



The Open Line

SOUTH NASSAU

UNITARIAN UNIVERSALIST CONGREGATION

April 7, 2013 10:30am

Rev. Catherine Torpey

More Beautiful for Having Been Broken: On Being Human
Bring a Friend to SNUUC!

Coffee: Volunteer Needed

Lock-up: Selina Benson

Ushers: Nicki Barry & Andrew Spatt

Welcome: Membership Committee

April 14, 2013 10:30am

Founders Day!

Rev. Catherine Torpey

I Have a Reason to Believe

This sermon was written by SNUUC's first minister, Rev Lon Ray Call

Coffee: Volunteer Needed

Lock-up: Steve Lester

Ushers: Doris Brass & Andrew Spatt

Welcome: Membership Committee

April 21, 2013 10:30am

Allison Palm

Sitting-Up Mud
Earth Day

Coffee: Volunteer Needed

Lock-up: Ken Bellafiore

Ushers: Anne Fleming & Jayne Davison

Welcome: Membership Committee

April 28, 2013 10:30am

Rev Cat and the Improv-ments

Living Improvisationally

Our annual improved worship!

Coffee: Volunteer Needed

Lock-up: Brian Larkin

Ushers: Robin Norris & Andrew Spatt

Welcome: Membership Committee

Rev Catherine Torpey, Minister - Minister@SNUUC.org

Catherine is in the office several times a week and works from home on other days. Monday is her day off. Please feel free to call her at any time to talk or to make an appointment.

Allison Palm, Ministerial Intern Thursday 11-4 PalmAlli@gmail.com

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Musings

from the Minister



Dear friends -

There is a Japanese art called Kintsukuroi. It is the art of repairing shattered pottery with gold, which makes the pottery more beautiful for having been broken. So often in our lives, when we become broken in some way, we try to find ways to conceal our cracks, to use a kind of spiritually translucent glue to put our lives back together so that everything will be as it was before. Yet the line of the crack remains visible and it disturbs us; life used to be smooth there and now there's a disturbance. Whatever our own loss might be, we sometimes focus on what is now missing, and we imagine that life would be so much better if that bit of our lives were still present.

In Kintsukuroi, the broken places are not hidden, but are instead highlighted by being repaired in gold. The crevices of the unintentional break become a beautiful non-symmetrical series of lines of bright beauty that give the piece a depth it formerly did not have. I've been wondering how, in our lives, we might allow our broken spaces to be filled with gold. Where we have painful losses, is there some way to make the repairs so as to enhance the beauty of our lives? To find a way to turn that loss into a blessing?

For each one of us, there may be many ways to do spiritual Kintsukuroi. What would be the "gold" which could turn your losses and hurts into something beautiful? Perhaps sharing the pain with friends or partners will make those relationships richer. Perhaps the pain which brings you to prayer will bring you a deeper and more satisfying spiritual life. Perhaps it will be a deeper appreciation for life, in all its fragility and a deeper compassion for others. We are all, like pottery, prone to cracks. And in the spiritual realm, gold is abundant.

As we enter springtime, my prayer for each one of us is that whatever brokenness we have, we might repair ourselves with gold.

Yours in faith, hope and love,
Catherine

On my own behalf and for the Board of Trustees, I would like to express gratitude to the congregation for its approval of the accessibility project at the January bi-annual meeting. This approval, of up to \$63,000 in funds to be used to renovate our bathrooms, is hard evidence of our congregation's commitment to the inherent worth and dignity of every person.

When the dust is swept up and the paint is dry, we will have two accessible rest rooms in our building. This project began, in a sense, at the ordination of our minister, Rev. Catherine Torpey. A minister at the reception in a wheelchair could not use our restrooms. The pain around that event led to some reflection. How could we as an open our doors even wider? How could we as a community be more hospitable, more welcoming?

The process leading to the January vote meandered for several years, through several concepts and some fits and starts. Welcome to church work. It is at times painfully slow, and often feels like it is stalled. But, like other work of the heart, fruition comes in its own time.

With deepest appreciation of the trust and good will of this congregation, I want to say thanks to each member who attended the meeting for approving this project and putting your faith in SNUUC. I also want to send a shout out to the members of our congregation who gave time and energy to the planning of this project (in particular, to Ken Bellafiore of Buildings and Grounds for his invaluable leadership) and Reverend Catherine for her persistence and energy. Well done.

