

The FALL COMMUNITARIAN

From the Minister

I'm off on sabbatical! Perhaps you have some questions about that.

Q: *When do you go? When do you return?*

It's a six-month sabbatical, from 2019 Oct 1 until 2020 Apr 1.

Q: *Is this normal?*

Very. I wish it were more normal in other lines of work – I think lawyers, doctors, bankers, teachers, nurses, counselors, and, really, anyone in any job, would benefit from a sabbatical every so-many years. Their clients, patients, students, etc. would also benefit. As it is, though, professors and ministers commonly have sabbaticals to go do something different. For professors, it's typically travel and study. Ministers might do that, too.

Among full-time UU ministers sabbaticals are very common. Here's the language in the Letter of Agreement that CUUC and I have – it's very typical of what is in most such Letters of Agreement between UU ministers and the congregations they serve:

"Sabbatical Leave: The Minister will use sabbatical leave for study, education, writing, meditation and other forms of professional and religious growth. Sabbatical leave accrues at the rate of four weeks per year of service, with the first leave to be taken no sooner than five years from the date of first employment with the Church. Successive leaves may be taken after three years of service. Not more than six months of sabbatical leave may be used in any twelve-month period."

Q: *You've been here that long already?*

I know! The time does fly. Yes, as of 2019 Aug 1, I finished six years and started my seventh at CUC, now CUUC. It's time to step back, rejuvenate, and reflect on ideas for the next six years.

Q: *Has CUUC ever had a minister go on Sabbatical?*



Rev. Carol Huston (served CUC 2001–2011) had a sabbatical, I understand. Jef Gamblee, who had just finished his ministerial internship as the sabbatical began, stayed on to serve as the Sabbatical Minister. Rev. Shannon Bernard (served CUC 1985–1998) took a brief sabbatical.

Q: Who will be our Sabbatical Minister?

Rev. Kimberley Debus. She was here for a weekend last May, met many of you, and shared the pulpit with me at the service on Sun May 19. While she is committed to supporting the ministry that I bring to CUUC, I have also encouraged her to try out new ideas. When I return, I'll be asking everyone in the congregation what she did that we'd like to keep.

Q: What will you be doing?

I have long yearned for the experience of an extended period of uninterrupted Zen practice. In fact, the six-month monastic training period is a requirement in many Zen schools for becoming a Zen teacher. I'm not seeking any Zen credentialing, but I figure there's a good reason for the requirement. I have chosen Great Vow Zen Monastery in Clatskanie, OR, about an hour and a half north of Portland on the Columbia River. I'll be in residence there – living like a monk for six months.

Q: Will the experience change you?

No doubt!

Q: Will you come back?

Yes. I promise.

Q: Why is it called "sabbatical"?

The root is the same as in Sabbath. Literally, it means "ceasing." Traditionally, farmers would let one-seventh of their fields lie fallow every seventh year as a way to avoid depleting the soil, and allow it to absorb new nutrients. So the tradition developed of people taking every seventh year to "lie fallow."

Q: Do you need to lie fallow?

Now that you ask, I find that, yes, a feeling of need for fallow time does seem to be calling my name with increasing insistence. I sure will miss all of you, though!

~ Meredith

From the Board

Welcome back to CUUC! Hope you all enjoyed the summer. I am happy to greet you as Chair of the Board of Trustees, a position in which I feel privileged to serve. I will do my best preserve, and add to, the vibrant faith community that is CUUC.

Returning Staff Please join me in welcoming back Rev. Meredith Garmon, Pam Parker, our congregational and communications administrator, and Diane Pearson, our bookkeeper. We also welcome back Adam Kent, our music director, Lisa Meyer, our choir director, Georgianna Pappas, our choir accompanist, and Lyra Harada, our children's

music director and educator. Our nursery and kindergarten caregivers and teachers Diane Keller and Hans Elsevier are with us again.

New Arrivals Rev. Kimberley Debus will replace Rev. Garmon during his six-month sabbatical beginning on Oct. 1, 2019. Rev. Debus has extensive experience as a sabbatical minister and will be living in the parsonage during her engagement. On July 1, we were joined by our new director of lifespan religious education and faith development, Tracy Breneman. She comes to us from her most recent dual positions as part-time DRE at both the UU congregations in Hastings and Mount Kisco.

Summer Services A special thank you to our summer worship team led by Tom Rosenbaum, for their time, efforts, and the professionalism they brought to the well-attended summer services in our air-conditioned Fellowship Hall. Thanks to Worship Associates Tony Arrien and Karen Leahy. Thank you also to our music coordinators Kim and Christian Force, and all others for their help preparing for and presenting these services.

Financial Report CUUC closed out the year in June on a good note. Our original budget for our fiscal year ending in June assumed a \$40,000 deficit and a draw from our Endowment Fund of that amount. The actual shortfall came in significantly lower, at about \$10,000, mainly due to lower than anticipated expenses. Thank you to all those that have pledged for our fiscal year that began in July. If you have not pledged yet, please complete your pledge form and drop it off at CUUC.

Building Renovations A team headed by Creighton Cray has been talking to an architect to find ways of making our building more accessible and otherwise renovating our space. A proposal will be reviewed shortly by the Board and presented to the Congregation.

Congregational Safety The Board has been reviewing the procedures and policies related to congregational safety. These will be shared with the entire congregation in the coming weeks, including a safety drill.

Board Retreat The Board's annual retreat was held on August 18, 2019, focusing on the theme of inclusivity. Making CUUC a more welcoming, diverse, and inclusive congregation will be a focus for this coming year.

So another "welcome back" to our returning Members and Friends, and a special welcome to our newcomers. There is a lot to be done and many ways to serve. The Board encourages all in our community to join a journey group and one or more social justice teams, and to participate in the leadership of our Congregation. Please join me in kicking off the congregational year, and remember we always welcome your input. In closing, I would like to thank our previous Board chair, Dean Silverberg. We appreciate his effective leadership over the past two years.

