



The Open Line

SOUTH NASSAU

UNITARIAN UNIVERSALIST CONGREGATION

September 7, 2008 10:30 am

Rev. Catherine Torpey

Principle 7: The Interdependent Web

A Reminder to bring Water from your Summer for our Ingathering Ceremony

Greeter:

Ushers: Martha Chamberlain & Andrew Spatt

Welcome: Sharon Kennelty Cohen

Ways & Means:

Coffee:

Lock-up: Tom Weingarten

Social Action Table:

September 14, 2008 10:30am

Rev. Catherine Torpey

Principle 4: Learning to Search Freely and Responsibly

Including the Dedication of Lauren Owen (daughter of June Owen)

Greeter:

Ushers: Diane & Jim Hawkins

Welcome: Polly Stevens

Ways & Means:

Coffee:

Lock-up: Rosemary Olander Beach

Social Action Table:

September 21, 2008 10:30am

Rev. Catherine Torpey

Greed (Part of an occasional series on the Seven Deadly Sins)

Greeter:

Ushers: Rita Tancredi & Robin Norris

Welcome: Martha Chamberlain

Ways & Means:

Coffee:

Lock-up: Rosemary Olander Beach

Social Action Table:

September 28, 2008 10:30am

Rev. Kelly Murphy Mason

The Biggest Word: Keeping the Universalist Promise

Greeter:

Ushers: Alex Larsen & Martha Chamberlain

Welcome: Lori Strumeyer

Ways & Means:

Coffee:

Lock-up: Robert Esformes

Social Action Table:

Rev. Catherine Torpey, Minister - Office Hours

Tues and Thurs 10-3, Wednesdays 12-6

I also welcome meeting at other times, as possible. Since I'm sometimes in meetings, or away at minister's gatherings it's always best to call before dropping in.

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Community Minister,

Rev. Kelly Murphy Mason

Board President,

Robert Esformes

Musings

from the Minister

Dear friends—

Our familiar seventh principle speaks of “Respect for the interdependent web of all existence of which we are a part.” We begin September with the opportunity to participate with citizens all over the world in reducing the human “carbon footprint.” After our Water Ceremony worship, we’ll have a guest speaker who will guide and encourage us in moving toward being a “green sanctuary.” Be sure to bring water with you for our Ingathering Sunday to symbolize our interdependence on the natural world around us and the many environments in which we have traveled.

Although we most often think of the Seventh Principle in terms of our responsibilities toward the natural world, it is, in fact, much broader than just an environmental statement. We are interdependent with *all* existence, and most especially, with one another as human beings, searching for belonging and meaning in our lives. A new autumn and new people with new energy enliven us, awaken new possibilities, and help us see things in new ways.

Buddhist tradition speaks of cultivating a “beginner’s mind”—a mind that is open and curious and wonders with anticipation, “What wonderful thing will come next?” Children are born with such a mind. For the rest of us, it must be chosen over and over and over again. A new congregational year with a new DRE (see Jennifer’s suggestions for what these letters might stand for!) offer us a golden opportunity to embrace the mind of the beginner.

As ever, I look forward to beginning again with you!

Yours in faith, hope and love,
Catherine

Catherine is doing a hike as a fundraiser for the Leukemia and Lymphoma Society on the last week end in September, down in Tennessee. If you would like to learn more and possibly contribute, please go to the website <http://pages.hikefordiscovery.org/li/Smokey108/ctorpey>

Adult RE

Bio-Spiritual Focusing is a practice of going inside ourselves in order to make peace with the parts of ourselves we dislike and to receive the wisdom that lives within our bodies. Catherine will teach this practice in a series of eight Sunday afternoons. Because of the nature of this course, Catherine asks that you have a conversation with her first in order to sign up. You will be asked to commit to the entire eight weeks. If you wish to explore a bit about Bio-Spiritual Focusing (also called simply “Focusing”), you can read the book *Focusing* by Eugene Gendlin, or check out the websites www.focusing.org or www.biospiritual.org. The course will run Sundays from October 19 to December 14 (excluding November 30) from 4pm to 6pm.

Roots class This class is great for those new to Unitarian Universalism, or those who have been around for a while but want to learn (or refresh their memories!) about the origins of our faith tradition. Sundays at 1pm on September 14 & 21, October 5 & 12.

