THE COMMUNITARIAN



COMMUNITY UNITARIAN CHURCH AT WHITE PLAINS

Religious Education 10:00 am Sunday Services 10:00 am

Accessible to Handicapped

~ Meredith's Musings ~ Deciding

"I've decided to be happy because it is good for my health."
- Voltaire

What sort of "decision" is this? And if it's just a matter of deciding, why hasn't everyone decided to be happy? June's theme is happiness/joy – which fits with this season of graduation speeches. Such speeches often say what a great thing it is to "dream," "dream big," and "follow your dreams." Well, OK. Sure, there's a place for goal-setting. Let's just not forget: the way to have everything you want is to want what you have.

In order to make "what you have" and "what you want" match, there are two strategies. Strategy A is to make a list of all the things that you want, and then set about doing whatever it takes to acquire everything on that list. You work to bring the "have" bar up until it meets the "want" bar. Strategy B is to lower the "want" bar until it meets the "have" bar. Which strategy will work best?

Strategy A is doomed to failure. You'll never have enough. Long before you ever acquire every item on your list, you will have added more things to your list. The "want" bar will always keep rising, staying ahead of the "have" bar. Strategy B, at first, may not look so hot either. How does one decide not to want stuff? Even if one has come to believe that wanting only what one has, letting go of desires for more, does conduce to happiness, can one simply decide to stop wanting?

The instant that it takes to say, "I now hereby decide to be happy" probably isn't enough. It takes a little bit longer to psyche oneself into a good mood -- and even then, the effects tend to fade away in a few hours, even under good conditions. What's a body to do? Happiness eludes us when we aim at it, and it often sneaks up on us with big, warm hug when we're paying attention to something else.

Fortunately, intentionally cultivating an openness to life's joy is not the same thing as a grasping desire for something called happiness. We can undertake to orient ourselves toward happiness without thinking of it as a thing that we want. It's the difference between opening to what's there and acquisitively pursuing something that isn't. So deciding to be happy is a matter of noticing that you are. In this psychic version of quantum mechanics, it comes into existence only when observed. Realizing (noticing) is realizing (making real).

Still, a single act of decision – to notice the enjoyability of the things in your life – is only a beginning. Yes, we *can, in principle*, with Voltaire, decide to be happy, but we *simply won't* consistently make that decision unless we make another decision: to commit ourselves to a discipline of cultivating the habit of deciding to be happy. Such discipline is called "spiritual discipline." What's yours?

Community Unitarian Church 468 Rosedale Avenue White Plains, NY 10605 914-946-1660 Www.cucwp.org



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JUNE SERVICES 10:00 AM

Note: June 1st includes the annual meeting. June 8th is a service for all ages including the bridging ceremony & BBQ. June 15 & 22 services are led by Rev. Garmon. Summer lay-led services begin June 29.

June 1: 11th Sunday of spring Rev. Meredith Garmon

Happy

It's the thing we commonly say we most want for our kids. Do we want it for ourselves? If you focus on it, it tends to be elusive. Should we really want it? If so, what could be done about it?

June 8: 12th Sunday of spring Lily Rappaport and Youth Celebrating Religious Education Includes Bridging Ceremony June 15: 13th Sunday of spring Rev. Meredith Garmon

Father's Day

Let us celebrate fathering -- and those who fathered us -- whatever their family relationship and whatever their gender.

June 22: 1st Sunday of summer Rev. Meredith Garmon
ARAOMC: It's About the Skills

Anti-Racism, Anti-Oppression, and Multi-Culturalism (ARAOMC) means orientation toward developing certain fairly clear skills. As we celebrate Juneteenth, and the promise of liberation, we'll take a look at those skills.

June 29: 2nd Sunday of summer Lay-led service, John Schwam

Haber and Einstein: a dichotomy of morality

Caring & Sharing...

If anyone knows of another among us who is in need of a caregiver from our Caring & Sharing Circle, throughout June contact Astrid Rogers or Bobbi Collins.

Astrid: 949-0294, astridrogers@aol.com. Bobbi: 761-5280, bobbicllns@yahoo.com.



Don't be left out - make sure you have access to our member online photo directory!

For a directory login, please e-mail Karen Schmitt at schmitt8@verizon.net. You will then be able to access CUC's photo directory via the CUC website.

BOARD OF TRUSTEES

End of the year activities have been in full swing. In May we sponsored a well-attended festive Variety Show, with over 20 performers – children, youth and adults. A wonderful tradition to have begun at CUC - think about attending next year for a wonderful evening of song, dance, poetry and music! We celebrated our youth at the Coming of Age ceremony on May 17, and also in May announced some scholarships to graduating seniors.

