

# Newsletter



Unitarian Universalist Congregation of the  
South Jersey Shore



Volume 11, Issue 06

June 2009

## June 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>June 7 Annual Meeting</b>	<b>Flower Communion</b> <i>Lay leader TBA</i> Just as no two flowers are alike, so no two people are alike, yet each has a contribution to make. Together the different flowers form a beautiful bouquet. Norbert Čapek is a Czech Baptist-turned-Unitarian who more than 80 years ago created the Flower Communion service beloved by Unitarian Universalists everywhere. <i>Please bring a sprig of flowers with you to the service to be shared.</i>
<b>June 14</b>	<b>Living the GLBT Life: Equality for All</b> <i>Lay speaker Allison Woolbert</i> This exciting service will explore several individual's views of how it was to grow up being gay, lesbian, bi-sexual and transgender. Each person will also speak to their spirituality and the gift of finding our beloved community, the UUCSJS.
<b>June 21</b>	<b>Summer Solstice Celebration</b> <i>Lay leader Theresa McReynolds</i> This year our Summer Solstice celebration will be taking place on the exact day where the length of the night and the day is equal. Come bask in the joy of the height of the light! Service will be held outdoors, weather permitting. Chairs will be provided, but bring a hat and sunglasses if needed.
<b>June 28</b>	<b>Patriotism and Social Conscience: The Stars &amp; Stripes, or The Chalice?</b> <i>Lay speaker Richard Grzywinski</i> While we frequently oppose our nation's engagement in wars, or decry its social policies that we view as inconsistent with our UU principles, can we (and should we) endorse or participate in acts of "patriotism?" Is patriotism somehow contrary to the idea of the oneness of humanity because it promotes separateness and highlights group differences? Ideas to consider before another Fourth of July.

**TUESDAY, JUNE 2 – Afghanistan/Pakistan Teach-In (see page 4)**

**SUNDAY, JUNE 7 – Annual Congregational Meeting**

**FRIDAY-SATURDAY, JUNE 19-20 – Murray Grove Family Retreat**

**July 18 – Register now to be a walker in the Two-Mile Intergenerational Walk for Peace.**  
Sign up sheets are available in the vestibule. See Colby for more information.

## *Do you have more to say on the issue of Joys & Sorrows?*



At our April 19 service about shared ministries, presented by the Committee on Ministry, we had a discussion cut short by other scheduled activities, where some participants wanted to talk more about the value of the part of our service we call Joys & Sorrows. The COM promised we'd continue the discussion at a later date. Well, that date is here. On **Saturday, June 6 from 9:00 - 10:30 am** in the Sanctuary, there will be an opportunity to share your thoughts and feelings about joys and sorrows in a group setting. All are welcome to attend and share or just listen. If you are unable to attend, but have observations or comments on this topic, share them with Theresa McReynolds, new chair of the Sunday Services Committee via email, phone, or in person.

### ***Microphones... ugh!***

Because we are a growing group, occupying a larger space, it is important that whenever any of us speak to the group assembled, we use a microphone. If we share during spoken Joys and Sorrows, our one or two sentences need to be heard by all. If we stand to speak at a Congregational meeting, our words need to be heard and considered by all. Let's use the microphones whenever it is offered and keep our remarks clear and concise to further promote understanding.

If you have been part of UUCSJS, as friend or member, for very long you know that I am *not* a fan of microphones. I have been a classroom teacher off and on for close to 40 years and the only problem I've ever had in making myself heard has been when rude teens and "twenty-somethings" chatted when they should have listened. Of course the classroom ceilings were rarely more than 10 feet above the floor, and the classrooms were rarely more than 40x40 feet square.

Now we at UUCSJS are meeting in a space closer to 45x65 feet with a ceiling closer to 20 feet than ten. Though I hate to admit it, our average *age* is also closer to 45 (or more) than to 17-21. I am now using a microphone (much as I do not like them) when I serve as Lay leader or deliver the message. I ask that you consider our collective desire to be attentive to each other's needs and to practice what we 'preach'. On any given Sunday, there may be one or more persons among us who need to use a large print song book or Order of Service, and similar numbers of persons whose hearing is not as acute as we like to remember ours being.

Microphones... ugh, but let's use them when they are available. The day will come when each of us will appreciate the others who make this small extra effort.

