

THE COMMUNITARIAN



COMMUNITY UNITARIAN CHURCH
AT WHITE PLAINS

Religious Education
10:00 am

Sunday Services
10:15 am

Accessible to Handicapped

~ November Theme: Forgiveness ~

Meredith's Musings

On small matters, forgiveness can be a casual matter: as easy as saying the words, "I forgive you." Some wounds go deeper, though, and the healing is not so easy. The road to forgiveness is sometimes harrowing, soul wrenching -- about the hardest thing a person can do.

Forgiving is fore-giving: giving what was before. To forgive is to give back the relationship as it was before. When the fabric of relationship is ripped through, restoration requires more than brief words of apology and forgiveness.

There are ways that forgiveness goes wrong. First, we might think it is done when it has only begun.

Second, forgiveness goes wrong when the forgiver comes off as superior -- magnanimous in being willing to forgive. Rather than return the parties to equality, it maintains a reversed inequality. That can happen when we don't seek a more extended reconciliation process.

Third, forgiveness goes wrong when it is expected or demanded. When we "should" ourselves or others into "forgiving," the longer process that could lead to a deeper restoration is derailed. Forgiveness goes awry, for example, when a battered woman is told she "should forgive" her husband and take him back -- without any reliable commitment on his part.

Fourth, things have gone wrong when we give up on the possibility of forgiveness at all. This is the flip side of expecting or demanding it or treating it as if it were an easy and momentary thing to do. Once we see that forgiveness isn't simple and instantaneous, we might go the other direction and give up on it entirely. Don't demand it or expect it -- but please don't give up on forgiveness either.

The grace of forgiveness -- the grace of being able to forgive, and the grace of coming to be forgiven -- can, if not short-circuited, have a power to raise new life from a kind of death. It can break through the usual demands of retributive justice.

The first step is for the injured to be able to say that they've been hurt and how. Sometimes we aren't ready to get, don't want to get, don't need to get, to forgiveness. Just the first step of speaking the pain helps prepare a person to get on with life.

Second, having named our pain, grieve it. If we don't grieve, we are much more likely to pass on the very same injury to others.

Last comes letting it go -- which you can't make yourself do, and you certainly can't make anyone else let something go. You can only open yourself to inviting the release to come. Letting go -- if it happens -- releases the transgressor from the punishment he would deserve for his violation.

"The heart has its reasons, which reason does not know," as Blaise Pascal said. The path to forgiveness entails delving into the matters of the heart.

Yours in faith, Meredith

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NOVEMBER SERVICES

10:00 AM

November 2: 7th Sunday of autumn

Rev. LoraKim Joyner

Animal Blessing Service

You're invited to bring your critter to the service -- or a photo or memento to place on the altar.

November 9: 8th Sunday of autumn

Rev. Meredith Garmon

Forgiveness

To "fore give" -- to give what was before -- requires an intentional process of restoration in which both the offender and the wronged work together.

November 16: 9th Sunday of autumn

Rev. Sarah Lenzi

Rev. Lenzi is the minister of the UU Congregation of the Hudson Valley in Croton, NY.

November 23: 10th Sunday of autumn

Rev. Meredith Garmon

Thanksgiving

An all-ages service celebrating gratitude and the things for which we are grateful.

November 30: 11th Sunday of autumn

Guest Speaker: TBA

Caring & Sharing...

If anyone knows of another among us who is in need of a caregiver from our Caring & Sharing Circle, throughout November contact Barbara Mair, 769-7186, Barbara.mair@verizon.net or Claire Kuczinski, 949-6619, tadex@optonline.net

CAN YOU GREET ONE SUNDAY MORNING?

Hello

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.

BOARD OF TRUSTEES

From the Chair's Chair

The Journey Group topic in October was death, as many of you know. Although I approached the readings with some trepidation the discussion turned out to be extremely interesting and enlightening. In our group we had the advantage of an age range spanning the mid-30s to mid-90s. And that was only because our 25 year old was unable to make it this month. Needless to say the range of perspectives was broad, and the exercise, led strongly by our facilitator, produced a wide range of insights. The session was particularly helpful to me as several events in our lives this month unfortunately demonstrated how close at hand death can be. I felt comforted and strengthened by having gone through the exercises and discussion with my group. I wondered whether others in the congregation had similar experiences. If you have not yet joined a Journey Group feel free to talk to Reverend Meredith about joining one.

Our Board of Trustees meeting this past month included a visit from the "What's in a Name?" committee. Two members of the committee, John Cavallero and Karen Schatzel, had the BOT participate in a survey about a consideration of our current name, and the implications of changing it. Several other groups have taken the survey, and it is planned that all CUC members and friends will eventually participate. The committee will then tally and analyze the data and make some plans for reporting the results. Stay tuned for that over the next several weeks.