Please feel free to contact me, Vice-Chair Joann Prinzivalli, or any other Board member. Here are the current Board members for 2019–20: Al Rocchi (Chair), Joann Prinzivalli (Vice-Chair), Chris Kortlandt (Treasurer), Terri Kung (Secretary), Aimee Katz, Joe Majsak, Debbie Manetta, Paula Meighan, Steve Miller, Alex Sehdeva, and Nicole Turygin.

~ *Al Rocchi*, Board Chair

Meet Our Sabbatical Minister

Rev. Kimberley Debus is a community minister affiliated with the Unitarian Church of Lincoln, NE. Ordained in 2017, Kimberley has previously served One Island Family UU Congregation in Key West, FL, and the First Universalist Church of Southold, NY. She also serves as co-chair of the board of directors for the UU Wellspring Spiritual Deepening Program.

Kimberley was raised by Unitarian parents and returned to Unitarian Universalism in the 1990s during her years as an activist in North Carolina's LGBTQ community. As both lay leader and minister, she has presented workshops on generational theory, the worship arts, and stewardship.

Kimberley has been known to burst out in song and will wax poetic about British panel shows, mysteries, and *The West Wing*. She lives in Round Lake, NY, a small village between Albany and Saratoga Springs, and makes her home with her sister Sandy and three tabby cats.

Kimberley's ministry is the inescapable consequence of the life she has lived; she comes from a family for whom the arts are an essential part of our lives. She has always sung, often been on stage, and always dabbled in some sort of visual art. As a young adult, she was continually drawn to the arts as her avocation, and theater became an essential core of her undergraduate experience. Through her 30s and 40s, the arts – writing, acting, singing, even arts management – were central to her life.

As the choir director at the UU Congregation of Saratoga Springs, she got her first taste of liturgical arts and became the worship coordinator for our local cluster's joint services. Soon after, she recognized the call to ministry, and that Union Theological Seminary in the City of New York would provide grounding in theology and the arts.

While at Union, she had the opportunity to learn from a variety of artists, and for two years co-created Broadway revues that explored Biblical texts through the lens of musical theater. Her thesis project further explored the intersection of art and worship, exploring the stories of unnamed women in the Old Testament as a way to understand the deleterious effects of othering and disenfranchisement.

These experiences inform Kimberley's approach: one of love-driven optimism, vibrancy, and engagement with our faith through the visual and performing arts, deep listening, and rituals that help us heal our brokenness.

Rev. Meredith Garmon's sabbatical is a time for him to be away from the day-to-day life of the congregation, to enjoy rest and rejuvenation for his body, mind, and spirit, and have a chance to recharge and refocus. This will also be a time for CUUC to recharge and refocus, by having an opportunity to hear another perspective, and change up our regular patterns for a few months. That's what Kimberley will bring to us. Her job as sabbatical minister is to allow space for our minister's rest and rejuvenation, and to ensure that the life of our congregation continues apace. Kimberley's presence at CUUC will provide us with a consistency in quality and commitment to our faith, a connection to other UU ministers both nearby and elsewhere in the region, and access to the same wealth of denominational resources that Meredith has. We are in good hands!



From the Director of Religious Education

Greetings! I am delighted to join you as your Director of Lifespan Religious Education and Faith Development. The RE Council and I have been busy over the summer building the RE calendar, choosing curricula, and recruiting volunteers. I'm deeply grateful to Laura Goodspeed, Christine Haran, Laura Sehdeva, Janice Silverberg, David Bowen, and Joe Gonzalez for all their work! I'm also grateful to those of you who are supporting our children and youth on their spiritual journeys this year. Thank you.

September is a hectic month for many of us. With the start of a new year of school and religious exploration, our calendars are filling up as we return to more scheduled routines. That can be welcome and it can be stressful. A recent post from the *Left Brain Buddha* blog offers suggestions for stress management. I shared it with my sons as they are entering their junior and senior years in high school, facing the excitement and challenges of this unique time in their lives. You can read it at leftbrainbuddha.com/stress-management-top-bottom. There's even a handy visual you can post. Some of the stresses and challenges of our times, however, are rooted in prejudice and hate; those require an additional set of tools, some of which we will learn together this year.

Our 2019–2020 Religious Exploration theme is **Celebrating Many Beliefs**. We broadly celebrate our many religious traditions, races, sexual orientations, gender identities, ages and abilities. This is especially important as we live in a time when intolerance and hate are boldly visible. We respond by practicing interacting through our differences with compassion and kindness, our hearts and minds open to new understanding and warmhearted ways of being. We respond by celebrating the richness each contributes and honoring our unique lived experiences. We respond by working for justice. Beyond being welcoming, we respond by **building** beloved community with all in mind. Over the coming year, we will continue building safe space for those who experience the effects of hate and those who need refuge from a chaotic world, and brave space as many continue learning and stretching into the work of justice making. The RE team looks forward to partnering with the Social Justice teams and others for this work.

To read part of how we will build beloved community this year with descriptions of classes and activities for all ages, visit cucwp.org/classes.

We are trying a few new things this year: 1) In an effort to enhance connection between the RE and sanctuary sides of the building, and to promote safety through a single point of entry, we will all enter the building through the main doors near the sanctuary. The outside doors by the RE wing will remain locked. Members of the RE team will be by the welcome table to greet families and visitors. 2) During September, we will experiment with the whole congregation starting every Sunday together in worship. On Sundays when there is RE, children, youth, and volunteers will leave during the first hymn. 3) Instead of several 15–20 minute children's worship services throughout the year, I will periodically lead full-hour children's worship services where we will preview topics and practice hymns for upcoming whole congregation worship services so the children can participate with deeper understanding when we are all together in the sanctuary. 4) We may experiment again with a children's area in the sanctuary during whole-congregation worship services. The area would offer quiet activities where children can be comfortable while experiencing the words, music, and rituals of our faith.

