



NEWSLETTER



Unitarian Universalist Congregation of the
South Jersey Shore

Volume 20, Issue 10

October 2018

October 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.

October 7	Christopher Columbus and Conspicuous Consumption <i>Rev. Dawn Fortune</i> Christopher Columbus is celebrated and reviled on this weekend. We will examine his legacy in North America and consider what it means in our age.
October 14	Listen to the Silence <i>Guest speaker Alice Gitchell</i> Unitarian Universalism and the Society of Friends have always been somewhat sympatico in outlook and action. Let's hear more about this peaceful tradition.
October 21	Lessons from Alfred Bernhard Nobel <i>Rev. Dawn Fortune</i> Born on October 21, 1833, Alfred Nobel is remembered for the annual prizes that bear his name, but he originally gained fame for inventing dynamite! What can his story teach us about our own legacy?
October 28	To Everything There is a Season <i>Lay speaker Theresa McReynolds</i> In ancient times, Samhain was believed to be the time when the veil was thin between the world of the living and the world of the dead. It is a time to honor our beloved dead... Do you have pictures or special things to remember your loved ones? Please bring them to place on the altar.



**ARE YOU READY
FOR AUCTION FEVER????**

About our guest speaker:

Alice Gitchell has been an Energy Specialist at Stockton University for the past 17 years, where she does energy and utility analysis and oversees the University's commitment to their Climate Action Plan. Before that she was deeply involved with Stockton's geothermal initiatives. She holds a BA in Chemistry from Michigan State and a Masters degree in Analytical Chemistry from Penn State, where she studied the photochemistry of polluted outdoor atmospheres. She's been an active member of the South Jersey Quaker community for many years.

Sangha in the Sanctuary

Saturday, October 13, 2018

*Note: this month will be on second
Saturday, not first Saturday*

10 am - 12



You need not be a "Buddhist" or have any experience in meditation to enjoy and benefit from our meetings!

There will be sitting meditation, walking meditation, a talk on one of the aspects of the Buddha's teachings, and Dharma sharing. Dennis Bohn from our congregation will lead the session.

Our sangha is part of a larger UU Buddhist community: the UU Buddhist Fellowship Sangha, whose website is uubf.org.

Dennis shares with us this contemplation on Autumn, by Rainer Maria Rilke (translation by J. Mullen):

Autumn Day

Lord: it is time. The summer was great.
Lay your shadows onto the sundials
and let loose the winds upon the fields.

Command the last fruits to be full,
give them yet two more southern days,
urge them to perfection, and chase
the last sweetness into the heavy wine.

Who now has no house, builds no more.
Who is now alone, will long remain so,
will stay awake, read, write long letters
and will wander restlessly here and there
in the avenues, when the leaves float.

Margaret Circle will meet on Thursday, October 4 at 1 pm in the UU Center library. We will begin our time together with Joys and Concerns followed by light refreshments. Deb Dagavarian will surprise us with a presentation called "Comedy Workshop." All women members and friends of UUCSJS are welcome to attend.

BOOK CLUB meets on Friday, October 19 at 7 pm in the UU Center library. We will be discussing **BEING MORTAL**, a non-fiction book by American surgeon Atul Gawande. The book addresses hospice care and the current state of American healthcare in regard to age-related frailty, serious illness and impending death. Gawande's reflections are interspersed with personal stories. AARP, NPR, *New York Times*, Oprah, Amazon, and *Wall Street Journal* Bestseller. Arlene Yacka will be leading the discussion. All are welcome to attend any book club meeting – newcomers are always welcome!! Contact Barb Morell for details.

There are copies of the 2018-2019 Book Club list on the board behind the Social Justice table in the lobby. November selection: **SING, UNBURIED, SING** by Jesmyn Ward.

Time to start wearing shoes again

Please remember to drop off your unwanted gently worn **SHOES OF ALL TYPES** into the lime green bin under the coat rack on Sundays **any time of the year**. Less fortunate folks can sure use them!!!



Congregational Read: "So You Want to Talk about Race"

Sunday, October 14 will be our first discussion of Ijeoma Oluo's *New York Times* acclaimed bestseller ***So You Want to Talk about Race***, facilitated by the Racial Justice Task Force. Our focus will be Chapters 1-4 (there may be books still available to borrow; ask Ronda Cluff). Reading the chapters isn't required but is highly recommended. Gather in the Sanctuary at noon and bring a lunch. The presentation/discussion will start at 12:15 pm. Meetings will be every other week on Sunday. See Betsy Erbaugh or Michael Cluff if you have any questions.

Rev. Dawn Fortune
609.289.5782

As I write this, preparations are in high gear for my Installation. I am anticipating laughter and chaos and a little glitter and celebration all around. Thank you in advance for making this first year such fun and for calling me into shared ministry with you.



