The Communitarian

Community Unitarian Church at White Plains

Religious Education
10:00 am

Sunday Services
10:15 am

Accessible to Handicapped

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

100 Years of Community

October 2014

Inside this issue:

~ October Theme: DEATH ~

Meredith's Musings

Dragons, we learn in the first chapter of J.R.R. Tolkien's *The Hobbit*, "guard their plunder as long as they live (which is practically forever, unless they are killed)."

When I first read that, I was in 7th grade. I didn't see any logical connection between these attributes of dragons. Do you?

I now think Tolkien was representing a wonderful insight, whether he was conscious of it or not. Dragons don't just happen to guard plunder and live forever. They surely guard plunder *because* they live forever.

An increasingly sharp awareness of my own mortality began to grow on me some years ago, and with it came a sense of relief and liberation. Whew! I don't have to figure out how to live forever – only right now. If, like a dragon, I would live forever unless killed, I think I'd have to devote all my energies to making sure I wasn't killed. I'd be "guarding my plunder" with all my might. The gift of mortality – of knowing down in our bones that all things are temporary, including the motley hodge-podge of attributes I call my "self" – is that now we can relax.

Of course, we all know about death, right? But there are different ways to know this. We can know death by keeping it constantly in mind. Or we can know death by acknowledging the fact of it only when necessary and pushing it out of mind as much as possible. We can try to live in forgetfulness of what we know, or we can face the fact of death with steadiness. When we let our transience fall out of mind, then we slip into living in ways based upon the pretense of the possibility of permanence – the permanence of our things, our status, our self. Our lives become governed by the assumption – which we do not articulate to ourselves because its falsity would be self-evident – that these things will be permanent if they are only given sufficient protection. We become like a Tolkein dragon.

Yours in faith, Meredith

OCTOBER SERVICES
10:00 AM

Oct 5: 3rd Sunday of autumn
Rev. Meredith Garmon
Making Friends with Death
Death is our constant companion. Being on friendly terms makes life go much better.

Oct 12: 4th Sunday of autumn
Rev. Meredith Garmon
Persons and Beings
Our first principle affirms "the inherent worth and dignity of all persons." Should we affirm the inherent worth and dignity of all beings?

Oct 19: 5th Sunday of autumn
Rev. Meredith Garmon
Gratitude and Absent Friends
How does gratitude work when we have no way to express it to the people we're grateful for.

Oct 26: 6th Sunday of autumn
Rev. Meredith Garmon
Dia de Los Muertos
A day of the dead celebration of remembrance.

CUC Committee on Ministry

The Board of Trustees has appointed a Committee on Ministry. Its members include: Stephen Bear (sebear100@gmail.com), Creighton Cray (cecray@aol.com), Ted Dreher (Ted.Dreher@citi.com), Anne Majsak (amajsak@verizon.net) , Charlie McNally (mcnally@pobox.com) , and Janet Press (jpress2@optonline.net).

The committee on Ministry's scope of responsibility will include:

Mission.
Help the Church fulfill its mission by making recommendations to the Board of Trustees and Minister.
Be attentive to the mission and to the covenant among the church members of the commitment to that mission.

Feedback.
Carry out the on-going review of the Minister and CUC's four areas of ministry:
Worship, Justice, Education and Pastoral (Congregational Member) Care.
Make recommendations from received feedback.
Communicate key recommendations to the Board of Trustees and the congregation.

Education.
Make the congregation aware of the church's mission (brochures, orientations, editorials, worship services).
Make the congregation aware of the responsibilities of the COM.

Consultation.
Consult with the minister and leadership of the congregation:
Encourage minister to establish annual goals.
Make recommendations to the ministers in respect to enhancing the quality of their leadership.

Ordination of Ministers. Make recommendation on ordination of prospective UU ministers and authorization of certain members to represent CUC in officiating weddings and memorial services.

Conflict Management. Initiate and oversee processes of reconciliation when there are conflicts between a CUC member and another member, a CUC staff members or the minster. The COM does not do conflict resolution but manages it.

In terms of near term objectives for the committee, the Committee will be hosting a Community Chat following the service on October 5th. This is an opportunity for all CUC members and friends to provide input and ask questions to the Committee on Ministry.

