



NEWSLETTER

Unitarian Universalist Congregation of the
South Jersey Shore



Volume 15, Issue 08

August 2013


August Services "Possibility"

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.

August 4	<p>How To Make a Miracle <i>Guest speaker Greg Pelley, Ministerial Intern, Wellsprings UU</i></p> <p>Biblical scholar John Dominic Crossan refers to miracles not as changes in the physical order, but rather as changes in the social order. So let us take a thoughtful and curious look at a couple of miracle stories -- one ancient and one new. Within these stories, perhaps we might find a way to do our own miracle-making.</p>
August 11	<p>Protecting Our Water Supply <i>Lay speakers Steve Fiedler and the Water Shield Team</i></p> <p>Yoko Ono said, "You are water. I'm water. We're all water in different containers." Water is the basis of life. UUCSJS's Water Shield team will discuss the water conservation program of the interfaith group, Green Faith.</p>
August 18	<p>The March on Washington For Jobs and Freedom – A 50th Anniversary Celebration <i>Lay speakers Carl Benner and Barbara Miller</i></p> <p>Carl Benner, who participated in the original march, and Barbara Miller, who participated in the 20 anniversary "We Still Have a Dream for Jobs, Peace and Freedom," will describe their impressions of the days, their reasons for participating, and the impact the marches made on our country.</p>
August 25	<p>UU and Buddhism: Exploring the Possibilities <i>Lay speaker Alan Oliver</i></p> <p>Over 100 Buddhist groups of various sizes and traditions currently function within UU Congregations. There is a national UU Buddhist Fellowship that meets every other year and a Sangha Newsletter. What is the attraction and how are they compatible? Let's explore the significance of this relationship and its future at UUCSJS.</p>



Special Congregational Meeting
Sunday, August 25, 2013
 (Postponed from July 28)
 Immediately after service
For the Purpose of Electing a New Treasurer



Last chance!

As you take your summer pilgrimage to the pool or river or hospital sink, bring us back some water from your sacred journey.

We'll use it in our Water Service on September 8.

About our guest speaker...

Gregory Pelley is starting his fourth year of a three year M.Div program at Meadville Lombard Theological School in Chicago, IL, and he is a candidate for Unitarian Universalist ministry. He had recently completed a two year internship with the WellSprings Congregation. Prior to engaging his call to ministry, Greg was an architect, and a stay at home dad. A wanderer by circumstance, and perhaps by habit, Greg has crisscrossed the country, residing in seven states over his lifetime thus far. He is married to a lifelong Unitarian Universalist (Caroline), and has two daughters (Sydney and Grace), and two dogs (Ely and Ricker). They currently reside in Wayne, PA.

WANTED: Part-Time Office Administrator

UUCSJS is currently seeking a new office administrator in the new fiscal year. The qualified applicant will provide office support to staff and congregants of UUCSJS and manage the access, security, and upkeep of the UUCSJS facilities. If you are a self-starter with the ability to multitask, know Microsoft Office/Open Office, and communicate effectively verbally and in writing, this may be the job you're looking for! The position requires approximately nine (9) hours per week. Candidates are being sought between now and August 15 to fill the position by September 1.

For more details and to arrange an interview, please contact via email: Debbi Dagavarian (dagavarian@stockton.edu) or Karen York (karen.york@stockton.edu).

The Greenlight Coffeehouse

The Greenlight Coffeehouse has been taking place on the 4th Friday of the month now for a long time, but just because it's been around a while doesn't mean you should neglect it! In fact, we need your support now more than ever.

If you sing or play a musical instrument, you should definitely sign up to perform. You should also sign up if you wish to read a poem that you wrote. Or if you do stand-up comedy. As long as your act is G-rated, you can do it at the Greenlight Coffeehouse.

What if you just appreciate being entertained by others? Then come to the UU Center on any 4th Friday at 7 pm, and enjoy the show! Bring your family and friends, too.

AUGUST BUDDHIST SANGHA

will meet Sunday, **August 25**, 12:30 to 2 pm
in the Yellow Room downstairs.

All are welcome even if you have never attended before
and want to learn more about Buddhism.

-- Alan Oliver, Buddhist Teacher

Come to the UUCSJS Family Picnic!