A word to survivors of sexual violence

I would be remiss if I did not speak to the news happening in our world. This year has brought us the “Me Too” movement, as (mostly) women have begun speaking up about sexual harassment and sexual assault that they have experienced. The current hashtag trending is #WhyIdidntReportIt (Why I didn’t report it) and the news and social media is filled with graphic, disturbing descriptions of the inhumane and degrading experiences of women who have endured sexual violence. Statistics indicate that one in either four or five women is a victim of sexual harassment or assault at some time in her life. From my own experience talking to people, it seems like that number is closer to 3 out of every four or five have experienced harassment or assault. Maybe that’s just the people I know, but that is how it seems to run in my conversations with folks.

Turning on the television or checking one’s facebook feed these days can be a traumatic event, as the news and the descriptions of personal violations can be so disturbing that they can trigger a trauma response. For those who might not know the symptoms of a trauma response, they include:

Symptoms of fight/flight/freeze response (racing heart, shallow breathing, a rush of adrenaline that results in irritability or feeling jittery; also, nausea, faintness, dizziness.)

Also common are: dissociation, flashbacks, emotionally “shutting down,” inability to focus on daily tasks, persistent feelings of fear or terror, exaggerated or disproportionate responses to problems in daily life, tears, and rage.

I am available if you need someone to listen. It’s a rough time right now. You don’t have to go through it alone.

A word to men

Guys, this week has been really rough on women. Whether a woman has experienced sexual trauma or not,

these images and descriptions are a constant reminder that they are vulnerable to such attacks. The women in your lives are likely to be tired, cranky, stressed, and discouraged. Women have been hearing men in the media and in their community question the validity of their reported experiences.

If a woman (or anyone) tells you that they’ve been the victim of sexual harassment or assault, believe them. Don’t question, don’t ask where they were or why, or what they were wearing, or if they’d been drinking. Just don’t. Be gentle. Listen. ASK if she wants a hug, don’t just move in for an embrace. Check to see if she wants chocolate (actually proven to help after trauma) or wine (not always a good idea, but hey, sometimes it works).

As ever, I’m available to talk if you need an ear to listen or a shoulder to lean on.

Blessings,
Dawn



Rev. Dawn’s Twitter handle is
@queerpreacher
You can tweet about UUCSJS
using the hashtag **#uucsjs**

**NOTICE of
SPECIAL CONGREGATIONAL
MEETING**

SUNDAY, October 7, 2018 at 11:15 am

NOTICE IS HEREBY GIVEN that a **SPECIAL MEETING** of UUCSJS members will be held in the Sanctuary of the UU Center on **SUNDAY, October 7, 2018 at 11:15 am** (immediately following the Sunday service) for the purposes of:

- 1. Voting on a minor adjustment to the congregational by-laws**
Staggered terms for the Committee on Ministry
 - 2. Electing three members to the Committee on Ministry:**
Bud Smith, Mariann Maene, Ronda Cluff
 - 3. Electing a Secretary to fill the vacant seat on the Board of Trustees**
Pat Kennedy
-

CHILDREN'S RELIGIOUS EDUCATION

Dia de los Muertos



Jose Guadalupe Posada

Planning has begun for this year's fall celebration in Children's Religious Education. With the help of some wonderful and knowledgeable volunteers, the children will learn about the Mexican celebration of Dia de los Muertos, Day of the Dead. Day of the Dead originated several thousand years ago with the Aztec, Toltec, and other Nahua people, who considered mourning the dead disrespectful. Death was seen as a natural phase of life and the dead as members of the community, kept alive in memory and spirit. Traditionally, celebrations take place on November 1st and 2nd; however our celebration will be held during RE on **Sunday, November 4, 2018**. The children will learn about the history, traditions, activities, and foods of this yearly celebration of life and ancestors. We will create *ofrendas*, (don't forget to bring pictures of loved ones who have passed away), decorate sugar skulls, and of course enjoy delicious treats. All are welcome, so if you would like to learn along with the children or would like to volunteer your time, knowledge, or experience, please join us.

In fellowship,
Jessica Dunn Safonof
UUCSJS Director of Religious Education

Enjoy this Literary Calavera, a satirical type of poetry created during Dia de los Muertos!

Al torero

Aquí yace un buen torero,
que murió de la aflicción
de ser mal banderillero,
silbado en cada función;
ha muerto de un revólver
que recibió en la trasera,
y era tanta su tontería
que en el sepulcro ya estaba
y a los muertos los toreaba
convertido en calavera.

Bullfighter

Here lies a good bullfighter,
Who died of grief,
From being a bad banderillero,
Booed at each performance;
He has died of a tumble
Received on the rear
And such was his foolishness
That he was already in the tomb,
Turned into skull and bones
And fighting the dead.

(from www.calaveras-literarias.com)



CALLING ALL KIDS

A new Family Song Circle is starting! The first Sunday of each month, Ms. Barbara Miller will come to RE to teach us a new UU song. No pressure to perform, no need for perfection. Join us in singing some of your old favorites like *I've Got Peace Like a River* and *Enter, Rejoice and Come In*. Learn some new soon-to-be-favorites like *Filled with Loving Kindness* and *Spirit of Life*. Parents, beginning Sunday, October 7, 2018 please be prepared to stay downstairs in the RE lounge with the children an extra 15 minutes or so after service to join us in song. Linger, and have some fun singing with your heart. Stay, and help develop this important aspect of faith formation and UU culture. We look forward to singing with you.

