December 1, 2019  10:30 am
Do You Close Your Eyes at the Dentist’s?
Please plan to stay a while after the service and help Green the Sanctuary!

Coffee: Nancy & Bill Levy
Board Member on Duty: Kristin Seyfried Cathcart

Rev. Dr. Linda Anderson
Worship Associate Carrie Mason-Draffen

December 8, 2019  10:30 am
Doing Something New

Coffee: Aly Williams & Lisa Itts
Board Member on Duty: Jean Smyth-Crocetto

Benjamin Van Dyne, Guest Preacher
Worship Associate Laura D’Angelo

December 15, 2019  10:30 am
Alone for the Holidays: A User’s Guide

Coffee: Mary Camey & Ilene Corina
Board Member on Duty: Ellen Zaehringer-Gach

Jon Berry, Guest Preacher
Worship Associate Brian Larkin

December 22, 2019  10:30 am
Theology of Louis Armstrong

Coffee: Volunteer Needed!
Board Member on Duty: Laura D’Angelo

Rev. Dr. Kathleen Green, Guest Minister
Worship Associate Anne Olsen

December 24, 2019  5:30 pm
Christmas Eve

Board Member on Duty: Mark Bennett

Rev. Dr. Linda Anderson
Worship Associates Anne Olsen & Jim Hawkins

December 29, 2019  10:30 am
2020 Vision: Bringing Our Future Into Focus
This Is a Whole-Congregation Celebration!

Coffee: Potluck! Please bring something tasty to share, Volunteer Needed to Coordinate
Ushers: Volunteer Needed & Andrew Spatt
Board Member on Duty: Ilene Corina
Greeter: Membership Team & You!

Rev. Dr. Linda Anderson, Consulting Minister
remlin23@gmail.com
Harriet Arnold, Religious Education Coordinator
SNUUCRE@gmail.com
Meghan LaDue, Youth Coordinator SNUUCRE@gmail.com
Lisa Bryson-Brockmann, Office Manager snuuc@optonline.net; the office is open 10 am to 1 pm Tuesday through Friday, and every third Monday

Board of Trustees
Jean Smyth-Crocetto, President
jmsmyth@verizon.net
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What heals us? Do you know? What does it mean to heal? Do you know? Even when we cannot clearly define or explain it, I would guess that most of us have some need of healing—of a physical ailment, an emotional wound, a guilty conscience, a spiritual injury. What is healing? The word heal is related to the word whole and healing, according to the Online Etymology Dictionary, means to make whole, sound, or well.

When I speak of healing I do not mean healing as cure, or healing as “good as new” or kiss it and make it better. Healing can exist without a cure, without anything returning exactly to the way it was. Wholeness has many shapes. Healing is not one thing, but rather shows itself in many guises: as repair, as reconciliation, as understanding and perspective, as forgiveness, as acceptance, as even compensating for something lost. Healing is an ongoing process because it involves coming to terms with our lives and finding ways to go on with some measure of peace. Bessel Van der Kolk: “Social support is not the same as merely being in the presence of others. The critical issue is reciprocity: being truly heard and seen by the people around us, feeling that we are held in someone else’s mind and heart.”

How can we be a community of reciprocity? Restoring relationships is important to healing and well-being. Taking care of our own woundedness. Forgiving ourselves and embracing a determination to learn and not repeat the harm. Intentionally remembering the positive as well as the negative. Letting go of our grudges. Participating in repair with others. Is there anyone we need to have a conversation with in order to help restore relationship? With a good enough restoration of reciprocity we can give each other the benefit of the doubt. We can show up with a spirit of hospitality, appreciation and gratitude. We will speak and act with kindness. We will be aware of the power our words have. And not only what we say, but how we say it. We will make mistakes; of course we will. But when there is a reciprocity of goodwill, we can move beyond them.

"Community means strength that joins our strength to do the work that needs to be done. Arms to hold us when we falter. A circle of healing. A circle of friends. Someplace where we can be free.”

