

THE COMMUNITARIAN

COMMUNITY UNITARIAN CHURCH AT WHITE PLAINS

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

February 2010



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

Louise Jacono
Church Administrator
Newsletter Editor/Design

Adam Kent
Music Director

Lisa Meyer
Choir Director

The Rev. Deb Morra
Community Minister
in Association with CUC

For more information
about CUC:

www.cucwp.org
Email: info@cucwp.org
914.946.1660

Communitarian Deadline
for March Edition:
Sunday, February 21

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

Minister's Moment...

Loralee Huston, Hollis's widowed step-mother, suffered a massive stroke last week. She is breathing on her own but in a coma, and the prognosis is bleak. She had been in the family for about 40 years, and all of Hollis's extended family had good conversations with her during our holiday gathering last month. I know that your thoughts will be with Hollis and me and our family in the days to come.

But my thoughts are also with all of you — young or old — who live alone, all of you who are sometimes alone at home or on walks, all of you who love someone who lives alone. It took two days to notify anyone in our family, and an additional day to locate two cousins who are Loralee's only living blood relatives. No one has found a living will, although most of us think that one must exist.

The EMT's first and only call was to the pastor of Loralee's church, and it fell to him to locate relatives -- which gives me the opportunity to remind you to maintain a file of copies of legal documents and emergency contacts in your minister's office. I will have forms for your use available on Sunday. But even more, this prompts me to suggest that you think about where you should place emergency contact lists. A list near your front door or on the refrigerator would be helpful to EMTs. We should all carry emergency contact lists with us. And there is an iPhone app called ICE (In Case of Emergency), which sounds like a great idea to me right now. It is horrible to think that, in an emergency, it could take two or three days for word to get to those you love. But I know that that happens.

The theme for February is "Prayer." This theme won't be as apparent in Sunday services, but still I hope it will be on your mind. I hope you will take a moment to tell me (by mail or e-mail, perhaps) what place prayer has or doesn't have in your life. I have really enjoyed the feedback and conversations that previous monthly themes have provided, and I look forward to conversation around this theme, even while you listen to other theological themes during our annual Youth Service on February 7 and the Rev Deb Morra's service on February 14. Through the month, there will also be additional opportunities to learn more about our potential for partnership with the Doldol congregation in the Philippines, as Zach Morrice and I prepare to travel there on March 8.

See you at CUC!

Rev. Carol

February's Theme
-- Prayer --
Resource List

Scripture

Psalms Ancient Jewish prayers

Matthew 6:5-13 "The Lord's Prayer" and Jesus's call to pray quietly and modestly

Books

Simply Pray: A modern spiritual practice to deepen your life by Erik Wikstrom (head of the worship resources office of the UUA) Skinner House Books, 2005

The Miracle of Mindfulness: A Manual on Meditation by Thich Nhat Hanh Beacon Press, 1987.

Mystics and Zen Masters by Thomas Merton (originally published in 1961, Amazon carries a 1999 paperback edition)

Children's Books

Granddad's Prayers of the Earth by Douglas Wood (1999) This book answers children's questions about prayer in a forthright fashion and also helps us to see nature become a prayer.

The Monk Who Grew Prayer by Claire Brandenburg (2003) A preschool book, beautifully illustrated, which equates prayer with activity.

Film

Into Great Silence (2005) A documentary study of the Grande Chartreuse monastery, whose silence is broken only by prayer and song, with no sound save the natural rhythms of age-old routines.

AMONG OURSELVES

If anyone knows of another among us who is in need of a caregiver from our Caring & Sharing Circle: throughout February call Yukiko Oshima at 312-7474.

Our condolences to **Astrid Rogers** on the death of her husband **Bob Rogers**. Bob died on January 5 and a memorial service was held at CUC on Saturday, January 23.

Our thoughts are with **Gail Johnston and Miren. Cynthia Ryan**, partner of Gail and mother of Miren, died on January 13; a memorial service was held at CUC on January 17.