*Na'masté... Margaret L Rea*

## **Goodbye to Tull and Evelyn Benton**

After our service on Sunday, May 24, the UUCSJS bid a special goodbye to Evelyn and Tull Benton. We will sorely miss their spirit and willingness to volunteer whenever and wherever needed. If you wish to send Evelyn and Tull a personal note, you may contact them via email (use Tull's - it's in the Directory).

## **Allison is Off to the Big City!**



I wanted to thank everyone for their warmth, encouragement, support, and caring over the last many months during my transition and career change. With your guidance, blessings, time, talent and treasures, I was offered a position at the Unitarian Universalist United Nations Office in New York City as the **UU-UNO Transgender Advocate**.

Bruce Knotts, who spoke with us a few months ago, created the position knowing that Transgender concerns needed a transgender person capable of speaking with firsthand experience. The position entails reaching out to other US based UU congregations and allies, speaking about the needs of those who are transgender and what a difference the Unitarian Universalists have made in my life. I certainly am planning on spreading the wonderful news of how great UUCSJS is in welcoming me, and helping me through one of the most difficult times in my life. At the same time, I will be soliciting donations for the new Transgender Support Fund that has been established at the UU-UNO to fund this work.

One of the excellent benefits that was gifted to me by Mr. Knotts is the ability to work from my office here in South Jersey. I will remain in South Jersey until such time as the project demands my presence in NYC to be more effective.

Thank you again to everyone in the congregation as this position and this opportunity would not have occurred without you.

Blessings,  
Allison Woolbert

**REFLECTIONS FROM  
UUCSJS PRESIDENT  
PAUL UTTS**

This month we will hold our tenth annual congregational meeting, the first held in our new UU Center. It seems longer than a year ago that Bush was President, gays had the right to marry in California, and we were meeting in someone else's space. The Center is utilized almost every night, and our dream of a space for learning, celebrating, and working toward social justice is a reality. We worked hard to make the Center happen and I have not seen the work stop. In most groups, 20%

percent of the people do 80% of the work as 80% watch, however, in our group almost everyone puts in their time and talent in some way. So many people give so much time and talent; our progress made possible because of our high level of participation.

But sometimes while working hard, especially if we are focused on work we are passionate about, some tasks are ignored. A friend who lost his wife to cancer, after they were divorced and had then remarried, warned me that in their day-to-day rush to raise a family, they had forgotten to stay connected and take the time to strengthen their relationship. Often we are so caught up in the daily details; we forget to breathe mindfully; to appreciate our interconnectedness to each other, the world, and the miracle of our existence. ....breathe

I'm certainly guilty of this; I run through my day handling task after task, often not taking a moment to step back and enjoy the view. My daughter is graduating high school this month, leaving for college in a couple more, and it seems too soon. Milestones approach as if highway mile markers, flying by with increasing speed approaching an unseen destination like a runaway truck. As a young driver, I always wondered why senior citizens often drove so slowly, thinking they should be in more of a hurry than I should. Now, I like to think it's because experience has taught them to be mindful of the journey. Mindfulness is an art that takes both time and experience to learn.

This annual meeting we will replace three board members. This past year the board wrestled with how to manage a budget with new burdens; along with managing a building and a staff who had increased demands placed upon them. This year's board worked very hard on many issues, and for the most part, I think we did an admirable job. There was not time for everything that needs to be done, but your new board has a good grasp of what tasks lay ahead. Of course, there will be unexpected events, but with each year, our group gains more experience to help us through unforeseen events. Added to experience are the many people who are always ready to help. One of the current board's unfinished goals is coordinating all committees to improve communication between our many busy groups in order to forward our strategic plan. I stress this because it is so important; most difficulties in our congregation occur when there is a disconnect between committees, the board and the staff. A leadership council, meeting regularly, could solve many issues and prevent many problems. As we grow, we must find ways to keep connected.

We are still a young congregation, which is both a blessing and a curse. We are still figuring out and developing who we are, even as who we are evolves. In our rush to accomplish the next goal, we must continually take time to reconnect and celebrate how far we have already come. As I watch my daughter graduate high school, I am reminded of the many little steps, some of them missteps that brought her to this day. It is the same with us, so many are working so hard, in so many areas, both details and big picture can be lost, frustration can set in. In our short history, we have seen that setbacks can create opportunity, and with a strong vision and good communication, we will be positioned to take advantage.