Buildings and grounds discussions remain at the top of our agenda. First, several doors and windows around the building are in need of immediate repair or replacement. Second, the glassed-in area, inside the main entrance, is being evaluated for repurposing to improve our space and use. Third, everyone I am sure is also aware of the rough shape of our parking lots. We are getting estimates for their repair. Most likely work will happen in the spring. Tim Lynch and the Buildings and Grounds committee members are working steadfastly on all these items.

Plans are in full swing of course for our main fundraising event of the year -- the annual CUC Goods and Services auction. As you are all now aware I am sure, our theme this year is Picnic in Provence. This event is not only important to CUC's financial well-being; it is also always a heck of a lot of fun. I hope to see you there, bidding, bumping, and enjoying great food and each other's company. Anne Marie Damashek, Emily Economou, and the rest of the auction committee have been hard at work preparing for this event. If you are so inclined I am sure they can use some last minute help.

Enjoy the changing colors and weather of Autumn! See you at CUC!

*Yours in faith,
Randy Marshall, Board Chair*

RELIGIOUS EDUCATION

Picnic in Provence Goods & Services Auction



Each RE class will put together a THEMED BASKET of GREAT STUFF to be auctioned off at this year's CUC community Auction.

Every child in the RE program can help by bringing in one or two new items to donate to their joint class basket.

THEMED BASKET IDEAS

Please bring in your items by November 2 and look for the collection basket by the RE front door. THANKS for helping to make this year's auction a success!!

Stone Soup



Our traditional RE fund raiser,
Sponsored by the Coming of Age Class and
the Youth Group.
Delicious Community Soup
& other goodies

**Sunday, November 16
After services**

\$5 adults/\$3 children
\$15 maximum for families

Be a Family Chalice Lighter

Families are invited to light the chalice on Sundays when the children and youth are in the sanctuary. To sign up your family for a date: [CLICK HERE](#)



This Year's RE Classes:

Unitarian Universalist Religious Education covers a wide variety of topics in a context of openness that allows for individual exploration. That combination creates a unique learning experience that enables child and youth to grow into the fullness of who they are. They develop a greater understanding of relationships, social justice issues, world religions, and our connection to the natural world, and incorporate personal values into decision-making. This all happens in an atmosphere of acceptance and embracing differences that allows children and youth to form their own sense of self, while connecting with others in a caring community. Our curricula provide the springboard for this experiential learning and give heart and soul to the interactions between children, youth, and adults. See page 5 for descriptions of each class.....

CUC RE Class Descriptions 2014-2015

Nursery & Pre-K: *The Welcome Year* - We invite our infants and toddlers into a safe, loving environment where they will quickly feel comfortable. Our staff provides a warm, accepting atmosphere where trust can be formed. Children old enough to participate in a Pre-K lesson come to the table for a story and project. Topics include nature, feelings, friendship, listening, holidays, helping, dreams, and peace. These gatherings help the children build a connection to each and our community, while exploring their imagination and world.

K-1st grade: *The Discovery Year* - This curriculum seeks to nurture children's spiritual and religious growth through carefully sequenced connections to their ever widening environment. It offers many opportunities for discovery and celebration as the children explore themselves and others, their families and their church, the wonders of nature, and religious and cultural days.

2nd-3rd grade: *Free to Believe* (Affirmation Year) - *Free to Believe* explores UU principles and sources while nurturing the social, emotional and spiritual lives of children. The curriculum focuses on UU principles, values and beliefs and on life's "big questions" (about God, death, the creation of life) through hands-on activities, stories, games, songs and discussions.

4th grade: *Moral Tales* - Every day our children go forth into a complex world where they are often faced with difficult decisions and situations. Moral Tales attempts to provide children with the spiritual and ethical tools they will need to make choices and take actions reflective of their Unitarian Universalist beliefs and values. Each session has a cen-

tral story in which participants meet real and fictional heroes and heroines who have displayed moral courage and spiritual greatness. All sessions include hands-on activities to make learning accessible to individuals with various learning styles.

5th-6th grade: *Our Whole Lives* (first half of year) - 8-session program for learning about and discussing the physical and emotional changes of puberty. Participants will read *It's Perfectly Normal*, by Robie H. Harris, and examine topics such as values and sexuality, communication and decision making. Each session includes a HomeLink - a homework activity for parents and children to complete together.

