



# Newsletter



Unitarian Universalist Congregation of the  
South Jersey Shore

Volume 11, Issue 03

March 2009

## March Services

We meet at our UU Center, Pomona Rd and Liebig Street, Galloway NJ (near the north entrance to Richard Stockton College).  
Services are at 10:00 am unless otherwise noted.

<b>March 1</b>	<p><b>Being Dust</b> <i>Guest minister The Reverend F. Jay Deacon, D.Min.</i></p> <p>Ash Wednesday was last week. Isn't Lent, with that ash-mark on all those foreheads, a bit <i>grovelly</i> for UUs? We are an amalgam of god and dust. To be a religious, a <i>moral</i> being, is sometimes to feel uneasy about the quality of our purposes, days, and deeds, without grovelling. When Emerson spoke of the "Supreme Critic on the errors of the past and the present, and the only prophet of that which must be," he meant something capable of taking a measure of us. And what is <i>that</i>?</p>
<b>March 8</b>	<p><b>Reflections on Humility</b> <i>Guest speaker Mark Bernstein</i></p> <p>Being humble with each other enables members of a congregation to find their "right fit" and to truly listen to and learn from each other. In this message, Mark will discuss the virtue of humility and how it can help a congregation to grow and thrive.</p>
<b>March 15</b>	<p><b>For the Love of Money</b> <i>The Reverend Rosemarie Newberry</i></p> <p>We are more comfortable speaking about sex, religion and politics than we are speaking about money. Money can be wonderful or very stressful. Today we will look at the spiritual side of money, if there is one.</p>
<b>March 22</b>	<p><b>Unitarian Universalism: What's Love Got to Do With It?</b> <i>Lay leader Richard Grzywinski</i></p> <p>From the perspective of a "devout spiritual humanist," and with a little help from Shakespeare and a morning poem, we will explore the meaning of love, its spiritual roots, its consistency with our UU Principles, and why it is so important to our emotional well-being.</p>
<b>March 29</b> <b>5<sup>th</sup> Sunday Potluck</b> <b>– vegetarian only!</b> <b>(see page 7)</b>	<p><b>Theology 101</b> <i>The Reverend Rosemarie Newberry</i></p> <p>It takes at least four classes on theology before a minister can start to understand it. Unitarian Universalists can call themselves theists, atheists, pantheists, or panentheists. Come hear a discussion about theology that you will understand in just twenty minutes.</p>

*Opportunities to Grow Your Heart:*

<p>March 8 – 12 to 2 pm Mark Bernstein Angsty About Change?</p>	<p>March 15 – 1 pm David Shaman Drumming Workshop</p>	<p>March 22 – 12 to 4 pm Interweave Your Hidden Prejudices</p>
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**Fellowship Dinner and Talent Show! Saturday, March 14 6:00 to 10:00 pm**

*watch for more details in your weekly announcements*

## Words from... The Reverend Rosemarie Newberry



A couple of years ago I was visiting a friend in Delaware. We were driving to dinner and all of a sudden I heard this cacophony of noise that I knew was the spring peepers. I asked my friend to pull over so we could listen and enjoy. The look that I got was: "Are you nuts? Who stops and listens to a bunch of bugs?"

No, I am not. My absolute favorite moment of the entire year is when I hear the spring peepers for the first time. Spring peepers are tiny tree frogs that make all that noise. They usually start up the evening of the first full moon after the first day of spring, if it is warm enough. It is a concert that warms my heart. Frogs are like the canaries in the coal mines. They are impacted by pollution very easily and are one of the first species to die off due to pollution. When I hear them for the first time again each year, I know that everything is right in the world. I love to sit and listen. I never hear just one. It is always many voices that sound such beautiful music. So much better than any elixir created to warm the heart and soul.

What causes you to stop and listen and know that all is right with the world? Is it the laugh of a child, the sighting of a bird, or the smell of your favorite cinnamon rolls that only Granny could make? If you don't have one, then I suggest you go find the spring peepers and fall in love like I have.

