

THE COMMUNITARIAN



COMMUNITY UNITARIAN CHURCH
AT WHITE PLAINS

Religious Education
10:00 am

Sunday Services
10:00 am

Accessible to Handicapped

~ April Theme: Transformation ~ **Meredith's Musings**

Goo



In spring, butterflies emerge from the cocoons into which they went, as caterpillars, about a week before. If you were to open a cocoon midway through that week, you would find it filled with whitish mush. I do not recommend this, because it kills the butterfly-to-be. Still, I recall as a child that I did once open a cocoon. The mush inside is not a caterpillar, nor is it a butterfly, nor is it some in-between half-caterpillar-half-butterfly. There is, in fact, no recognizable portion of anything alive. It's just unpromising goo.

You might have thought that some logical and orderly transition was going on inside that cocoon: that the caterpillar's body was becoming sleek and segmented and wings were sprouting out of its back. But no. The caterpillar dissolves away entirely into goo. I imagine it wondering, in some dim gooey way, whether it should have remained a caterpillar.

From the undifferentiated goo, a butterfly begins to form. The transition's logic and order, if it has any, are invisible mysteries.

Transformation requires this courage: to let what you have been melt into a sticky puddle. To get from the caterpillar that we now are to the butterfly that we may become sometimes requires a goo phase: some time spent being nothing at all except a mushy mess.

I'm not suggesting that you consider deliberately deciding to be a mushy mess for a while. This is not a matter of intentional choice. Rather, we simply find that through no power of our own the life we have known has dissolved, and we along with it have become undefined and shapeless: an indeterminate mystery of limitless possibility.

If you happen to be in a goo-ish time right now -- or if you know someone who seems to be -- just keep in mind that, even though it seems that nothing is happening, quite likely, something is cooking. Inside the chrysalis, molecules rearrange themselves, following a DNA recipe far beyond the ken of caterpillar or butterfly. Inside us, too, in times when our lives seem to be goo, imperceptible rearrangement is occurring, beyond the ken of our understanding. Out of the opaque mysterious soup, a new life is forming. Have faith.

Community Unitarian
Church
468 Rosedale Avenue
White Plains, NY
10605
914-946-1660
[Wwww.cucwp.org](http://www.cucwp.org)
Established 1909



***Nurture Spirituality
Foster Compassion
Engage in Service***

April 2015 Inside this issue:

Page:

Rev. Meredith	1
Sunday Worship	2
Board of Trustees	3
Religious Education	5
Events	6
Calendar	9

APRIL SERVICES

10:00 AM

Apr 5

3rd Sunday of spring - Flower Celebration Service

Rev. Meredith Garmon

Easter Transformations

The Easter story of resurrection represents the "miraculous" possibilities for rebuilding and transforming.

Apr 12

4th Sunday of spring - Congregational Conversation on Social Justice

Rev. Meredith Garmon

Transform Self and World

Our mission includes: "engage in service to transform ourselves and our world." We ask, then, not only, "How can we work to transform our world?" but also, "How does the work of justice transform us?"

Apr 19

5th Sunday of spring

Rev. Meredith Garmon

The Call to Simplicity

It's been over 30 years since "voluntary simplicity" became a "thing" (a popular book with that title was published in 1981). The value and need of a less frantic, less consumerist way of living has only increased.

Apr 26

6th Sunday of spring

Rev. Meredith Garmon

Re-reading Job

When you remember the story in the Biblical Book of Job, you may be remembering best the first two chapters and the last chapter. The 38 chapters in the middle actually have some interesting insights into how to answer unearned suffering.

In Memory...

Our thoughts are with Julie Gans, her husband Creighton Cray, and her son Justin. Julie's father Larry Gans passed away on March 20th. Mr. Gans, age 90, was living in his home in Delray, FL.

Caring & Sharing...

If anyone knows of another among us who is in need of a caregiver from our Caring & Sharing Circle, throughout March contact Maxi Feldman 835-0541, feldmanmaxi9@gmail.com.

HELP WANTED

We're looking for an editor for the weekly emails, and assistance with the order of service inserts. If you like writing, graphic design, and social media, please get involved! Communications work would be less than 2 hours a week, and there is support from a social media committee. This is a great way to support and promote our wonderful community. Contact Rev. Meredith for more information, or Emily Economou @ emily.economou@gmail.com.