Repairs are under way - the long steps are in great condition and the steps to the church will be repaired after the roof repair is finished this month. Other improvements to the grounds are also planned. We held a successful budget forum on May 18, 2014 – thank you to all who came and provided thoughtful input - and the Board of Trustees will have a final budget to present at the Annual meeting on June 1, 2014. Please be sure to attend. In addition to the vote on the budget, members will be voting on revised by-laws, a new slate for the Board of Trustees, and new members for the Nominating committee.

A week after that, on June 8, we honor the end of RE with the Bridging Ceremony and an annual barbecue – always an outstanding Sunday. Don't miss this opportunity for sharing summer plans and great food.

Meredith will be here through June, when he and a number of our congregants attend the General Assembly in Providence Rhode Island the last week in June.

Don't forget – we will welcome our new Director of Religious Education – Perry Montrose – on July 1, 2014. He will be around all summer working to prepare RE for a new year. Feel free to drop by and say hello.

I want to take this opportunity, as I end my term as Chair of the Board of Trustees, to thank the board, Meredith, and all our wonderful staff for an inspiring and productive year.

Yours in community,

Ginny Strand, Chair, Board of Trustees

RELIGIOUS EDUCATION

Dear Members and Friends of CUC,

Many of you had the opportunity to hear our Sunday School Coming of Age group present their individual Credos last weekend. As always, this ceremony marks a milestone in our children's religious education. And, again as always, our young people articulated their sense of purpose, their commitment to principled action in the world and their vision for their own spiritual lives with insight, humor and wisdom.

We have every reason to take pride in them, and in CUC's Religious Education program. "RE" was a foundation stone of this congregation, and members educated in our Sunday School are now teaching and sending their own children to Sunday classes.

Two years ago, in preparation for the ministerial search that resulted in our calling Rev. Meredith Garmon as our minister, we engaged in a congregational assessment. Over and over again our members and friends mentioned the importance of our Sunday school program to the life of this congregation, and the challenge we face in bridging the two halves of the building on Sunday mornings.

This letter is an invitation to bridge that gap by encouraging members and friends other than parents of RE students to teach Sunday School. Perhaps your own children have long since finished Sunday school; perhaps your family does not include children. You do have life experience and wisdom to share. Teaching is a wonderful way to get to know our RE program and learn again the foundation stones of our liberal faith. It is also an incredibly satisfying experience to listen to our Coming of Agers, knowing you were part of their Sunday School experience over the years.

Parents of all students are expected to volunteer to teach, but more teachers are needed and welcomed. There are four or five teachers for each class, providing great flexibility in scheduling. Each teacher commits to approximately 20 Sundays, ten as lead teacher responsible for planning the lesson. Curricula, supplies and resources are provided; the DRE and Religious Education Council ("REC") offer support and assistance as needed.

In July, our new Director of Religious Education, Perry Montrose, joins us. It is our goal to welcome him with a full roster of teachers, showing CUC's commitment to religious education.

Please consider volunteering as a Sunday School teacher. Simply e-mail or call any one of us on the REC, or approach one of us at coffee hour, to discuss the possibility.

Thank you, Religious Education Council members:

Joseph Magnus jamagnus@yahoo.com Pam Cucinell pamelajcny@gmail.com Al Rocchi alrocchi@verizon.net Jeff Blatt jeff_blatt@timeinc.com Amy Swiss AmySwiss@aol.com Liz Suvanto <u>elizabethsuvanto@hotmail.com</u> Chris Breault <u>chrisbronext@gmail.com</u> Tom Ryan <u>t.ryan@welpakcorp.com</u> Janice Silverberg <u>Silverberg2@aol.com</u>

BOARD TRUSTEES NOMINEES O F

The Nominating Committee Scott Damashek - 1 year term is pleased to present the following members of Commu- immediately at home. He has been nity Unitarian Church at White Plains as nominees for the Board of Trustees, to jects. be voted on at the Annual Meeting on June 1, 2014.

Julie Gans - 3 year term

Julie and her husband, Creighton Cray, have attended CUC since 1997. They were seeking a religious community that would embrace both Jewish and Christian values in which to raise their son, Justin. Justin attended the RE program beginning in the nursery through the Youth Group.