The New Adult Enrichment Committee

Because SNUUC has such a burgeoning number of adult classes (such as yoga and NVC), we have now formed an Adult Enrichment Committee to coordinate these activities. The committee is charged with helping to coordinate and publicize these activities, but more importantly it will look forward in order to try to serve the congregation’s needs for spiritual depth, community building, artistic expression, community outreach and fun.

The committee now consists of the grand total of one person: Brian Larkin. If you would like to help him, or if you have thoughts or ideas about what enrichment activities you’d like to see (or like to offer!), please contact him; bolarkin@optonline.net

OUR BOARDWALK

Welcome back everyone! It has been a very busy summer and what seems like a short one as well. I am writing this on the day I leave for a much needed vacation and I'll be back when you're reading this. Oh well, time does march on. I hope that each and every one of you had a wonderful summer and in your own way, a peaceful one.

As I said it has been a busy summer. The Board has been working and I am pleased and excited for the coming year and the future.

In the first order, we have hired Marianne Reuter as our bookkeeper. She comes highly recommended from Huntington and will work on our books every other Thursday. In addition, with the great efforts of the DRE Search Committee, we have hired Jennifer Greene as our new permanent DRE. Jennifer comes highly qualified and brings an enthusiasm that is very refreshing. If you haven't met her yet, please say hello.

As we move to the future for our congregation, we have put some of the pieces of the puzzle together; RE, Financial and "?" This part is up to all of us as to where we are going. It is time to ask ourselves what we want to be, small, large etc. It is time for us to start thinking of a long range plan for SNUUC to decide our future and we need to do this together. I want to thank the DRE search Committee for their hard work and efforts. I want to welcome Marianne and Jennifer to our family. Alas this summer has been short but fulfilling. I look forward to seeing all of you at the water ceremony.

Rob

Robert Esformes, Board President

The Nominating Committee is seeking people interested in serving on the Board for from 1 to 3 year terms. This includes a youth, age 16 to 17 and still in school (not leaving for college), and people to serve on the future nominating committee. If interested, please speak to Laura D'Angelo or Mary Brower.

PARKING LOT NOTICE!

We're in the midst of repairing the Parking Lot. The rocks are unwieldy and it may be best to park in the street if you're looking for a level parking lot to walk on.

Notes from the Office

We welcome our new bookkeeper, Marianne Reuter. Marianne will work at SNUUC every other Thursday, her e-mail is bookkeeper@snuuc.org. She and Lisa Bryson-Brockmann are handling the day to day SNUUC finances. Marianne pays the bills and keeps track of the paperwork, Lisa makes the deposits and handles the pledges. All reimbursement requests, pledge payments and questions can be directed to the office. There is a new, blue reimbursement request form that all committees must use. Copies are on the office desk. The new Pledge Statements will be mailed out by the end of September. Please be sure to put "Pledge 08-09" in the memo line of your pledge checks.

Marianne & Lisa worked over the summer to make this transition and thanks to Bernie Kaplan, Tom Weingarten and Carl Spatt, we're almost there. We're still ironing out some kinks and appreciate your questions and your patience. Please call or e-mail the office with any questions.

Sunday Coffee Hour

Signing up people for coffee hour has become more challenging as of late, as you can see on the first page of this newsletter we have no one signed up for September. Our guess is that many of us have too many things to do, finances are changing and our diets are varied. With those things in mind we've decided to try something new for coffee hour at SNUUC, Coffee Only! That's it, maybe a pitcher of water for a dry throat, but no food. We're hoping this will make it easier for you to volunteer to serve Coffee Only on Sundays. All you have to bring is milk! We're not saying that you can't bring food if you choose, but just know that Coffee Only is a fine option when you sign up.

★ With that in mind we're looking for someone to take charge of signing up these new Coffee Only volunteers. It's easy and a great way to meet the great SNUUC congregants. Please contact the office if you can help (or if you want to volunteer to serve coffee on an upcoming Sunday!) Thanks!!

Among Ourselves

Amy Rothbaum graduated from Grinnell College in Iowa with her B.A. in Sociology. As an active member of the Social Justice Action Group, Amy served as the coordinator of the Grinnell Community Meal, a free meal served weekly to those in need in the local area. Amy was a founding member of ReNew Orleans, a student group dedicated to providing ongoing support to those devastated by Katrina. She contributed several months of her time, spread out over multiple visits to New Orleans, as both a worker and a student group leader overseeing the rebuilding effort. She served as an intern for the Community Service Center during her last semester at Grinnell.