On Sunday, September 8, in addition to bringing water from your summer travels for the Water Service, don't forget to bring your appetite—and a dish to share at the UUCSJS Family Picnic! We will be barbecuing meat and meatless burgers on the grill. Bring a side dish or dessert to round out the feast. There will be games for kids of all ages and great conversation. Relax among your friends at UUCSJS while you enjoy a great meal!

UUs Respond to Zimmerman Verdict

UUA President Peter Morales Statement on the George Zimmerman verdict may be viewed here: www.uua.org/news/pressroom/pressreleases/289040_shtml

He writes in part:

The legal system has had its say, but justice has not been served. As we search for meaning in the wake of these events, I remember the words of the Rev. Dr. Martin Luther King, Jr.: "We must accept finite disappointment, but never lose infinite hope."

Read more UU reactions here:

<http://blogs.uuworld.org/web/2013/07/15/it-all-must-change-early-uu-responses-to-verdict-in-trayvon-martin-murder-case/>

and here:

<http://www.standingonthesideoflove.org/tag/trayvon-martin/>

and here, "An Open Letter to White People About Trayvon Martin":

<http://livingmosaic.blogs.uua.org/pastoral-message/an-open-letter-to-white-people-about-trayvon-martin/>

and here is another view, by noted black conservative columnist Shelby Steele, in "The Decline of the Civil Rights Establishment":

<http://online.wsj.com/article/SB10001424127887324448104578618681599902640.html>

Last chance for some great grilling!

**Corn on the cob on the grill (still in the husk)
is the only way Mariann and Victor do it!**

Buy **Gift Cards** any Sunday for **Acme & Shoprite**.
Using these gift cards for groceries nets the congregation 5%.
We also have Fair Trade coffee, tea, and chocolate!

Reverend Charlie's Page

Possibilities

"Morning has broken, like the first morning..." wrote Eleanor Farjeon beginning the rapturous hymn #38 in Singing the Living Tradition. Her words evoke the possibilities of the new day. The hymn presents God as the creative force, with words and feet and power. The world God creates is very good too... a singing blackbird, sweet rain, dew, sunlight; earth is Eden! And you are there to explore it, today and every day. As we sing it, we are witness to "God's re-creation of the new day." It is good to be reminded of beauty, now and then-- perhaps all the time.

In June I attended UU General Assembly, a gathering of about four thousand Unitarian Universalists in Louisville, Kentucky. Wow. There were hundreds of workshops, and worship services every morning and evening-- the type of worship services that left you energized in one way or another, reflective or empowered and maybe three thousand others sharing that energy in that moment. It was a very rewarding event. To get a taste of it all, Internet surfers can start at <http://uua.org/ga/> and click on "Watch General Assembly 2013 Online."

Each day community was "re-created" at the assembly. The worship planning committee might take credit for that, but there was more. The very energetic young adult and youth caucus groups could easily say they did their part (though they tended to wake up later and keep going when older delegates had fallen asleep.) Decorations and aesthetics of the conference contributed; the many colorful booths selling everything from jewelry and mystery stories to alternative scouting programs did their part, too. The result for me was a mood, a feeling of possibility, a refreshment of hope.

Though not so grand a scale, you can experience the same thing on any given Sunday here at the UU Center. The chalice table is decorated, the children's programming laid out on the plastic tables downstairs, grocery cards arranged like Cartier diamonds for your perusal and purchase... and of course the greeters and the speaker, music leader, choir and ministers of coffee. It is a joy to me to see the re-creation of our Sunday community, new each time.

Rev Charlie will return from study leave/vacation in mid-August, resuming office hours on Wednesday, August 21 (then every Wednesday thereafter), from 10 am to 2 pm. Until then, contact the Caring Team or Board President Karen York for urgent matters.

The keynote speaker at General Assembly was interfaith youth organizer Eboo Patel, and you can listen to his talk, called the Ware Lecture, through the link above. His talk included a few stories that stuck with me and spoke of how interfaith groups are organized, and the dangers they face. Even our congregation can be thought of as "inter-faith"; there is no creed that states our truth. Things like the reference to "God" in Eleanor Farjeon's hymn is a statement of a particular theology, one not held by all. The vision of earth as a paradise is not universal here, life on earth is suffering, or hell. The earth is a garden or it is something to be owned, or exploited or ignored. Patel's main point was that it is possible to work with people different from ourselves, it is even very rewarding to create inter-faith groups. In interfaith work people say things that are insulting to you, they insist on their version of truth and make assumptions, and so will you. His point was to stay with it, be a part of the mix.

