



# The Open Line

SOUTH NASSAU

UNITARIAN UNIVERSALIST CONGREGATION

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**October 5, 2008 10:30 am**

Rev. Catherine Torpey

***From Out of Ashes***

Chalice Lighters -- to help Rockville Tavern Congregation which suffered a fire

**Ushers:** Lisa Itts & Polly Stevens

**Coffee:** Isabelle Gille & Robert Esformes

**Lock-up:** Barbara Singer

**Welcome:** Verna Herman

**Social Action Table:**

**Ways & Means:** Alice Spatt

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**October 12, 2008 10:30am**

Rev. Catherine Torpey

***Keeping the Faith***

A Service for the High Holy Days

**Ushers:** Andrew Spatt & Edwin Lazo

**Coffee:** Mary Brower

**Lock-up:** Ken Lawson

**Welcome:** Betty Shelton

**Social Action Table:**

**Ways & Means:** Alexis Surve

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**October 19, 2008 10:30am**

Rev. Catherine Torpey

***Solidarity Sunday***

Celebrating Coming Out Day

**Ushers:** Martha Chamberlain & Alex Larsen

**Coffee:** Jojo & Bobby Granoff

**Lock-up:** Jean Smyth Crocetto

**Welcome:** Lori Strumeyer

**Social Action Table:**

**Ways & Means:** Mary Canada

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**October 26, 2008 10:30am**

Guest preacher Rev. Lilia Cuervo

***Dia de los Muertos***

(Day of the Dead)

**Ushers:** Rita Tancredi & Robin Norris

**Coffee:** Doug Breiding

**Lock-up:** George Jackson

**Welcome:** Polly Stevens

**Social Action Table:**

**Ways & Means:** Arlene Brown

**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

**Director of Religious Education, Jennifer Greene** Hours by appointment

**Office Manager & Editor, Lisa Bryson-Brockmann**

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Community Minister,  
Rev. Kelly Murphy Mason  
Board President,  
Robert Esformes

# Musings from the Minister

Dear friends,

We are facing a financial crisis in this country such as many of us have never seen, and which will remind you of what happened at the beginning of the Great Depression, if you were there. Economists keep talking about “de-leveraging” – to you and me, that means getting out of debt. As with the crash of 1929, much of the problem in today’s market is that we have fantasized that we can have everything we want when we want it, and so both individuals and corporations have borrowed money beyond their means to repay.

It is easy to get swept up in risky behaviors when everyone around us is doing the same, and even many “experts” are assuring us that it is safe. It is easy to believe what we want to believe – that there are no limits to what we can have. But the truth is that there are limits. We might dodge them for a long time, but they do catch up with us.

My friend and colleague, Forrest Church, minister at All Souls Church in New York City, says that religion is the human response to being alive and knowing that some day we must die. In other words, our spiritual quest is to live freely within the constraints that being alive naturally gives to us. True freedom is never freedom from limitation and restraint; freedom is found in recognizing what natural boundaries are around us, and living joyfully within them.

As we move forward through these rough times, please watch out for one another. There may be some of us who will suffer financial losses that will be very difficult to manage. It is in times like these that we can really show how much we truly care for one another.

Yours in faith, hope and love,  
Catherine

## **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. Thanks!

# Community Minister's Corner

With the descent of summer into fall, the air carries a different scent. It's a familiar smell to me, one that cues me instinctively to lay in stores – not of food, mind you, or firewood; nothing so practical as that. I've started to gather yarn, yarn by the fistfuls: wool blends, alpaca blends, mohair blends.

The fuzzier the better, as far as I'm concerned; the heavier, the warmer. Much as I'd like to simply store these balls and skeins in an already colorful, expansive yarn stash, I know they'd do me little good there. I have to take them into hand. I have to make something of them: hats, scarves, shawls, mittens, even wrist-warmers.