**Rosemarie has office hours on Tuesday mornings from 9 am to noon. Call the office at 609-965-9400 or send her email to make an appointment. She will also meet with folks in the evening, with an appointment.**

**Reverend Newberry's email: [minister@uucsjs.org](mailto:minister@uucsjs.org)**

### **2009 JPD Spring Conference: "Navigating Changing Times" April 24-25, 2009, Wilmington, DE**

Our own Reverend Newberry, Allison Woolbert and Prim Reeves will be making presentations this year.

## **About our Guest Speakers:**

**Rev. F. Jay Deacon** serves as Interim Minister at First Unitarian Church, Orlando. Previously he served as Director of the UUA Office of Bisexual, Gay, Lesbian and Transgender Concerns; as minister at Unity Temple UU Congregation in Oak Park, IL and in Northampton, MA, where he produced *Spirit*, a weekly UU radio show.

**Mark Bernstein** is the Joseph Priestley District Director for Growth. He works closely with the JPD District Executive and the JPD Growth Committees in supporting growth initiatives within our District. Specifically, he supports the development of regional growth plans, coordinates the JPD Chalice Lighter program as a means to provide grants to congregations with a long range plan for growth, leads District and regional workshops on growth strategies, plans and supports efforts to organize new congregations in the District, and coordinates the services of our adjunct staff growth consultants.

Here's what he says about the workshop he is leading on March 8, after the service:

"The equation is simple: Growth equals change; change equals anxiety; therefore, growth equals anxiety. No matter how desirous a congregation is to grow and change, it does not come without a measure of angst. In this session, we'll talk about your hopes and dreams around growth and what needs to change in order to realize them. We'll also engage in some exercises and lively group discussion around specific ways to grow the congregation. Please join us. It might change the way you look at change."

### **Our Chalice Keepers Donation to the JPD was gratefully received!**

At our Dedication Service on February 15, our members and visitors contributed a total of **\$1781** to the special collection taken to support the JPD's Chalice Keepers. Joan Priest, JPD Director of Development, who also attended our Dedication, emailed the following upon hearing of our contribution: "Thank you so much for making this exceedingly generous gift to Chalice Keepers. It will remain in the Endowment for Growth in perpetuity to help congregations in the JPD with expensive purchases of land and buildings and other projects, such as Young Adult and Campus Ministry, that are our future. Everything that you (UUCSJS) do is done with such care and attention to Unitarian Universalist values. We all admire your style and integrity."

**REFLECTIONS FROM  
UUCSJS PRESIDENT  
PAUL UTTS**

“One generation plants the trees, and another gets the shade.” This old Chinese proverb appeared on the cover of both our capital campaign brochures. It seemed an appropriate quote, because although our community is already benefitting from our UU Center, I think we all had an eye to the building’s permanence. We also built green, thereby reducing our impact on the environment,

another gift to future generations. Unfortunately, we have to lose some shade to realize part of our green commitment. The beautiful oaks and pines on the south side of the building, which provide a visual buffer between the building and Pomona Road, must be sacrificed for our solar panels to work properly. These trees were carefully preserved during the initial pre-construction removal of trees, and many of us have become accustomed to gazing out at them during our time in the sanctuary. We will especially miss the large pitch pines, probably growing there since the late fifties.

This is just one of many sacrifices made to make our new building a reality. Many people poured their time, money, and emotion into creating a special place for us to share time together. Already, you have to check the office calendar to see if your group will have an empty room to meet. It won’t be long before there is something going on almost every night of the week and weekends. The Center provides a place for people to come explore our community while engaging in smaller group activities, affinities, and seminars.

We have forty children enrolled in our children’s religious education program, with more families visiting us all the time. As a parent, I could not ignore the impact of religion on global society and I expect other parents will see the advantage of providing their children with a non-dogmatic religious education. In addition, my children have benefited from belonging to a caring community of positive role models who work for the things they believe. Seeing adults, in the spirit of love, passionate about social justice and living their commitments, provides real-life modeling to offset the materialism and other negative images of popular culture our children are bombarded with daily. Now our community will plant some trees, shrubs, and flowers to replace the trees we are saddened to see go. As we plant, our children will see that we work to help each other and the earth. We are planting more than vegetation.