April Theme Packet: [Transformation](#)

BOARD OF TRUSTEES

From the Chair's Chair

For those of you who have not heard about our Committee on Ministry (COM) I wanted to take the opportunity to present it here. The COM was formed last year as an advisory and review committee that can provide a high-level assessment of our many aspects of CUC life. Its creation was based on recommendations from Robert Latham's excellent book, *Moving on From Church Folly Lane: The Pastoral to Program Shift*, which was recommended to us by Meredith when he first arrived. I believe there are copies available at CUC (or of course via Amazon or on Robert Latham's own website if you are interested). In his book Latham describes a committee that is charged with reviewing the programs, structure, culture and leadership in a congregation, and determine whether these critical elements are fulfilling their intended purpose and in particular whether the activities are consistent with the congregation's mission. Once our new Mission Statement was articulated and ratified by the congregation, the COM could be formed and start its work.

The idea of a COM is that it should consist of a well-respected group of members who have participated in many aspects of church life, including leadership roles. To fulfill its purpose, they would need to be objective, dedicated, and wise. The CUC Board of Trustees appointed the first 6 members to the COM last year, comprising 6 former Board Chairs: **Creighton Cray, Charley McNally, Anne Majsak, Janet Press, Ted Dreher, and Steve Baer**. The BOT charged them with writing their own charter based on Latham's recommendations, and proceeding with sequential assessments of crucial CUC elements. The following is drawn from the working draft of their charter:

COM members will serve 3-year terms, with 2 new members appointed each year.

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 ongoing 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, newsletter editorials, worship service). 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 officiation weddings and memorial services.
- **Conflict Management.** Initiate and oversee processes of reconcilia-

tion when there are conflicts between a CUC member and another member, a CUC staff members or the minister. The COM does not do conflict resolution but manages it.

To date the COM has provided to the Board:

- An assessment of the minister,
- A review of CUC's conflict management process,
- Initial reviews of the RE program.

You may also have participated in the "community chats" that have taken place on two occasions after Sunday service.

The Board of Trustees is grateful to the COM for their important contributions so far and we look forward to great work in the future. Steve Baer and Creighton Cray will be rotating off and two new members will rotate on.

Please feel free to talk to the COM or to any members of the Board of Trustees to ask questions or give us feedback.

Yours in Faith,

Randy Marshall, Chair, CUC Board of Trustees

We're All In This Together

2015-2016 CUC Annual Giving Campaign

The CUC Annual Giving Campaign is underway!

Thank you to everyone who has already made their pledge of support for the 2015-2016 church year. Your generosity is greatly appreciated.

So far, we have raised \$101,100 in pledges. This is good progress but we still have a way to go to reach our goal of \$425,000 – a 13% increase over last year's total.

If you haven't already made your pledge, please take a moment to do so. You can make your pledge online at <http://www.cucwp.org/annual-giving-campaign>, or print the pledge form from the website and mail it or bring it in to CUC. *If possible, please consider increasing the amount of your pledge over last year to help us reach our goal.*

This is an invigorating and inspiring time to be part of the CUC family and we need everyone's support to fully realize our mission: **Nurture Spirituality; Foster compassion; and Engage in Service.**

A successful giving campaign will give us the "lift-off" we need to launch a new era for CUC.

Thank you and I look forward to celebrating with everyone at our Giving Campaign Brunch on Sunday April 26.

Yours in community,

Jeff Blatt, 2015 Giving Campaign Chair



RELIGIOUS EDUCATION

Perry's Ponderings...

The children sat in the center of the labyrinth meditating together. They had arrived traveling different ways on the same path - meandering, running, walking deliberately, with laughter, in silence, crossing paths, and finding their own space. In the center, they found a different place within themselves and were ready to explore further.

The children asked if they could walk the labyrinth together, as a connected group, after doing it individually. So we lined up in a train, each holding the shoulders of the person in front of us, and walked the winding path. Spontaneously, many of them began to hum "Om" and some closed their eyes, feeling the changing directions and the journey of following the person in front of them. This time the walk was calmer, quieter, and allowed them to get in touch with another part of themselves.



When I spoke to an experienced labyrinth expert during my planning for the session, she instructed me not to try to control the experience too much and force the children to do it "the right way." Some of them would run through and jump from segment to segment; that would be part of the experience and I should let the labyrinth do its magic. They would settle in and get to a different place. That is exactly what happened. They found their own way to enter the meditative space and shed the excess distracting energy to focus on a different plane of connectedness.

Labyrinths have been used as a spiritual practice for hundreds of years, as well as a tool for improving focus. The spiritual geometry that makes them a meditative place of discovery is astounding and something you have to experience to grasp. Different from mazes, labyrinths have only one path and it leads you to the center or back out again. There are no dead-ends and no wrong ways; there are twists and turns that make you wonder where you are, but ultimately you can trust that you will arrive in the place you need to be. A labyrinth walk is filled with life metaphors.

Paula, one of the adults assisting and an experienced labyrinth walker, emerged from the unique group walk filled with emotion. She started out worrying about where the group was going and if the train was headed in the right direction, then she discovered that she could just hold the shoulders in front of her and trust the journey. It was an experience of letting go of the need to control.