Julie has previously served on the RE Board, organized many Passover Seders at CUC, canvassed members throughout the years, participated in Midnight Runs, and been a COA mentor. She recently retired after teaching in the White Plains School District nev of growth. for 10 years and working in the Financial Services Industry at JP Morgan Chase for 20 years. She currently serves on the Shared Decision Making Board in the Blind Brook School District and volunteers at the Jacob Burns Film Center in the See Hear Feel Film program.

Julie is excited to be joining the board as CUC enters a new era with its work and its new mission.

Scott has attended CUC since 2002 and from the onset he felt active in the Auction Committee, Canvass, Tag Sale, Board of Trustees and various social action pro-

He is married 25 yrs. to Ann Marie Damashek and has been a resident of Harrison since 1992. Professionally, since 1981 he has been President of National Advertising & Printing Corp, a family run promotional advertising and marketing company in Manhattan. He is also an active member of Business Networking International (BNI).

Scott serves on the Board of Directors of Furniture Sharehouse. He is also on the Advisory Board of The Women's Mosaic, a nonprofit whose mission is to provide education, inspiration and motivation for women of all backgrounds.

Scott looks forward to serving CUC as we continue on our jour-

Carole Mehta - 3 year term

Carole has attended CUC since 1985 and has never looked back! She served as secretary on the Board of Trustees in the early 1990's under our then minister Rev. Shannon Bernard. Later in the mid-1990's she revitalized and reintroduced the Caring & Sharing Circle of which she was chair for many years. Carole remains an active member of Caring & Sharing which is and has been a lifeline for so many of our members and friends. She was a choir member for about 15 years, enjoying the camaraderie of her fellow choir members, the many choir directors, and the joy of singing. Carole taught RE for a couple of years, and willingly mentored three Coming of Age students.

Carole served on the ministerial search committee in 1999 and 2000, before we invited Rev. Carol Huston to be the minister. She also served as a canvass volunteer. The proudest time comes from serving on the auction committee in charge of soliciting donations, which she has done every year since 1994, making this her 20th year. Most recently she served on the Worship Committee

She is looking forward to working on the board and being a part of the continuing onward journey of CUC with our new minister, Rev. Meredith Garmon

Tom Wacht - 3 year term

Tom and his wife, Sandy, from mixed religious backgrounds, joined CUC in 1980, within weeks of their first visit. They were immediately impressed by the diverse, liberal and intellectually challenging environment and the RE program through Betty Baker. Their three sons, Peter, Andrew and David, all went through the RE program culminating in Coming of Age, and have demonstrated the best of UU values in their own careers and family lives.

Tom and Sandy are proud grandparents of Jacob [15 ½], Kaylie [11] and Mason [18 months]. Tom graduated from Yale and obtained his J.D. From the University of Virginia School of Law, served in the Peace Corps in Venezuela, taught in PS 25 in the South Bronx. He has practiced law for more than 40 years, currently with an office in White Plains where he focuses on estate planning and related matters.

Tom has served CUC in various capacities over the years: canvass, building and grounds, religious education, legal matters, search committee for Rev. Shannon Bernard, committee on ministry, rentals committee, music committee, and twice member of the Board of Trustees, and Board Chair, during the ministries of Rev. Shannon Bernard and Rev. Carol Huston. Currently Tom is co -chair of the Music Committee, Chair of the Rentals Committee. and deals with CUC legal matters upon the request of the BOT.

Tom is deeply honored to be nominated to the BOT and looks forward to the opportunity to continue to serve CUC in that capacity.

Recording Secretary - 1 year term

Johanna Bauer

Johanna began attending CUC in 1995, when she was looking for a place for herself and her four children for religious education and worship. They were living in the Bronx, and in 1998 moved to New Rochelle. She started attending a Unitarian church in Lancaster, PA around 1959 and became the first youth member of the First Unitarian Society in Hartford, CT in 1969. She taught 7 years of Sunday school: three as a 2nd grade teacher and four in the 6th grade, and served as a mentor twice. Her children all went through Coming of Age with the last one doing so in 2006.

She currently works as an investigator with the US Dept of Labor enforcing the Fair Labor Standards Act and the Family and Medical Leave Act. She served as the Secretary for the Board of Trustees June 2006 – May 2009 and again since June 2012.

Treasurer - 1 year term Nicky Klemens

Nicky is a lifelong UU who grew up here at CUC. She has served in numerous capacities over the last 20+ years, including serving on the Religious Education Council, the audit, auction, long term building/planning, kitchen, safe congregations, caring& sharing committees, and various community outreach projects. She previously served a 3 year term on the Board of Trustees, including 1 year as Board Chair. For the past 2 years, she has served as Treasurer, member of the Finance committee, as well as Auction and kitchen projects, and the newly formed Aesthetics committee. She plans to serve as a facilitator for a journey group starting in September

Professionally, Nicky owns her own business, Let's Get Organized LLC, a daily money management and organizing firm that serves elderly, busy professionals and small businesses. Previously, she worked for KLM Royal Dutch Airlines in various positions in Sales and Reservations. She holds a BA in Psychology from Harpur College, State University of New York at Binghamton, NY.