As I take my leave I ask that you continue to participate in our congregation with energy and enthusiasm, remembering not to let small setbacks and personal disappointments detract from the over-all goal of what we are trying to accomplish. Dust off the strategic plan often, adjust the course when necessary, but keep an eye on the larger direction without lowering expectations. Most importantly, we must remember to celebrate our accomplishments and each other. We are here because it connects us to something larger than ourselves, larger than our families. During our first service at our new Center, Rev. Newberry led us through an exercise where we thanked each other one by one. We have, each of us, played a major role in accomplishing a common goal, how wonderful to be part of such a community. If we don't take ourselves too seriously, if we remember to laugh and cry together, if we remember to breathe, we will each be enriched by the experience.

Thank you for listening, your help, your criticism, your support, your concern, your patience, your advice, and your trust. Thank you also to all the board members with whom I have served and for the tremendous work they've done. It has been an honor.

-- Paul Utts

## Building and Grounds Committee Report

The B&G committee has been compiling and prioritizing a list of projects (54 in all) that have been requested by members and staff, or by inspection of our facilities by the committee. Several of these have been completed including improving our heating and cooling controls, window screen installation, lobby bulletin board, wireless doorbell, elevator inspections, window handles in sanctuary, and locked/unlocked signs on the Sanctuary rear doors. The current highest priority projects which are underway are the addition of two handicapped parking spaces, emergency response training for staff and members, improvement in the wood curbs around the parking lot islands, purchase of an exterior storage shed, purchase of a battery-powered lawnmower, general improvement of materials storage in the mechanical room and under the rear deck, and removal of tree stumps from the water basin. Any recommendations, or offers to volunteer time or materials, should be made to the B&G committee: Richard Grzywinski (Chair), Chris Holaday, Jesse Connor, Jeff Taylor, Steve Fiedler, and Sharon Gray.

## New UUCSJS Administrator

Give a hearty welcome to our new Office Administrator, **Tricia Berko**. Tricia comes to us with many years of office experience and we feel confident placing the UU Center office into her very capable hands. Tricia will be available weekday mornings, Tuesday thru Friday, from 9 am - 1 pm, and you will all have a chance to welcome her in person at our Annual Meeting on June 7.

## Annual Congregational Meeting, June 7

### *Nominated for the Board of Trustees:*

- Karen York - 2 year term
- John Searight - 2 year term
- Ruth Eaves - 1 year term
- Karen Zindell - 2 year term as Secretary

### *Nominated for the Nominating Committee:*

- Sharon Gray - 2 year term
- Barbara Clark - 2 year term
- Betsy Searight - 2 year term

## Peace is Patriotic!



On July 4, 2009, the UUCSJS will be fielding the "Peace is Patriotic" contingent in the annual **Galloway Township Fourth of July parade**.

This will be our 4th year of participation along with the Atlantic City Area Friends Meeting who, through their member Barbara Reynolds, initiated our original involvement in this activity. Bring your family and friends (past marchers have brought their dog!) for this brief march through the Smithville area of Galloway Township. You may bike if you wish. We will be distributing small flags and Tootsie Rolls along the way. Always a lot of fun! We assemble at 8:30 am in the Smithville Town Center. Details will be provided later.

## WHAT DO YOU KNOW ABOUT AFGHANISTAN AND PAKISTAN?

**Tuesday, June 2**  
**in the UU Center Sanctuary**  
**Light refreshments at 6:30 pm**  
**Program begins at 7:00 pm**

Learn more about these two pivotal countries. We will host Stockton Associate Professor of History Rob Nichols, who recently returned from Pakistan, and Professor of Economics Reza Ghorashi, for a presentation and discussion about these lands prominent in world news today. During the course of the evening, we will take up a collection to assist the Central Asia Institute and its founder, Greg Mortenson, subject of the best-selling book, *Three Cups of Tea*, in their efforts to fund community projects of profound value to rural residents of Pakistan and Afghanistan, including schools for both girls and boys. Please pick up some **information fliers at the Social Justice table** and post them at your favorite locations so we can share this important and unique educational opportunity with the surrounding community.

*Jointly sponsored by UUCSJS, the Atlantic Area Friends Meeting, and the Coalition for Peace and Justice.*

### MARGARET CIRCLE

Our next meeting will be held in the UU Center Library on Thursday, June 4. We will meet for Chalice lighting and sharing at 1 pm.. After a brief meeting, we will break for refreshments and fellowship, followed by a discussion on "Process Theology" moderated by Kathryn Kelley from 2-3 pm. We look forward to you joining us for a lively discussion.