When everyone comes from the reality on their TV channel, and accepts others with differing realities, growth can happen, the possibilities of a new day are born. Patel tells us to look for the resonances between us, knowing that there will be places of friction. This is a path to future community.

-- Rev. Charlie

3rd Annual Delmarva Congregations Celebration

On Sunday, October 13, the Unitarian Universalist of Southern Delaware (UUSD) will host the Third Annual Delmarva Unitarian Universalist Celebration at Cape Henlopen High School at 1250 Kings Highway, Lewes, DE, starting at 10:30 am. The celebration consists of a unified Sunday Service amongst the eight congregations on the Delmarva Peninsula held on Columbus Day Weekend in October each year. For more details visit <http://uussd.org/news/news/#DelmarvaCluster>

Love is Love

Recently, in response to a viewer who asked if it was ok to "Like" pictures of same-sex couples on Facebook, *700 Club* host Pat Robertson said "You've got a couple of guys kissing, do you like that? Well that makes me want to throw up. To me I would punch 'Vomit' not 'Like' but they don't give you that option on Facebook." Now, the Rev. Debra Haffner's *Religious Institute* has a new tumblr blog, Show Pat Love! (<http://showpatlove.tumblr.com>) to celebrate "the love and the joy on the faces of same-sex couples."

Be kind whenever possible. It is always possible. -- Dalai Lama

Singing Together in a Family Choir at UUCSJS

One of my fond memories of parenting young children is singing together as a family. Though many times it was Mom coercing the experience, it added a joyful, fun, and creative link to our family life. Both my children still sing and my older son, Matt, makes up songs for his baby.

Music Powers the Brain: Simply singing with a child connects neural pathways, and increases the ability to retain information. In other words, it builds memory. Music builds a strong sense of rhythm, which leads to a better ability to understand and produce language. Singing develops spatial reasoning, which allows children to recognize patterns and later helps in problem-solving. Songs are rich in vocabulary and by nature build phonological awareness. When parents and caregivers sing with their babies and children, they are calmed and comforted as well.

Singing is free, always available and no license or expensive equipment is necessary. The physical and psychological benefits of singing have been widely publicized in recent years. (For more information on this, simply Google “music and psychological or health benefits”.)

In some cultures, like the Mennonite community where my sister lives, EVERYONE sings, and sings well, in a *cappella* harmony, several times a week. Why then, do so many people I know say they can’t sing?

Some of us were told unhelpful things about our musicality as children. If this describes you, try to remember back to when you first understood yourself as not musical. Who told you that? I encourage you to look deeply at this idea about yourself and consider that it may not be true. Let’s talk about it if you are inclined.

Another reason is that we have come to think of music as something we consume, not something we create. Throughout human history humans have sang and danced together - until recorded music came on the scene. Music is also associated with consumption when it is used in stores and restaurants – often at intrusive volumes – as we are buying things.

Music Influences Us: Advertisers know this! That’s why they spend millions of dollars on jingles. You can use music to influence children in positive ways. Using music, you can change a mood, stimulate creativity, and direct energy toward movement or stillness.

Most of the time when we hear singing, it has been amplified and electronically enhanced in the sound studio. When we hear our own natural voices, we may react by comparing ourselves to “artists” and believing that since we don’t sound like that, we should keep our voices to ourselves, maybe giving ourselves permission to sing in the car or the shower.

Using the word “family” in the broadest sense, I would like to offer an informal singing opportunity to all the UUCSJS Family. People of all ages and abilities are invited to be part of a Family Choir (other name suggestions welcome!) I am especially interested in parents attending with their children and creating an experience that you can take home with you.

We will meet on two Thursday nights in August (TBD), after the Thursday night shared meal at the UU Center. Perhaps we will have a song to share with the congregation during a worship service in September. All are welcome!