So perhaps my dread of the cold can serve a useful function, if only to spurn me onto greater creativity. The cold seems a little easier to bear if I know I've done my part to hold it at bay, not merely for myself, but also for my friends and family. The Norwegians are fond of a folk saying: "There is no bad weather, only bad clothing."

We in the northern climes are fortunate in that we do not very often need to face down tropical storms or tornadoes or other destructive acts of nature as our southern neighbors frequently do. Our bad weather is pretty predictable, occurring at set places and times, which means that we have the luxury of preparing for it. We can layer or zip up, if need be. We can wrap ourselves up even more.

What I've learned in my needlework is that crafting – literally crafting – a response to a situation is both empowering and uplifting. Recently, the fiber arts have gotten a lot of attention for being what are essentially meditative practice. I believe they are.

Not too long ago, two women started something called the Prayer Shawl Ministry, encouraging people to knit or crochet for those they knew in difficult or distressing situations. Behind it was the idea that something made mindfully for another, with a prayer in each stitch, would provide all sorts of warmth. It would offer a psychological benefit, essentially a protective one.

As the latest ball of yarn unwinds through my fingers, I can become increasingly mindful of how grateful I am to greet the cold in a new way, a way (ironically enough) that people have for centuries before this one. Doing so gives me a sense of continuity with the past, certainly, but it also gives me tremendous hope for the future.

Kelly Murphy Mason

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>

## Service of Atonement

On Friday, October 10 at 7pm, Rev. Torpey will lead a "Service of Atonement." Although this is not specifically a Yom Kippur service, it is timed intentionally during the Days of Awe. We will gather in an informal setting to take time to acknowledge ways in which we have not lived up to our own highest ideals. We will acknowledge where we have let others down. And we will end with an opportunity for atonement. Please join us.

## 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](http://www.focusing.org) or [www.biospiritual.org](http://www.biospiritual.org). The course will run Sundays from October 19 to December 14 (excluding November 30) from 4pm to 6pm.

## Notes from the Office

**The SNUUC directory for the fall is being updated now.** Please let the office know of any changes to your name/address/phone/e-mail. Thanks.

**We welcome our new bookkeeper, Marianne Reuter,** her e-mail is [bookkeeper@snuuc.org](mailto: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. **There is a new, blue reimbursement request form that all committees must use. Copies are on the office desk.** All reimbursement requests and pledge payments can be mailed to the office or put in the RED FOLDER in the mail box in the office. The new Pledge Statements including pledges through August 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.

## Our UU Community

**The Shelter Rock Congregation is hosting a day-long Leadership Development program** that is sure to inspire your faith in Unitarian Universalism and give you new tools for doing the work of congregational life. Whether you are an active lay leader or if you are still finding your way in congregational life, this program is for you. Register online at [www.uucsr.org](http://www.uucsr.org), (select upcoming events). **The date is Saturday October 4, 8:30 am - 4:00 pm.** Print out the registration form from the link above to learn more about the workshops being offered. You may select up to four workshops. Suggested donation is only \$15.00.

A press release from the UU Congregation in Queens. **Second Annual Unitarian Universalist Revival in Queens.** Friday, October 17, 6-9:30pm; Saturday, October 18, 6-9:30 pm; Sunday, October 19, 11am. Come catch a little religion. Come hear some fiery preachers and soul-soaring music. Come eat and laugh and love. Can you say Hallelujah? This year at Queens we are extremely excited to welcome NICK PAGE as our Revival Music Director. Nick is amazing and you will feel amazing singing with him.

Our list of preachers will also blow you away. We have justice on our minds, we have the spirit on our minds, we have love and relationship on our minds and we LOVE our faith. Come get a dose. For more information please email [ian@uucqueens.org](mailto:ian@uucqueens.org) or call 718-353-3929. We would love to help you set up carpools and commuter groups so you can sing all the way there and all the way home.

