

THE COMMUNITARIAN

COMMUNITY UNITARIAN CHURCH AT WHITE PLAINS

Sunday Services 10:15 am Religious Education 10:00 Accessible to the Handicapped

November 2009



Community Unitarian Church
468 Rosedale Avenue
White Plains, NY 10605
Founded 1909

The Rev. Carol A. Huston
Minister

Lara K-J Campbell
Director of Religious Education

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Newsletter Editor/Design

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Music Director

Lisa Meyer
Choir Director

The Rev. Deb Morra
Community Minister
in Association with CUC

For more information
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www.cucwp.org
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Communitarian Deadline
for December Edition:
Sunday, November 15

Submit information to
Louise Jacono
Email: admin@cucwp.org
Fax: 914.948.2603

Minister's Moment...

In a presentation at one of our annual General Assemblies several years ago, Robert Fulghum, the author of All I Really Need to Know I Learned in Kindergarten, spoke with us. You may not realize that Fulghum is a UU minister, and all those pieces, at least in his first books, were his newsletter columns. All of us UU ministers wish we had his deft hand in this particular medium, but, -- ah well.

The one thing I remember from his talk I remember extremely well. It was the statement that all of us liberal ministers tend to start our columns with references to the weather, and he wonders why we don't call ourselves the Church of the Divine Meteorology. And so, whenever I find myself crafting words about "the sparkling sunlit morning" or the "cold, biting to my bones," I promptly backspace over those words and start again.

But today I am not doing that. I really must cry out about this weather! I'm not much for really hot weather, and so I was okay with a lot of the summer. But now it won't stop raining! The gloom won't lift! What have we done to deserve this? Okay, I take my share of the responsibility for global warming, or actually "global weirding," as I like to say. But it must be much more than that to bring me out of my ban on weather references in Communitarian columns. When will this end?

Thank you for listening to that tantrum. And now I will say that I am delighted with the climate inside CUC this fall. Thank you all for your responses to the first two themes and to the resource lists. It feels as though we are all working on the same wavelength. Please keep the comments and feedback coming.

I write this just before departing for my annual retreat with the Ohio River Group UU Ministers' Study Group, October 19-22 (back before you read this!). Each year we gather to discuss a stated topic. This year it is "Poetry," and I am looking forward to learning about poets I haven't read before. Stay tuned for some beautiful and interesting readings.

And may the sun shine on you this week. Really, I mean that!

Rev. Carol

November's Theme
-- Gratitude --
Resource List

Scripture

Luke 15:11-32 (The Prodigal)

Books

Gratefulness: The Heart of Prayer by David Steindl-Rast (Paulist Press 1990) This treats the main aspects of gratefulness in a systematic way, without being dry, in a list of keywords from A to Z.

The Grateful Heart: Daily Blessings for the Evening Meal from the Buddha to the Beatles, M.J. Ryan, Editor (Conari Press 2002)

How to Want What You Have Timothy Miller challenges readers with attitudes and actions designed to create satisfaction.

Children's Books

The Gift of You, The Gift of Me Nila J. Webster

The Secret Stone Jill Lauffer and Kathleen Roberts

Films

Pay it Forward (2000) Kevin Spacey, Helen Hunt and Haley Joel Osment star in this touching tale of the transforming power of gratitude. A great family film appropriate for children 8 and over.

Awakenings (1990) Robert De Niro, Robin Williams and Julie Kavner come together to bring the Oliver Sacks book to life.

Babette's Feast (1997) Two women turn down a chance to leave their Danish town, instead staying to care for their pastor father and his small church. Thirty-five years later, a French woman seeks refuge in the town. The feast the woman prepares in gratitude is eclipsed only by her secret.

Denomination News

UU Metro NY Workshops – anyone can attend

Fall Leadership Workshop at the UU Congregation at Shelter Rock (Manhasset NY) on **November 7, 9:00am - 4:15 pm.** Rev. Dr. Laurel Hallman will deliver the keynote address followed by expert-led, three-hour workshops tailored to specific roles of congregational leadership including presidents, ministers, treasurers, religious educators, administrators, and worship associates. Individual tracks are also tailored to the chairs and members of an array of committees including membership/growth, social justice, finance, communications/technology, religious education and committees on ministry. Registration fee is \$25. To register, go to: <https://www.formdesk.com/uufirms/LeadershipDay>

Standing on the Side of Love- over 1,000 UU's from across the nation joined tens of thousands of others including 50 faith groups to gather in Washington DC on Sunday, October 11 at the National Equality March to demonstrate their support for full equality for gay, lesbian, bisexual and transgender (GLBT) Americans. To watch some of the activities go to the UUA website or watch a clip on YouTube - www.youtube.com/watch?v=7rQ1l-rn58Y or view a slide show at www.flickr.com/photos/standonthesideoflove/sets/72157622571159350/show/

Denice Tomlinson
Denominational Affairs

This is one of a series of some interesting incidents from CUC's hundred years of history, reflecting who we are and who we've been.