BOARD OF TRUSTEES

From the Chair's Chair

It felt good to be back in the swing of things in September. Many of us have returned from time away and are resuming our fall routines. Kids are back in school and a season of learning, growing, and developing is upon us all.

It was a mission-enhancing month for CUC. Journey groups have started up, affording us the opportunity to meet, interact, share our thoughts, and "nurture each other on our spiritual journeys." The topic of the month in September was Faith. From my own experience and from what I hear, many interesting discussions took place across the Journey groups, stimulated by sermons by Meredith, and by Perry Montrose, our new Director of Faith Development and Religious Education, who had his debut in our pulpit September 21. Perry's sermon about his own faith journey was stimulating, heartfelt, and compelling. The service opened with a Music for All Ages segment from Adam, aimed at the children in the congregation who were in attendance in full force, and followed with a Wonder Box story by Perry, which examined feelings of hope, self-esteem, and faith in a Jewish congregation, and helped to "foster compassion and understanding" for the kids (and the adults). Attendance at this service was strong for the younger members of our congregation, but sparser for the adults. This was for a good reason. More than 20 of our congregants attended the Climate March in New York City that day, joining nearly 400,000 folks from around New York and around the world to make our voices heard about this critical global issue. Participating in this march was a wonderful opportunity for us to "engage in service to transform ourselves and our world." So, bravo to all who participated in any aspect of the CUC mission in September. I anticipate that we will continue to engage further in all these areas in the months ahead.



(Sept. 21st, at CUC and NYC)

To report on more mundane issues, nearly all the repairs have been made inside and outside the church building that were needed from last winter's storms. You may notice, however, that the glassed-in area just inside our entrance which was previously our front office is still stripped back to its bare bone structure. The reason for this is that we are considering whether to re-purpose this area. The additional space afforded by the temporary office location that was created in the RE wing during repairs has proven to be quite useful for some of the office operations such as copying and accommodating additional volunteer workers. So bear with us while we sort out the pros and cons of relocating the office back to its original space or keeping it where it is. If you have any thoughts about the use of the front area space feel free to email me or Tim Lunch, the Chair of the Buildings and Grounds committee.

Enjoy the onset of Autumn! See you at CUC!

Yours in faith,
Randy Marshall, Board Chair

Religious Education

Our first…

Extraordinary Sunday for All Ages - During RE at 10 a.m.

October 12

Explore Unitarian Universalism

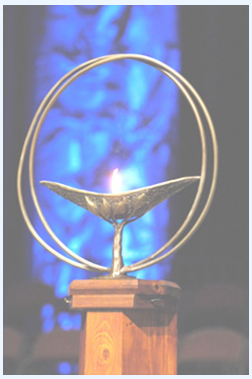
High School Youth Group members will lead the children in an exploration of UU history and identity through fun activities, including a UU scavenger hunt around the church on Columbus Day weekend.

We want you!!!

Have you or someone in your family served in the military?

Our next Extraordinary Sunday will take place on Veterans Day weekend and we are looking for a few good UUs to join our activity for the children on that day. Please contact Perry to discuss the possibilities.

Be a Family Chalice Lighter



This year we are inviting families to take a meaningful role in the Sunday Service by becoming Family Chalice Lighters.

Each week that our children join us in the sanctuary, one family will come to the chancel, read our chalice lighting words, and light the chalice.

Would you like your family to participate?
To access a calendar of available dates click here.

Contact amyswiss@aol.com for more information.

Perry's Ponderings

Tom Ryan, a CUC Religious Education Council member and RE teacher, recently considered his own understanding of Unitarian Universalism and connection to it. Tom wondered if he would feel more connected to our faith and this congregation if he went through some of the Religious Education programming that the children and youth do. The children and youth learn about UU values and identity, experience the similarities and differences we have with other religions, connect our faith to the actions we take in the world, and explore their personal beliefs. They mark points in their UU path with Child Dedications, Affirmation Ceremonies, Coming of Age Services, and Bridging Ceremonies. Tom realized that he was interested in that kind of journey for himself and that other adults would also gain from it.