Please RSVP to Kathryn, as she needs to know how many to prepare for. You can also call Arlene Yacka, Circle Leader, if you have any questions.

### *Default Committee Meeting schedule*

- 1<sup>st</sup> Sunday Adult RE
- 2<sup>nd</sup> Sunday Children's RE
- 3<sup>rd</sup> Sunday Sunday Services
- 4<sup>th</sup> Sunday Membership, Social Justice
- 5<sup>th</sup> Sunday Potluck! Please, no committee meetings.

## Children's Religious Education

Congratulations to our Coming of Age Class! The students worked diligently for the last several weeks constructing their May 31<sup>st</sup> Sunday Service. Throughout the spring the class assembled their personal belief statements, choose the service elements and practiced their readings and musical contributions. Many thanks to Melissa Hutchison, Kathie Benner and Joe Terrazini for their guidance with our youth during this important step on their spiritual journey.

June 14 will mark the final day of Children's Religious Education classes for the 2008-2009 school year. Our program took on a new structure this year as we occupied our new building; we organized the students into four classes, rotated some of our lead teachers to give our dedicated volunteers opportunities to participate in Sunday Services, opened our toddler room to future students, and welcomed teaching assistants from the congregation. We had a successful year because of members of UUCSJS who gave their time, week after week, to lead our youth; to all the teachers, assistants, healthy snack donors, parents and Children's RE Committee members; THANK YOU ALL!

The week after our June 21 Intergenerational Summer Solstice Celebration, we will begin Summer Sessions for the children. Each week during the Sunday Service, one member from the congregation will lead the attending children through an activity of the leader's choosing; slated so far for this summer are; crafts with Debbi Dagavarian, field games with Kyle Jones and a nature walk with Kim Peters. If you would like to lead the children on one of these summer Sundays, contact me at [sjsdre@gmail.com](mailto:sjsdre@gmail.com).

-- Heidi Jansch, CoRE (Coordinator of RE)

### UU Mid-Atlantic Community (UUMAC) 2009

July 19 - 25, 2009

DeSales University, Center Valley, PA

This year, this week-long family experience will feature Jim Scott, UU activist and musician, and the theme will be "The Creativity-Ecology Connection". For information visit the uumac website at [www.uumac.org](http://www.uumac.org). Also, talk to Karen York, who has attended this excellent family week in the past!

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%.

*We also have Fair Trade coffee and tea!*

Interweave  
GLBTQ Corner



### June is Gay Pride Month

June is Gay Pride Month across the nation and there is a whole lot that we should be proud of. Accomplishments with equality in marriage have been a leading issue in the northeastern United States, and more states are coming on board, as well. At the same time, large strides this past year have truly enabled us to reach across international lines through our Unitarian Universalist Office at the United Nations. In January of 2008, the United States signed on to the Universal Declaration of Human Rights. The key component that was written into the Declaration concerning sexual orientation and gender identity was introduced by Unitarian Universalist Bruce Knotts. It was pressed carefully at each meeting of the Human Rights Committees and eventually succeeded. This was a great victory over this year, but there is so much more work to be accomplished in equality than signing a Declaration.

In New Jersey, marriage equality will be coming to the New Jersey State Senate for a vote. From our allies, we realize that there is still much work to be accomplished to get the bill passed. As UUs have worked throughout time to bring about equality, Interweave and our allies continue a full court press to offer equality to all in our state.

On Sunday, June 14, Interweave will be presenting a service that deals with the equality of all individuals. It's a special service where you will hear stories from our members of their growing up and their discovery of UUCSJS. Some of the stories are utterly amazing.

Interweave meets the 2<sup>nd</sup> and 4<sup>th</sup> Monday at 7pm at the UU Center. Your voice is so very important. GLBTs and allies are needed to continue this important work. Come join us and make a difference in our area.

-- Allison Woolbert



**Murray Grove  
Annual Overnight  
Friday eve &  
Saturday,  
June 19-20**

There is still room to sign up for our overnight retreat! There is a sign up sheet in the vestibule, or talk to Karen York or Heidi Jansch.

## ADULT RELIGIOUS EDUCATION

### V.I.S.I.O.N.I.N.G.

Visioning is the ability to visualize the kind of future outcome that is desired.

Research indicates that visioning is an important element in the relationships of individuals, couples, families, organizations and even nations.

In the case of UUCSJS, clearly, the architects, builders, and all of those involved in creating our new UU Center shared a vision and worked hard to achieve it.