Did You Know?

Did you know that in the 1950s and early 1960s it was the custom of the Board of Trustees to hold its monthly meetings on a rotating basis in the homes of its members on Sunday evenings?

Not until 1966 or so did the Board change to the present custom of "open meetings" held at the church.

The Board chair, Jim Duffy, admitted to the congregation that "this is not an easy thing to change.... This will break into our pleasant routine of having cocktails and dinner together" prior to the

formal Board meeting. To which one trustee chided Duffy, "I have never observed a committee or Board whose collective wit and acuity was sharpened by food and drink before deliberation."

This fact and more like it are highlights of two new illustrated histories of CUC: [Freely United](#) covers the first fifty years and [A Religion of This Age](#) covers the last fifty. Both books can be ordered at Amazon.com for \$12 and \$16, respectively.

Charles Selinske
CUC Historian

BOARD OF TRUSTEES

Be grateful...it's good for you

I have to start with a confession. I am hooked on self-help books. I'm the guy that has read Learned Optimism, Younger Next Year and The 7 Habits of Highly Effective People. So what if I only adopted one habit, I really do feel more effective. I'm the person who goes to Barnes and Noble to find a new book about being a better person. I love reading these books. I love trying the ideas, and best of all I love finding something that actually works for me.

So it's no surprise that November's worship theme is one I can't resist. Gratitude — surely there must be a few self-help books on feeling thankful. I decided to do some reading on the subject of gratitude, and that's when I came across a fascinating report that was broadcast on *The Osgood Files*. The report focused on the research of Dr. Michael McCollough of SMU and Dr. Robert Emmons of UC Davis who found that gratitude plays a significant role in a person's sense of well-being.

Not content to read the Osgood summary, I found the original research which was published in the *Journal of Personality and Social Psychology* (2003), and it's really fascinating. It seems that McCollough and Emmons conducted a series of controlled experiments to explore the impact of gratitude. Their research showed that individuals

who performed gratitude exercises reported higher levels of alertness, enthusiasm, determination, optimism and energy. In their experiments the individuals who performed the gratitude exercises also experienced less depression and stress, exercised more regularly and made more progress toward personal goals. Amazingly in their studies McCollough and Emmons found that people who feel grateful were also more likely to feel loved.

How can all of these benefits come just from feeling gratitude? There must be a catch. What were these incredible gratitude exercises? Well, the individuals in the study were simply asked to think back over the past week and write down five things in their life that they were grateful or thankful for. This is not like training for a marathon. This is not writing the great American novel, or going on the Pritikin diet. This is something I think I can do.

So, let me close by thanking all of you for your friendship, your support and for the inspiration that I receive here at CUC. I'm grateful for having raised my children in this community and for being surrounded by such caring, interesting and fun people.

*Steve Bear, Chair
Board of Trustees*

Building and Grounds Survey

The Board of Trustees is focused on strengthening our community both this year and in the future. To help us think about the long term stewardship of our facilities, we are going to conduct a survey to get your input concerning our building and grounds.

It will be a two phase project. We will start with a pilot survey conducted among a sample of members and friends in early November and if the pilot identifies areas for deeper exploration we will modify the questionnaire and survey remaining members and friends after Thanksgiving.

The survey will be short and easy to complete. It will be sent by email and for those without email addresses on file, distributed at CUC. Make your opinion heard by completing the survey later this month.

Sustainable Celebration: Really Enjoying the Holidays 10:00am-noon — Sat's - 10/31, 12/5

Led by Rev. Carol Huston

Come by yourself, or bring the family to talk about how you can celebrate Thanksgiving, Hanukkah, Christmas, Kwanzaa, and New Year's Eve in a responsible, sustainable fashion, not spending more time, money, or energy than you can afford, but still enjoying renewal in the season.

During the first session we will set priorities about what can make the holiday season alive for you.

The second session will give you an opportunity to see if you are holding to those priorities.

RELIGIOUS EDUCATION

The R.E. View

A number of years back Rev. Carol and the Board of Trustees had approved sabbatical as part of my contract with CUC. I have been earning 2 weeks per year and at the end of this year will have 3 months earned.