In the following page you will find the RE schedule for fall 2019. Of note:

- RE classes and youth group begin **Sun Sep 15**. We are asking all adult volunteers to be on hand that day to meet the children and youth, and then hold a 20-minute information session with parents after worship. While parents are meeting with teachers and youth advisors in the classrooms, children and youth are invited to play Social Justice Bingo at the Social Justice Fair. It will be a fun opportunity for children and youth to find out about social justice activities at CUUC and there will be prizes!
- **Sun Nov 3** we are hosting a "Healthy Youth Relationships Retreat" in collaboration with Center Lane (wjcs.com/center-lane-lgbtq-youth-and-community-education-center). There will be groups for 6th–8th graders, 9th–12th graders, and parents and other supportive adults.

Here are some ways you can support the RE ministry:

- Learn the names of a couple children and youth so you can greet them Sunday mornings and at CUUC events.
- Attend a recital, school musical, sports or other event to support our children and youth.
- Volunteer once or twice this year as a class assistant, the second adult for our Safe Congregation practices.
- Help with setup or cleanup for the Sun Nov 3 Healthy Youth Relationships Retreat.
- We are still looking for a few people to join teaching or youth group teams. This is a wonderful way for adults to keep learning and to connect deeply with our young people. The RE team is committed to making volunteering a positive experience that leaves room for you to attend worship and participate around CUUC in other ways.

In addition, I welcome participation that helps us build a culture of inclusion that lifts up the communities within our CUUC community. Board members discussed inclusion at their August retreat and are committing to efforts in the coming year. The RE team will collaborate in those efforts. I would like to make sure we are attending to the needs of all CUUC families as we continue planning, so invite members or advisors for the RE Council who can help center the needs of families of color and multiracial families, LGBTQ+ families, multifaith families, single-parent families, families with physical disabilities and neurodiversity, and others. I want to make sure we are serving you in ways that meet your needs. In the coming months, I will also schedule conversations with identity groups and invite you to help name the groups we need to hear from.

You can read a bit about my background by visiting cucwp.org/minister-and-staff. I look forward to meeting you all and serving this community.

In fellowship,

Tracy

CUUCWPTracy@gmail.com



CUUC Religious Education Schedule – Fall 2019

We are experimenting with a new schedule that has us starting in the worship service together every Sunday. Some Sundays we will remain for the hour of Whole Congregation Worship. Other Sundays, children, youth, and volunteers will leave during the first hymn for Religious Education.

Sun Sep 8

8:15am RE Council Meeting
10:00am Whole Congregation Worship: In-gathering and Water Service, Backpack Blessing
11:15am Ingathering Community Meal

Sat Sep 14

12:00pm Youth Ministry Training, UUA

Sun Sep 15

10:00am RE Kickoff, Volunteer Covenanting & RE Classes
11:30am Parent-Teacher Meetings, RE/Social Justice Bingo

Fri Sep 20

Climate Strike for a Just and Sustainable World
6:15pm Faith Development Friday/Family Journey Groups

Sun Sep 22

10:00am RE Classes

Sep 27-29

Metro NY JR Youth Retreat at Shelter Rock

Sun Sep 29

10:00am RE Classes

Sun Oct 6

10:00am RE Classes & Extended Children's Worship

Sun Oct 13

8:15am RE Council Meeting
10:00am Whole Congregation Worship

Fri Oct 18

6:15pm Faith Development Friday/Family Journey Groups

Sun Oct 20

10:00am RE Classes & Youth Group

Sun Oct 27

10:00am RE Classes, Halloween Parade, Youth Attend Worship

Sun Nov 3

10:00am Whole Congregation Worship
11:30am LGBTQIA Team Presentation
1:00pm Retreat Lunch
2:00pm Healthy Youth Relationships Retreat (flyer)

Sun Nov 10

8:15am RE Council Meeting
10:00am RE Activity

Fri Nov 15

6:15pm Faith Development Friday/Family Journey Groups

Sun Nov 17

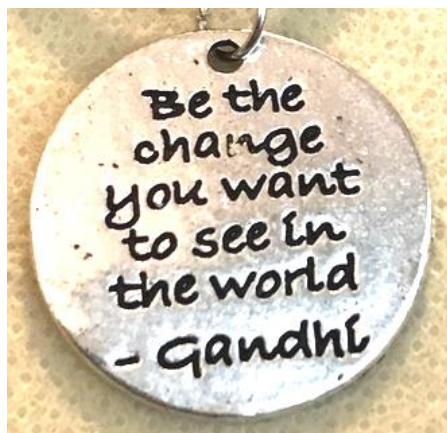
10:00am RE Classes & Extended Children's Worship
*K-1st OWL Class Begins

Sun Nov 24

10:00am Whole Congregation Worship: Thanksgiving
11:15am Stone Soup Community Meal

Sun Dec 1

10:00am Fun Sunday: Deck the Halls



Blessing of the Backpacks & Bags

Sun Sep 8, during Worship

Bring your backpack, school bag, briefcase, satchel, purse, handbag, baby bag, fanny pack, lunch box, tackle box, or whatever else you may use for school, work, or hobby. We will offer a ceremonial blessing with a reminder to carry our faith into our daily lives.

RE Covenanting and Classes Begin Sun Sep 15

Parent-Teacher Meetings

**Sun Sep 15, 11:30-11:50am,
Classrooms**

Parents are invited to meet the teachers and youth advisors. Please make your way to the classrooms following worship to learn about the class schedule and curriculum, and meet the team of volunteers who will support your children's spiritual journey this year. *Childcare will be extended.*



Child Dedication Ceremony

Sun Sep 22 during Worship

A Unitarian Universalist ritual honoring your family's connection to the congregation and a promise by the congregation to support and nurture your child. Sign up with Tracy (cuucwptracy@gmail.com). For a description of our ceremony, visit cucmatters.org/2015/09/child-dedication.html

Stone Soup

Sun Nov 24 after Worship

Our traditional RE fundraiser to support social justice projects. Delicious community soup and other goodies prepared with the help of our religious education students.