Jessica Dunn Safonof, Director of Religious Education
Barbara Miller, Music Director

PAUL WINTER'S MISSA GAIA

December 21, 2018, 8 pm

[First Unitarian Church of Philadelphia](http://www.firstunitarian.org)

We have been invited to participate in Paul Winter's Missa Gaia (Mass for the Earth) at First Unitarian Church of Philadelphia along with UU singers around the Greater Philly Cluster. I have found that singing in the months leading to the holidays actually provides more ease during a busy time of the year. It helps me see more clearly what matters the most, and let go of things that matter less. I will be driving up for the 3 rehearsals and the performance. If you either read music or are willing to learn your part with a recording, please let me know and join me. Missa Gaia celebrates community, the earth and winter solstice.

~ Barbara Miller

Auction Fever!

**Saturday, November 10, 2018,
6:30 pm**

Now that you've made your donations to the **14th annual UUCSJS Service Auction on November 10** – you've made them, haven't you? – let's discuss the types of auctions you're likely to encounter on Auction night.

Silent Auction

The Silent Auction is anything but! It's the largest of the auctions in that it includes events, items, services, handmade items and baked goods. It gets awfully noisy in what we call the "sanctuary."

Let's discuss bidding on the Silent Auction. Each item or event or service has a sheet on which you write your name and bid. Bid high, or check back, because someone may outbid you! If the bids are a fixed price, as with events, you win it when you write your name on one of the pre-numbered lines.

The "Win it now" price means that if you really, really, really want the item, you can write your name on the bottom line next to the "win it now" price and give the sheet to the table monitor. You pay that price – which is usually closer to the estimated value of the item – but that perfect item will be yours before the evening is out!

Live Auction

The Live Auction is when you get to hold up your number to bid on something as the auctioneer calls out the offered bids. This is the big time, the main event, the show, the major leagues, the cat's pajamas. This is when – unlike when you were in grade school and had to use the bathroom – holding up your hand could get you in serious trouble. But this is also the most fun part of the auction! Don't dare wave to someone in the front row, or you could be the proud, new owner of a tin birdcage.

Chance Auction

The Chance Auction is exactly that – all up to chance. You buy a sheet of tickets, and place a ticket in a small bucket in front of the items you want. Then, we pick a ticket from the cup, and if your number is picked, the item's yours. Winning or losing is pure luck. Unless you stuff the cup with tickets that cost you more than the item would have cost! And then you still might not win it!

And to those of you who believe that one person's junk is another person's treasure . . . get real! If it's your junk, it's my junk and it's their junk. If you donate something we cannot place in the Chance Auction, we will donate it to a worthy charity.

HONORING THE ANCESTORS

6th ANNUAL SPIRAL DANCE

*A ritual to honor our Beloved Dead
and dance the Spiral of Rebirth*

**Sunday October 28
6:30 to 8 pm**



We gather to remember and honor our ancestors, our Beloved Dead, and all those who have crossed over. As we mourn for those we love who have died since last Samhain, we also mourn the loss and pain suffered by the Earth, our Mother. Yet even as we grieve, we remember and honor the sacred cycle of life, death, rebirth and regeneration, celebrating the births of our children born this year and our own vital connections to the Earth and each other, in which we ground our hope. The **spiral dance**, also called the **grapevine dance** and the **weaver's dance**, is a traditional group dance. It is designed to emphasize community and rebirth, and is also used to raise power in a ritual.

*DRUMMING, CHANTING,
AND DANCING IN
COMMUNITY.*

**BRING DRUMS, RATTLES,
AND A PICTURE OF YOUR
ANCESTORS TO PUT ON
THE ANCESTOR ALTAR.**

All ages welcome

contact Theresa McReynolds for info.

Unitarian Universalist Congregation of the South Jersey Shore

Staff

Minister

Rev. Dawn Fortune (pronoun *they*)
minister@uucsjs.org

Music Director

Barbara Miller
uucsjsmusic@gmail.com

Director of Religious Education

Jessica Dunn Safonof
uucsjsdre@gmail.com

Office Assistant

Matthew Honig
uucsjsadmin@gmail.com

Bookkeeper

Kathleen Hartnett
uucsjs.bookkeeper@gmail.com



**P.O. Box 853
Pomona, NJ 08240
(609) 965-9400**

Board of Trustees 2018-19

Betsy Erbaugh, Marsha Hannah, Melissa Hutchison,
Shelee McIlvaine,
Charlie Roberts, Damon Smith, Karen York

Newsletter – Mariann Maene – newsletter@uucsjs.org

Visit us on the Web: www.uucsjs.org

October 2018

**Unitarian Universalist
Congregation of the South Jersey Shore
P.O. Box 853
Pomona, NJ 08240**