I am excited to announce the Board of Trustees, with the support of Rev. Carol and the RE Council, has approved a sabbatical plan for me for this year. The plan is for a two-part leave. I am not sure if folks realize that I have been in school part-time to be a minister for the past few years. This year I have opted to double my class load. Since my studies to be a UU minister are becoming more demanding, my intention is to spend the sabbatical fulfilling a number of the requirements.

I will be taking from December 28th to January 26th as the first part. During this time I plan to take two "January Intensive" seminary courses. One will require me to travel while the other is more local. I will be working on some of the required paperwork for ministerial fellowship status (the process for becoming a UU minister), exploring some personal spiritual practices and, of course, knitting. ☺

The second part of the sabbatical will come over the summer. As part of my schooling I am required to do Clinical Pastoral Education. This is a chance for me to work as a chaplain on a full time basis. I am exploring what type of setting, but most likely it will be in health care. The summer is generally slow and the RE Council is confident that we can come up with some alternative ways to get the required cleaning and prep work done.

I look forward to sharing with you all that I learn during my time away.
Lara Campbell
Director of Religious Education

News from the RE Council

The Religious Education classes have been busy this fall, enjoying a rich curriculum and creating wonderful projects. Of particular note so far have been the 7th grade car wash and Stone Soup Sunday, which was run by the Coming of Age class. The children worked together to put on some great events.

Upcoming RE happenings include the Harvest Communion on November 22, hosted by the Youth Group, and the Thanksgiving weekend Special Sunday. As has become the tradition in recent years, we will be hosting the Greenburgh Nature Center on the Sunday after Thanksgiving. They will be bringing several furry, feathery, or scaly creatures to interact with the children. This is a great opportunity to reinforce the UU 7th principle: Respect for the interdependent web of life. Feel free to bring any guests or

family members who might be with you for the holiday.

The RE Council is also happy to support Lara as she prepares for her upcoming sabbatical during the month of January. This break will be an opportunity for her to further some personal educational goals, as well as relax and refresh a bit. This is well-deserved time away for Lara and I am confident that plans are in place for the RE program to continue to run smoothly during her brief absence. Please let the RE Council members or Rev. Carol know if you have any questions or concerns about the sabbatical.

Erin Foster, Chair
Religious Education Council

November Adult RE

Chaired by
Persephone Zill

New offering on Sunday, Nov. 22, 11:30am - 1:00pm
Discussion and Book Signing
of the 2 books on CUC History

Come meet the authors of the two histories - "Freely United" (covering 1909-1959) and "A Religion of This Age" (the second 50 years) - have them sign your books, and learn about CUC's rich 100 year history.

Continuing courses...

Sundays

9:00 – 9:45am

<i>Minister's Colloquium</i>	11/1
<i>Monthly Meditation Sessions</i>	11/15

9:15–10:00am

<i>Reading Pema Chodron</i>	11/8, 11/22
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7:30–10:00pm

<i>Sunday Night Film</i>	11/8
<i>Babette's Feast</i> — See page 2 Resource List for description.	

Weekday Evenings

7:00–8:00pm

<i>Tai Chi</i>	Mon's, weekly
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7:30–9:00pm

<i>Spanish Conversation</i>	Mon's, weekly thru 12/14
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Saturdays

9:00 – 10:00am

<i>Reading Emerson</i>	weekly
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A Special RE Sunday!

On Sunday, November 29, 10-11:30am, there will be a special visit from the Greenburgh Nature Center for grades K-5. (There will be no regular RE classes that date.) A specialist from the Nature Center will bring small animals for a fun, interactive class. Come and enjoy!

Our 2009 / 2010
Music at CUC Series Begins



*Songs of
Life & Love*
Sunday, November 22
at 3pm

Soprano Mary Lane Cobb, pianist Adam Kent, and guest artists Ana Maria Rosado, Rebecca Waller-Bright and Jason Block perform classical and contemporary music from the 17th-20th centuries.

Suggested donation: for each concert \$20 (\$10 for seniors and students)

Subscription: All 5 concerts: \$80 (\$40 seniors/students.

Call 946-1660 ext. 8, visit www.cucwp.org or e-mail info@cucwp.org for more information, including directions and reservations.

Partner Church Book Drive

The Partner Church committee seeks your lightly used books for young people ages 13-15. These books are destined for a village called Doldol in the Philippines .