**UU Heritage Tour - November 13-16.** Join other UUs for visits to Emerson Home, Walden, Louisa May Alcott home, UUA Headquarters, and other places. Cost of the trip, including breakfasts (other meals extra) will be \$460/person, double occupancy, \$550/single occupancy. The tour is led by Rev. Dr. Barry Andrews of the Shelter Rock Congregation. Contact Ben Bortin, 516-627-6560 x134, or [Bbortin@uucsr.org](mailto:Bbortin@uucsr.org) for more information or to make reservations. The deadline is soon, 9/26.

## Chalice Lighters

Chalice Lighters Call for the Fall is Sunday, October 5 when we will collect for the UU Congregation of Rock Tavern, NY. Their meeting house was destroyed by fire in September 2006. See the enclosed flyer for more information about Chalice Lighters and how we can help this congregation.

# Among Ourselves

We send get well wishes to Gail Compton who is home recuperating after a fall that broke her foot. She was operated on on Friday, September 19 and she'll be off her foot for 6-8 weeks. Please give Gail, Dennis or Travis a call to see how you can help.

We welcome new members Kim Trefcer, June Owen and Anthony Coppola and Mark Greenwald. Please be sure to say hello during coffee hour. Call the office to get their contact information.

It was great to see Lisa Bilello at service this past Sunday, she is recuperating from a back operation in August. Lisa wants to thank everyone who brought meals for the family and lent her a hand during the past month. John, Sarah Kate, Corey and Lisa all appreciate your help!

## Ways & Means

**Sunday, December 7 is our annual Holiday Fair.** All SNUUC members are invited to have a table to sell their own arts, crafts or assorted treasures. You keep 80% of the profits and 20% goes to SNUUC. It's a win, win! For further information, or to reserve a table, please contact Fylice Larsen or Alice Spatt.

**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](mailto:AlexisSurve@gmail.com)

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\* Is Halloween *your* holiday? Do you look for- \*  
\* ward to the venerable SNUUC tradition of \*  
\* blood muffins, mummy wraps and kids in \*  
\* sleeping bags blanketing the foyer? If so, you \*  
\* can make it happen *your way* this year. We \*  
\* need a volunteer to coordinate the Halloween \*  
\* Party for the primary grades. If you are inter- \*  
\* ested in this opportunity, please see RE \*  
\* chairs Laura D'Angelo \*  
\* ([ldangelo@optonline.net](mailto:ldangelo@optonline.net)) or Jayne Davison \*  
\* ([jaynedeedavison@hotmail.com](mailto:jaynedeedavison@hotmail.com)). \*  
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# 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.

**Social Action** Committee meeting on Sundays, September 28 and October 26 at noon in the RE wing.

**Ways & Means** Committee meeting at noon on Sunday, October 5 in the RE wing.

**Environmental** Committee discussion, *SNUUC's Carbon Footprint* Sunday, October 5, 12:00 Sanctuary.

**Finance** Committee meeting Monday, October 6 at 7pm in the RE wing.

**RE** Committee meeting Sunday October 12 at 9am in the youth room.

**Thrift Shop** Committee meeting Sunday, October 12 at noon in room 1.

**Membership** Committee meeting Tuesday October 14 at 7:30pm in the foyer.

**Board** meeting on Wednesday, October 15 at 7pm in the foyer.

**Congregational Council** meeting Wednesday, October 22 at 7pm in the foyer. *All committees are asked to send a representative.*

**The Thrift Shop is holding a luncheon** on Sunday, October 19 from 12 noon until 3:00 to honor its volunteers. Please buy your ticket at a table in the lobby after Sunday services. Reservations deadline is October 12. The price is \$10 and includes a fashion show presented by the Thrifties. Speak to Joe McAuley or Rita Tancredi if you have any questions.

**CALLING ALL KNITTERS** Be part of the Unicorn 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](mailto:alicespatt@msn.com).

Save the date for an all Congregation, **All Saints Day, Pot Luck Dinner and Movie Night.**  
*Costumes are Encouraged!*  
Saturday November 1 Dinner at 6pm Movie, *Under the Same Moon* at 7pm

# SNUUC Happenings

**The Senior Moments discussion group** is meeting Sunday, October 5 at noon in room 1. The topic will be 'balance'. Speak to Hildegard Schubert or Twanya Schmidt for more information.