Starting Together

NEW! To enhance connection between the Religious Education and sanctuary sides of our building, and to promote safety by having a single point of entry, **we will all enter the building through the main doors near the sanctuary.** A member of the RE team will be by the welcome table to greet families.

Also, in September, **we will start every Sunday together in worship.** On Sundays when there are Religious Education classes, children, youth, and teaching team volunteers will leave during the first hymn for a full hour RE. Let's try something new!



From our Community Minister

Parrot and People Ministry Not a month goes by where I don't find myself pausing and expressing my gratitude for the opportunity to serve at CUUC as a Community Ministry. My gratitude goes into an even deeper bow because I also get to live in the Parsonage as the spouse of Rev. Meredith Garmon. The trees, creeks, rocks, birds, mammals, and well, all of the beings on the area around the congregation and parsonage make up a beautiful home for me. I feel welcomed and rested when I come here in between my international trips for parrot conservation, and more than a few times, find tears in my eyes when attending a Sunday service.

This coming year I will be traveling even more, and so I am writing this article now to connect to CUUC and explain my ministry in the world. Because I won't be around very much after September. While Meredith is gone on sabbatical, October 1 – March 31, 2019, I am taking the opportunity to do more extended trips to Honduras, Guatemala, and Guyana, as well as to explore possible projects in two new countries, Suriname and French Guiana (no I don't speak either Dutch or French – any pointers?). Because of this travel I won't be able to facilitate a Journey group as I did last year and will miss the chance to connect to others such as we did in the Wise Aging group that I led in early 2019.

I will be available on social media and email, except when too deep into the field, so I hope to keep hearing the news from CUUC. I can also share what I will be up to. As a preview, I will be:

- Teaching college students in La Moskitia, Honduras, and in Catacamas, Honduras. We train them to be part of Welfare Brigades that take care of parrots in homes and to deliver a strong conservation message.
- Counting parrots and visiting our project's villages in La Moskitia, Honduras where we have the largest community parrot protection project in the world.
- Presenting at and coordinating a parrot conference as part of the Mesoamerican Society of Biology and Conservation
- Teaching and conducting parrot surveys and nest monitoring and protection with the Amerindian village, Karasabai, for the endangered sun parakeet in Guyana along the Brazilian border
- Surveying parrots up the Rewa River during a weeklong boat/hammock camping trip in Guyana
- Exploring French Guiana and Suriname and conducting several road, river, and deep forest parrot surveys.
- Establishing a bigger project on the Atlantic coast of Guatemala for the endangered yellow-headed parrot.
- Establishing a Parrot Conservation Corps that trains people throughout the Americas to be conservationists with heart, grounded in science, spirituality, and justice.



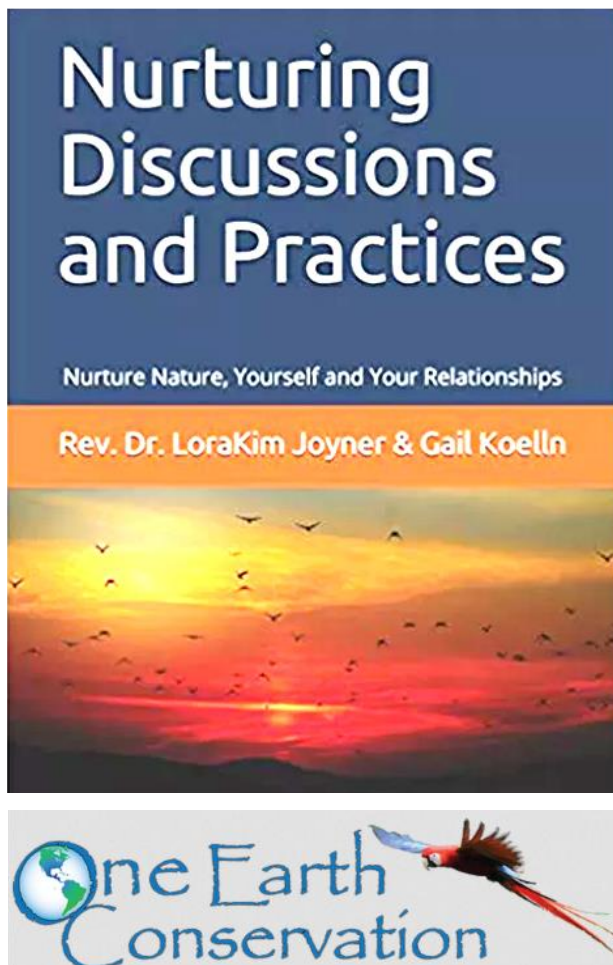
In between all of this I plan to visit Meredith in Oregon and our son and family in North Carolina, and to hopefully pop in for a Sunday service now and then.

Though I am gone so much, my ministry is that of CUUC. If you'd like to be more a part of it, or can think of how I can serve, please let me know. One opportunity might be to continue journeying and deepening inner and outer well being with a new book our organization published *Nurturing Discussions and Practices: Nurturing Nature, Yourself, and Relationships* (amazon.com/Nurturing-Discussions-Practices-Yourself-Relationships/dp/0999207024). It is set up as an individual or group guide for connecting to nature and self with a multispecies perspective. So just as one of the best dinner parties I ever hosted was one when I wasn't there because I was called away at the last minute to fight forest fires, you might just have a wonderful experience with this book, and without me being even in the country!

May you have many wonderful experiences, the hope of healing, and awareness of the beauty ever before you.