I value the commitment my children witness in this group, and know it will contribute to them becoming good global citizens. There is a dedication in this group however, that they do not yet fully comprehend. I know of more than one adult friend of this congregation whose parents helped build other houses of faith in the area. It is heart-warming to see such pride in the accomplishments of their parents many years ago -- especially now, as they more fully understand the financial commitment that was involved. As I watch my children’s metamorphosis into young adults, as they start to see beyond parents and grown-ups, discovering what it means to be adult, I’m glad they are part of this community.

Supporting this group is something I am proud of. When my children are looking back on my life, looking at how I spent my time and their inheritance, I think they’ll be proud too. Your love, support, and commitment have built more than a building; it’s built a caring community that will bring shade and comfort for many generations to enjoy. You have built a place where together, people can bring their energy and time and teach each other how to build a better world. As those trees fall on our Center’s south side this month, let’s be conscious of the sacrifice and investment we have made here. Just as the shade we banish from our roof will allow the sun to energize our solar panels, the investment we make here will provide resources to energize our programs and support growth. We plant the trees, and although another generation may get the comfort of the shade, we get the satisfaction of watching those trees grow.

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Buy **Gift Cards** any Sunday for **Acme & Shoprite**. Don’t you have to buy groceries anyway??!  
Using these gift cards for groceries nets the congregation 5%. Buy at the Social Justice table.  
*We also have Fair Trade coffee and tea!*

## Embracing Change and Growth at UUCSJS:

A workshop with Mark Bernstein,  
Joseph Priestley District Director for Growth

March 8, 2009, Noon to 2 pm  
(Lunch will be served)

### *Hopes, dreams, and the faint whiff of garlic*

In this energizing workshop session, we'll talk about our aspirations for UUCSJS's future and what may need to change in order to realize our dreams. We'll also engage in some exercises and lively small and large group discussion focused on specific ways to grow the congregation. Among the questions we'll answer together are:

What are the benefits of growing as a congregation?  
What will we gain? What will we lose?

What obstacles stand in our way?

What are the ways in which a congregation can grow  
and what is the path for us?

How do we start?

Bring your enthusiasm and your best ideas as we take the next big step on the journey this congregation began more than 10 years ago. We'll be talking about our future, but it will be UUCSJS history in the making. Be part of it.

*Sponsored by the Membership Committee*

### UUCSJS MEMBERS ARE A GENEROUS BUNCH!

We have received a thank you from the UUA for participating in the second annual **Association Sunday**. Gifts from members and friends of UUCSJS totaled \$1,386. Our gifts will help congregations and theological schools to create new programs which focus on spiritual and theological deepening for lay leaders.

The Unitarian Universalist Service committee (UUSC) has sent its thanks for our **Guest at Your Table** gifts totaling \$1,104. Our support helps the UUSC continue as a leading voice in advancing human rights worldwide. You can learn more about their work and ways to become involved in the struggle for human rights at [www.uusc.org](http://www.uusc.org).

At our **Building Dedication** service, February 15, the offering totaled \$1,781. Your Board of Trustees made a decision earlier in the month that all money collected at that service would be designated to Chalice Keepers, the JPD Endowment Fund for Growth. Our gift will be held in perpetuity in the endowment to help JPD congregations with purchases of land and buildings. We received a wonderful thank you from Joan Priest, Development Director for the district. She said, "**In the ten years since their charter, this vital, pioneering congregation has established a new UU community that embodies our UU Principles. They are a shining example to us all.**"

## Children's Religious Education

On Friday, February 27, UUCSJS youth were invited to an evening of fun and socializing at our first Youth Game Night. Seventeen of our young members and friends filled the Center's lounge playing a variety of multi-player games, and the noise level indicated they were enjoying themselves! Plans are in the works to have more of these fun-filled evenings.