**Are you or someone close to you in need of medical treatment?** Want to learn about advocates or patient partners? Join us for Family Centered Patient Advocacy Training on the first Tuesday of each month from 10-12 in the foyer. Patient safety materials and individual patient advocacy counseling is available. Workshops available for 5 or more participants. To register or make an appointment call PULSE at (516) 579-4711 or just stop in. Calling ahead is suggested.

**NVC Empathy Sessions** are held on the 1st and 3rd Tuesdays of the month from 7:30-9 pm in the foyer. The next session is October 7. 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.

The **\*Friday Morning Buddhist Meditation Group\*** will resume on October 3. The Friday group reads dialogs and commentaries on the Buddha's Third Noble Truth. For questions about the group or for instructions on how to meditate, speak to Nick Nanos, [nicknanos@verizon.net](mailto:nicknanos@verizon.net).

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

**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 or e-mail him, [wbbrockm@winthrop.org](mailto:wbbrockm@winthrop.org).

**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.

## Our Thrift Shop

**The Thrift Shop needs house wares and costume jewelry;** they both sell very well. We will also take most clean, gently used saleable merchandise: brick-a-brack, furniture and clothes. The Thrift Shop, located at 22 West Merrick Road here in Freeport, is open 10-4, every day but Sunday. Stop by! We can use your help and your merchandise, and you will probably find something for you!

## School of Thought: RE News

The Religious Education Committee met September 14 and finalized plans for the opening day of classes. The committee approved the following reimbursement procedure for purchases for the RE program:

1. Obtain pre-approval from RE chairs Laura D'Angelo or Jayne Davison, or the DRE Jennifer Greene. (For supplies, see the DRE)
2. Fill out an RE reimbursement form indicating the budget category to be used.
3. Submit stapled receipt and form to RE treasurer Bobby Granoff.

Halloween sleepovers were discussed. Rosemary Olander-Beach will coordinate the sleepover for the Junior and Senior Youth. A date has not yet been set. The sleepover for primary grades will not happen unless someone volunteers to coordinate. Two people have volunteered to help with the event.

In other business, Senior Youth Coordinator Ilene Corina posted an online RE calendar on the SNUUC webpage. Also, Rev. Catherine Torpey will offer a Building Your Own Theology class for the Coming of Age candidates this year where they will work on a Credo to present at the ceremony on the last Sunday in May. Classes will be held the first Sundays of January, February, March and April.

## Youth News

**Con planning Meeting.** A metro wide Senior Youth Con is happening at SNUUC in November. The first Con planning meeting is this Sunday, September 28 from 12-2 in the RE wing. All senior youth and interested adults are encouraged to attend. Speak to Ellen Minzner with any questions.

Senior youth Coordinator Ilene Corina reports they are off to a busy start and anticipate all this Sunday activity is just a harbinger of what's to come!

*Here's a schedule of programs to be held for the youth at 10:45 during RE:*

**October 5,** Lynn James Gross will be sharing her talent of cartooning. Feeling strong, happy, sad or a little bit of all of that? Learn to create a cartoon character to match your mood. Art work can be saved for the May art show displaying the work of the RE Program.

All Senior Youth will be attending the **October 19** service, *Solidarity Sunday, Celebrating Coming Out Day* and are invited back to the RE wing to have pizza for lunch before heading over to the Garden City Congregation for the Pumpkin Patch Party. Pizza and soda is \$5.00 for each child and the entire congregation is invited for an afternoon of pumpkin picking, pumpkin carving, refreshments song and fellowship. Please pay for lunch before the service so it can be ordered and delivered by noon. Car pooling is being organized; see Ilene.

**October 26,** The Nassau County Youth Board will present a decision-making workshop for the youth. Don't miss out on this interactive program.