(Starhawk)

Peace, Rev. Linda

The Worship Committee Seeks Your Feedback on Joys and Sorrows

What are Joys and Sorrows? This is a ritual, which became popular in the 1980s, of having people come forward, speak their joy or sorrow and light a candle or drop a stone in water. It is meant to help us hold one another in community. With some exceptions, it is done today only in smaller congregations.

The Worship Committee has been asked to consider introducing a form of "Joys and Sorrows" during our Sunday service. We have been asked to consider the potential good that could be done for our congregation at this time if personal sharing came in the voice of the person affected. The committee would like to engage in conversation with the congregation to consider a form of Joys and Sorrows on an experimental basis to see how it might work, or not, for us.

As Liz James wrote in the Fall 2019 issue of UU World: "It’s not without complications. As you can imagine, Joys and Sorrows . . . can get off topic and run overtime. This is part of why you’ll find so many variations in our congregations. Often individuals light a candle while saying a few words to the congregation about their joy or sorrow, but sometimes people use stones instead of candles, sometimes people’s Joys and Sorrows are read by a service leader from cards, and sometimes they’re not present at all in a given service." At SNUUC, our pastoral prayer includes the sharing of personal milestones through providing cards to the Worship Associate to read aloud. The cards are then placed on the bulletin board in the foyer.

Joys and Sorrows is controversial among Unitarian Universalists. So, the committee would like to hear from those congregants who want a form of joys and sorrows in our service and those who don't think it should be re-introduced. We want to hear your hopes and we want to hear your dreads.

In addition to speaking with us (Brian Larkin, Rev. Linda Anderson) during coffee hour over the next several weeks, please feel free to send an email to Brian Larkin (bolarkin@optonline.net) and the Rev. Linda Anderson (revlin23@gmail.com).
Greetings SNUUC members and friends,
The board of trustees wants you to know that we welcome your input at any time. We also invite you to attend our meetings on the second Thursday of the month at 7:15 pm. Just let us know that you're coming so we can make space for you. Also, if you would like to address the board with a question, concern or compliment, please let us know about a week or two ahead of time. That's when we start to put the meeting agenda together and we will allot some time for you under the "Good and Welfare" portion of the agenda if you want to speak.

In other news, the board approved the first project using the Capital Gifts that we have been blessed with. We will be moving ahead with a new sign out front! We're all really looking forward to it!

Other items we are considering include landscaping, freshening up the outside of the building and bringing in chairs to make our space more versatile. Stay tuned for more information!

With the Holidays upon us, we will be decking our halls with boughs of holly and other fun Holiday Cheer. Please join in the Greening Party, after worship on Sunday, Dec. 1. It will be great fun, we promise!

As we get ready for the Holidays, we wish you peace, love and joy.

Yours in faith and service,
The SNUUC Board of Trustees: Jean, Kristin, Laura, Ellen, Selina, Mark and Ilene

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**Conversation Cafes**

**Friday, Nov. 22 at 6:30 pm or Sunday, Dec. 8 at 12:30 pm**

**Question:** How are these cafes different from what the congregation did with David Pyle? **Answer:** These are meant to gain information (not concerns or complaints) in an informal, social setting. With food and, hopefully, fun. It is the first phase of a 3-4 step process.

The Task Force, formed to gather information about how we do things at SNUUC and then think with all of you about what we might want to keep, change, communicate more clearly, etc, is sponsoring Conversation Cafes. What is a Conversation Cafe, you ask? It is a conversation, conducted in small groups, on a particular topic, in this case how we do things at SNUUC. Its format is made to promote open mindedness, acceptance, curiosity, discovery, sincerity and brevity. ([www.conversationcafe.org](http://www.conversationcafe.org)) At these cafes we will eat, socialize, gather information and converse. The Task Force will be reporting regularly to you regarding its progress and seeking your input.

**For the Friday, Nov. 22 cafe**, Task Force members, led by master chef Carrie Mason-Draffen, will provide desserts. You are asked to bring your own non-alcoholic beverage. (We are providing desserts so that you can make and bring desserts to our Holiday Fair on Sunday, Nov. 24!)