Amy is now serving as a Peace Corps Volunteer in the Dominican Republic, working in the field of Community Economic Development through October 2010. Although her internet use is sporadic, we are sure she would be happy to hear messages of support from the SNUUC community at amy.rothbaum@gmail.com.

Should anyone be inclined, she can receive snail mail at the Peace Corps office: Amy Rothbaum / Cuerpo de Paz / Avenida Bolívar 451, Gazcue / Apartado 1412 / Santo Domingo, Dominican Republic

Amy's social commitment is a testament to the influence SNUUC had on her development. Our religious education program with its active youth group were quite influential. As parents we would like to take credit but we know that all at SNUUC would be proud of their responsibility in helping Amy grow into the phenomenal person she is!

Nancy & Garry Rothbaum

Thank you Diane Hawkins for organizing a FABULOUS Congregation Clean-up Day, and many thanks to all those who lent a hand: Andrew Spatt, Alice Spatt, Doug Breiding, Don Obers, Jim Hawkins, Gail Compton, Travis Compton, Robin Norris, Betty Shelton, Twanya Schmidt, Ilene Corina, Steven Corina and Joel Gershen. Many thanks go to these folks for the hours of hard labor they put in, to beautify, cleanse and purge the kitchen, RE area, lawn and chancel backroom! And thank you, Jose Henriquez for assistance above and beyond the call of duty!

Rachel Bryson Brockmann is in her second year at Clark University in MA and she wrote two articles for Newsday this summer. The most recent was the cover article for the LI Life Section. A copy is on the bulletin board in the hall if you want to read it. Congratulations Rachel!

Our Annual Fall Kick-Off Pot Luck Dinner!

This Saturday, September 6 at SNUUC,
rain or shine!

Come at 4:30 for Games and Fun
the dinner begins at 5:30.

Please bring food enough for 8.

If your name begins with:

* A - H please bring Main Dish

* I - O please bring Dessert

* P - Z please bring Salad or Vegetable

Many thanks to the Membership Committee who are hosting this event and will also provide the beverages.

Please assist them by arriving early at 4:00 to help set-up or stay after to help put away tables and chairs.

Committees at Work

SNUUC Committees meet regularly and most encourage attendance at their meetings even if you are not a member of the committee. Check the committee chairperson list on the bulletin board in the foyer and call if you would like to learn more about a committee.

Ways & Means Committee meeting at noon on Sunday, September 7 in the RE wing.

Membership Committee meeting Tuesday September 9 at 8pm in the foyer.

RE Committee meeting Sunday September 14 at 9am in the youth room.

Thrift Shop Committee meeting Sunday, September 14 at noon in the Re wing.

Board meeting on Wednesday, September 17 at 7pm in the foyer.

Social Action and Environmental Committee meetings on Sunday, September 28 at noon in the RE wing.

Ways & Means

Do you buy groceries? Then be a part of SNUUC's Grocery Store/Gift Card Program. You buy the cards at face value and use them as you would cash or give as a gift! Proceeds from the card sales help raise money for SNUUC!

The cards can be purchased at the Ways and Means table on Sunday or sign up for monthly mailings with Alexis Surve. AlexisSurve@gmail.com

SNUUC Happenings

South Ocean Art Gallery

Gentle Yoga with a focus on health, well being, and balance with spirit is returning to the SNUUC foyer! **Tuesdays, 5:30-6:30 p.m.** \$75 for our 6-week class, payable at the first class. First class -- Sept. 2nd (This class is now closed due to limited space and abundant enrollment!) **NEW CLASS FORMING -- Thursdays, 4:30-5:30 p.m.** \$75 for our 6-week class which will begin on Sept. 4th if there is an enrollment of 8 or more students. Please bring a mat or blanket for floor postures to classes. Our teacher is Ivy Greenburg who is a licensed yoga instructor and has worked with classes in independent living situations as well as in studio yoga classes. Please contact Anne Fleming at afleming528@gmail.com to enroll or to be put on our waiting list!

The next 13 session series of **Compassionate Communication** begins on Saturday, September 20. We meet in the foyer on Saturday mornings from 9:45 - 11:45. Please contact Barbara Singer or Anne Fleming if you will be joining us this fall. Please read the first chapter of Marshall Rosenberg's book "NonViolent Communication - A Language of Life - 2nd Edition" before the first class.

South Ocean Sangha Each Monday night at 7:30, the South Ocean Sangha meditation group gathers in the foyer. *Sangha* refers to a group of people who meditate together. We have been meeting for the last 2 1/2 years each Monday to meditate and share readings about Buddhism, insight meditation, and life! We welcome new or experienced meditators to join us. We always finish before 9PM. For more info, call Bill Bryson-Brockmann at home or e-mail him wbbrockm@winthrop.org.