Nicky's 2 sons, Dan and Rob, completed their religious education at CUC. Dan lives locally, and works in NYC and Rye. Rob is in college in Connecticut during the school year, though will spend the fall in Florence, Italy.

She looks forward to continuing being part of the BOT as CUC continues moving forward with congregational growth and financial stability.

EVENTS



MIDNIGHT RUN

Friday, June 6 8 PM

Help feed the homeless in Manhattan. Provide clothing. Help with food preparation. This well organized event is a great way to help others and work with other CUC members and friends, from our youth to our grandparents.

To get involved contact Emily Economou at emily.economou@gmail.com, or 914-633-4455.

Please consider providing the following:

Men's shorts, t-shirts, sneakers, jeans—all gently used.

Women's jeans and shirts—gently used Men's socks and underwear—new only Woemen's underwear—new only

Hard boiled eggs
Cold Cuts
Bread
Juice Boxes
Breakfast Bars
Portable Fruit (apples, oranges)



Practicing Compassionate Communication

Saturday, June 8 & 22 8:45-9:45 am, Parsonage

Much of our behavior and moral reasoning processes are tangled in emotions, which primarily come through the limbic system in our brains. The bad news is that the limbic system is a slow learner, and if we want to change our behaviors and grow our compassion, it takes practice, practice, practice. The good news is that our brains are very elastic and we can change! For that hope, and for practice, Rev. LoraKim Joyner invites you to practice Compassionate Communication with her and others on Sunday morning from 8:45 - 9:45 a.m. before the service in the Parsonage. The dates are June 8 and 22nd. For more information and to RSVP, go

to: http://www.meetup.com/Nurturing-Nature-Yours-and-the-Worlds/ or by emailing her

at: amoloros@gmail.com. Walk-ins are also welcome.



Annual End-of-Year BBQ Sunday, June 8th

11:30 am

Burgers, steak, veggie burgers, roasted corn, shrimp, hot dogs, and

other good food will be served along with lots of fun!

A sign-up sheet will be posted in the church lobby.

6 adults / \$4 children







Bird/Nature Walk at CUC

Father's Day
Sunday, June 15
8:30 am
(meet behind the parsonage)

For a full report on the last walk go to: http://cucmatters.blogspot.com/
Led by Rev. LoraKim Joyner, DVM. If you have any questions, you may contact her at amoloros@gmail.com.



UNITARIAN UNIVERSALIST ASSOCIATION (UUA) ~ DENOMINATIONAL AFFAIRS

This year I am excited to be attending General Assembly as a youth sponsor. As many of you know, General Assembly (GA) is in Providence, RI June 26-29. The theme is Love Reaches Out.

General Assembly is an exciting place to be but not everyone can afford to attend. I encourage you to view GA (Virtual GA) on your home computer. http://www.uua.org/ga/virtual/ index.shtml. You can view the general session meetings, Morning Worship, Synergy Worship, Service of the Living Tradition and the Ware Lecture to be delivered by Sister Simone Campbell. See the General Assembly flyer on the bulletin board. If you have questions ask me how to view GA, email me at denice.tomlinson@yahoo.com or call 914-310-0244.

There are 5 Congregational Study Action Issues to consider this year. Congregational Study/ Action Issues (CSAIs) are issues selected by Unitarian Universalists member congregations for four years of study, reflection and action. At General Assembly, delegates vote for one issue for further study. In the third year of this process, delegates at General Assembly (GA) can vote to approve a Statement of Conscience (SOC) resulting from congregational feedback on the CSAI. A fourth year is devoted to implementation. The five issues this year are Empowerment: Age and Ability Reconsidered, Ending the War on Terror, Escalating Inequality, Gun Violence: A Public Health Issue, Renewing and Securing Our American Democracy. Specific information on all 5 issues can be found at http://www.uua.org/statements/current/.

Please email me your vote on which issue you support most and I will convey your vote to the designated delegates from our church.

~ Denise Tomlinson, Denominational Affairs



UNITARIAN UNIVERSALIST ASSOCIATION (UUA) ~ DENOMINATIONAL AFFAIRS



General Assembly Viewing at Home

Live streaming to your home computer. Go to www.uua.org. Click General Assembly usually found under top menu "Our Association". Then Virtual GA and 2014 coverage.