The *Composers Now* series presents the Damocles Trio (CUC Music Director **Adam Kent**, piano; Airi Yoshioka, violin; Sibylle Johnner, cello) in two events in NYC this month. On Monday, February 22 at 12:45pm, the trio can be heard at Symphony Space (2537 Broadway at 95th St, New York, NY 10025, 212-864-5400) in Tamar Diesendruck's *On That Day* as well as in the NYC premiere of our own **Eric Nathan's** *Gathering*, composed for last year's centenary celebration at CUC. Admission is \$15. For more details see <http://www.symphonyspace.org/series/144>.

On Saturday, February 27 at 6:30pm, the Museo del Barrio (1230 5th Ave, New York, NY 10029, 212-831-7272) will present the Damocles Trio in a special program and panel discussion on Brazilian music, in honor of the release of the trio's new recording of the complete piano trios of Heitor Villa-Lobos and the world premiere recording of Oscar Lorenzo Fernandez's *Trio Brasileiro*. Admission is free. The trio's new recording of piano trios from Brazil can be pre-ordered from Amazon.com at http://www.amazon.com/3-Trios-Piano-Damocles/dp/B0032EZCEK/ref=sr_1_1?ie=UTF8&s=music&qid=1264392136&sr=1-1, or — just see Adam at church.

BOARD OF TRUSTEES

Prayer

I must admit that I struggled with how I could contribute to this month's discussion of prayer, and I finally decided the best way was to do some reading about prayer on the UUA website and to share some of the thoughts that meant the most to me.

Wayne Arnason and Kathleen Rolenz published these words about prayer: "Prayer can cut through our intellectual barriers and touch our hearts, enabling us to feel truly held and embraced by community and love." When we can listen fully and reflectively to the 'still small voice' within, we may be surprised and encouraged by what emerges.

The Reverend Dr. A. Powell Davies who was minister of All Souls Unitarian Church in Washington D.C. wrote that "Prayer is the language of the heart, akin to poetry. Its concern is not with exact description, as that of prose so often is, but with reality itself and with the power to evoke our spiritual resources."

The UUA website (UUA.org) has excerpts from a wonderful pamphlet (that they sell) and which contains eight UU views of prayer. The pamphlet emphasizes the "rich diversity of opinion and belief about prayer among Unitarian Universalists."

Roger Cowan wrote: "In a desperate moment, I cried out for help, and I was answered. Some years later I am still a humanist... Yet I am a humanist who prays, who begins each morning with devotional readings and a time of silence and prayer."

Lucy Virginia Hitchcock wrote: "Prayer for me is taking time to be present for that gracious spirit and aware

of the gifts that come to and through me simply because I am alive."

Dan Harper expressed this view: "I don't pray. As a Unitarian Universalist child, I learned how to pray. But when I got old enough to take charge of my own spiritual life, I gradually stopped... I have found my spiritual disciplines – walks in nature, deep conversations, reading ancient and modern scripture, love – or they have found me."

Anita Farber-Robertson shared a different view: "When I was in my thirties, still early in my ministry, I was stricken with a mysterious illness... I was frightened, too frightened to pray... I needed the connection, and I was not strong enough or grounded enough to establish it for myself... I asked my friend to pray for me. He did. I was astonished at its power."

I spent a couple of hours on the website and read a lot of prayers. This one I found most inspiring, it is reprinted from the pamphlet of *Family Prayers: A Sampler*, edited by Irene Praeger, 2007 Unitarian Universalist Association.

We breathe in faith. And exhale hopelessness.
We breathe in gratitude. And exhale indifference.
We breathe in beauty. And exhale insensitivity.
We breathe in joy. And exhale sadness.
We breathe in kindness. And exhale harshness.
We breathe in forgiveness. And exhale resentment.
We breathe in love. And exhale isolation.

Edwin C. Lynn

Steve Bear, *Chair
Board of Trustees*

Buildings and Grounds Survey



Thanks to the over 130 friends and members who completed the CUC Building and Grounds Survey. Survey results will be posted on the CUC website shortly (cucwp.org). The Board will be meeting to analyze the survey results and develop an action plan, but we wanted to post the results so our congregation could view them.

RELIGIOUS EDUCATION

Welcome Back Lara!