Want to Dance? Sharon Nanos is again offering a weekly dance class for those interested in nurturing their "inner dancer". If there is enough interest, classes will be on Wednesday evenings, 6:30-7:30, the cost is \$8 per session. Experience the joy of expressing your soul through movement. You'll do some jazz, contemporary, hip-hop, and some ballet warm-ups. Class start with stretching and learning basic techniques, then will move into toning exercises and isolations. You'll do combinations across the floor, then will work on a routine. Contact Sharon Nanos at snanos@optonline.net.

Monday Night Pilates - 8pm-9pm, only \$12 per class - no contracts to sign, no commitment, just come and stretch! Contact Bonny Levenson, BJW8889@aol.com

Drumming Thursdays from 6 - 7:30pm, a small but dedicated group learns Afro-Caribbean drumming. You are always welcome to join us. \$25 a session for non-members or \$20 for members. There is usually a drum available if you can't bring your own.

NVC Empathy Sessions held on the 2nd and 4th Tuesdays from 7:30-9:00 pm in the foyer are off for September and will resume in October. Everyone who has participated in a 13 week Compassionate Communication Series is invited to join us to practice empathy skills. Speak to Anne Fleming or Barbara Singer.

You are cordially invited to attend the South Ocean Art Gallery's first Art Opening and Reception of this season. The date is next Friday, September 12 from 7-9pm in the foyer.

This mixed media showing will feature artists from Turkey and Long Island; Tumay Gunaydin, Alain Khadem, Terri Rubenstein, Pat Russo and Evie Tirado. An invitation flyer was mailed to SNUUC members in August.

Join the artists on September 12 for an interesting and fun evening. Speak to Billur Weigell if you have any questions.



CALLING ALL KNITTERS Be part of the Unicraft Auxiliary. Knit items at home which can be sold at the Holiday Fair in December. We have wool and synthetic yarn, some needles and other equipment. And we would love to have you join us when you can on Thursday afternoons from 1:00 pm to 3:30 pm at SNUUC. We promise you good conversation and delicious refreshments, as well. Call or e-mail Alice Spatt alicespatt@msn.com.



We would love for someone to organize two worthwhile activities.

1. The UU Service Committee's Guest at Your Table program that occurs at the end of November and
2. The Fair Trade "booth" at our Holiday Fair, this year on December 7.

If you are willing to organize either of these events, please contact the office.

In the RE Wing

SOCIAL ACTION NEWS

As I write this, it's still August. Closing my eyes, I imagine what September will bring:

The children and youth who call SNUUC home...
the teacher volunteers--bless you, each one of you...
the visiting families, curious to know more about this congregation.

Everyone's smiles and hellos...
the songs we'll sing...
the joys we'll share...and the sorrows...
and the loving hugs.

The fun and laughter...
your inquisitiveness, your compassion...
awesome philosophical discussions...
and opportunities to put "faith into action."

I can't wait to get started! I hope you're excited, too. September 14 is the first day of RE. The K-2nd grade, 3rd-5th grade, and 6th-8th grade groups will be using curricula from the UUA's Tapestry of Faith series.

This will be the typical Sunday morning schedule:
10:30 All gather in Sanctuary
10:40 (approx.) Youth, children & teachers go to RE Wing
11:30 Children's closing worship in RE Wing (adults welcome to attend)
11:45 RE dismissal

I'm looking forward to being your DRE* and I hope you will contact me whenever you have questions or comments about the 2008-09 RE Program.

For love and faith,
Jennifer

dre@snucc.org

Call the office for my home phone.
Call anytime!

*DRE stands for Director of Religious Education, although I've come up with these other possibilities...do you like any of them? Let me know if you have some other ideas! ☺

Delver into Refreshing Enlightenment
Diva of Rampant Exuberance
Different Realizations Engineer
Demonstrator of Rejoicing and Embracing
Determined Renewer of Encouragement
Dispatcher to Righteous Endeavors
Disciple of Rising Empowerment
Developer of Reverent Earthlings

Are you ready to take real, personal action against climate change here at SNUUC and at home? Then come learn how to lose 5,000 pounds in 30 days (of carbon, that is)...and have fun doing it! Join us on September 7th at 12 noon for a talk by John Nolan from the Long Island Climate Action Network (LI-CAN). You will learn about Local Action Networks and specific steps you can take in your home, business, at SNUUC, and in the community that are easy and save energy and money while saving the planet!!! Please bring your home gas and electric bills. Child care provided. Contact Diane Hawkins for more information.