Our Children's Religious Education program is blossoming; last month our number of registered children reached 40! Thanks to our classroom teachers Karen York, Prim Reeves, Paul Utts and Jim Gentile for leading lessons that engage the children week after week!

It's **Mystery Pal** time again! Being a Mystery Pal offers our adult congregation members the opportunity to become acquainted with the children in the community by exchanging notes and clues with an assigned pal. Information and signup sheets will be available this month, and our Mystery pal exchange will run from March 22 through April 26. Speak to Katy Cardwell if you have any questions about Mystery Pals.

All parents of UUCSJS RE students are invited to attend a five-session UUA course titled **Being a UU Parent** on Wednesday evenings throughout the spring at the UU Center (3/11, 3/25, 4/8, 4/22 and 5/6, at 6:30 pm). The sessions include discussions of values, family life, resources for UUism in the home, holidays and celebrations, and living out our beliefs. A signup sheet for the course is in the vestibule.

### *Superstars!*

Thanks to all who assisted in our Children's RE classes and/or provided healthy snacks in February:

Lee Campbell	Brenda Yunker	Theresa McReynolds
Victor Maene	Katy Cardwell	Roberta Castorani
Mariann Maene		Marlena Wolfarth

-- Heidi Jansch, CoRE (Coordinator of RE)

### UUCSJS Receives another Grant

Recently, the UUCSJS Board applied for a "Grant for Growth." We were awarded this grant just after our Dedication Sunday was held. Mark Bernstein, on behalf of the Philadelphia-Wilmington Growth Team, wrote:

"On behalf of the Philadelphia Wilmington Growth Team, I am pleased to inform you that your application for funds for your recent building dedication under our Grants for Growth program has been approved. A check for \$750 will be sent to you at UUCSJS.

We ask that you acknowledge this grant award in your literature related to the event and that you refer to us as the "Philadelphia Wilmington Growth Team of the Joseph Priestley District." Under conditions of the grant, we also ask that you send us a brief summary detailing activities of the event and their impact on greater growth and awareness of your congregation and of our faith."

Thanks yet again, Philadelphia Wilmington Growth Team!

## ADULT RELIGIOUS EDUCATION

### Are You A Transcendentalist?

You may be if you are: (a) opposed to all forms of slavery, (b) favor equal rights for women and men, (c) believe in freedom of religious thought and practice, (d) believe in educational reform, (e) value the individual and human intuition, and (f) pay attention to those aspects of experience that are essential to a good life.

However, there are some other criteria that you need to consider if you want all of the many benefits that come with being a transcendentalist:

- You have to consider that there is another reality beyond that which we are aware of through our five senses (quantum physics has already demonstrated this).
- You have to consider that there is another form of intelligence—intuitive intelligence—that is different from rational reasoning (cognitive researchers have already demonstrated this through their right brain research into creativity and imagination). Ralph Waldo Emerson alluded to this when he said, “Sometimes you can learn more from a dream than you can from a book.”
- You will have to learn to take the time to experience your interrelatedness with the natural world by, for example, taking a walk in the woods as Henry David Thoreau recommended.
- You may need to accept that “God” is an acceptable verb. Your “God” may be Emerson’s “God within;” Joseph Priestley’s and Jefferson’s “Deist God;” or Thoreau’s or Parker’s, or Margaret Fuller’s “God in Nature;” or the” Pantheistic Spirit-God present in everything.”