Singing is not reserved for “the experts” or people who “were born that way.” If you have one note in your voice, we will find a safe and friendly and fun way for you to sing it, until it becomes two notes, then three.....

Please contact Barbara Miller at uucsjsmusic@comcast.net with your interest and questions.

All quotes in italics from nancymusic.com/music-why-sing.htm

Peace Pilgrim Celebration September 20-22, 2013

Each year in Egg Harbor City there is a celebration in honor of “Peace Pilgrim”, who gave up her worldly possessions in 1953 and began a 28 year pilgrimage spreading a simple message for peace. Wearing a blue tunic and carrying only a comb and toothbrush, Peace Pilgrim crossed the country seven times, walking over 25,000 for peace and leading by “prayer and example”. She vowed to remain a wanderer until humankind learned the way of peace. Although Peace Pilgrim died in July 7, 1981, her spirit lives on through her simple but profound writing and in the many lives that she touched in her years of pilgrimage. Each year members of our congregation have been involved in different aspects of the Peace Pilgrim celebration. This year’s celebration will include:

- Friday evening- yoga session and meditation for 100 people with live music at the Egg Harbor City Community School, starting at 7 pm.
- A 2-Mile Intergenerational Walk for Peace on Saturday morning, starting at Peace Pilgrim Park at 9 am.
- A community potluck picnic at Peace Pilgrim Park starting at 12 noon. Entertainment includes a disc jockey, drum circle, tie-dyed T-shirts and other nature activities and games.
- An Interfaith spiritual service at St. John’s United Church of Christ. Rev. Jeannie Manson on Sunday at 1 pm.

Contributions to support the event can be made to Friends of Peace Pilgrim EHC Event, Barbara Reynolds, 733 Pennsylvania Avenue, Manahawkin, NJ 08050. More information about the event can be accessed at www.peacepilgrim100.com.

News on Natural Gas Pipeline

On Friday July 26, members of UUCSJS (there as private citizens, not representing the congregation) comprised over 10% of the public attending the Pinelands Commission hearing on the South Jersey Gas pipeline proposed to go through parts of Cumberland and Cape May Counties to the BL England power generation plant in Beeseley’s Point, Upper Township. The proposed pipe will be 24 inches in diameter and pass through Millville into Tuckahoe and then down Route 50 and Tuckahoe Road (Route 631).

Making a Difference

Karen York, President UUCSJS

In a small community, it is easy to know most everyone fairly well and to develop many personal connections. The congregation actively provides opportunities to cultivating connections, through circle dinners, auction events, small group ministries, or community shared meals. In a small community like ours individuals also contribute to the workings of the community by participating in cooperative tasks. Whether cleaning the bathrooms, weeding a garden, mowing the lawn, taking out the trash, making the coffee, serving on a committee, or just attending our Sunday services and events, each and every one can make a difference in the community through their participation. I personally find this rewarding and enjoy being a part of the creation and nurturing of our beloved community.

However, from the perspective of the wider world, or our larger South Jersey region, our impacts as a religious community may not be as obvious. From that perspective we are a small fish in a big sea. However, we can exercise our influence with organized action and by standing with other local organizations whose goals are aligned with ours on various issues. As a recent example of this, last week the Sierra Club's "Beyond Coal Campaign" had a strategy meeting using our building as a meeting location. There was much discussion of the South Jersey Gas proposal to lay a 22 mile, 24 inch diameter high pressure gas pipeline in the Pinelands Forest Management Area. This project caught the attention of various environmental groups in our area, and through those connections there has been a growing call to action. Thus, there a number of UU's were among the seventy people that gathered at the Pinelands Commission meeting in New Lisbon, NJ on Friday July 26, where thirty people spoke in opposition to the project. Thanks to those among us who were able to attend. [Note that there will be other opportunities to contribute our presence and voices to this issue on August 9 (Full Pinelands Commission meeting) and August 30 (Comprehensive Management Plan) both at 9:30 am in New Lisbon, NJ. Look for more information in mid-week announcements]. Standing with other organizations helps our small group contribute to the broader impact on many important issues.

In the months ahead there will be opportunities for action and education through our "Water Shield" initiative, which focuses on water conservation issues. I also expect members of our congregation will be participating and contributing to various aspects of the Egg harbor City Peace Pilgrim Celebration and interfaith worship September 20-22.