Meanwhile, Tanner, one of the children, shared that the same walk gave him a sense of self-reliance. He described following the person in front of him, holding onto that person's shoulders and focusing on not losing them. Then, he realized that he didn't have to work so hard to follow their lead. He could trust himself; he "knew the way." In our labyrinth session, each person found his or her own way and shared that deeply personal experience in community. It was the essence of religious education wrapped in a winding eleven-circuit path that came to life when entered authentically.



Photos by Hans Elsevier

EVENTS & UPDATES

Easter Egg Hunt & Flower
Service for Children
Sunday, April 5,
after the
Child Dedication
in the sanctuary



Food Pantry Collection – April 5



Please bring a non-perishable item with you to the service.

The Food Pantry especially needs: peanut butter, dry cereal, canned tuna, and canned soups.

Thank you for your generosity.

Child Dedication on April 5.

Sign up with Perry - dlre@cucwp.org

This is a Unitarian Universalist ritual honoring a family's commitment to the congregation and a promise by the congregation to support and nurture your child's spiritual life.

For a further description of UU Child Dedications go to <https://www.uua.org/beliefs/congregationallife/worship/>



UU Summer Camps & Retreat Centers for Children, Youth, and Families



Ferry Beach is oceanfront in ME

<http://www.ferrybeach.org/>

The Mountain is atop the Blue Ridge Mountains in NC <http://mountaincenters.org/>

The Rowe Center is in the Berkshire Mountains in MA

<http://rowecenter.org/>

Sophia Fahs RE Camp is one week in August on Shelter Island <http://www.liacuu.org/Fahs/>
Star Island is a 46-acre island off the NH coast:

<http://starisland.org/>

Unirondack is in the NY Adirondacks

<http://www.unirondack.org/>

UUMAC Retreat is one week in July at DeSales University in PA <http://www.uumac.org/>

A few CUC youth and adults have been to these camps & retreat centers. Ask Perry if you'd like to talk to any alumni.

**STITCHING IN SPIRIT: THE CUC MONTHLY CRAFT-
ING CIRCLE**

CUC Adult RE Program

Sunday April 5th at 11:45



in Youth Room, RE Wing

Rev. Kelly Murphy Mason, Community Minister

Fiber arts and handicrafts have figured significantly in people's communal and spiritual lives for millennia. This has been especially true for women, historically, although these interests now hold very broad-based appeal. Today we see the resurgence gaining ground in the "maker movement" and crafting craze. Come join affiliated minister and avid crocheter Kelly Murphy Mason in this ongoing group exploring what it might mean for those in our faith community to be "stitching in spirit." Please feel free to bring with you any handicrafting projects you might have underway – or else just bring an open and inquiring mind. This CUC crafting circle will be meeting the first Sunday of the month for the duration of the church program year: April 5th, May 3rd, and June 7th, in the Youth Room of the RE wing. Anyone with any degree of interest is welcome to join at any point, and newcomers are always encouraged to attend!

UNITARIAN UNIVERSALIST
ASSOCIATION (UUA)
DENOMINATIONAL AFFAIRS

The Southold congregation, where former intern Jef Gamblee is currently the minister, lost their building to fire. In response, a fund to assist the congregation in their recovery has been created. Checks can be made out to First Universalist Church of Southold. All contributions are to be sent to: First Universalist Church of Southold, PO Box 22, Southold, NY 11971 or to pay by credit card or paypal visit the CERG website for the link <http://www.cerguua.org/>

Save the Date:

In our district- uumetrony.org events for more info

Being a Healing Presence: A Training in Pastoral Care Lay Ministry: April 11, [UU Fellowship of Northern Westchester](http://uu.org), Mt Kisco, NY. To Register <https://fd7.formdesk.com/uiforms/PastoralMtKisco>

The Transcendentalists and their music: A lecture concert with Adam Kent, Pianist and Music Educator: April 23, Thursday 7pm, [The Unitarian Society of Ridgewood, Ridgewood NJ](http://uuridgewood.org/) - <http://uuridgewood.org/>

The 2015 District Annual Meeting will be held May 1-2, 2015, at the Hyatt Morristown in Morristown NJ. All Adults and Youth (9th -12th grade) from congregations are encouraged to attend. Childcare for 4 and under. Children's Programming: 4-12 years old on Saturday.

For more informations - <http://uumetrony.org/am15/index.htm>

To register- <http://uumetrony.org/am15/registration.htm>

Workshop info - <http://uumetrony.org/am15/workshops.htm>

The 2015 General Assembly will be June 24-28 in Portland, Oregon. Theme for 2015 GA: "Building a New Way". Ware Lecturer will be Dr. Cornel West.