So we will move forward with this plan and we will get this project done. Congratulations to so many people who worked on this project. Now, on to the next one.

What's next? At our congregational meeting and the hearing that preceded it, we discussed an endowment campaign at SNUUC. This is a campaign not only to replenish our savings after we utilize funds for the renovations to our building, but is a campaign to build a reservoir of resources for future members, for future challenges, for the future of this congregation's ministry. Rev. Torpey has created a brochure on planned giving, which is an important piece of this campaign. I would ask everyone to obtain a copy. The brochure provides valuable information on ways to remember SNUUC when writing a will or planning for distribution of assets. Look for more information on this in the near future.

REMINDER: All committee chairs should provide budget request for the 2013-14 fiscal year to Peter Larsen and me as soon as possible.

Brian Larkin, Board President



Our Covenant Feast “richUUal meal” on Sunday March 17 was magical and inspiring!
It certainly made real this year's theme:

We Are All Connected

The Covenant Feast was a beautiful spiritual way to renew our annual covenant of committing money to SNUUC for the coming fiscal year. Attendees told us that they appreciated pledging in the sanctuary, surrounded by fellow congregants.

We received more than \$75,000 in financial commitments on that lovely day, with many members increasing their gifts over the current year. Fantastic! Of course, we are not yet complete. We need to raise well over \$100,000 to ensure SNUUC’s fiscal health for 2013-14.

I just wanted to share how special I found the Covenant Feast to be for me. I saw how much SNUUC is a part of me and how much of me is a part of SNUUC...and I loved seeing how I contribute to the religious community and equally how the religious community association contributes meaning and opportunity to my life.

Thank you all for offering me this chance to reflect in community on community! With love and appreciation for what you did to make this all come together, Anne Fleming

If you were not present at the Covenant Feast... We missed you!

The good news is that you can have that feeling of "being there" by pledging, right now, by mail. Look for your letter from the Stewardship Committee – it should already have arrived.

Please Pledge by March 31st

If you did not receive a letter, or if you need help regarding making your pledge, please contact your Stewardship Committee:

Ellen Zaehringer-Gach: ecz324@aol.com, 516 242 9739 (cell)

Barbara Singer: barbara.singer@gmail.com, 516 708 9499 (home), 516 458 3185 (cell)

Thank you!

We would like to express our deep gratitude and awe at the generous help of so many who made the idea of the Covenant Feast blossom into reality within the space of a short month.
See the Wednesday e-mail for more thank yous!

Among Ourselves

Many thanks go to **Ted Tiller and friends** for their very successful open mic fundraiser in February to help build handicapped accessible bathrooms at SNUUC. About \$2,400 was raised! Thank you to the organizers, workers, talent and audience.

Donations to SNUUC Special Occasion and Memorial Gifts were made in memory of Helen Joy who recently passed away. Thank you very much to Rita Tancredi, Anne Fleming, Carol Markman and the ladies of the Rockville Centre Bridge Club. Here is a sentence from the letter Anne wrote about Helen; "She had the spark of life and fun that, for me, makes a congregation come alive."

Rita Tancredi is looking good and feeling much better after her hip operation and rehab. She's still on the mend and can be reached at home.

We welcome new member Ted Tiller! Ted has been attending SNUUC since he was small and recently led a very successful fundraiser for our handicapped accessible bathroom renovation.



Talent Auction!

Our Talent Auction is Saturday May 4th our biggest fundraiser of the year!

Our Kentucky Derby dinner buffet begins at 4:30, with the auction promptly at 6pm. Tickets for the buffet go on sale the first Sunday of April. Can you offer a luxe themed dinner? Champagne brunch? Girls' Night Out? Men's Poker Game? Barbecue? Game Night with Pizza? Dance-a-thon? A brand new Great Idea?

Remember the Silent Auction!

Got a great gift you can't use? We can!

If you answered yes to any of the above, PLEASE get your promissory notes in by Sunday April 7th!

Promissory notes are available now at the Ways and Means table in the foyer, in the office, online under the Miscellany and Forms tab, and mailed to your home. Fill out yours and email or snail mail to SNUUC. You can also hand it to Rita Hines or Liz Di Maggio and ask them any questions you may have.