Many congregants are involved at CUC, but feel incomplete in their own personal spiritual growth and developing a Unitarian Universalist identity. Some of this happens in our worship services, Journey Groups, and other meaningful gatherings. Yet, my conversation with Tom made us realize that there might be great value in an adult Affirmation Program. As we consider the further development of Adult Religious Education, we are excited about the possibility of an intentional path of exploration for every participant at CUC. This could include learning opportunities about world religions, UU history, UU Principles and Sources in everyday life,
various spiritual practices, and personal faith development shared in community.

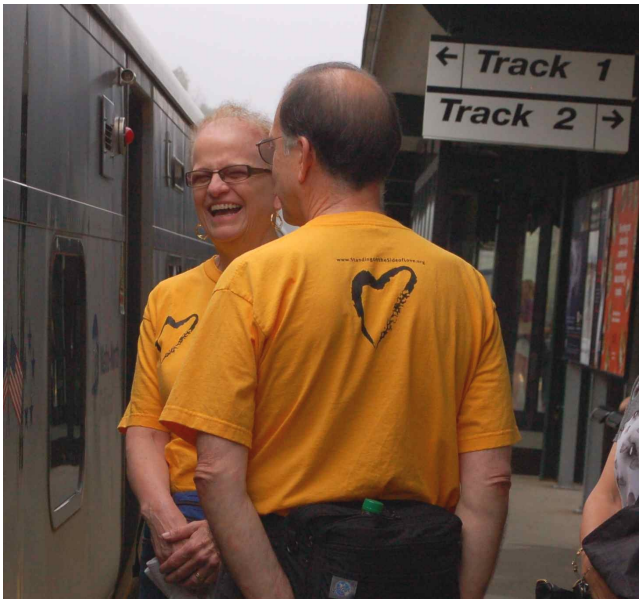
Further developing our Adult Religious Education program expands our possibilities for growth as people of liberal faith and our connections to each other in the process. When we share our stories and our responses to them, we enable each other to go into a deeper place of reflection, while supporting each other on the journey. We aim to create opportunities for learning, sharing, experiencing, and growing. This might be in a class on a specific religion, life topic, spiritual practice, artistic expression, or social justice issue.

We would like to have your input and participation. Let us know what topics interest you most, what you would like to see offered at CUC, and what you might bring into our room of exploration. Tom Ryan, Janice Silverberg, and Pinar Tanrikorur are new members of the Adult RE Support Team. You can speak with one of them or me about your ideas. Consider joining our team in forming what this picture of learning, sharing, and creating might look like. We will affirm our connection to CUC, Unitarian Universalism, and each other in new eye-opening ways.

We're searching for musicians - of all instruments and talents - to contribute a song or two to each of our Children's Worship services this year. You can help on a regular basis, or just one time at your convenience. You can select the music yourself, or let us suggest something. You'll even make it back to the sanctuary in time for the sermon. Please consider sharing your gift with us!

To access a calendar of available dates
CLICK HERE.

Or email amyswiss@aol.com
for more information.



Report on the People's Climate March:

MORE PHOTOS HERE

There were 24 people from CUC at the People's Climate March adding to the 1,500 UUs and the 400,000 total marchers. We were proud to be part of a sea of yellow shirted UUs from as far away as Sweden. They came from California, Oregon, Vermont, Iowa, and New England to stand with other faith communities and thousands of other organizations. We waited for hours to begin marching because there were so many people! World leaders at the UN Climate Summit must have heard our message. The time to do something about Climate Change is NOW!

We can keep the momentum going.

From organizer Rev. Peggy Clarke:

The first is simple. Go to www.ourvoices.net and add your name to the tens of millions of other people of faith calling for a just climate treaty.

The second is to join stage two. Unitarian Universalists are keeping the momentum going by registering at www.commit2respond.org. Over the course of the next two years, we are going to stay connected, keep the pressure on and build the movement within our denomination.

Caring & Sharing…

If anyone knows of another among us who is in need of a caregiver from our Caring & Sharing Circle, throughout October contact Gail McCloud 235-8218, gail.w.mccloud@gmail.com or Barbara Mair 769-7186 Barbara.mair@verizon.net.