All are invited to come to one of them. **And, we need your help to pull this off.** 1. We need folks to set-up and break down tables, chairs, etc. 2. We need folks in the kitchen with food. 3. We need people to take notes at the tables. Are you in? I hope so. It takes a community. **RSVP to Linda Anderson, revlin23@gmail**, regarding which cafe you can attend and if you are able to help with set-up and break down, kitchen and food, and/or taking notes.

Thanks so much, Rev. Linda

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**The Art Committee is looking for your favorite quote about gratitude.**

We have two Sundays coming when the foyer art gallery walls will be empty and we would like to fill them. Please send a quote (and mention its author if you know) to Diane Hawkins at [parkviewdesign@verizon.net](mailto:parkviewdesign@verizon.net) by Friday, Nov. 22.

_Grateful for your ideas!_
Among Ourselves

Join SNUUC’s Irishman, Jim Hawkins, this December for performances of his “Traditional Irish Christmas” at the Copiague, Deer Park and Bethpage libraries. Check his website (JimHawkinsIrishStory.com) for dates and times.

Committees at Work

SNUUC committees meet regularly and welcome 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 serving.

SNUUC’s Art Committee’s mission is to create connections among SNUUC members, visitors and the community. We are open to your ideas for art in the foyer and for the creation of communal art projects. If you wish to help out with art openings, finding artists, and/or creating art with other members, contact Diane Hawkins, parkviewdesign@verizon.net or Barbara Singer, barbara.singer@gmail.com.

The Thrift Shop Committee is scheduled to meet on Sunday, Dec. 8, at noon in the Brantley Wing. Please speak with Anne Olsen, afleming528@gmail.com to find out more about this important committee.

The Board of Trustees will meet on Thursday, Dec. 12, at 7:15 pm in the foyer. If you are attending, please email board president Jean Smyth-Crocetto before Thursday and she will put you on the agenda, jmsmyth@verizon.net Thanks!

The RE Committee will meet again soon. Speak with Sharon Pataky, committee chair, for more information, Sharon@rsnanos.me.

The Caring Team is Here to Support You! The Caring Team seeks to build and strengthen our caring congregation by communicating and coordinating support for the needs of members and deepening connections of members with SNUUC by regularly reaching out. If you have a need that the team might help with, please contact a team member: Julie Buckley, Doris Brass, JoAnn Fassman, Rev Linda Anderson revlin23@gmail.com or e-mail caring@snuuc.org.

Thank you for donating flowers for our chancel! Diane and Jim Hawkins donated flowers on Nov 3, in memory of Jim’s parents, Thomas and Mary Hawkins. Chancel flowers were donated by Anne Olsen, “In memory of love”, on Nov. 17. On Nov. 24 Jean Smyth-Crocetto donated the flowers in loving memory of her father, Kevin James Smyth. Flowers on the chancel can be donated for any reason: in memory of a loved one, to honor or celebrate a special event or just because you like flowers on the chancel! Your commemoration will be listed in the Order of Service and the Open Line. Please sign up on the Chancel Flowers List on the bulletin board in the foyer and donate $25. Speak to Lisa in the office for more details, snuuc@optonline.net.

Barbara Singer, right, effortlessly hosts Coffee Hour on Nov. 17 as winner of Rosemary Olander-Beach’s personal chef Talent Auction offering to raise money for SNUUC.

Being Peace

The SNUUC Meditation Group (a/k/a the South Ocean Sangha) is offering a one-day meditation retreat at SNUUC on Saturday, Jan. 11, from 9 am to 4 pm. The cost is $25 and pre-registration is required. The program is suitable for both new and experienced meditators. To register and for more information, please contact Brian Larkin, bolarkin@optonline.net.
**Meditation**
Wake up a little earlier on Saturday and join the Meditation Group (aka the South Ocean Sangha). Our group practice meets at 9 am Saturdays in the Brantley Wing. This group is open to beginners. All you need to do is take a seat. For more info please contact Brian Larkin, bolarkin@optonline.net.