Thanks for your help to make this event the best ever!

Committees at Work

SNUUC Committees meet regularly and most encourage attendance at their meetings even if you are not a member of the committee. Speak with a Board member if you would like to learn more about a committee.

The Thrift Shop Committee will meet on Sunday April 14 and will have their Thank You Volunteers lunch on Sunday, April 21. Both are at noon in the RE wing.

The Board will meet on Wednesday April 10 at 7:30pm in the foyer and will possibly again on Wednesday April 24 if necessary, for budget discussions.

The Membership Committee is working to welcome Visitors and help new members connect. The committee will meet on Wednesday April 17 at 7pm in the foyer. All are welcome.

The RE Committee will meet on Sunday April 21 at noon in the RE wing.

Membership Committee News!

The Membership Committee is sponsoring two great events in April!

Bring a Friend to SNUUC Day Sunday, April 7, 10:30am

A great chance to introduce your friends and family to our spiritual community! Morning service led by Catherine, followed by a meet and greet coffee hour. Young people are welcome to join the Religious Education program during the services.

New Member Orientation Sunday, April 28, 12-2:30pm

All new members and friends who are thinking about membership are invited to join our minister, Catherine and the Membership Committee for lunch and introduction to all things SNUUC! We'll talk about UU history, SNUUC history, our own spiritual journeys that brought us to SNUUC, and all the great things that are happening at SNUUC today. Email Allison at student@snuuc.org if you'd like to join us!

Have you been to our Thrift Shop lately? Our Thrift Shop, located at 22 West Merrick Road here in Freeport, is a terrific place to shop and to donate clean, gently used saleable merchandise. *It's also a great place to volunteer some time.* **Did you receive a gift that's just not your thing? Donate it to the Thrift Shop!** Trinkets, costume jewelry, small electronics and kitchen items all sell very well. Our Thrift Shop is open Tuesday through Saturday; hours are from 10 am to 4 pm, whenever possible. The phone number is 223-3974.

All members are asked to mark your calendars and attend our Budget Hearing on Sunday, May 5 and our Bi-Annual Meeting on Sunday May 19. Both meetings will be in the sanctuary beginning at noon. All Committee chairs are reminded that Annual Reports are due to the office by May 12.

SNUUC Happenings

Yoga Happily, another series of Gentle Yoga with Spirit will soon begin in the foyer. The next 6-week series will meet as follows: Tuesdays, 5:30-6:30 p.m. – April 9, 16, 23, 30 and May 7, 14. Thursdays, 4:30-5:30 p.m. – April 4, 11, 18, 25 and May 9, 16 (no class May 2nd). Please contact Anne Fleming, aflem-ing528@gmail.com to sign up. We wish you the blessings of Spring, whatever that brings you! Anne Fleming and Ivy Greenburg, licensed yoga instructor.

Drumming Learn to play that djembe! Join SNUUC's drumming ministry, the DrUUmatics, to learn West African drumming. The DrUUmatics teach a beginner djembe class every Thursday from 6-7pm in the RE wing. The class is devoted to teaching proper technique and traditional West African rhythms. There is usually a drum available if you can't bring your own. Come on down and give it a try! \$15 per class. Check out the website for more info: <http://www.druumatics.org> or find the DrUUmatics page on Facebook.

Pilates Pilates classes at SNUUC take place on Monday and Wednesday evenings from 5-6pm only \$12 per class - no contracts to sign, no commitment, just come and stretch! Questions? Contact Bonny Levenson or Jeanne Menoutis.

Improv Spontaneity, Creativity, Fun! Improv classes continue at SNUUC. No prior experience is required. Classes are Sunday afternoons from 2 to 4. A series costs \$80 for returning students, \$100 for new students. Contact Brian Larkin bolarkin@optonline.net to register.

You are invited to join Allison Palm and Diane Hawkins to find fresh answers to the age-old question, "Why pray?"

A new Prayer Group had its first meeting at SNUUC in the sanctuary in February. The group meets every other Thursday (April 4 & 18) 5:45 to 7:15pm in the sanctuary.

Allison, Diane and others look at the shared prayer forms of many faiths and create a practice that you can make your own, by composing your own prayers and reading together the book *Simply Pray* by Erik Walker Wikstrom.