CUC anticipates a partner relationship with a small UU church in Doldol – a relationship which includes exchange and correspondence, and offers material assistance of various kinds. We sent a box of younger children's books this past summer. Now we seek another set of books. The following list is offered only as a suggestion of the TYPE of book we seek:

Bury My Heart at Wounded Knee by Dee Brown

A Tree Grows in Brooklyn by Betty Smith

Esperanza Rising by Pam Ryan

The Outsiders by S.E. Hinton

To Kill a Mockingbird by Harper Lee

The Lightning Thief (and other books from

the Perry Jackson series) by Rick Riordan

Tom Sawyer by Mark Twain

General almanacs, dictionaries, and atlases would also be useful.

Contact Rev. Carol with any questions.
On behalf of the committee and young readers of Doldol, many thanks for your generosity.

Tom Rosenbaum

Let Me Down Easy

Run- do not walk- to see this play!

CUC is pleased to offer tickets to *Let Me Down Easy* with Anna Deavere Smith (2nd Stage Theater, W 43rd St). Her latest one woman show, recreates multiple characters and chronicles life, death and the care of the human body based on interviews with both famous and ordinary individuals.

"This 95 minute show is a vital piece of theater"
"Thoughtful, vibrant and elegantly directed"
"Bracing and Poetic" (see New York Times review)

In order to get these seats we must have commitments from 15 people by November 10. Please call Jane Dixon (949-5919) or email her (jrdixon@optonline.net) as soon as possible.

\$53.50 per ticket

November 29, 2009

(an engaging way to wind down the Thanksgiving holiday)

Sunday 3pm (95 minutes, no intermission)
(opportunity to meet for dinner afterwards)

Midnight Run

Friday, November 20

Clothes wanted. Our last run used up almost all our stock. We need pants, shirts sweats, sweaters and jackets

To volunteer for a run see sign-up sheet near church office or contact Alan or Zachary
Morrice: amorrice@medcononline.com,
zachary1092@aim.com, 997-5629.

THE PLAY'S THE THING ...

CUC's **Play Reading Group** is open to all. We meet first Mondays at 7:30pm. If interested, call Ken Kessler at 589-1450.

Upcoming topics:

November 2

Monologues

December 7

The Importance of Being Earnest by Oscar Wilde

ACTION FOR SOCIAL CONCERNS

November plate collection and Nov. 8 forum

The Rev. Cheryl McNeil Fisher will be with us on November 8, to take part in the morning service and to present a forum about Guiding Eyes for the Blind. This organization, an internationally accredited nonprofit guide dog school, was founded in 1954 to enrich the lives of blind and visually impaired men and women by providing them with the freedom to travel safely, thereby assuring greater independence, dignity and expanded horizons of opportunity. Since that time, Guiding Eyes has become one of the foremost guide dog schools in the world, graduating more than 7,000 guide dog teams (dog and human). It provides superbly bred Guiding Eyes dogs, professional training and follow-up support services to students at no cost to them and depends on contributions to fulfill its mission. Long time CUC member Marion Levy is an enthusiastic supporter of this organization. Guiding Eyes will receive 25% of the plate collection during November.

Used Coat Drive

Clean used coats, jackets, and winter sweaters in good condition, all sizes, for men, women and children will be collected Sundays, Nov. 8 and 15 for distribution to several organizations serving people in need. PLEASE sort, pin size on front and deposit in the appropriate boxes in the main lobby (contact person: Barbara Mair 769-7186). JUST COATS, JACKETS AND SWEATERS, please.

Food Pantry News

The Food Pantry distributes special food for Thanksgiving and Christmas dinners. Cash donations are especially needed at this time and may be sent to the Ecumenical Food Pantry, P.O. Box 2037., White Plains, NY 10602. The CUC contact person is Vicky Van Wert 937-4758.

Shop Right for Shelter Residents

November 8 will be the month we resume "2nd Sunday" collections of donations for shelter residents. Ray Messing has put together a handy "take along while you shop" list of items that are always needed. The list will be distributed at the November 1 service and will be available in the lobby after that. Take a list and pick up a few things while you do your shopping. Bring your purchases to CUC on Sundays. Your purchases will make a big difference to these residents.


Don't miss the December issue of *The Communitarian* (arriving in your mailboxes before Thanksgiving) when we will give you all sorts of **Opportunities for Giving** — from our traditional Mitten Tree to gifts for children of the Bedford Children's Center and the Coachman Family Center and you'll hear about our newest tradition — *The Hanging of the Greens and Holiday Brunch*.