Bibleodeon (second half of the year) - *Bibleodeon* is an exciting introduction to Hebrew and Christian stories in a Unitarian Universalist setting. This Unitarian Universalist approach to Bible study is exploratory, not dogmatic. Participants explore connections between biblical events and UU principles and values, between biblical ideas and their own lives. They experience the Bible as one of many wonderful and important UU sources. Just as important, *Bibleodeon* is fun. Children listen to some stories and act some out. They investigate others, the way television reporters would. They immerse themselves in music and art and creative activity, achieving in the process new understanding of and appreciation for some of civilization's most important books.

7th-8th grade: *Neighboring Faiths* - In this program youth experientially explore the many diverse religions around the world. The program introduces youth to faith traditions within the larger community and actively engages them in experiencing the ritual practices of other religious groups through visits to faith communities. These trips create

a deeper understanding of world religions through direct experience with communities and leaders engaged in those faiths.

7th grade (4 Friday evening sessions in the second half of the year): *Our Whole Lives* (OWL) - After missing the program in 6th grade last year, the 7th graders will have the opportunity to gain this important learning experience. This is a program for learning about and discussing the physical and emotional changes of puberty. Participants will read *It's Perfectly Normal*, by Robie H. Harris, and examine topics such as values and sexuality, communication and decision making. Each session includes a HomeLink - a homework activity for parents and children to complete together.

9th grade: *Coming of Age* - As youth prepare to leave childhood, congregations seeking to honor this transition will benefit from the wealth of ideas in this class. Coming of Age class is filled with workshops for youth, small group ministry sessions, social action projects and rites of passage. Participants will explore theology, spirituality and history through discussion, drama, music, writing and art. Youth define their beliefs and put their faith into action. Stone Soup fund-raiser happens on Nov 16. Coming of Age ceremonies will be on May 16 & 17.

10th-12th grades: Youth Group - A flexible but structured program for our youth. The group determines the exact content of sessions, engaging in activities here at CUC as well as in the community. Youth group leads a service in the sanctuary for the congregation on March 1 and will also host a Pancake Brunch on March 15.

EVENTS...



Saturday, November 22
7:00pm

Jazzfest!

Music at CUC kicks off with our annual Jazzfest! concert.

The Marie-Fatima Rudolf Trio (Marie-Fatima Rudolf, piano; Alec Safy, bass; Aaron Seeber, drums) will lead off the program, followed by legendary jazz pianist Valerie Capers, who will be joined by bassist John Robinson and drummer Doug Richardson.

Suggested donation for each concert \$20 (\$10 for seniors and students). Subscription available for all 5 concerts for \$80 (\$40 seniors and students)



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).



Picnic in Provence
Saturday, November 8



What's up for bidding?

Handcrafted sculpture created by CUC's Dinsa Mehta (photo above), 2 Jersey Boys tickets, Football tickets, Alvin Ailey Tickets, Dinners, DVDs, Guitars, Handbags, Jewelry, Wellness Consulting, Sermons, Case of French Wine, Vacation Homes, Car Washes, Birthday Party for Kids, Restaurant Gift Certificates.....and the list goes on.

Le Menu

Appetizers

Chicken Provence

*Sautéed Chicken, Olives, Grape Tomatoes,
Basil, and Olive Oil*

Beef Daube

*French Braised Beef, Red Wine, and
Vegetable Stew*

Ratatouille

Au Gratin Potatoes

French Green Beans

*With toasted almonds roasted shallot herb
butter*

Desserts

**We need you
to help make the
Annual
Goods & Services Auction
a success.**

We anticipate another evening of delicious food, fabulous decorating to transform the sanctuary, interesting items for bidding, and lot of fun all around. Here's what you can do to attend or help with the auction.

Donate: Donations Forms are
Due Sunday, November 2nd.

[DONATION FORM ONLINE](#)

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. Please fill out a form for *each* item being donated. And remember to ask your local merchants – they are usually happy to donate.

Bring in Donations:

Tangible items or gift certificates can be delivered to church Sunday, Nov. 2, during the week Nov 3-7, and Friday evening Nov. 7. The form for the donation must be submitted by Sunday, Nov. 2.

Attend: [RSVP ONLINE](#)

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, or click the RSVP link above. Contact Chris Kortlandt with questions: kortlandtbunch@verizon.net.

Need Babysitting?

We have youth group members ready to babysit. You **MUST** let Perry Montrose know in advance if you are bringing children. Email him at dlre@cucwp.org.

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) – In honor of Veterans Day I invite you to listen to Rev. Rebekah Montgomery's sermon from the Service of the Living tradition. She is a US Army Reserve Chaplain. In keeping with the theme "Love Reaches Out" she called on UUs to reach beyond ourselves and to walk "with the other." "I am the Other," she states, saying that UU military chaplains are the Other within UU as well as within the military chaplain culture. She talks about what we need in our UU rucksack.