In Memory…

Our thoughts are with Lori Saccardi and her family on the loss of her husband and long time member **John Saccardi**. John passed away on September 22nd after a long illness.

A Memorial Service/
Celebration of the Life of John
will take place on
October 12 at 1:00 pm
at Community Unitarian Church
A gathering with coffee and snacks will follow.

EVENTS…

How are we doing??

Please join the Committee on Ministry for a

Community Chat

On Sunday Oct 5th

After service in Fellowship Hall.
Help us reflect on the
start of a new year of energy,
renewed mission and Journey Groups.

Bring your coffee - we'll have some cookies!

CAN YOU GREET ONE SUNDAY MORNING?

At CUC we are a welcoming community. We want to invite everybody in and help them to feel comfortable.
And that begins when they walk up to our doors. So please check your calendars and pick one or more Sundays when you can join us to greet at 9:45, before services.

Please see options and SIGN UP HERE.

Or email or call Jane Dixon (Welcome Committee chair) at jrdixon@optonline.net or 914-949-5919.

Adam Kent in Concert

October 18th, 4 pm

On Saturday afternoon, October 18 at 4 p.m., Music Director Adam Kent can be heard in concert at Barge-music at the Fulton Ferry Landing in Brooklyn with violinist Elena Peres and cellist Jeffrey Solow.

The all-Schubert program includes the composer's Piano Trio No. 2 in E-flat Major, Op. 100. Admission is free, and no reservations are necessary.

Visit
www.adamkentmusic.com or www.bargemusic.org / 718.624.4924 for more information.

Bird Walk: Sunday, October 26th

Rev. LoraKim Joyner (Community Minister is association with CUC) will be leading the next bird walk, starting at 8:30 am, in back of the parsonage.

IS THANKSGIVING AT YOUR HOUSE THIS YEAR?

For many of us, **Thanksgiving** is our favorite holiday- an American holiday that brings families together without a lot of commercialism. Imagine sharing that experience with an international graduate student (most are Fulbright Scholars) studying in the New York area.

This year CUC will be partnering with One To World, whose mission is to bring future leaders of the world together with Americans - one to one - sharing similarities and appreciating differences to build cultural understanding across the globe. It is our hope to find hosts for 15-20 students and in some cases their families, for traditional and not so traditional **Thanksgiving** dinner on Thursday, November 27, 2014.

If you have room at your table or have questions, please contact Jane Dixon jrdixon@optonline.net or 949-5919. She will match you up with one or more students, and help you make the initial contact with your student. Transportation arrangements, the length of their stay, and any additional visits are all left up to individual host families.

(One To World is designated by the U.S. Department of State as the official coordinator of Fulbright enrichment programs in the greater New York area. In addition to working with Fulbright grantees, One To World promotes connections with the 65,000 self-sponsored international students studying in the greater New York area).

Fall Harvest Pot Luck Brunch

Sunday, October 26th, 11:30 am

Bring a favorite fall dish—main, side, or dessert.

Wellness Workshop at CUC
Thursday, October 23 at 7pm

Do you constantly crave sweets and are not sure why?

Are you tired of always being tired and having low energy?

Do you want to gain control over your cravings and not deprive yourself?

Nutrition Facts
Serving Size 1/2 cup (65g)
Servings Per Container 16

Amount Per Serving

Calories 190 — Calories from Fat 70

	% Daily Value*
Total Fat 8g	**12%**
Saturated Fat 4.5g	**22%**
Trans Fat 0g	
Cholesterol 20mg	**7%**
Sodium 65mg	**3%**
Total Carbohydrate 19g	**6%**
Dietary Fiber 0g	**1%**
Sugars 18g	
Protein 3g	

Vitamin A 6% • Vitamin C 0%
Calcium 10% • Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