Wednesday, June 25, 2014

Opening Celebration and General Session I 7:30 p.m. -9:00 p.m.

Thursday, June 26, 2014

Worship

8:00 a.m. - 9:15 a.m.

General Session II

9:15 a.m. - 9:45 a.m.

Synergy Worship

7:30 p.m. - 9:00 p.m.

Friday, June 27, 2014

Worship & General Session III

8:00 a.m. - 9:45 a.m.

General Session IV

2:45 p.m. - 4:30 p.m.

Service of the Living Tradition

7:30 p.m. - 9:00 p.m.

Saturday, June 28, 2014

Worship & General Session V

8:00 a.m. – 9:45 a.m.

General Session VI

2:15 p.m. - 4:30 p.m.

Ware Lecture - Sister Simone Campbell

5:00 p.m. - 6:00 p.m.

Worship, Witness, Waterfire

7:30 p.m. - 12:00 p.m.

Sunday, June 29, 2014

General Session VII

8:00 a.m. - 10:30 a.m.

Worship: Sunday Morning Worship

11:00 a.m. - 12:30 p.m.

General Session VIII

1:30 p.m. - 3:30 p.m.

Closing Celebration

3:30 p.m. - 4:00 p.m.

~ June 2014 ~

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 8:45a-10a Choir Rehearsal (Sanc) 9a-11:30a Nursery Care (32) 10a-11:30a RE Classes (FH & classrooms) 10a-11:15a Worship/Coffee (SANC) 11:30a-12p CUC Annual Mtg (Sanc) 11:45a-1:15p In the Spirit of Truth (41) 12p-1p Planning mtg new Musicians (R43)	2 7:30a-8:30a Zen Meditation (Parsonage (basement en- trance)) 6:30p-7:30p Tai Chi (FH)	3 7:30a-8:30a Zen Meditation (Parsonage (basement entrance)) 7:30p-9:15p Choir Rehearsal (SANC)	4 7:30a-8:30a Zen Meditation (Parsonage (basement en- trance))	5 7:30a-8:30a Zen Meditation (Parsonage (basement en- trance))	6 7:30a-8:30a Zen Meditation (Parsonage (basement en- trance)) 8p-11:30p Midnight Run (KTCH FA)	7 10a-11:45a Zen Service (Parsonage (basement en- trance))
8 Last day for RE classes 8:45a-10a Choir Rehearsal (Sanc) 8:45a-9:45a Compassionate Communication Practice (Parsonage) 9a-11:30a Nursery Care (32) 10a-11:30a RE Classes (FH & classrooms) 10a-11:15a Worship/Coffee (SANC) Annual BBQ	7:30a-8:30a Zen Meditation (Parsonage (basement en- trance)) 6:30p-7:30p Tai Chi (FH)	10 7:30a-8:30a Zen Meditation (Parsonage (basement entrance)) 7:30p-10p RE Coun- cil (R41)	11 7:30a-8:30a Zen Meditation (Parsonage (basement en- trance)) 7:30p-9:30p Board of Trustees (41)	7:30a-8:30a Zen Meditation (Parsonage (basement en- trance)) 11:30a-1p Science and Spirituality (R24)	13 7:30a-8:30a Zen Meditation (Parsonage (basement en- trance))	14 Flag Day 10a-11:45a Zen Service (Parsonage (basement en- trance))
15 Father's Day/ Communitarian Deadline 8:30a-9:30a Bird/Nature Walk (Parsonage) 10a-11:15a Worship/Coffee (SANC) 11:30a-12:30p Inside the Music (Sanc)	16 6:30p-7:30p Tai Chi (FH) 7:30p-8:30p Wor- ship Committee (Parsonage) 8p-9:30p Finance Committee (41)	17	18 12p-1p Around the UUWorld Brown Bag Lunch (FH)	19	20	21 10a-11:45a Zen Service (Parsonage (basement en- trance))
22 8:45a-9:45a Compassionate Communication Practice (Parsonage) 10a-11:15a Worship/Coffee (SANC)	23	24		26 10a-11a COMMU- NITARIAN mailing (FA) 11:30a-1p Science and Spirituality (41)	27	28
29 10a-11a Worship & refreshments	30					

COMMUNITY UNITARIAN CHURCH 468 Rosedale Avenue White Plains, NY 10605

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

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Board of Trustees

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Sunday, June 15

Submit information to Emily Economou, Editor emily.economou@gmail.com