LoraKim

Rev. LoraKim Joyner



One Earth Conservation's Nurture Nature Program is for anyone who desires a better world for themselves and for others. **By nurturing your emotional, social, multispecies, ecological, and spiritual natures, you will experience greater belonging, beauty, reverence, wholeness, joy, and vitality, and so might your families, communities, and organizations.** The *Nurturing Discussions and Practices* workbook includes eight guides for discussion that can be used in small groups or worked through individually. They provide guidance for community formation and personal transformation and commitment. Although broadly nonsectarian, they can also be adopted by particular religious or spiritual institutions and endeavors, and are adaptable for a wide variety of circumstances. The overall goal of this program is to support the health of individuals, relationships, and communities of all species.

Learn more at
oneearthconservation.org/books

Social Justice Teams – Opportunities to Engage in Service

The third part of our CUUC mission statement is to “engage in service to transform ourselves and our world.” In 2019–2020, we have six active social justice teams that give us opportunities to live this mission. On Sun Sep 15 after worship we will have a Social Justice Fair where you can learn about all our teams and visit the tables that interest you. Members of each team will be happy to discuss the social justice work they do and add your name to their email list. Our lives are busy, so feel free to join a team as your time and energy permits; some teams may have just the right one-time volunteer opportunity for your schedule. Below is information on our teams, including names and emails for contact people. Which team is the one that calls you? *If you are looking for the Animal Advocacy team, they have chosen to join forces with the Environmental Practices Group. The Gun Safety team and the Women’s Issues team remain vigilant but will not have regular meetings. If you are interested in reactivating either team please contact Mary Cavallero (marycava4@gmail.com) or Jeff Tomlinson (jefftomlinson8@gmail.com).*

Economic Justice

The members of the **Economic Social Justice Team** commit to addressing disparities in the distribution of wealth in our country’s economic and social systems, with the goal of promoting more equitable outcomes that support dignity and wellbeing for all. This year we will highlight for the congregation some of the presidential candidates’ positions related to the issue of economic inequity. We will collect an email bank of interested members and share updates on important issues that come before local, state, and national legislatures. In addition to emailing informative articles, we will print and post them on the hall bulletin board. During our meetings we will review articles related to income disparity in our country. Last year, in coordination with the Racial Social Justice Team, we identified specific needs of local college students from low-income families, and have been raising money for programs at Westchester Community College that provide these students with funds for transportation and even food. This year we will seek to find additional projects that make a difference locally, and work to support those projects financially. We also hope to have some members get involved in a hands-on way, working with local organizations that are already tackling these issues. We plan to host one or more speakers to address the congregation and enlighten us on concrete ways we can make a difference on this growing problem. Our next meeting will be Sun Sep 29 at 9:00am in room 43 (green hallway). If you are interested in joining the team but cannot attend, please email Jim Walkup (jimwalkup@gmail.com) so we can contact you with information and send you notices of future meetings.

Environmental Practices Group

The **Environmental Practices Group** focuses on our environment. Over the past few years our efforts have been directed toward “Reducing the Waste Stream.” Learn more about what we have done and our plans for the future in our longer article on the following pages. This year EPG welcomes the members of the Animal Advocacy Social Justice team, who are joining forces with us. If our activities are of interest to you, please join us. We are always looking for additional congregants to assist us in our



environmental justice work. Contact Janet Bear (jsbear1@gmail.com) or Charlie McNally (mcnally@pobox.com), co-chairs. Generally, we meet once a month on Sunday morning. Our Sunday meetings are announced in the weekly e-Communitarian newsletter.

Hunger and Homelessness

The **Hunger and Homelessness** Social Justice Team welcomes new volunteers! Our social justice team focuses on projects to assist the hungry and homeless community in our midst. We support the Ecumenical Emergency Food Pantry; prepare meals for HOPE (Help Our People Eat) Community Services (hopecommunityservices.org); and collect gifts and necessities for Hour Children at the Bedford Correctional Facility (hourchildren.org), the Coachman Family Center (westhab.org/familyservices), Open Arms Men's Shelter, and Samaritan House Women's Shelter (liftingupwestchester.org) with the possibility for additional projects. Contact: Nicole Turygin (nturygin@gmail.com).

LGBTQIA

Our UU Seven Principles remind us that every being has worth and dignity, and our worth includes our gender and sexuality. The LGBTQIA Social Justice Team discusses Lesbian, Gay, Bisexual, Transgender, Queer, Intersex, and Asexual justice issues. On Sun Nov 3 at 11:40am, the LGBTQIA Team will host a PowerPoint presentation with Q&A given by Tony Arrien entitled "The Incomplete Guide to Trans and Non Binary Identities." The team will again host a Transgender Day of Remembrance service on Sun Nov 17 as our regular Sunday worship service starting at 10:00am. Our Pronoun Project (thepronounproject.com) is well underway. If you don't yet have pronouns typed on your name tag, you'll find pronoun ribbons at our name tag carousel that you can affix to the bottom of your name badge. Our team usually meets the second Sunday of the month at 7:30pm via ZOOM teleconference or conference call. Come get involved! Allies welcome!! Contact: Tony Arrien (arrien@optonline.net).