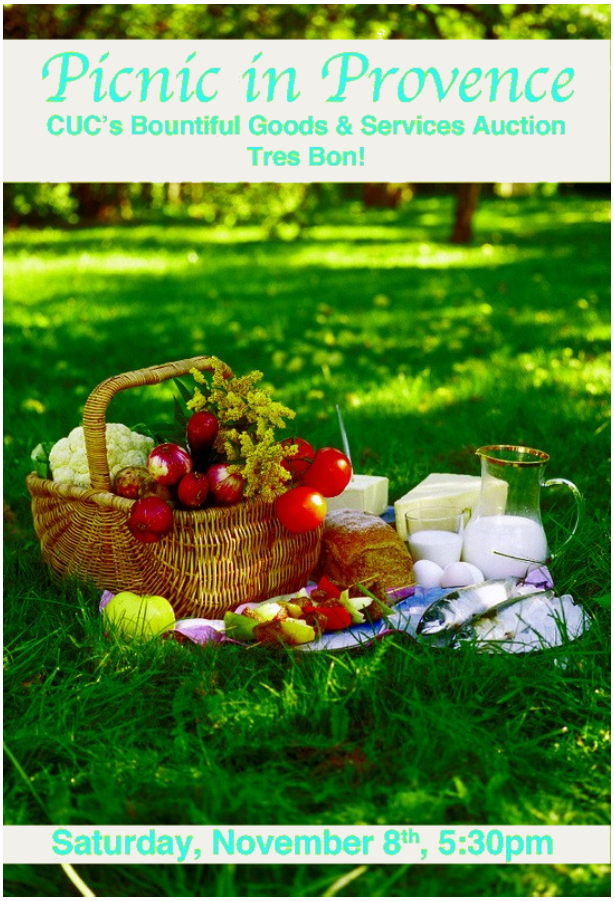
If you are like most people, you may have some issues with sugar. Well, not to worry.

Certified Holistic Health Coach Jaime Stemkowski will help you change your relationship to sugar. Jaime will talk about:

- The top ways sugar is negatively affecting your health and happiness
- How sugar is part of the solution - not the problem
- Tips to eat foods you enjoy and not deprive yourself
- Understanding how your lifestyle affects your cravings
- Your first steps to take back control of your life and health

Please RSVP to jaime@lifewithjaime.com.

You can also visit Jaime's website to learn more: www.lifewithjaime.com



We need you
to help make the

Annual Goods & Services Auction

a success.

Donate: We request that any tangible item being donated from your home have a value of at least $50 and be either new or in mint condition. Donation forms are outside the church office. Please fill out a form for *each* item being donated. Donation forms are being accepted now and tangible items can be dropped off in the church the week before the auction. And remember to ask your local merchants – they are usually happy to donate. Donation request letters are available outside the church office

Attend: the auction on November 8th @ 5:30pm for a fun filled evening with a wide variety of goods and services in all price ranges. Tickets on sale during coffee hour. Need a ride? Let us know and we will match you up with a neighbor attending the auction.

Volunteer on the auction committee: it's a fun group and a short term commitment. There are a variety of thing we need help with: ticket sales, decorating, food or set-up.

Questions? Please contact Ann Marie Damashek 835-7593 scottam@verizon.net or
Emily Economou 633-4455
Emily.economou@gmail.com

Unitarian Universalist Association(UUA) ~ Denominational Affairs

Notes from General Assembly (GA) - There were 3 Actions of Immediate Witness passed at General Assembly; **Support the Faith Summit on Stopping Deportations, Affirming Congregational Commitment to Gun Violence Prevention, UUA Support for "Uganda New Underground Railway" to safely extract LGBT people from persecution in Uganda**. Actions of Immediate Witness profess convictions grounded in Unitarian Universalism. They are proposed to the GA delegates during GA and voted on. The UUA can act and speak in behalf of UU congregations if the delegates vote to pass an action of immediate witness. To view the GA video on this topic click here.

Sandy Relief Volunteer Opportunities – There are still volunteer opportunities for Sandy relief for individuals, small and large groups. Please check the CERG website for more information.

Save the Date:

October 25 & November 22- Compassion Communication Workshops 1 & 2: Nurturing Ourselves, UU Congregation at Shelter Rock, Manhasset, NY Read More.