Here is the link to the Service of the Living Tradition which is about 2 hours long. The service words from many UU chaplains but her sermon starts 1 hour and 8 minutes into the service if you want to fast forward. [CLICK HERE](#)

Did you sign up for the Ninth Annual Leadership Day: Defying Gravity, UU Congregation at Shelter Rock, Manhasset, NY happening on **November 15th**? There are workshops for all areas of church life. Some of the many workshops are stewardship, leadership teams, membership and growth, social justice, right relations, and music. For more information. [CLICK HERE](#)

Save the Date:

November 6 – CERG Webinar – Membership Myopia – [sign up now](#)-

November 22- Compassion Communication Workshops 2: Nurturing Ourselves, UU Congregation at Shelter Rock, Manhasset, NY [READ MORE](#)



Annual Arts & Crafts
Fundraiser Sale
Dec 7th and Dec 14th
Following service. Gifts for
Family, teachers and friends.

CRAFTERS NEEDED
If interested in selling your
crafts
please contact
Barbara Youngman
[914-948-2973](tel:914-948-2973).

Proceeds go to the Minister's
Discretionary Fund.

OPPORTUNITIES FOR GIVING

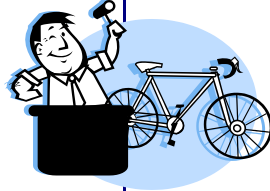
Don't miss the December issue of The Communitarian when we will give you all sorts of Opportunities for Giving--- from our traditional Mitten Tree to gifts for children living at the Coachman Family Center and children of the inmates of the Bedford Hills Correctional Facility. Full details and dates will be available as the holiday season nears.

We will be collecting:

- * Toiletries for residents of local shelters
- * Mittens, hats, scarves, etc. for children and adults
- * Food and money for special holiday dinners provided by local food pantries

Please share this opportunity to share with others. For further information, please contact Ray Messing at 914-592-4497.

~ November 2014 ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 All Saints Day 10a-11:45a Zen Service (Parsonage (basement entrance))
2 8a-9:30a RE Council (R41) 8:45a-10a Choir Rehearsal (SANC) 9:30a-12p Nursery Care (32) 10a-11:30a RE Worship for all Ages (SANC) 10a-11:15a Worship/Coffee (SANC) 11:40a-12:40p Auction Committee Mtg (R43) 11:40a-12:40p In The Spirit of Truth (FH)	3 6:30p-7:30p Tai Chi (FH)	4 Election Day 7:30p-9:15p Choir Rehearsal (SANC)	5 7:30p-9:30p Program Council (R41)	6 	7 Auction set up (SANC)	8 10a-11:45a Zen Service (Parsonage (basement entrance)) All Day: Auction set up Auction 5:30 pm
9 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 A (R12) 11:40a-12:40p Journey Group N (R22)	10 6:30p-7:30p Tai Chi (FH)	11 Veterans' Day 7:30p-9:15p Choir Rehearsal (SANC)	12 7:30p-9:30p Board of Trustees (41)	13 11:30a-1p Science & Spirituality (R24)	14	15 10a-11:45a Zen Service (Parsonage (basement entrance))
16  9:30a-12p Nursery Care (32) 10a-11:30a RE Classes (FH & classrooms) 10a-11:15a Worship/Coffee (SANC) 11:30a-12:30p Stone Soup (Brunch) (FH) 11:40a-12:40p Journey Group H (R12)	17 6:30p-7:30p Tai Chi (FH) 8p-9:30p Finance Committee (41)	18 1p-2p Calendaring Meeting (R41) 7:30p-9:15p Choir Rehearsal (SANC)	19	20 	21	22 10a-11:45a Zen Service (Parsonage (basement entrance)) 7 pm Jazzfest (Sanc)
23 Communitarian Deadline 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 M (R12)	24 6:30p-7:30p Tai Chi (FH)	25 7:30p-9:15p Choir Rehearsal (SANC)	26 10a-11a COMMUNITARIAN mailing (FA)	27 Thanksgiving OFFICE CLOSED 	28	29 10a-11:45a Zen Service (Parsonage (basement entrance))
30 Advent begins 9:30a-12p Nursery Care (32) 10a-11:30a RE Classes (FH & classrooms) 10a-11:15a Worship/Coffee (SANC)						

COMMUNITY UNITARIAN CHURCH
468 Rosedale Avenue
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Communitarian Deadline for
Next Edition:

Sunday, November 23

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.

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