We have survived Lara's month-long sabbatical absence. I want to extend an enthusiastic THANK YOU to all the members of the RE Council for pitching in. Every member of the team stepped up, going above and beyond the call of duty to keep things running smoothly.

Thank you also to the teaching teams for their continued dedication and commitment to the RE program. What an inspiration you all are!

Events to keep on your radar for February include the Youth Group Service on the 7th (always an introduction to new music for me) and a Seven Principles Sunday on the 14th. The Seven Principals Sunday will feature a guest teacher from Alvin Ailey Dance, teaching the children movement techniques. Last year's event was very well received.

Members of the 6th grade class should also mark their calendars for Our Whole Lives orientation on February 28.

Stay warm,
Erin Foster, Chair
Religious Education Council

February Adult Religious Education

Sunday Mornings

9:00am Feb 4

Minister's Colloquium

with the Rev. Carol Huston

An opportunity for discussion on the monthly theme, current events, theological matters. On first Sundays.

9:15am Feb 7 & 21

Reading Pema Chodron

with the Rev. Deb Morra

Pema Chodron is a female American Buddhist nun, whose popular writings speak to the human condition and to the Buddhist aim of addressing the cause of suffering in the world. We are reading together one of *When Things Fall Apart*.

Sunday Afternoon

2:00-4:00pm Feb 28

New UU's

with Rev. Carol

For those who are considering membership in CUC or who have joined recently, a Sunday afternoon gathering in Fellowship Hall. Rev. Carol will offer a quick journey through UU and CUC history, and you will have an opportunity to meet others who are traveling a similar path to membership. Child care will be available. Please e-mail Rev. Carol (revcarol@earthlink.net) that you plan to attend.

DENOMINATIONAL AFFAIRS

My job as the Denominational Chair is to provide a link between CUC and the greater UU world and encourage your involvement in the Metro district and UUA.

This month I write to remind you of some resources to keep you connected via the internet. Now I know that everyone who reads this does not have internet access, but CUC and, of course, your local library have internet access. Many have told me that they also have difficulty navigating the web and I encourage you to connect with one of the youth at CUC who can help you. It would encourage them to view these web sites too. Lara or Rev Carol can help you find that youth.

So I encourage you to visit the new and improved UUA website at www.uua.org (click news), the Metro District website www.uumetrony.org (click Metro NY Minute) and finally, the always changing website

www.standingonthesideoflove.org. The UUA's *Standing on the Side of Love* campaign hopes that congregations will use Valentine's Day to address issues related to justice and love.

Upcoming events: see the Metro UU website for more information.

The Sixth Annual Winter Retreat of the District

Young Adult Community: February 12-15, Frost Valley YMCA in Claryville NY.

Youth Leadership Development Con: March 19-21

Junior Youth Con: April 17-18, Morristown (NJ) Unitarian Fellowship.

2010 District Annual Meeting: April 30-May 1, Hyatt Morristown (NJ).

Denice Tomlinson, Chair
Denominational Affairs

ACTION FOR SOCIAL CONCERNS

The ASC Committee and CUC are pleased to collaborate with *Transitions Westchester*, a new group dedicated to educating and informing us about the challenges we all face as we migrate over the next decades away from oil, to a new energy economy.

In February Transitions will present the compelling film *The End of Suburbia*, a history of suburbia and how a changing world will change the American dream and suburban life. The second film of the *Transition Westchester Winter Film Series*, its two showings are listed below.

Northern Westchester:

Time: Saturday, February 20; 7:00-9:30pm

Place: Unitarian Universalist Fellowship of Northern Westchester, 236 South Bedford Road, Mount Kisco, NY 10549

Southern Westchester:

Time: Sunday, February 21; 7:00-9:30pm

Place: Community Unitarian Church, 468 Rosedale Ave. White Plains, NY 10605

About *The End of Suburbia*

Since World War II North Americans have invested much of their newfound wealth in suburbia. It has promised a sense of space, affordability, family life and upward mobility. But as we enter the 21st century, serious questions are beginning to emerge about the sustainability of this way of life. With brutal honesty and a touch of irony, *The End of Suburbia* explores the American Way of Life and its prospects as the planet approaches a

critical era, as global demand for fossil fuels begins to outstrip supply.