For more information, contact Allison at student@snuuc.org or Diane at danish0407@verizon.net.



The New & Improved Morning Forums with coffee, bagels & only Great Books continues in April.

New new format! We will take representative sections of the books we are reading and read them together at each morning forum! Look ma, no homework! For those of you who wish to go home and read the whole book, you'll have the benefit of being able to look again at key sections of the book, and reflect on them in light of the whole. Those who do not have the chance to do any of the reading will get to sample the best sections of the book! It's the best of both worlds! It's win-win! Come join the fun!

Discussion of *Beyond Revenge: The Evolution of the Forgiveness Instinct* by Michael McCullough continues on Sunday, April 7 and 14 at 9am in the RE wing. Sunday April 28 to begin the discussion of *The Seven Spiritual Laws for Parents* by Deepak Chopra. Copies of the books are available from Eric Shefferman on Sundays. **Join this interesting discussion group on Sunday mornings.**



Sunday Coffee hour is a good time to talk with friends and meet new people but it can't happen without your help. **Volunteers are needed to serve coffee.** We need volunteers if we are to continue to have refreshments during our Sunday Coffee Hour. **As you can see from the 1st page AprilSundays are available!** It does not have to be elaborate. The minimum asked is to bring 1/2 gallon of milk and come at 10am and make coffee. Ask a friend or a new member to do it with you. Also watch for "pot luck" Sundays where you can bring one thing to share. Choose a date and speak with Mary Brower mbrowerapr@aol.com or Lisa in the office to schedule. You can also sign up on the sheet; it's on the coffee table on Sunday. Thanks!!

Caring Committee



A new Caring Committee has been formed to help ensure that the congregation is being attentive to the pastoral needs of all its members. We meet monthly to identify needs in the congregation and find support for those who need it. The committee is led by our minister, Catherine Torpey, with Ilene Corina, Polly Stevens and Allison Palm. Feel free to be in touch with any of us if you know of a pastoral need, or if you are looking for support.

In the RE Wing

Our UU Community

"I get by with a little help from my friends"- Lennon/McCartney

How much is a kind word worth? How important do you think your little interactions with others matter? Perhaps much more than you might think.

On March 10, all the religious education classes gathered together in the RE Wing to hear a presentation entitled "What a Difference a Friend Makes", a program that was developed by the Nassau County Department of Mental Health. It was a transforming morning of hearing stories of the effects of bullying aimed at youth with emotional issues, and more eye opening, the equally hurtful behavior of simply ignoring those who are different and often misunderstood due to an emotional issue.

"Too often, we underestimate the power of a touch, a smile, a kind word"- Leo Buscaglia

Several speakers spoke to the youth and their teachers about how their lives were affected by being labeled, bullied and ignored in their youth and how those memories have stayed with them through the years. The worst memories to these speakers were being ignored during time in the school cafeterias, recesses or social occasions when a simple 'hello' or 'can I join you' would have made all the difference in the world.

"Even in the smallest things, we express who we are"- Virginia Lang

Take the time to make sure that you reach out to someone who may be different, misunderstood or stereotyped by others. Hold our first two UU principles very close to your hearts. For our faith, it is not as important as what we believe as in how we behave toward each other.

"What you are speaks so loudly, I can't hear what you are saying"- Emerson

Reach out to someone who may need a friend or a gentle touch or a sympathetic ear. Make a connection with someone with a physical or emotional handicap. Be the change that you would like to see in others. By keeping love and understanding first, by doing something as simple as being there for others and articulating our emotional feelings to others, we keep our priorities in order and we might even change someone's life.

"Be kind whenever possible. It is always possible"- Tenzin Gyatso, 14th Dalai Lama



Do you have a child or youth who will be entering 3rd-12th grade next fall? Would your child/youth be interested in attending the 2013 **Sophia Fahs UU Religious Education Camp** on Shelter Island for a week this August? Camp begins at 3 pm Sunday, Aug. 11, and ends on Friday, Aug. 16. Application deadline is now! Adult volunteers are needed. Speak with David Silver to get an application and to learn more.