Come tell us.
What's in a name?
Sunday, April 19th

There will be an Informational meeting led by the What's In a Name? committee following that Sunday's service.

Everyone in the congregation is invited to take this opportunity to publicly express his or her feelings, in 60 seconds or less, about the possibility of a name change for CUC. Following everyone's turn at the microphone, we will ask you to select your favorite potential new name from a choice of three. **THIS IS NOT A VOTE.**

We are giving those of you who would like to see a change, a voice in what the new name might look like.

After the meeting, the What's In a Name Committee will meet again to discuss the responses and the plan is to put this to a vote at the Congregational meeting in June. We hope you will join us and be part of this process.

What's in a name? Committee: Karen Dreher, John Cavallero, Karen Schatzel, Scott Damashek, Adine Usher

Pancreatic Cancer Research Walk
Sunday, April 19

In memory of member John Saccardi, we have organized a group from CUC to participate in the Pancreatic Cancer Research Walk on April 19th at Rye Town Park. If you are interested in participating, please click on this link to join our team: "[UU's for John](#)".

Please note, the walk is a Sunday morning. Meredith has been informed that some people will be participating and may be late and/or miss the service.

This is also the day of the What's In A Name? informational meeting. The walk begins early enough that we should all be able to get back to CUC in time for it and all are encouraged to do so.

If you are unable to participate, any donation is still most welcome. Donations can also be made thru the above link and clicking on the General Team Donation link. If you have any questions, please contact Ann Marie Damashek 917-623-0624 or scottam@verizon.net

Earth Day Beautification – Sunday, April 19

Children and youth will help clean out the atriums at CUC and plan new designs for them. Bring work gloves if you have them and we will have extras. We need adult guides. Please contact Perry if you would like to assist.



Then after the service, adults are asked to help us clean up the grounds. Together we will make our CUC home sparkle inside and out.

~ April 2015 ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3 <i>Passover Begins</i>	4 10a-11:45a Zen Service (Parsonage (basement entrance)) 3p-3p Open Arms Shelter (FH)
5 <i>Easter</i> Open Arms Shelter (FH) 8:45a-10a Choir Rehearsal (SANC) 9:30a-12p Nursery Care (32) 10a-11:30a RE Easter Egg Hunt (Sanctuary & FH) 10a-11:15a Worship/Coffee (SANC) 11:45a-12:45p Stitching In Spirit (R14 (Youth Room))	6	7 7:30p-9:15p Choir Rehearsal (SANC) 7:30p-9:30p Program Council (R41)	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))
12 <i>Orthodox Easter</i> 8a-9:30a RE Council (R41) 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)	13	14 7:30p-9:15p Choir Rehearsal (SANC)	15	16 7:30p-8:30p Journey Group F (off site) (Irvington) 7:30p-8:30p Journey Group G (off site) (New Rochelle)	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 Earth Day (FH) 10a-11:15a Worship/Coffee (SANC) 11:30a-12:30p What's In A Name? Informational Mtg (Sanc) 11:40a-12:40p Journey Group H (R12) 11:40a-12:40p Giving Camp. Brunch Cmt Meeting (R41) 5p-6p Journey Group I (off site) ((off site))	20 11a-12p Journey Group B (off site) (Harrison) 7:30p-8:30p Journey Group C (off site) (Harrison) 8p-9:30p Finance Committee (41)	21 7:30p-9:15p Choir Rehearsal (SANC) 7:30p-8:30p Journey Group E (off site) (Rye)	22 <i>Earth Day</i>	23 10a-11a COMMUNITARIAN mailing (FA) 11:30a-1p Science and Spirituality (41)	24 <i>Arbor Day</i>	25 10a-11:45a Zen Service (Parsonage (basement entrance)) 11a-4p Giving Campaign Prep. Brunch (FH,KTCH) 3p-4p Journey Group L (off site) (New Rochelle)
26 9:30a-12p Nursery Care (32) 10a-11:30a RE Classes (FH & classrooms) 10a-11:15a Worship/Coffee (SANC) 11:30a-12:30p Giving Campaign Brunch (FH, KTC) 11:40a-12:40p Journey Group M (R12) 11:40a-12:40p UURoots Conversations for visitors & newcomers (R41)	27 8p-9p Journey Group J (off site) (New Rochelle)	28 7:30p-9:15p Choir Rehearsal (SANC) 7:30p-8:30p Journey Group D (off site) (Scarsdale)	29	30		

COMMUNITY UNITARIAN CHURCH
468 Rosedale Avenue
White Plains, NY 10605

Communitarian Deadline for
Next Edition:

Noon Tuesday, April 21

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 M. Mason
(347) 497-3741
rev.kmmason@gmail.com

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