There will be a discussion group after the film. Admission is free, although small donations are welcome to help offset licensing costs of the series.

On Saturday, February 6 from 9:30am to 1:30pm there will be a conference with about 150 youth, middle school age and up, as part of *THE NEW HIP HOP GENERATION STEPS FORWARD: Redefining Ourselves and Building Community*. It marks the eleventh year of *Ending Violence, Building Hope*, the annual conference presented by the Westchester Martin Luther King, Jr. Institute for Nonviolence. A small charge (\$5) is requested to help pay for lunch. The conference is open to the public and takes place at The Castle, Manhattanville College, Purchase, New York. Adults have their own workshop. Our own Remy Gautreau, son of Ricardo and Jamie, will be accompanying the youth who are performing pieces they wrote, based on Dr. King's life and principles.

Also in February, with respect for Martin Luther King's Birthday and Black History Month, CUC's *In the Spirit of Truth* will host the Second-Sunday forum. See below.

In Honor of Black History Month CUC's *In the Spirit of Truth* presents: A Valentine Special

We Stand on the Side of Love for All of Our Family

Sunday, February 14 — 11:45am-1:00pm in Fellowship Hall

Facilitator: Petra Thombs

To all who support *Standing on the Side of Love* and would like to engage in a discussion regarding where we stand on marriage equality, it is time to reflect and regroup.

Join us for a film of a speech by Julian Bond for the Human Rights Campaign on the topic of marriage equality. Mr. Bond eloquently sheds light on gay rights, the black church, and the civil rights movement, deftly adding arguments from the Bible and more.

Join us for this insightful screening.

Discussion to follow — Refreshments will be provided — Child care provided

Do something really meaningful this Valentine's Day — Come to CUC!

Sing!

CUC Choir Is Still Open For New Members

If you enjoy singing, it's still not too late to join the CUC Choir this season. Reading music is not a requirement, just the ability to match pitch and possess a lot of enthusiasm. Rehearsals are Monday nights from 7:30-9:15pm, (or, to sing just for the Mozart *Requiem*, - rehearsals will be the first portion of our weekly Monday night rehearsals from 7:30-8:45pm). Practice CDs and scores are available for all voice parts.

If you wish to share your voice and start something new, please join us on any Monday night, now through February, at 7:30pm in the Sanctuary. For more information and to schedule a time for us to meet to get vocally acquainted, please feel free to contact me at 347-278-3187 or by email at Lisa.Meyer@Liu.edu. Thanks for your support of the CUC Choir and we look forward to seeing you soon.

Lisa Meyer
CUC Choir Director

The Spanish Conversation Circle at CUC is expected to resume Monday nights from 7:30-9 beginning February 8. Anyone with a little bit of Spanish is welcome to join. Tuition is \$100 for 15 classes (to cover the cost of the instructor). You can't find a better deal anywhere! If you are interested in participating, be sure to call or email Jane Dixon at 949-5919 / jrdixon@optonline.net before attending, to confirm the actual start date.



Midnight Run **Friday, February 12**

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:

February 1

A Raisin in the Sun

by Lorraine Hansberry

March 1

Monologues II

April 5

Othello

by William Shakespeare

May 3

Auntie Mame

by Robert E. Lee and Jerome Lawrence

Saturday, February 6 — 8:00a-2:00p **Day in Place**

Celebrate our beautiful grounds and assist with the stewardship of the land by pitching in on various grounds projects. Tools and supplies provided. Participate for as long or as short a time as you'd like. Newcomers are welcome.
Contact: Bob Frommer – from2750@optonline.net

Snow Closing Guidelines

Sunday service is never cancelled ... but meetings, events, and Religious Education can be cancelled due to bad weather.

You can find out if activities have been cancelled by:

- ✧ Going to the homepage of our website at cucwp.org, where closings will be posted.
- ✧ Checking the church's main line greeting at 946-1660.

Information will be available at these times:

- ✧ By 7 am for Sunday morning activities, including Religious Education.
- ✧ By 1 pm for Sunday afternoon and evening events.
- ✧ By 3 hours before the event for Saturday activities.
- ✧ By 3 pm for weekday evening meetings and special events.