**Journaling**
The Women’s Journaling group, “Journal writing is a voyage to the interior,” Christina Baldwin. SNUUC’s Women’s Journaling Circle will have its next meet-up on Wednesday, Dec. 4, from 1:30 to 3:15 pm. We are currently working with Christina Baldwin’s Life Companion. If you would like to join the circle, please bring your book and journaling materials with you. For additional information, please contact Anne Olsen at afleming528@gmail.com.

**Spirituality Group**
The Earth-Based Spirituality Covenant Group meets to recognize the Divine in each other within a supportive, sacred space. This journey includes an exploration of paganism and women’s issues. The group meets in the foyer from 10:30 am to 12:30 pm on alternating Thursdays, Dec. 5. For more information contact Mary Carney, mcarney10858@gmail.com.

**Compassionate Communication practice group** - Based on Marshall Rosenberg’s book Nonviolent Communication – a language of life, the group meets on Saturday mornings from 9:45 to 11:45 am for 13 weeks every spring and fall to learn and practice the N.V.C. process of listening empathically and speaking honestly. To learn more contact Barbara Singer, barbara.singer@gmail.com or Anne Olsen, afleming528@gmail.com.

**DrUUmatics**
SNUUC’s drumming ministry, the DrUUmatics, often practice on Thursdays at 3:30 pm in the Brantley Wing. Find more information on their website www.druumatics.org or find the DrUUmatics on Facebook. Speak with Sharon Pataky or Laura D’Angelo for more information.

**Yoga**
“Spring passes and one remembers one’s innocence. Summer passes and one remembers one’s exuberance. Autumn passes and one remembers one’s reverence. Winter passes and one remembers one’s perseverance.” - Yoko Ono
If you would like to join us for Gentle Yoga with Spirit at SNUUC and be encouraged in your practice and your perseverance, come join our classes led by Linda Cucurullo. Our next Monday morning six-week series will be Dec. 2 thru Jan. 6. Series rate is $75/series ($60 to Linda and $15 to SNUUC). Classes meet from 9-10:15 am in the foyer and enrollment is on an as-available basis. Please let Anne Olsen know if you would like to sign up for these series, afleming528@gmail.com.

**Pilates**
Pilates classes at SNUUC take place on Mondays 5 to 6 pm and Wednesdays 5:30 to 6:30 pm, only $12 per class - no contracts to sign, no commitment, just come and stretch! Questions? Please speak with Lori at digme77@optonline.net.

**Improv**
Spontaneity, Creativity, Fun! Improv classes continue at SNUUC on many Sundays, 2 to 4 pm (beginners), 4 to 6 pm (experienced). Cost is $125 for 5 classes. For more info, go to http://longislandimprov.com/

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**We Love Coffee Hour**
Won’t You Help Make It Happen?

Thank you to all who have signed up to serve refreshments at our Coffee Hour after the service on Sunday mornings! More volunteers are needed. It does not have to be elaborate: Just bring a half-gallon of milk and come at 10 am and make coffee.

Any additional snacks are simply a nice treat! Ask a friend or a new member to do it with you. Committees are asked to do coffee hour as a group; this is a wonderful opportunity to publicize who they are and what they do. Also watch for "potluck" Sundays, the last Sunday of the month, when you can bring something tasty to share.

Please choose a date to serve coffee and sign up on the sheet in the foyer or contact Nancy Levy, maccaronio@aol.com Thank you!
Join us for a Christmas Eve dinner immediately following our service at the Flaming Grill & Supreme Buffet 1773 Grand Ave in Baldwin.

**Reservations and final count required by December 15th**

Contact Ilene Corina - Reservations will be made for first 25 people  ICorina@aol.com

$20-$22 covers 2 hours of all you can eat, drink and tax

Pay when you come in - we will be seated when most of us are there at about 7pm

*Entire families and all friends welcome!*

**What You Can Expect – Food, Fun & Friendship Plus...** Over 250 different items plus a Hibachi section which you can pick and choose to make up your own menu and they cook it on the Hibachi. Other items include Sushi, Steak, Salmon, Shrimp, large selection of salads, fruits, desserts.

