert Rehearsal (Sanc), Ktc)	29 10:00a-11:45a Zen Meditation, Parsonage back entrance 1p-9:30p Spring Concert (7p) (Sanc), Ktc), R24), (FH)
30 9a-11:30a Nursery Care (32) 10a-11:30a RE Classes (FH & classrooms) 10a-11:15a Worship/Coffee (SANC) 11:30a-12p UU Roots (R 12)	31 7:30a-8:30a Basement Zendo, Zen Meditation, Parsonage back entrance 6:30p-7:30p Tai Chi (FH)					

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468 Rosedale Avenue
White Plains, NY 10605



If you no longer wish to receive this newsletter, write 'refused' across your address and return it unopened. No postage is required.

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Communitarian Deadline for the next edition:

Sunday, March 23

Submit information to
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