Racial Justice/In the Spirit of Truth

The **Racial Justice** team focuses on actions we can take to combat racism and support movements such as Black Lives Matter. **In The Spirit of Truth** (ITSOT) was formed to address issues of intolerance and explore ways of building acceptance for diversity in both our congregation and the local White Plains community. Last year, members of the Racial Justice Team explored ways to help students at Westchester Community College including contributing to student emergency funds that provide financial assistance in times of immediate need so that at-risk students can continue their enrollment. Our presentations included the Equal Justice Initiative Summit in Montgomery, the Doctrine of Discovery, and White Fragility, as well as the Juneteenth service. Members have also participated in the Intercultural Competence Sensitivity Workshop led by Rev. Erica Baron, monthly MLK Institute Beloved Community Dinners, Faith-Based Anti-Racism Coalition meetings, Showing Up for Racial Justice (SURJ) meetings, Poor People's Campaign meetings, and the Westchester Coalition for Police Reform. Plans for the upcoming year are being formed and will most likely include discussion groups regarding the 1619 Project (en.wikipedia.org/wiki/The_1619_Project). We welcome new members and new ideas. Racial Justice contact: Jeff Tomlinson (jefftomlinson8@gmail.com)

Refugee Resettlement

The CUUC Refugee Resettlement team supports the work of the Interfaith Council for New Americans (ICNA), a group of five area congregations of which CUUC is a member. ICNA has helped resettle two families from Afghanistan who now live in White Plains and New Rochelle. The first family arrived in the fall 2017 and is "launched," with all three children starting important years in the White Plains public schools – kindergarten, 1st grade, and 6th grade – and the father being gainfully employed for over a year. The second family of four arrived this past May. Supporting them has been more challenging because no one arrived speaking English and they are also not literate in their native language. Terri Kung has set up a strong ESL (English as Second Language) schedule for the second family, with tutors working with the family almost daily. The children have been in day camp, taking swimming lessons and learning appropriate social skills. Our team members have been active with both families, providing transportation and ESL tutoring, among other supports. The first event for volunteers this fall is a refugee Welcoming Week picnic at the southern end of Saxon Woods Park on Sun Sep 15. If you would like to become involved in supporting these refugee families, please contact Jane Dixon (lilrhodie@gmail.com) or Robin Rocchi (robinandal@verizon.net).

Check the weekly e-Communitarian newsletter and order of service for the latest information on CUUC social justice teams. For general questions, contact the Social Justice Coordinating team: Jeff Tomlinson (jefftomlinson8@gmail.com), Mary Cavallero (marycava4@gmail.com), and Rev. Meredith Garmon (minister@cucwp.org)

Meet Our Social Justice Teams at the SJT Fair!



Social Justice Team Fair, Sun Sep 15, after worship, Fellowship Hall

Enjoy your coffee hour in Fellowship Hall, where our social justice teams will each have a display, information, and team members you can chat with. As Rev. Meredith once wrote, "Social justice work is spiritual practice. And spiritual practice increases our interest in social justice work." *Which issue calls to you?*

Each SJT is designed to have: • one or two chairs; • core leaders; • active members; • "on-call" members (no commitment to come to any meetings, but willing to be called upon when there's a big project). All our SJTs

welcome more active members, and some are looking for another core leader or two. Our goal is to have everyone at least "on call" for an SJT. *Can you step up?*

Environmental Practices Group : Reducing the Waste Stream

The EPG continues to direct its efforts toward "Reducing the Waste Stream" with a major focus on the adage "Reduce, Reuse, and Recycle." What does it mean to reduce the waste stream? Simply put - **decrease the trash that each of us creates**, as individuals, as a congregation and within our communities. Over the past 2 years we have educated the congregation about composting food waste and other means of recycling to reduce what ends up in our landfills. We have held a "how to" forum about food scrap recycling, we've updated the recycling bins throughout the building, we've worked with our RE students to create educational Q&A cards that are displayed at our brunches, and we've organized tours to compost sites and recycling facilities in the area.

This year EPG welcomes the members of the Animal Advocacy Social Justice team, who are joining forces with us. There is a synergy between how we treat our environment and how we treat all forms of life. We expect to hold a forum on Sun Feb 9, 2020, where we will address the issue of our food choices and their impact on our environment.

Focusing on educating our congregation, EPG includes a short "Did You Know..." statement in many of the weekly e-Communitarians, informing you about what we are doing at CUUC and what each of you can do to help our environment. We also maintain informative bulletin boards across from the coat racks in the hall. One board provides important information about how and where to recycle many household items. The second board provides information on our local animal populations. Take a look!

We are looking for ways to connect our activities to local groups who are most impacted and to align ourselves with similarly-minded organizations in order to amplify our environmental policy efforts, particularly at the local level.

If our activities are of interest to you, please join us. We are always looking for additional congregants to assist us in our environmental justice work.

We would love to explore the addition of solar panels on the building, and are looking for volunteers with some knowledge or interest in solar energy. If that's you, please reach out to either Janet Bear (jsbear1@gmail.com) or Charlie McNally (mcnally@pobox.com), co-chairs. Generally we meet once a month on Sunday morning. Our Sunday meetings are announced in the weekly e-Communitarian.

The Caring & Sharing Circle

The **Caring & Sharing Circle** works with our congregation and minister to support and care for members and friends of our community. If anyone knows of another among us who is in need of a caregiver, contact our volunteers: **September**: Paula Meighan (914-834-6454, paula.meighan74@gmail.com) or Liz Laite (914-366-4211 or em.laite@verizon.net). **October**: Liz Laite (914-366-4211, em.laite@verizon.net) or Catherine Kortlandt 914-834-7112, catherinekortlandt@gmail.com). **November**: Catherine Kortlandt (914-834-7112, catherinekortlandt@gmail.com) or Claire Kuczinski (914-949-6619 or tadex@optonline.net). To learn more about C&S, contact Astrid Rogers (astridrogers@aol.com). Or contact Pam Parker at the congregation office (admin@cucwp.org, 914-946-1660 x2).

Gratitudes

Many thanks to Tom Rosenbaum as our **Summer Services Worship Committee** for coordinating wonderful worship experiences in our air-conditioned Fellowship Hall, with many inspiring speakers. Thanks to the team who made it all happen each Sunday: Music Coordinator Kim Force and performers Maxwell Kofi Donkor, Emily Economou, Barbara Orwick, James Marcus, Georgianna Pappas, Bennett Rink, Diane Guernsey, Kim & Christian Force, Vinny Allard, Marty Kounitz, and Adine Usher; Service Leaders Petra Thombs, John Bell, Rev. Lane Cobb, Rev. Dr. Nate Walker, Ray Schmitt, Rev. Catherine Torpey, Rev. ReBecca Sala, Rev. Dr. Jim Walkup, Rev. Meredith Garmon and Carrie McEvoy; Worship Associates Joann Prinzivalli, Karen Leahy, and Tony Arrien; and all those who greeted and helped with snack, setup, and logistics.