The **Student Activity Fund** is a grant program funded by the UU Veatch Program at Shelter Rock that enables Long Island UU students to perform significant

community service while earning money to help finance their education. The purpose of SAF is to encourage young UUs to live their religious values through internships in social action, advocacy and service provision. Through the years, students have participated in the program in their home towns and all over the world. The program is open to students who will be high school seniors and undergraduate college students next Fall, & whose families are members of Long Island UU Congregations. Read about the experiences of last year's student participants on the LI Area Council website, <http://www.liacuu.org>. Application Deadline is APRIL 15, 2013. Applications and more information about the Program are available on the LIAC Website (<http://www.liacuu.org>) or by contacting Linda Pfeiffer, Coordinator of the SAF Program by e-mail (lpfeiffer@optonline.net) or phone (631-584-6854).



You are invited to attend the Long Island Area Council Dinner on April 6, at 6pm. Guest speaker Reverend Jude Geiger, Minister of Religious Education, will speak on the topic "How do we Attract and Retain Young Families?" at the UU Congregation at Shelter Rock. Tickets are \$20 advance, \$22 at the door. Send checks to: Gretta Johnson-Sally (LIAC Administrator) 5 Reydon Place, Commack, NY 11725 For more information: Call 631-387-5270



UUA President Rev. Peter Morales invites you to General Assembly (GA), A Meeting of Congregations on June 19-23, Louisville, KY. GA is the annual meeting of our Unitarian Universalist Association (UUA). Attendees worship, witness, learn, connect, and make policy for the Association through democratic process. Anyone may attend; congregations must certify annually to send voting delegates. [Video recap](#) of GA 2012. The General Assembly [2013 Schedule](#) Why [Louisville?](#) [Registration](#), [Housing Reservations](#), and [Volunteer](#) and [Scholarship](#) Applications are available online. Speak with Catherine if you want to attend GA.

SNUUC Calendar April 2013

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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Pilates 5pm F NVC 7-9 F	2 Yoga 5:30-6:30 F	3 Pilates 5pm F	4 Prayer Group 5:45-7:15 S Yoga 4:30-5:30 F Drumming Wkshp 6pm RE Choir Practice 7:30 S	5	6 NVC 9:45 F
7 Bring a Friend to SNUUC! Morning Forum 9 RE Exec Board Mtg 12 M Improv 2-4 RE	8 Pilates 5pm F NVC 7-9 F	9 Yoga 5:30-6:30 F	10 LaLeche 9am RE Pilates 5pm F Board Meeting 7:30 F	11 Yoga 4:30-5:30 F Drumming Wkshp 6pm RE Choir Practice 7:30 S	12	13 NVC 9:45 F
14 Morning Forum 9 RE Thrft Shop Comm 12 RE Talent Auction event 12-3 RE Rental Stamping Class 3-6 RE Improv 2-4 F	15 Pilates 5pm F NVC 7-9 F	16 Yoga 5:30-6:30 F	17 Pilates 5pm F Membership Comm 7 F	18 Yoga 4:30-5:30 F Prayer Group 5:45-7:15 S Drumming Wkshp 6pm RE Choir Practice 7:30 S	19	20 NVC 9:45 F Talent Auction Event 6:30pm F&K
21 No Morning Forum Thrft Shop Lunch 12 RE RE Comm 12 RE Improv 2-4 F	22 Pilates 5pm RE NVC 7-9 F	23 Yoga 5:30-6:30 F	24 Pilates 5pm F Extra Board Mtg? 7:30	25 Worship planning 3pm M Yoga 4:30-5:30 F Drumming Wkshp 6pm RE Caring Comm 6pm M Choir Practice 7:30 S	26	27 NVC 9:45 F
28 Morning Forum 9 RE New Member Orientation 12 RE Improv 2-4 F Rental Stamping Class 3-6 RE	29 Pilates 5pm RE No NVC	30 Yoga 5:30-6:30 F	MAY 1 Pilates 5pm F	2 No Yoga Prayer Group 5:45-7:15 S Drumming Wkshp 6pm RE Choir Practice 7:30 S	3	4 TALENT AUCTION NVC 9:45 F

Our Talent Auction is Saturday May 4th
PLEASE get your promissory notes in by Sunday April 7th!
Bring a Friend to SNUUC Day Sunday, April 7, 10:30am
New Member Orientation Sunday, April 28, 12-2:30pm
Sophia Fahs RE Camp applications are due now
SAF applications are due April 15

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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