If you are willing to consider these possibilities seriously, you qualify as a “Student Transcendentalist” and you can learn more and benefit more spiritually by reading more about Emerson, Thoreau, Parker, Channing, and Margaret Fuller or by attending one or more of our great Adult Religious Education Programs such as:

#### MARCH 2009

- **Drumming for Peace** led by David Shaman. Have fun drumming, singing, playing together ,sharing. March 15. Look for the sign-up sheets or talk with David Shaman or Theresa McReynolds.
- **The Healing Power of Music**, led by Barbara Miller, explores the healing power of music through singing, toning, chanting, listening, silence, and movement. One-hour sessions, offered to our Congregation and friends twice a month. Sign-up sheets are available or talk with Barbara Miller.
- **Freethinkers**, based on Susan Jacoby’s book of the same title. This popular discussion group meets with the leadership provided by Jim Gentile and Michael Cluff. Please let them know you are interested.
- **The Spirituality Discussion Group**, led by Marsha Hannah and Seerat Emmanuel, meeting date for March has been moved this month to Sunday, March 15.

Discussions are based on *The Seat of the Soul* by Gary Zukav. Please feel free to join -- any Sunday.

- **Discovering Your Ministry**, led by Marsha Hannah, Colby Tippins, and Karen York. A 4-week course encourages you to explore your unique gifts and talents, and to help identify your call to make a difference and put expression to your calling. March 19 & 26, and April 2 & 9. 7 pm.

#### APRIL 2009

- **A Taste of InterPlay** led by Pam Altaffer. Interplay is a practice and philosophy rooted in the transformational power of play. It helps us approach life with more freedom, creativity, and joy. Involves the use of movement, storytelling, and voice to balance mind and body. Saturday, April 4. 10 am to 12 noon.
- **Letting Go of God** facilitated by Michael Cluff. Two-part film and discussion group on further understanding and appreciation of crises of faith, and gentle ways to talk about potentially explosive topics. Julia Sweeney’s short movie *Letting Go of God* will be shown. To be scheduled for Thursday and Friday nights in April or May. Please, talk with Michael Cluff and let him know that you are interested.

#### MAY 2009

- **Ethical Eating: Food and Environmental Justice**. The 2008-2012 UUA National Study/Action Question – led by Karen York and Rev Newberry in May 2009.

#### Coming Soon

- **Labyrinth as Metaphor for Journey**, a half-day experiential exploration led by Margaret Rea. Participants will gain an increased understanding of the Labyrinth history and have an opportunity to participate in actually walking a Labyrinth.
- **Family Money** facilitated by Ruth Eaves. A basic introduction of ideas about how to stretch your money and how to include your children in this process.
- **Principles & Purposes: UUA Revisions** - led by Barbara Clark and Prim Reeves.

#### UUA National & Joseph Priestly District Training:

- 2009 JPD Spring Conference: April 24-25, 2009. *Navigating Changing Times*. Wilmington, DE. Our own Allison Woolbert, Prim Reeves, and Rev. Rosemarie Newberry will be making presentations.

#### New Program Planning

**We invite you to come and join our Adult RE Committee** (first Sunday of each month after Services) as we continue planning for our exciting programs and think about new programs.

-- Barbara J Clark, Chair, Adult Religious Education

Help! I seem to have loaned a book to *someone* and cannot recall to whom. Please check to see if you have a "visiting copy" of *Why Christianity Must Change or Die* by John Shelby Spong. Thank you. *Na'maste, Margaret Rea*

## The End of An Era

### *A message from your administrator*

At the end of February I notified the Board that I would be resigning my position effective March 31. I had been planning to do this for a long while. When I accepted the job in June of 2004, I had thought that it would be for three years at most. Well, it has been almost five years. I have loved being in this position, but I am getting tired, and I believe that someone with a different set of skills and experience than I have can better serve the congregation now that we have a minister, have a church office, and are now bigger.

I promise this congregation that I will work with the person chosen as your administrator in the most helpful and responsible way possible to ensure a smooth transition. And I assure you that I am not going anywhere; I will continue to be an active and caring member of this congregation.

Although the timing of my resignation was determined a while ago, it fortuitously dovetails with my need to spend more time with my disabled brother. There are issues of future planning that have come up more suddenly than I had anticipated when he fell and broke his hip back in January.

It has been an honor and a privilege to be your administrator during these exciting years.