From Path to Membership (Welcoming Committee)

The Membership/Welcome Committee looks forward to greeting everyone at the "Ingathering" service. Again this year, we will be offering bright yellow name tags for those who have started attending within the past year. If you are a longtime member, please look for the new name tags and find a way to include newcomers in your social conversations as well as invite them to join any activities or projects with which you are involved. We invite congregants to share their preferred pronouns so we can add them to name tags. If you have not already done so, please contact our administrator, Pam Parker at admin@cucwp.org, so she can put them on your badge. And last but not least, consider signing up to greet by going to doodle.com/poll/6ikqnmsu9p9rx8xu. Each of us can show our hospitality by volunteering to be at the door one Sunday morning from 9:45-10:15am.

Sign up for a Journey Group

"Life is a journey, not a destination" The CUUC Journey Groups are a way to deepen our understanding of life and strengthen our connections to one another by exploring monthly themes together in small groups. This year's themes are *Covenant, Awe, Compassion, Grace, Authority, God, Redemption, Eco-Spirituality, Joy, and Vision*. You can sign up online at cucwp.org/journey-groups or use the signup sheets at CUUC. Even if you can only attend a few of the monthly meetings, please do sign up — Journey Groups are how we help each other become the people we most want to be!

Brunch Committee

Our Ingathering Community Meal on Sun Sep 8 will kick off the new congregational year. The Brunch Team has another busy year ahead, including many community meals for CUUC as well as meals for HOPE (Help Our People Eat) Community Service in New Rochelle. Join We welcome new volunteers to join us in the kitchen! Contact: Steve Miller (obitsman@gmail.com).



Science and Spirituality

We select thought-provoking books and articles concerning science and spirituality, and provide a place for exploring the intersection of science and spirituality with wide-ranging and stimulating discussions. We meet at CUUC on the 2nd and 4th Thursdays of each month from 11:30 to 1:00, with discussions and occasional films of scientific interest. Recent topics that have been discussed include various articles from Scientific American and other journals and newspapers; *What to Think About Machines That Think* (short essays from many leading scientists and others); and *2001: A Space Odyssey* (reading articles and screening the film, with discussions). We are currently reading *The Blind Watchmaker* by Richard Dawkins. New members welcome! Email Barbara Mair, (barbara.k.mair@icloud.com) and she will let you know what chapter we are discussing for the next meeting. Or just come, listen, and take part as you are able.



Room for One More this Thanksgiving?

Make a place for an international student! Our congregation is again partnering with *One to World* to find host families to welcome students to their Thanksgiving dinners. A wonderful experience for both students and hosts!.

- Promote understanding and world peace;
- Create a wonderful experience for your family and children;
- Add a new world view to your family table conversation

To sign up, call or email Jane Dixon (lilrhodie@gmail.com).

Music at CUUC Concert Series

Piano Concert, Sun Oct 27, 12:30 pm

Following a community meal, our 2019-2020 concert series begins with CUUC Music Director Adam Kent in a solo piano recital of works by Frederic Chopin and Franz Liszt. This family-friendly concert will include cameo appearances by our own Kim Force as George Sand/Cosima Wagner and Christian Force as Frederic Chopin/Franz Liszt. Be sure to put this event on your Chopin-Liszt! (;



Winter Choral Concert, Sun Dec 15, 12:30 pm

Our second concert of the season will follow our Holiday Community Meal. The CUUC Choir will be performing Franz Schubert's *Mass in G Major*, along with songs of the holiday season, with choral arrangements, solos, and duets.

We have two additional concerts scheduled in the spring. Further details will be announced later this fall.

***We have two additional concerts scheduled in the spring.
Further details will be announced later this fall.***
Free childcare is available for all concerts with advance reservation.
***Tickets and information will be posted at
cucwp.org/concert-series***

Music at CUUC

Singing and Kindness – a Beautiful Pair

If you are an HGTV fan, you will know the name Chip Gaines from the show, “Fixer Upper.” I was attracted to the show because Chip and his wife Joanna were not only talented and enterprising, but credit their success in their show and indeed all that they have accomplished in the past six years to their children, family and friends. They are down-to-earth people who believe in kindness and love, and promote that on their show, their magazine, books, and blogs. It was in an article about one of Chip Gaines’ recent blogs that stated that he decided to promote kindness and ways to show kindness to others to promote a positive force in this challenging world that we now live in.

In kindness, we can build trust among each other and promote unity among people of all faiths, creeds, genders, orientations, and race. I am all for that, as I think any person would be, and I began to think beyond Chip’s suggestions (which are great) on sharing kindness through music. As a musician, I feel that singing (or playing an instrument) with and for others is a wonderful expression of kindness that truly reaches out to the mind and the soul.

My point is that singing is a form of kindness in itself that can be shared within a choir and/or among an audience, or in this case, a congregation. It is a wonderful feeling to share kindness through singing, and I believe all of the current Choir members feel the same. For those of you that would like to have the opportunity to share kindness in this way, please consider joining the CUUC Choir this year. To share with each other as an ensemble and then to share that kindness with the congregation twice each month through song is a gift that helps to heal and uplift each other in these strenuous times.

I invite you to attend a choir rehearsal and see what the CUUC Choir is all about. The variety of music, the enjoyment and fun of rehearsals, the joy and satisfaction of performing at services, the camaraderie of the ensemble, and yes, the kindness that is shared is a joyful way to make life a bit better each week. You can find us on Tuesday evenings from 7:30–9:15pm in the sanctuary and observers are also welcome. You do not have to read music to sing with us. Our first Tuesday rehearsal is Sept. 10 and we welcome all voice parts. For more information, email choir@cucwp.org or call 347-278-318. We plan to spread more kindness and joy in the months to come – be a part of it!