November 6 – CERG Webinar – Membership Myopia – Read more and sign up

November 15 - Ninth Annual Leadership Day: Defying Gravity, UU Congregation at Shelter Rock, Manhasset, NY

~ October 2014 ~

Monthly Theme: Death

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 7:30p-9:30p Program Council (R41)	**2**	**3**	**4** 10a-11:45a Zen Service (Parsonage (basement entrance))
5 8a-9:30a RE Council (R41) 8:45a-10a Choir Rehearsal (SANC) 9:30a-12p Nursery Care (32) 10a-11:30a RE Classes (SANC & classrooms) 10a-11:15a Worship/Coffee (SANC) 11:30a-12:30p Community Chat (FH) 11:40a-12:40p Music Committee (R41)	**6** 6:30p-7:30p Tai Chi (FH)	**7** 7:30p-9:15p Choir Rehearsal (SANC)	**8** 7:30p-9:30p Board of Trustees (41)	**9** 11:30a-1p Science & Spirituality (R24)	**10**	**11** 10a-11:45a Zen Service (Parsonage (basement entrance)) 3:30p-3:30p Open Arms Shelter (FH)
12 Open Arms Shelter (FH) 9:30a-12p Nursery Care (32) 10a-11:30a RE Extraordinary Sunday (FH & classrooms) 10a-11:15a Worship/Coffee (SANC) 11:40a-12:40p Journey Group A (R12) 11:40a-12:40p Journey Group N (R41) 1p-5p J. Saccardi Memorial Service (Sanc\, FA\, FH)	**13** Columbus Day 9:30a-10:30a OFFICE CLOSED 6:30p-7:30p Tai Chi (FH)	**14** 7:30p-9:15p Choir Rehearsal (SANC)	**15**	**16**	**17**	**18** 10a-11:45a Zen Service (Parsonage (basement entrance))
19 Communitarian Deadline 8:45a-10a Choir Rehearsal (SANC) 9:30a-12p Nursery Care (32) 10a-11:30a RE Classes (FH & classrooms) 10a-11:15a Worship/Coffee (SANC) 11:40a-12:40p Journey Group H (R12) 11:40a-12:40p Auction Committee Mtg (R43) 11:45a-12:45p UU Musicians' Group (SANC)	**20** 6:30p-7:30p Tai Chi (FH) 8p-9:30p Finance Committee (41)	**21** 7:30p-9:15p Choir Rehearsal (SANC)	**22**	**23** 10a-11a COMMUNITARIAN mailing (FA) 11:30a-1p Science and Spirituality (41) 7:30 pm Wellness Workshop	**24**	**25** 10a-11:45a Zen Service (Parsonage (basement entrance))
26 8:30a-9:30a Bird Nature Walk (Starts - back of Parsonage) 9:30a-12p Nursery Care (32) 10a-11:30a RE Classes (FH & classrooms) 10a-11:15a Worship/Coffee (SANC) 11:30a-12:30p Fall Harvest Pot Luck Brunch (FH) 11:40a-12:40p Journey Group M (R12)	**27** 6:30p-7:30p Tai Chi (FH)	**28** 7:30p-9:15p Choir Rehearsal (SANC)	**29** 7:30p-9p Social Media Group (R41)	**30**	**31** Halloween	

COMMUNITY UNITARIAN CHURCH
468 Rosedale Avenue
White Plains, NY 10605

Communitarian Deadline for Next Edition:

Sunday, October 19

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

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

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

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

Director of Lifespan Religious Education & Faith Development
Perry Montrose
dlre@cucwp.org
914-946-1660 x4

Church Administrator
Liliana Keith
admin@cucwp.org
914-946-1660 x2

Music Director
Adam Kent
music@cucwp.org

Choir Director
Lisa Meyer
choir@cucwp.org

Community Minister in Association with CUC
The Rev. Deb Morra
communityminister@cucwp.org
914-946-1660 x6

Community Minister in Association with CUC
The Rev. LoraKim Joyner
(352) 375-8531
amoloros@juno.com

Community Minister In Association with CUC
The Rev. Kelly Mason
(347) 497-3741
k.m.mason@caa.columbia.edu

Bookkeeper
Lisa Sommer
bookkeeper@cucwp.org
914-946-1660 x7

Board of Trustees

Chair, Randy Marshall
914-633-3115
rmarshra@gmail.com

Treasurer, Nicky Klemens
914-967-4419
nsklemens@optonline.net