Information about RE Events can be found on the RE online calendar at [www.snuuc.org](http://www.snuuc.org) and link to Religious Education and see the drop down calendar.

# In the RE Wing

"I don't think of Unitarian Universalism as The Truth. I think of Unitarian Universalism as A Home." Those were the wise words of L.D. Moore, a colleague in the work of UU Religious Education whom I met at the UU Leadership Team Institute this past summer.

It's an apt metaphor. I've heard numerous UUs recall that when they first learned about UUism, or when they visited their first UU congregation, they experienced a feeling of *coming home*.

What happens when we think about our faith as Religious Home rather than The One True Way? All kinds of wonderful things happen:

1. It's easy to embrace the fact that people dwell in *different* homes. Coming from different homes doesn't make them wrong, or me somehow better.
2. It's possible to take *pride* in one's own home, without feeling superior to others.
3. There is much we may genuinely *admire* about another's home (and we can express such appreciation with sincerity and integrity).
4. Thinking of UUism in terms of Home can remind us to extend *hospitality* to the newcomer.
5. If, when kids grow up, they leave the religious home of their childhood and find happiness some other way, that's still cool (and that includes our UU kids).

So here is my hope for our RE program: that we contribute to a sense of *home* for our children and youth—a faith home where their questions and curiosity are welcome, where they know they are lovable beings, where they can turn for community and hope and healing in the midst of life's challenges.

RE teachers are an indispensable part of that mission, so I'm grateful to this term's volunteers:

Anne Fleming and Jayne Davison, for leading the Kindergarten-2<sup>nd</sup> grade group;  
Rita Hines and Jim Crocetto, for leading the 3<sup>rd</sup>-5<sup>th</sup> grade group, and Bobby Newman, for substituting;  
Fyllice Larsen and Rosemary Olander-Beach, for leading the Junior Youth (6<sup>th</sup>-8<sup>th</sup> grade) group;  
Ilene Corina, for leading the Senior Youth (9<sup>th</sup>-12<sup>th</sup> grade) group, and her assistant, Laurette Nevitt (and others to be determined);  
Bobby Granoff, for preparing snack;  
And Denise Hibbert, for coordinating child care so that we're always ready for babies or preschoolers.

Thank you for caring, and serving with love and joy. It is a joy to be creating this home with you.

With love and hope,  
Jennifer

# SOCIAL ACTION NEWS

Social Action committee meetings will be on Sundays September 28 and October 26 at noon in room 1. All welcome!

**Join us for November's Movie Night** on Saturday, November 1 at 7:00pm, following the Pot Luck Supper at 6pm.

***Under the Same Moon*** is a movie that tells the parallel stories of nine-year-old Carlitos and his mother, Rosario, and the special bond between them. In the hopes of providing a better life for her son, Rosario works illegally in the U.S., while her mother cares for Carlitos in Mexico. While Rosario struggles to survive and send money back home, fate forces Carlitos' hand and he embarks on an extraordinary journey to find her. Despite the challenges and obstacles, both mother and son never lose hope that they will one day be together again. Critics and audiences alike have praised this inspirational and heartwarming tale of a mother's devotion, a son's courage and a love that knows no borders.

## Environmental Committee

**Interested in Decreasing Your Carbon Footprint?** Become a part of a team of people at SNUUC who will find ways to do this. CFL light bulbs? Biking for short errands? Better insulation around doors and windows? Come to meeting at noon in the sanctuary on October 5 to talk about it and start plugging in our numbers in the LI-CAN (Long Island Climate Action Network). Get your copy of the work book "Low Carbon Diet" by David Gershon at the Social Action table for \$10. This 30 Day Program to Lose 5000 Pounds is a fun, accessible, step-by-step guide to dramatically reduce your greenhouse gas output in just a month's time. Learn how to calculate your CO2 footprint and how to reduce your annual household CO2 output by at least 15%. SNUUC hosted a presentation by the LICAN on September 7. We learned that there many ways to reduce our greenhouse gas contribution. One of the most impactful changes we can make, it turns out, is eating more meatless meals. Since October 1 is the annual kick-off of Vegetarian Awareness Month, what better time to try going meatless—for one day a week, or maybe more? Free Vegetarian Starter Kit brochures will be available in the foyer. As John Nolan, the LI-CAN speaker, said—every bit helps, and together, we can make a difference. Stay tuned for more information about fighting climate change! Contact Diane Hawkins.