The Board's focus this month is on searching for a new office administrator and electing a new treasurer. We have also set aside some time at the end of August for the Board, Committee on Ministry, and staff to reflect on the past year and to set some goals and intentions for the programming year ahead. Be sure to share with someone else the visions and wishes that you have for the congregation in the year ahead, and enjoy the final month of summer.

Bound In Covenant

Congregational covenants are declarations of interdependence.

By Victoria Safford, uuworld.org, Summer 2013

In the first weeks of my first ministry in an old New England congregation, a woman came to see me. Nearly 90 years old, she was a lifelong member of that church; her parents had joined in the late nineteenth century. She didn't like change, she said. She wasn't sure that she liked me, or what she called my "point of view."

...This woman was a dedicated political conservative in what had become a progressive community; she was a liberal Christian in a congregation that had known gracious eras of theological diversity and also some fits of intolerance; she'd worked for the U.S. State Department through three wars and for the American Unitarian Association through the merger with the Universalist Church of America. In this church of her childhood, which she'd never left, most votes at most annual meetings had not gone her way for the past forty years. She was no stranger to discord.

...Over ten years we cultivated a fierce, respectful love for one another, and what I loved in her most was her commitment to that church, no matter what; her fidelity to it; the ferocity with which she paid her pledge each year, no matter how wayward the budget or insufferable (in her humble opinion) the sermons. She kept her covenant with that people, with their proud history and the bright promise of their future, and with the free faith tradition they embodied. I was a young minister then, and her way of being in relation, her integrity, taught me more about Unitarian Universalism than anything I'd learned in seminary.

I think of her often on Sundays, when we welcome our people each week, saying, "This is a congregation bound not by creed, but by covenant." We are bound by covenant, each to each and each to all, by what theologian Rebecca Parker calls "freely chosen and life-sustaining interdependence." The central question for us is not, "What do we believe?" but more, "What do we believe in? To what larger love, to what people, principles, values, and dreams shall we be committed? To whom, to what, are we accountable?" In a tradition so deeply steeped in individualism, it becomes a spiritual practice for each of us to ask, not once and for all, but again and again, even over ninety years of life: How do I decide which beautiful, clumsy, and imperfect institutions will carry and hold (in the words of one congregation's bond of union) my "name, hand, and heart"? The life of the spirit is solitary, but our answers to these questions call us to speak, call us to live, in the plural.

Understand that the right to choose your own path is a sacred privilege. Use it. Dwell in possibility.

-- Oprah Winfrey

Board of Trustees HIGHLIGHTS

July 2013

The **regular monthly meeting** of the **UUCSJS Board of Trustees** was held on Wednesday, July 10, 2013 at 6:45 pm at the UU Center, President Karen York presiding. The Board decided to move the monthly meeting date to the **THIRD** Wednesday hereafter and meeting time to 6:45.

• ANNOUNCEMENTS

1) The first **Board Talk Back** of the new fiscal year will be on Sunday, July 21; the FY 13-14 schedule will be posted in the UU Center office.

2) Adult Religious Education (Adult RE) is offering **Weekly Thursday Night BBQs** beginning July 11 and continuing for four weeks through August 1. These are potluck suppers or "shared meals" followed by a variety of activities for adults and children. Tables are set up between 5:30 & 6; evenings end about 8:30.

3) Adult RE's four-part leadership development program by UUA, **Harvest the Power**, is being held Thursday evenings June 13, June 27, July 11, and July 25, led by Marsha Hannah and Karen York.

• DISCUSSION/ACTION ITEMS

1) **Office Administrator.** The first advertisement for a new Office Administrator will appear in tomorrow's Midweek Announcements (MWA), Thursday, July 11. The part-time position requires approximately nine (9) hours per week. Candidates are being sought between now and August 15 to begin by September 1. For more details, contact Debbi Dagavarian or Karen York.

2) **Special Congregational Meeting.** The special meeting for the purpose of electing a new UUCSJS treasurer has been rescheduled for Sunday, August 25 at 11:15 am. John Searight has generously agreed to continue performing the duties of treasurer until a replacement is chosen, and to assist in the transition.