Fifth Sunday Giving In months that have 5 Sundays, the Fifth Sunday collection is donated to a selected not for profit charity. If you wish to nominate a favorite charity, please contact Mary Brower or Mirna Obers for a form. You or preferably a representative from the charity should be willing to attend the service and give a brief explanation of their mission.

The next Social Action Committee meeting will be Sunday, September 28 at noon. All are invited.



Youth member Annamarie Bellafiore, along with the Long Island Blood Bank, is hosting a Blood Drive this Saturday September 6th from 9am-1pm at SNUUC.

Annamarie is hoping to earn scholarship money for college, and the more pints of blood that are donated that day, the more money she can earn.

Please come to the SNUUC RE Wing on Saturday and give the gift of life!
Thanks for your support.

★ Our Thrift Shop, located at 22 West Merrick Rd ★
★ in Freeport, is open 10-4, every day but Sunday. ★
★
★ They can use your help and your merchandise, ★
★ and you will probably find something for you! ★
★

SNUUC Calendar September 2008

Meeting places: S-Sanctuary F-Foyer RE-RE Wing M-Minister's Office

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<i>August 31</i>	1 Meditation 7:15 F&S	2 Yoga 5:30-6:30 F	3	4 Unicrafters 1:00 F Yoga 4:30 F Drumming Wkshp 6pm S Choir Practice 7:30 S	5	6 ▶ BLOOD DRIVE 9-1 RE ▶ POT LUCK 4:30 Games 5:30 Dinner
7 Ingathering Sunday 10:30 ▶ Environmental Speaker on Carbon Diet 12:00 S	8 Meditation 7:15 F&S Finance Comm 7:00 RE Pilates 8pm RE	9 Yoga 5:30-6:30 F Membership 7:30pm F	10 La Leche 9am RE Art Show Set up 5-8 f	11 Unicrafters 1:00 F Yoga 4:30 F Drumming Wkshp 6pm S Choir Practice 7:30 S	12 ▶ South Ocean Art Gallery Opening Reception 7-9 F	13
14 1st Day of RE! RE Committee 9am RE Thrift Shop Comm 12 rm1 ▶ UU Roots Class 1:00 RE	15 Meditation 7:15 F&S Pilates 8pm RE	16 Yoga 5:30-6:30 F	17 Board Meeting 7:00 F	18 Unicrafters 1:00 F Yoga 4:30 F Drumming Wkshp 6pm S Choir Practice 7:30 S	19	20 NVC 9:30-12 F
21 ▶ UU Roots Class 1:00 RE	22 Meditation 7:15 F&S Pilates 8pm RE	23 Yoga 5:30-6:30 F	24	25 Unicrafters 1:00 F Yoga 4:30 F Drumming Wkshp 6pm S Choir Practice 7:30 S	26	27 NVC 9:30-12 F
28 Social Action & Environmental Comm 12 rm 1	29 Meditation 7:15 F&S Pilates 8pm RE	30 No Yoga	<i>October 1</i>	2 Unicrafters 1:00 F Yoga 4:30 F Drumming Wkshp 6pm S Choir Practice 7:30 S	3	4 NVC 9:30-12 F

Blood Drive hosted by Youth member Annamarie Bellafiore
Saturday, September 6, 9-1 in the RE wing

Fall Kick-Off Pot Luck Dinner
Saturday, September 6, 4:30 for games 5:30 for dinner

Bring water from your summer for our Ingathering Ceremony
Sunday, September 7, 10:30

South Ocean Art Gallery Opening Reception
Friday, September 12, 7-9 in the foyer

The mission of the South Nassau Unitarian Universalist Congregation is to provide a sanctuary of beauty and harmony where: We search in freedom for meaning and truth; we draw inspiration from many religious and philosophical sources while acknowledging the Judeo-Christian heritage of Unitarian Universalism; we embrace diversity and welcome people of all ages, races, and orientations; we affirm that our children and youth are an integral and important part of our religious family; we strive toward a social awareness that leads to transformative action in our community and to living in balance with the environment. Ours is a nurturing congregation where children and adults find acceptance and fellowship, feel empowered and grow spiritually.



SNUUC South Nassau
Unitarian Universalist Congregation
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