As we begin a new congregational year, we will want to consider our individual and collective vision of our future as a congregation.

That is, what do we visualize will be the size, makeup, and mission of our Congregation one year from now, five years from now, and beyond.

For the Adult Religious Education Committee, our **Strategic Plan Goals** provide a framework for Visioning, as does our **Mission Statement: Broadening Religious Imaginations**.

Implementing those goals in the coming years, in organized cooperation with our Staff, other Committees, and the Board will enable the Adult RE Committee to contribute to the growth of our Congregation in every respect.

**Our vision is that, not only will we be a larger congregation in numbers of members and financial support, but that we will also be a stronger faith community, engaged in meaningful social activities and a center for meeting the needs of the communities in which we live and work.**

When we do it right, building on what we have already accomplished, this effort can result in renewed vitality, renewed resources, and renewed growth.

All of those who want to participate in planning and carrying out this vision are welcome and expected at the next meeting of the Adult Religious Education Committee.

One of the many treats you will experience will be to hear from the facilitators of our ongoing educational programs and events about the positive feedback they have received from participants in these educational programs.

-- Barbara J Clark, Chair, Adult Religious Education

**Thank you!** If you donated a hose for watering the lawn at the UU Center, you can **retrieve it this Sunday outside the Center's kitchen door**. If you would like to donate the hose permanently, and this would be much appreciated, please speak to Jesse Connor.

## Summer Solstice Celebration

On Sunday, 21 June, the Unitarian Universalist Congregation of the South Jersey Shore (75 South Pomona Road (corner of Pomona and Liebig), Pomona NJ) will celebrate the Summer Solstice.

The Summer solstice is the longest day of the year and is celebrated in all native cultures through out the world and is the time we come together to give thanks to the Sun that provides us with warmth and light.

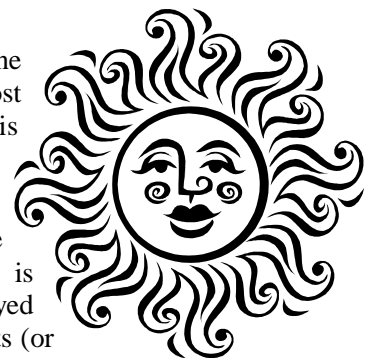
Celebrated in the northern hemisphere as either the first day of the hottest season, or as the middle day of the season of greatest daylight, this date has been important in the religious practices of many cultures for millennia. Weather permitting, the service will be held outdoors so that its roots in many agricultural communities from south Asia, north Africa, Mediterranean Europe, and North America may be more apparent.

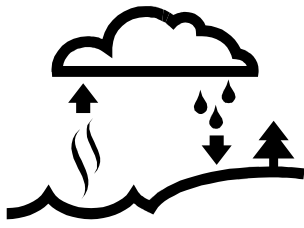
The Celebration involves songs, prayers, sharing of the fruits of the Earth, story telling, and dance. All members of the Congregation, from young children through sage elders participate. Visitors are always welcome.

UUCSJS Music Director, Barbara Miller, and Heidi Jansch, Religious Education Coordinator, developed the Summer Solstice Celebration in 2008. They drew heavily on materials from *In Nature's Honor: Myths and Rituals Celebrating the Earth* by Patricia Motley, published in 2005 by Skinner House Books, a publishing arm of the Unitarian Universalist Association of Congregations.

*A Midsummer Night's Dream*, one of William Shakespeare's most lighthearted plays, is set on this day (and night).

In the Christian liturgical calendar, the importance of the solstices and the equinoxes, is both recognized and downplayed by the assignment of key events (or personages) to a date near these key solar occurrences. Thus the birth of John the Baptist who foretold the coming of one greater than himself, has been assigned to June 24, six months earlier than the birthdate assigned to Jesus. The annunciation by the archangel Gabriel to Mary of Nazareth of her pregnancy is assigned to March 24 (near the vernal equinox), and the archangel Michael, who has guarded the gates to Eden since the expulsion of Adam and Eve, is celebrated at Michaelmas, on September 29 (near the autumnal equinox).





## UUCSJS Rain Garden:

**Possibly the First UU  
Rain Garden in the  
USA (maybe even the  
first rain garden in  
any church of any  
denomination in the  
country?!)**

The slope and drainage pattern around our building in combination with bare earth that was compacted from site work resulted in storm-water runoff -- a veritable river at times -- and much of our topsoil was lost to the detention basin. Many of you remember volunteering at the back-breaking work removing the topsoil from the permeable sand area that runs the length of the bottom of the basin.