4) **Right Relations (RR) sessions.** The new Board was charged by the congregation with the task of developing "congregational sessions" to help implement the new Covenant of RR, and at this first meeting of the fiscal year deliberations began as to what form they might take. Meantime, the president plans to obtain a poster-sized image of the new Covenant and the Membership committee will now include the document in newcomer information packets.

5) **Visioning session.** Wednesday, August 28 at 6:45 pm has been set as the new date and time for the Board, Committee on Ministry (COM), and UUCSJS staff to get together to talk about what's happened over the past year, and discuss where we want to go from here.

• REPORTS

1) **Minister's Report.** "Just a short update this month, as I am mostly on vacation," Rev. Charlie began in his written report. He said he planned to attend the Weekly Thursday Night BBQ on August 1 (unfortunately, now cancelled), and will be away again until "I will be back partially starting on the 20th of August..."

President York announced that Carolyn Baum has agreed to serve as a new member of the Caring Ministry Team, where she was warmly welcomed. Other members of the team are Theresa McReynolds and Betsy Searight in addition to Rev. Charlie, when he is not on study leave and vacationing as in July and August.

2) **Treasurer's Report.** Treasurer Searight reported the happy fact that we had a good response to the request that

"members and friends begin the new fiscal year on a positive note by making what we hope become more 'regular' payments of their pledges." *The July 7th Sunday offering resulted in receipt of \$7,420 in pledges*, he said, "and for this we are grateful." If pledge payments come in regularly we should be okay, he added, although we're still not finding a way to build up our reserves.

Last Sunday's receipts bring our overall Funds Balances to \$20,471, comprised of the following amounts as of 07/10/13: a) \$12,633 in operating funds, b) \$4,025 in capital funds, c) \$3,500 in reserve funds, and \$313 in designated funds. We also have outstanding checks and payments due of \$6,944, leaving a balance of \$5,689 in our checking account. (For the record, one year ago we had \$8,000 in reserve funds, and the minimum recommended for a church our size with our budget would be \$19,000. "This is an area of concern," Searight said.)

The treasurer distributed his preliminary "End of Fiscal Year 13 Final Report," which shows total expenses of \$189,993 and total income of \$185,476, leaving us with a negative cash balance of \$4,617. President York reflected that although expenses did indeed exceed income, the depletion of our reserve funds last year was largely due to unanticipated special circumstances, for instance the covenanting workshop and formal mediation process (some \$1,400), lower than planned income from pledges (unfortunate), and IRS tax debts and insurance premium refunds to employees (nearly \$10,000). "We have a realistic budget going forward," she observed, "and we'll get it turned around."

Treasurer Searight said he finds it noteworthy that certain activities under the Social Justice umbrella have accounted for very significant revenue over the past year. The native plant sale earned \$4,020, and sale of Fair Trade items, \$4,715. These successes and the yearly auction notwithstanding, the area of fundraising needs serious attention, he said.

The treasurer explained his report doesn't show contributions from members and friends in FY 12-13 for a series of special collections: UUCS Civil Rights Journey, \$1,694; Friends of Peace Pilgrim, \$423; Community FoodBank of NJ, \$981; Sister Jean's Kitchen, \$554; Capital Improvement for Murray Grove, \$622; Ordination of Rev. Charlie, \$2,595; UUA Living Tradition Fund at the Ordination, \$2,161. In all, these contributions amounted to \$9,030, affirming we continue to have a culture of generosity within our UUCSJS community, he said.

Searight told the Board he's working on ways to show these "pass through" amounts without making our financial reports over-complicated, and to improve accounting visibility for Social Justice, FUUN, and future fundraising events when income is earned, but expenses are attached to the undertaking, too.

In the discussion that followed, it was strongly agreed UUCSJS needs to be financially healthy as well as generous, with our Giving in balance with our Budget.

• **Adjournment** – The meeting was adjourned at 8:48.

– Judy Pereira, Secretary

The **NEXT REGULAR MEETING** of the UUCSJS Board of Trustees will be held on **Wednesday, August 21, 2013 at 6:45 pm** in the Lounge at the UU Center, 75 S. Pomona Rd.