February 2010

SUN	MON	TUES	WED	THUR	FRI	SAT
	1 7:00p Tai Chi 7:30p Choir Rehearsal 7:30p Play Reading	2	3 7:30p Program Council	4	5	6 9:00a Reading Emerson 8:00a-2:00p Day in Place
7 9:00a Minister's Colloquium 9:00a 7th grade parents 9:15a Reading Pema Chodron 10:00a RE 10:15a Worship/RE 11:30a Coming of Age Pulpit Skills 11:45a In the Spirit of Truth	8 7:00p Tai Chi 7:30p Choir Rehearsal 7:30p Spanish Conversation	9	10 7:30p Board of Trustees	11 11:30a Science & Spirituality	12 8:00p Midnight Run	13 9:00a Reading Emerson
14 ♥ 8:30a ASC Meeting 10:00a RE Special Sunday 10:15a Worship 11:45a Forum: A Special Valentine in Honor of Black History Month.	15 7:00p Tai Chi 7:30p Choir Rehearsal 7:30p Spanish Conversation Presidents Day	16	17	18	19	20 9:00a Reading Emerson 9:30a Parents of Teenagers
21 Communitarian Deadline 9:15a Reading Pema Chodron 10:00a RE 10:15a Worship 11:30a Newcomers 11:45a Fun Facts About Music 7:00p Documentary Film Series	22 7:00p Tai Chi 7:30p Choir Rehearsal 7:30p Spanish Conversation	23	24 7:30p RE Council	25 10:00a Folding Party 11:30a Science & Spirituality 1:30p Transitions Group	26	27 9:00a Reading Emerson
28 9:00a Partner Church Comm. 9:00a Youth/Mentors 9:00a K/1/2/3 teachers 10:00a RE 10:15a Worship 2:00p New UUs 6:00p 6th grade OWL parents	<p style="text-align: center;"> 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 </p>					

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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.

FEBRUARY SERVICES

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

FEBRUARY 7

Youth Sunday

A Family Service led by the Youth Group

FEBRUARY 21

Conversation Service:

"What does the word Prayer mean to you?"

CUC Choir will sing

FEBRUARY 14

"When Bad Things Happen to Good People"

The Rev. Deb Morra

FEBRUARY 28

Being a Good Partner in the World

CUC Choir will sing

FINAL NOTE & FEBRUARY FORUMS

At 11:45am in Fellowship Hall unless noted otherwise

FEBRUARY 7

In the Spirit of Truth

FEBRUARY 14

*A Valentine Special
in honor of
Black History Month
See page 5.*

FEBRUARY 21

*Fun Facts About Music
with Adam Kent
in the sanctuary*

FURNITURE DRIVE

Saturday, February 6th, 2010
9:00 a.m. – 2:00 p.m.
Furniture Sharehouse, Building 3,



Please donate your gently-used furniture directly to needy families!

This event is organized and co-sponsored by
Community Unitarian Church at White Plains
as a social action community outreach project.



Furniture Needed:

(tax receipt available)

Mattresses and Box Springs
(NO stains)
Sofas and Armchairs
Dressers
Tables and Chairs
Side Tables
TVs (no larger than 27")
Microwaves, Rugs, Lamps

We CANNOT take these:

Ripped or Stained Upholstery
King-sized beds, sleeper sofas
Appliances
Office Furniture
Outdoor Furniture
Oversized or Heavy Items
Household Goods or Clothing

*Before you load up your car, please review our complete
Donation Guidelines, at www.furnituresharehouse.org
to make sure we can accept your donation. Directions are here, too.*

VOLUNTEERS WANTED FOR FUTURE EVENTS:

To volunteer, or if you have any questions, please call 914-834-1294 or
e-mail us at info@furnituresharehouse.org.

Why Donate?

By donating your gently-used
furniture, you help provide
basic furnishings free of charge
to families affected by home-
lessness, domestic violence,
fires, floods and other personal
disasters.

Why Drop-Off?

Dropping off your unwanted
furniture saves us high trucking
fees, but if you absolutely can't
drop-off your items, go to
www.furnituresharehouse.org to
see if your items qualify for
pickup.