**JOIN US!**
Everyone had a groovy time wearing tie-dye and flowers at the 50th Anniversary of Woodstock Talent Auction event, on Nov. 16. Mary Brower, far left, sports a light-up flower headband along with Arnie Herman, Betty Mahon, Tom Mahon, Linda Nanos, Bill Bryson-Brockmann, Nick Nanos, Ilene Corina, Nancy Levy, Kyle Schuessler, JoAnn Fassman and Barbara Singer.

LIAC News

The Long Island Area Council of Unitarian Universalist Congregations met Nov. 17 at the UU Fellowship at Stony Brook – with many of us, including myself, joining virtually by Zoom.

One topic of discussion was the success of the Nov. 9 LIAC workshop on inclusive worship led by the Rev. Kimberley Debus at the Huntington Fellowship. Not only was it lively and fun, I expanded my understanding of what makes for a more welcoming worship environment. Information about the program is available to anyone who is interested to know more. It was also announced that the UU Social Justice Roundtable received a $6,000 grant, with $4,000 of that to be matched by LIAC. This grant will allow the roundtable to expand its outreach on Long Island.

Below, I share other news from the monthly LIAC meeting:

- **UU Social Justice Roundtable** gathering is 4 to 6 pm Sunday, Nov. 24. This is an opportunity to find out what UU congregations are doing to further social justice on Long Island, what’s happening in the field and how UUs can collaborate. At its meeting in October, the roundtable heard from the New York Civil Liberties Union about the importance of the new Green Light bill, which allows undocumented immigrants to get driver’s licenses; there are opportunities to help with this, including accompanying applicants to the DMV office and offering driver-education classes. The November roundtable will focus on electoral activism. There is also a local Climate Strike being organized for Nov. 29. For information, contact Mary Beth Guyther, LIAC Social Justice Coordinator, mbguyther@gmail.com.

- **2020 Coming of Age** registration is ongoing, with an orientation planned for Jan. 18, 2 to 4 pm (location to be determined). COA, for youth in grades seven to nine, aims to educate about UU values, explore personal religious philosophies and adolescent issues, and foster communication between youth and their families. Please speak to SNUUC RE Staff.

- The annual LIAC Workshop and Dinner is planned for April 18 at the Stony Brook congregation. Mark your calendars now for this learning and fellowship event. A LIAC committee is working on the details – stay tuned!

The next LIAC meeting is Dec. 15. Please share with me congregational events you’d like me to announce, as LIAC aims to “serve as a catalyst to promote denominational awareness and effectiveness through communication, leadership and educational programs” – and SNUUC’s own vision statement calls on us to be reliable partners in creating a more just, peaceful and compassionate community.

In faith, Rosemary Olander-Beach, rosemaryolander@optimum.net
In the RE Wing

It’s a very ancient saying,
But a true and honest thought
That if you become a teacher
By your pupils you’ll be taught
THE KING AND I - Richard Rodgers

We have been busily learning and practicing living by our principles in Religious Education. We spent October and November looking at our first two principles and working on developing our ability to change perspective and thus develop empathy and compassion. It is always a joy to watch children grab on to these complex words and emotions, often with greater ease than their elders. I am, after a lifetime spent with children, still awed by their innate sense of justice and equity. They are acutely aware of what is fair and what is not.

As one of our projects, the children wrote a book: *It’s Not Fair*. It will be in the foyer until next year, so please take a look at some funny, sad, silly, profound and true examples of our youth’s burgeoning sense of justice and equity. The children also used their newly discovered skill of switching perspective in our discussion of both Columbus Day and Thanksgiving Day. There is a great FAMILY section in this November issue of the *UU WORLD* magazine about the two very different commemorations of an early 17th century feast. The “American version” of the Thanksgiving feast is celebrated with joy, gratitude and feasting and games at the early 17th century replica village of Plimoth. The Native People’s Day of Mourning takes place very close by, in a replica of the Wampanoag Village of the same era. Here they mourn the loss of as much as 90% of their people from European diseases and cruelty and war. As many of us celebrate with family and friends this holiday season, let’s try to model the justice, equity, compassion and the inherent worth and dignity of all beings for all of our precious children.