UUCSJS Board of Trustees 2013-14

Karen York (14), President
Debbi Dagavarian (14), Vice President
John Searight (14), Treasurer
Judy Pereira (15), Secretary
Doug Dickinson (15), Member at Large
Joe Terrazzini (14), Member at Large
Art Wexler (15), Member at Large

year given is end of term, e.g. (13) means thru 6/30/2013

ADULT RELIGIOUS EDUCATION

Helping to give our members and friends the information and support necessary to find their own way along their spiritual path.

Summer is half gone and the fall is fast approaching with many new things for Adult Religious Education but August has lots to offer...

Thursday Night Summer Potluck Barbeques will take a break till the second half of August. We will resume on Thursday August 22 and 29. Bring your family or just yourself and bring a dish to share. The grill will be ready if you have food to grill. Be sure to read the Mid-Week Announcements each week for the planned activities.

During August Bob Baum will continue with **Journaling** on Monday August 5. If you haven't attended before and would like to give it a try just come to the Center at 6:30 pm. Bring a notebook or paper and a comfortable pen. You'll find that Bob is very encouraging to all but especially to beginners. You will be welcomed!

Singing Meditation with Barbara Miller will resume on Tuesday, August 6, at 7 pm. All are welcome. You will find the group in the Sanctuary. Feel free to invite a friend who is not familiar with Unitarian Universalism. Bring your voices and leave with a peaceful soul.

On Monday, August 19, the **Small Group Ministry** that meets in Little Egg Harbor will have its monthly gathering from 7 to 8:30 pm at the home of Kim Trotto. You are most welcome whether or not you live in Little Egg. If you need directions, contact either Kim or Prim or send an e-mail to adultre.uucsjs@gmail.com.

The "**Buddhist Sangha**" has moved to Sunday afternoon on the 4th weekend of the month. On Sunday, August 25, they will meet from 12:30 to 2:30 p.m. Bring your experiences and your questions. All levels of interest and experience are welcome.

In **September** we will expand "**Small Group Ministries**", continue with "**Harvest the Power**", and start "**Tai Chi**," "**Spirit in Practice**," and an afternoon discussion group that will relate to the UUCSJS monthly theme called "**Stay on Topic!**"

Don't forget that you can direct questions and register for programs by sending an e-mail to: adultre.uucsjs@gmail.com.

-- Prim Reeves, Chair, Adult RE

Margaret Circle will meet Thursday, August 1 at the UU Center Library at 12:30 pm for bag lunch. Please join us for companionship and discussion. Everyone welcome. -- Judy Brown, Circle Leader

What is the GreenFaith Water Shield?

The GreenFaith Water Shield is a national designation signifying that a faith-based institution has taken steps - educational, spiritual, and practical - to conserve water, protect water quality, and mobilize its members and community to do the same at home.

Why a Water Shield?

Because we waste water - and can save. The average American family of four uses 400 gallons of water a day!

Because pollution threatens water safety and quality. High demand, combined with more frequent droughts, more severe storm events, and growing pesticide use, puts our water in peril.

Because we can make a difference. If all inefficient toilets in U.S. homes were converted to WaterSense labeled models, we could save more than 640 billion gallons of water per year—the equivalent to 15 days of flow over Niagara Falls.

Summer a Special Time for Self-Care

This month the staff of the JPD in their monthly email "Leadership Notes" were asked to address the topic of self-care. Pat Infante, Faith Development Consultant, wrote this:

It is my belief that relaxation of the mind and the spirit are integral to living a life that is balanced and fulfilling. Some have a daily practice while some of us have rituals and routines that we might not name "practice" but serve the same purpose. As I reflect on the topic of "self-care," I'm reminded of Robert Fulghum's words: "Rituals transform the ordinary into the holy."

Part of my summer ritual is reading. I read all year long but there is something different and inviting about summer reading. Perhaps it's a phantom of my school days when summer meant I could read whatever I wanted, as late into the night as I wanted, and then I didn't have to do anything with it when I was done (like write a book report or a paper). Or maybe it's the sensory delight of sitting on a porch or on the sand, reading outside, with the crickets, the seagulls and the flowers! Perhaps it is simply that summer turns reading into something magical and holy for me.

Unitarian Universalist Congregation of the South Jersey Shore

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Board of Trustees 2013-14

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