Prepare to share with those in need. We will be collecting:

- ★ Toiletries of all sorts and sizes for homeless individuals.
- ★ Mittens, hats, scarves, etc. for children and adults in local shelters.
- ★ Gifts for children at the Coachman Family Center and for children of inmates of the Bedford Correctional Facility.
- ★ Food and money for special holiday dinners provided by local food pantries.

Ray Messing

Save the Date
Wednesday, December 2 from 2-7pm
CUC's Projects of the Heart
in cooperation with the American Red Cross
will sponsor a Blood Drive.

Donate Blood 
In December blood levels are often quite low.
Questions? Contact Ann Marie Damashek at 835-
7593 or scottam@verizon.net



Looking for artisans and crafts people
within our congregation
to participate in CUC's annual
Holiday Arts & Crafts Fundraiser Sale
which will be held Sundays, December 6 and 13.
If interested in participating,
contact Barbara Youngman at 948-2973.



November 2009

SUN	MON	TUES	WED	THUR	FRI	SAT
1 Daylight Saving Time ends 9:00a Minister's Colloquium 9:00a Mentor/Youth Match 10:00a RE 10:15a Worship 11:45a Spirit of Truth 11:45a Music Committee	2 7:00p Tai Chi 7:30p Choir Rehearsal 7:30p Spanish Conversation 7:30p Play Reading	3	4 7:30p Program Council	5	6	7 8a-2p Day in Place 9:00a Reading Emerson
8 COAT DRIVE 8:30a ASC Meeting 9:00a Yth Group parents 9:15a Reading Pema Chodron 10:00a RE 10:15a Worship 11:45a ASC Forum 7:30p Sun. Night Film	9 7:00p Tai Chi 7:30p Choir Rehearsal 7:30p Spanish Conversation	10	11 7:30p Board of Trustees	12 11:30a Science & Spirituality	13	14 9:00a Reading Emerson
15 COAT DRIVE Communitarian Deadline 9:00a Monthly Meditation 9:00a 1st grade parents 10:00a RE 10:15a Worship/RE 11:30a Bagels & Bingo 11:45a Fun Facts Abt Music 11:45a Welcome Comm.	16 7:00p Tai Chi 7:30p Choir Rehearsal 7:30p Spanish Conversation	17	18 7:30p RE Council	19 10:00a Folding Party 7:30p Parents of Teens	20 Midnight Run	21 9:00a Reading Emerson 2p Memorial Service for Marjorie Willbach
22 8:45a Partner Church Comm 9:00a 4th grade parents 9:15a Reading Pema Chodron 10:00a RE 10:15a Worship 11:30a Newcomers 11:30a CUC History Book Discussion & Signing 11:45a CoA Mentor Orientation 3:00p Music at CUC: Songs of Life & Love	23 7:00p Tai Chi 7:30p Choir Rehearsal 7:30p Spanish Conversation	24	25	26  Church Office Closed	27	28
29 10:00a RE 10:15a Worship	30 7:00p Tai Chi 7:30p Choir Rehearsal 7:30p Spanish Conversation					
<i>If anyone knows of another among us who is in need of a caregiver from our Caring & Sharing Circle: throughout November call Janet Giewat at 617-2137.</i>						

For latest news and updates go to our website at www.cucwp.org.
 The Communitarian is now available on our website. To stop receiving a hardcopy of this newsletter and to start receiving email announcements instead, please send an email to admin@cucwp.org

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

NOVEMBER SERVICES

Services are led by the Rev. Carol Huston on Sundays at 10:15 am unless noted otherwise.

NOVEMBER 1

Which Side Are You On?

Adam Kent, CUC Music Director

CUC Choir and

Ethical Culture Society Choir will sing

NOVEMBER 8

Dialogue sermon:

The Rev. Cheryl McNeil Fisher
and the Rev. Carol Huston

NOVEMBER 15

Discussion Circles on Gratitude

NOVEMBER 22

Annual Harvest Communion

Reverse family service

CUC Choir will sing

NOVEMBER 29

Receiving Thanks

25% of this month's Sunday offerings will be shared with Guiding Eyes for the Blind.

See page 6 to learn more about this worthy organization

FINAL NOTE ↩ NOVEMBER FORUMS

At 11:45am in Fellowship Hall unless noted otherwise

NOVEMBER 1

In the Spirit of Truth

NOVEMBER 8

ASC Second Sunday Forum

Guiding Eyes for the Blind

with the Rev. Cheryl McNeil Fisher

See page 6.

NOVEMBER 15

Fun Facts About Music

with Adam Kent

in the sanctuary