Love and blessings to all, *Betsy Searight*

## Addiction Recovery Ministry

Four UUCSJS members met at the Center on February 18, 2009 at 7 pm to discuss forming a support group for UUCSJS people affected by addiction.

First each person gave a brief introduction of how they were related to addiction. Then the members discussed some issues about what the group could be. The members discussed many topics and arrived at decisions by consensus. The following is a summary of those decisions.

The name of the group is Addiction Recovery Ministry, and its goal is to minister to those affected by addictions. To meet that goal, we will:

- Meet at 7 pm on the third Monday of the month at the UU Center.
- Provide a safe environment to talk about addiction experiences and problems.
- Provide emotional support to those affected by addiction.
- Create a substance abuse library.
- Direct people to resources in the community.
- Offer a "Recovery Sunday" service once a year.

And we chatted, joked, and had a good time.

Will Parsons, Convener

**Carpentry skills needed:** The Landscape Committee is looking for a volunteer who can saw the wood pieces that we'll need to fabricate 6-8 birdhouses for our resident cavity-nesting birds. I can supply some exterior plywood (scavenged from our building site for this purpose) and dimensions for the variety of birdhouses we are hoping to be able to put up this spring. Please contact me if you would like to help with this project. -- Jesse Connor

**Dedication DVD:** If you missed the Dedication Service -- or want to have it with you always -- good news for you. Martin Fiedler has made a video of it. You can purchase it for \$15.00. This fee will cover Martin's costs as well as put money towards our own permanently installed video camera so that can easily record services. We are taking orders now. Please sign up at the Membership table, or tell Betsy that you want one. For another \$10 you can get a video of our groundbreaking service.

## Drumming Workshop

On Sunday, March 15 at 1 pm, David Shaman will lead a very special healing drumming workshop. You do not need any knowledge or experience in drumming to participate, as guidance and instruments will be provided. Bring a happy heart, a spirit of adventure, and an appreciation for the healing power of fun & laughter ;) Children are welcome and encouraged to participate.

## UUBookLovers News

The book group will be meeting in the library at the UU Center on Friday, March 20 at 7 pm. The memoir *Here If You Need Me* by Kate Braestrup will be discussed. This UU chaplain provides solace and caregiving when individuals are lost or killed in Maine State lands -- the victims, their families, and the game wardens who search, rescue, and/or recover the body. Mariann Maene will facilitate, and wishes the publishers hadn't changed the title from the original, which was much more descriptive and poetic: *Finding the Body*. The audiobook version (read by the author) is available to borrow.

Many thanks to Jesse Connor for facilitating *Waiting for Snow in Havana*, February's book group selection. A lively discussion ensued, with memories evoked for some of us!

For more information, or to get on our email list, contact Helene Gentile.

## MARGARET CIRCLE

The next meeting of Margaret Circle will be held on Thursday, March 5. We will meet at 1 pm in the library at the Center. Please RSVP to Ruth Eaves or Kathryn Kelley if you are planning to attend. All women are welcome; bring a friend.

We will be discussing the proposed changes to the UUA Principles and Purposes. There is an article about the changes in the Winter issue of the UU World.

## How Accepting and Open are You?

A straight friend of mine and her GLBT friend were talking about her discomfort with demonstrations of GLBT love in public.

She was uncomfortable with what seemed like the “flamboyance” of loving gestures between homosexuals. We talked about what she saw as someone “flaunting a GLBT agenda.” She thought that as a straight woman, she didn’t need to “announce” her orientation.

So I posed a question to her. Do you not see young men and women embracing in restaurants or out on the beach or boardwalk? How did she feel about it? And what made seeing two women showing their love any different from watching young love between a man and woman blossom? My friend realized after a few minutes that there wasn’t any difference. She realized that although she believed herself to be accepting of GLBTs, she was, in fact, uncomfortable within herself; thus, her reactions.