In an effort to determine how we could solve this stormwater problem, we called upon our Stockton connections and gained the expertise of Professor Tait Chirenje and Bob Escherman. The volume and speed of water was so great at times, water pooled up before it spilled into the basin. Tait and Bob recommended seeding all areas around the kitchen side, and slowing down the water with a series of wooden steps. They also recommended installing a rain garden where the water naturally pools up. We consulted David Riley, our Cape-Atlantic Soil Conservation inspector, who concurred with the plan.

Lucky for us, Bob Escherman's student, Jon Turnea, took on this project as an independent study. Last fall, Jon recruited Stockton Water Watch volunteers who installed the wood steps that slowed the water down around the deck side of the building. The area was seeded and heavily mulched with straw, and we were able to get our Certificate of Occupancy from the Soil Conservation District.

This spring, we met with Jon and Bob to determine the size, layout, and plant choices for the rain garden. But what, you may be asking, is a rain garden? Rain gardens are new to landscaping, but are quickly gaining popularity. A rain garden is a shallow depression that is planted with native wetlands plants. It is designed and sized to collect stormwater runoff from impervious surfaces such as roofs, or hardscaping such as driveways, or gray water from a sump pump. The roots of the plants help slow the water and filter it while holding the soil in place, thus conserving water and helping protect water quality in lakes and streams. Since rain gardens are planted with native plants that are adapted to intermittently wet conditions, they are low maintenance, requiring little additional water or fertilizers. These native shrubs, grasses, and perennial flowers attract native insects that are an important food source for birds and frogs. Rain gardens also provide shelter, pollen, and nectar for birds, butterflies and all manner of insects.

In April, twenty-seven Stockton student volunteers from Water Watch and Bob Escherman's class, led by their fellow student, Jon, turned out in shifts to help dig out the garden. It was uplifting to see their positive energy and enthusiasm as

they worked hard digging through compacted earth, amending the soil with wheelbarrows full of Ecosoil donated by the Atlantic County Utility Authority.

And now we have a rain garden that will become more lovely with each passing year. Once our garden fills in, it will come alive with a diversity of color and flower types, with butterflies, hummingbirds, and dragonflies. Right now, if you look at the middle of our rain garden, you'll see a drift of brilliant red cardinal flowers, a wetland gem that is sought after by hummingbirds. Native perennial flowers abound, including several kinds of asters, blue lobelias, native irises, Joe Pye weeds, black-eyed Susan, white turtlehead, yellow coreopsis, purple coneflowers, and blazing star, to name a few. Our garden also includes shrubs that will add year-round interest including button bush, inkberry holly, elderberry, sweet pepperbush, and sweet bay magnolia.

-- Jesse Connor

## Proposed Green Sanctuary Committee

At our upcoming Congregational Meeting, the Social Justice Committee is proposing the adoption of a change to our By-Laws establishing a separate standing (permanent) Green Sanctuary Committee. The UUA Green Sanctuary Program provides a path for congregational study and reflection, and a call to individual and collective actions in response to environmental challenges. The Program invites congregations to:

1. Build awareness of the significance and complexity of environmental issues;
2. Encourage personal lifestyle changes;
3. Engage in community action on environmental issues;
4. Strengthen the connection between spiritual practice and Earth consciousness; and
5. Work to heal environmental injustices.

Our objective is to select and achieve our own congregational environmental goals in accordance with UUA guidelines, and ultimately mark that achievement by UUA accreditation as a Green Sanctuary (one of the requirements is the establishment of this permanent committee). If the congregation approves the motion to establish the Committee, we will be seeking committee members. The UUA provides detailed guidebooks to assist congregations. For further information, Contact: Jesse Connor, Social Justice Committee Chair, or Richard Grzywinski, Green Sanctuary Sub-Committee chair.

### **FULL GREEN AHEAD!!!**

Michael Cluff's informative and inspirational sermon on Ethical Eating has moved many of us to eat foods found lower on the food chain. If you are eating more seafood, you'll want to pick up a copy of the **Monterey Bay Aquarium Seafood Watch Sustainable Seafood Guide for the Northeast**. This handy guide fits in your wallet and helps you make the best consumer choices for sustainable, well-managed, environmentally friendly seafood. See <http://tinyurl.com/MB-SeafoodWatch>.

# Unitarian Universalist Congregation of the South Jersey Shore

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**June 2009**

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

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