**Solar Energy** The 2008 National Solar Tour and Green Buildings Open House on Long Island takes place on Saturday, October 4. The National Solar Tour is considered to be the largest public renewable energy education event in the world. It is an excellent way to experience first-hand how solar energy really works on LI. If you are interested in visiting a church and houses of people who own these systems, please contact Diane Hawkins. We will leave from SNUUC at 10am.

# SNUUC Calendar October 2008

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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>September 28</b> Social Action Comm 12 rm 1 Youth Con planning meeting 12 youth rm	<b>29</b> Meditation 7:15 F&S Pilates 8pm RE	<b>30</b> NO Yoga	<i>October 1</i>	<b>2</b> Unicrafters 1:00 F Yoga 4:30 F COM 5:30 M Drumming Wkshp 6pm S Choir Practice 7:30 S	<b>3</b> Meditation 9am F	<b>4</b> NVC 9:30-12 F National Solar Tour leaves SNUUC 10am
<b>5</b> Chalice Lighters Sunday Ways & Means 12 youth rm Senior Moments <i>Balance</i> 12RE Environmental Comm <i>Carbon Footprint</i> 12 S	<b>6</b> Meditation 7:15 F&S Finance Comm 7:00 RE Pilates 8pm RE	<b>7</b> PULSE 10am RE Yoga 5:30-6:30 F Empathy Circle 7:30 F	<b>8</b> La Leche 9am RE	<b>9</b> Unicrafters 1:00 F Yoga 4:30 F Drumming Wkshp 6pm S Choir Practice 7:30 S	<b>10</b> Meditation 9am F ► Service of Atonement 7pm S	<b>11</b> NVC 9:30-12 F
<b>12</b> RE Committee 9am RE Thrift Shop Comm 12 rm1	<b>13</b> Meditation 7:15 F&S Pilates 8pm RE	<b>14</b> Yoga 5:30-6:30 F Membership 7:30pm F	<b>15</b> Board Meeting 7:00 F	<b>16</b> Unicrafters 1:00 F Yoga 4:30 F Drumming Wkshp 6pm S Choir Practice 7:30 S	<b>17</b> Meditation 9am F	<b>18</b> NVC 9:30-12 F
<b>19</b> ► Thrift Shop Volunteer Appreciation Lunch 12 RE Bio Spiritual Focusing 4-6	<b>20</b> Meditation 7:15 F&S Pilates 8pm RE	<b>21</b> Yoga 5:30-6:30 F Empathy Circle 7:30 F	<b>22</b> Congregational Council 7pm	<b>23</b> Unicrafters 1:00 F Yoga 4:30 F Drumming Wkshp 6pm S Choir Practice 7:30 S	<b>24</b> Meditation 9am F	<b>25</b> NVC 9:30-12 F
<b>26</b> Social Action Comm 12 rm 1 Art Closing 1pm F Bio Spiritual Focusing 4-6	<b>27</b> Meditation 7:15 F&S Pilates 8pm RE	<b>28</b> Yoga 5:30-6:30	<b>29</b>	<b>30</b> Unicrafters 1:00 F Yoga 4:30 F Drumming Wkshp 6pm S Choir Practice 7:30 S	<b>31</b> Meditation 9am F	<i>November 1</i> NVC 9:30-12 F Pot Luck Dinner 6:00 & Social Action movie <i>Under the Same Moon</i> 7:00

*Service of Atonement.*  
Friday, October 10, 7pm in the Sanctuary  
Congregational Council meeting  
A representative from each committee should attend  
Wednesday October 22, 7pm

**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.



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