On March 22, from 12 noon to 4 pm, Interweave is presenting a program to uncover hidden aspects of your own thoughts about sexual and gender orientation. The program will include two wonderful movies (about 90 minutes each) and a discussion afterward. There’s a sign-up sheet in the vestibule and all are welcome to attend. *Due to the mature themes in the movies, this is not age-appropriate for children.*

This month has been a very exciting time of growth for Interweave. Fundraising, education, and support group leaders have all met to begin the process of building the organization and structure. We established dates for GLBT support groups, got the educational component started, and began thinking of how we can be a help to our community. Check the Interweave bulletin board in the vestibule for new events and times of meetings!  
-- Allison Woolbert

## What’s Up in Social Justice?

We’ve moved the **Social Justice Table** to the vestibule where we hope to leave it up so that sign-up forms, handouts, and information are readily available. Our SJ table volunteers staff the table for a **half hour** after the end of service, so, on days when you need to restock your supply of Equal Exchange Fair Trade products, **please plan on visiting the table directly after service.**

Since our current UU Study/Action Issue is Ethical Eating, we’d like to ask congregants to participate in a vegetarian/vegan potluck. So, on **March 29**, the **Fifth Sunday Potluck will be veggie/vegan. We encourage UUs to bring their best dishes to share.** We’d also like to encourage participants to provide recipe cards so that we can all increase our repertoire of veggie/vegan meals and reduce our impact on global climate change.

## Lose 5000 Pounds!

The Social Justice Committee wants to help UUCSJS households to each lose 5000 pounds – of carbon dioxide, that is. And save money, save energy, and help save the planet in the process.

Global warming from projected climate change might seem like an overwhelming problem, but there’s actually a surprising amount you can do about it yourself.



To get this program off to rousing start, we’re asking twenty congregation members/households to sign up to be the first “eco-team,” attending three “low carbon diet” workshops. The workshops will revolve around David Gershon’s book *Low Carbon Diet: A 30 Day Program to Lose 5000 Pounds*. (Earth Day founder Dennis Hays called the book “fabulous.”)

Here’s how it works: you’ll learn how to easily calculate your current carbon footprint (it’s not hard at all, thanks to web tools), and the range of options you already have to lose all those pounds (many aren’t difficult at all).

The congregation’s new Long Range Plan envisions 80 percent of UUCSJS households participating in this program. The cost is \$20 per household, but for that you’ll get your own copy of Gershon’s book, which retails for \$12.95, a nifty and easy to use chicobag, additional handouts, and the opportunity to learn how you can save far more money from your energy reductions than this modest outlay.

Lee Campbell, Jesse Connor, and Jon Luoma will be facilitating this effort. The first meeting is Sunday afternoon, March 29, from noon to 12:30. The second two meetings are on Tuesday evenings, April 7 and 21, from 7 to 9 p.m.

The second half of February’s SJ Meeting was a joint meeting with the Coalition for Peace and Justice and the Atlantic City Area Friends. We discussed various ways that we could mark the Sixth Year Anniversary of the Iraq War. We decided to forgo the annual Iraq War March on the Boardwalk and replace it with a short vigil. **The vigil will be held Sunday, March 22, from 12-12:30 pm and will take place outside on the grass at our Center.** We will honor the NJ war dead by a solemn reading of their names. We will also have some brief statements supporting peace and diplomacy, and members of our choir will lead us in peace songs. We are anticipating that many members of our congregation, both young and old, will want to attend. We’ll provide seating for those who might need it.

Several years ago, we adopted our half-mile section on either side of Pomona Road for clean up. Our next scheduled **Adopt-A-Road litter pickup** will take place on **Sunday, March 15** after the service. See Michele Bellinger if you want to participate.

# Unitarian Universalist Congregation of the South Jersey Shore

## Minister

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## Board of Trustees 2008-09

Kathie Benner, Debbi Dagavarian,  
Jim Gentile, Richard Grzywinski,  
Primrose Reeves, Paul Utts, Karen Zindell



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**March 2009**

**Visit us on the Web: [www.uucsjs.org](http://www.uucsjs.org)**

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