And speaking of compassion, RE is sponsoring a winter clothing drive for the children of St. Joseph’s Indian school in New Mexico. Last year we ran a book drive for their benefit and they were quite pleased, but their needs are more basic. They are asking for lightly used or new children’s outerwear, gloves, scarves, boots and hats. Cash is fine as well and we will get that out as quickly as possible. Look for the bin in the foyer and the RE kids will wrap, pack and ship. **Let’s fill that bin by Dec. 22.**

We are also asking for sample size toiletry items to give to people spending their holiday at the South Shore Rehabilitation and Nursing Center in Freeport. (The collection bin is in the foyer.) We will be CAROLING there on Wednesday, Dec. 11, at 6:15 pm. Meet us for caroling at 175 Merrick Rd in Freeport and plan on coming back to SNUUC for some warmth and conversation over hot chocolate and cookies. No Talent Required - just a willingness to sing!

Harriet Arnold, Religious Education Coordinator

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Do you want to help our congregation AND our community? Our Unitarian Thrift Shop at 22 W. Merrick Rd. in Freeport is a great place to volunteer, donate, or shop! With your generous donations of small kitchen appliances, cook and bake ware, working electronics, and small pieces of furniture, trinkets, jewelry (plus knick knacks, odd items of interest, and sellable used clothing), we help to furnish the homes of those in need and of our neighbors here in Freeport. This photo shows one of the many tables and displays of holiday decorations and gift items available.

The Thrift Shop’s income contributes significantly each year to the operating funds of the congregation. Our thrift shop is open Monday and Tuesday from 10 am to 1 pm and Wednesday through Saturday from 10 am to 4 pm. The phone number is 516-223-3974. Any questions? Please feel free to talk with one of our regular volunteers at the shop: Anne Olsen, Andrew Spatt, Joe McAuley, Jay Gach, Phil Kennelly-Cohen, Paul Eichmann, Barbara Singer, Arnie Herman, Fylice Larsen, Frank Stevens, Bobby Granoff, Jim Hawkins, Doris Brass and Robin Norris.
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Come to our **Holiday Craft Fair** on Sunday, Nov. 24 in the Brantley Wing from 10 am to 3 pm!

Please invite your friends and family to this fun and important fundraising event.

**Bring something sweet or savory** to sell at the Bake Sale Table if you can! Thanks!

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**The mission of the South Nassau Unitarian Universalist Congregation** is to support our spiritual journeys, embrace our common needs and serve the greater community. This mission has arisen from our hearts through reflection and dialogue about who we are and why we exist in the world.

**Support Our Spiritual Journeys**  Consistent with our third and fourth principles, we accept one another and encourage the individual search for truth and meaning. We understand that we are on a journey both as individuals and as a community. We provide a haven for liberal religious spirituality and thinking. We highly value the asking of questions. We create a safe space where people can be themselves and realize their greatest potential.

**Embrace Our Common Needs**  We provide a sanctuary for all who aspire to Unitarian Universalist values. We exist to be a unifying voice for the multiple theologies and philosophical and ethical perspectives that represent us. We embrace our diversity, welcoming people of all races, sexual orientations and gender identities. We encourage freedom of expression and the right to be different without judgment or restriction.

**Serve the Greater Community**  We are a positive force in the lives of others, particularly those who are marginalized. We contribute to the realization of a more just, peaceful and compassionate world. Through kindness, generosity and touching the hearts of others, we transform the world around us. We connect our beliefs to action and take what we learn out into the world.

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SNUUC  South Nassau
Unitarian Universalist Congregation
228 South Ocean Avenue
Freeport, NY 11520