Lisa Meyer, Choir Director

Music at CUUC

Music Lovers – Join CUUC's Music Committee

Our Music Committee is for congregants who love music and wish to have an impact on our music program. We discuss issues surrounding Sunday morning music as well as our Concert Series. We meet several times per year (watch for announcements of meetings in the weekly e-newsletter) or reach out to co-chairs Janet Bear (jsbear1@gmail.com) or Lois Holt (mediamomforlife@gmail.com) at any time for more information or to share your thoughts and ideas.



Choir Open House – Come Sing with Us!

Sun Oct. 15, 11:30am, Sanctuary

The CUUC Choir is holding its annual Choir Open House after the service and coffee hour, from 11:30am to 12:45pm in the sanctuary on Sun Oct 15. Sit and sing with us – get to know what it is like to work with choir director Lisa Meyer and piano accompanist Georgianna Pappas. Sit with continuing Choir members and sing a variety of rounds, anthems, and folk songs during the hour that we are together.

- ♦ You do not have to know how to read music
- ♦ Music is learned through recordings of parts and/or full recordings as well as repetition in rehearsals
- ♦ We perform in two services per month
- ♦ Option of attending only those Tuesday rehearsals before each service
- ♦ There are also winter and spring concerts in which to perform

Whether you would just like to come and sing for an hour, just sing with us on our two yearly concerts, or sing in rehearsals and services, all are welcome to sit and sing a spell at our Oct 15 Choir Open House. Light refreshments and camaraderie will follow the session. Come and see what we are about!

For more information contact choir director Lisa Meyer at choir@cucwp.org or 347-278-3187.

Woodstock: 50!

CUUC's
Annual
Auction
Night



Saturday
November 16
2019

Doors open:
5:30

Let's all **COME TOGETHER** for CUUC!

Show your support by joining us for a **FESTIVAL** of fun, food and fundraising.



BUY YOUR TICKETS: Tickets include a delicious three-course dinner, drinks, childcare and a guaranteed great time. Buy your tickets during coffee hour. Tickets are \$45 in advance (reserve by 11/10) or \$50 at the door.



DONATE: Can you donate at least one thing to our auction? Check our donation flyer for a list of ideas!



ASK ONE QUESTION: Ask your favorite merchant to make a donation. They will be happy to help and will appreciate the free advertising!



HOST A BID & BUMP: The Bid & Bump Board is a highlight of our auction and we love new additions. Please host a B & B party! Not sure what's involved? Ask us!



GET INVOLVED: We'd love you to be a part of the fun of planning this great event. Contact any of us for more information about how you can help, or stop by one of our upcoming committee meetings.

Janet Bear: jsbear1@gmail.com

Anne Majsak: amajsak@verizon.net

Scott Damashek: sdama@mynational.net






Patricia Goettel: patriciaboutique@aol.com



Woodstock: 50! PLEASE DONATE



All the items up for bid on auction night are recieved from you, our Members and Friends. **Can you help? Here's how:**

-  **Ask One Question:** Ask your favorite vendor to donate a gift certificate. Ideas: restaurants, book stores, salons, yoga studios.
-  Look through the list below and decide what you can donate. Or maybe you have a new idea!? GREAT! The possibilities are endless.
-  Let us know what you'll be donating by filling out a donation form now. Find a form in the lobby, or find a link to a form in an upcoming e-communitarian.
-  Drop off your items the week before the auction.
-  Drop your loose change in our collection buckets. We'll use it to buy gift certificates!



Donation ideas...

- * Planting a garden
- * Ski lift tickets
- * Spring cleaning assistance
- * Museum membership
- * Fruit-of-the-Month club
- * Homemade breads or desserts
- * Babysitting
- * Golf outing
- * Art work
- * Teach a class about your hobby
- * Fine or Artisan jewelry
- * Use of your vacation home
- * Monthly soup, lunch or muffins
- * Day on your boat
- * Redeem your credit card reward points for gift cards to Amazon or other popular stores
- * Host a Bid-and-Bump dinner, outing or social event
- * Professional Services, such as photography, accounting, coaching, organizing, or financial advising
- * Theater, opera, concert or sporting event tickets
- * Home decor
- * Themed gift basket
- * Wine or liquor
- * Spa gift certificates
- * Lead a hike or another themed day trip
- * Pet or house sitting

November 16, 2019 ~ 5:30 ~ Tickets are \$45 if reserved by 11/10, or \$50 at the door

Community Unitarian Universalist Congregation at White Plains**468 Rosedale Avenue****White Plains, NY 10605****Contacts**

Minister: Rev. Meredith Garmon - minister@cucwp.org, 914-946-1660 x3

Sabbatical Minister: Rev. Kimberley Debus, sabbaticalmin@cucwp.org

Dir of Lifespan Religious Education & Faith Development: Tracy Breneman, cuucwptracy@gmail.com, 914-946-1660 x4

Community Minister: Rev. Deb Morra - getreal714@verizon.net, 914-830-1509

Community Minister: Rev. LoraKim Joyner - amoloros@gmail.com, 914-948-1696

Music Director: Adam Kent - music@cucwp.org, 212-595-7280

Choir Director: Lisa Meyer - choir@cucwp.org

Choir Pianist: Georgianna Pappas - georgianna.pappas@gmail.com

Children's Music Director and Educator: Lyra Harada - musicalyra13@gmail.com

Congregation Administrator: Pamela Parker - admin@cucwp.org, 914-946-1660 x2

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Board of Trustees

Board Chair: Al Rocchi - alrocchi@verizon.net

Vice Chair: Joann Prinzivalli - joannmp@outlook.com

Treasurer: Chris Kortlandt - kortlandtbunch@verizon.net