

# Unitarian Universalist Congregation of the South Fork

September  
2014

977 Bridgehampton-Sag Harbor Turnpike  
PO Box 1444, Bridgehampton, NY 11932

[www.uucsf.org](http://www.uucsf.org)

**We are a spiritual community.**

## Valerie DiLorenzo In Concert Saturday October 18, 7 pm At the meetinghouse.

**Black  
List...  
songs that  
almost  
got away**



A lively night of show tunes and cabaret, celebrating the performers and composers who were blacklisted half a century ago in the first wave of our culture wars.

Cole Porter, Noel Coward, Mae West, Billie Holiday, Leonard Bernstein, Zero Mostel, Gypsy Rose Lee and more.

Valerie diLorenzo's award-winning one-woman cabarets and concerts have played throughout the East End and NYC.

Donations are \$20\*

(\*10% to the local food pantries)

For reservations or more information call 631-537-0132.

## Homecoming Weekend

The weekend of October 20-21 promises to be one you won't want to miss. On Saturday night UUCSF will host a concert featuring Valerie DiLorenzo. The next day is *Homecoming Sunday*, when we'll celebrate the thirty years since UUCSF first gathered in 1984.

Here's how you can help: We want to invite those who have been part of this congregation over the years, contributing their time and talents to its growth and advancement. Please search your records and memories for the names of these individuals (and their current addresses). While you're searching your memories, we'd love to hear your stories and anecdotes about the past thirty years, preferably in writing. Please send information to: Nancy ([minister@uucsf.org](mailto:minister@uucsf.org)) and Jeanne ([jkwisner@optonline.net](mailto:jkwisner@optonline.net)).

Thanks! *Nancy*



**Jazz Theology for our service August 3rd. From left: Kent Martin, Peter Weiss, Dick Behrke and Rev. Nancy Arnold.**



## From the Interim Minister

September has always been one of my favorite times of year. It feels like a “new year,” perhaps in part because it’s the start of a new school year, something to which I looked forward after the unstructured days of summer. For congregations and ministers, September is the start-up for the program year.

In most UU congregations, if they even gather for weekly worship at all, the summer services are more casual and less well-attended. However, at UUCSF, the numbers of people at the Sunday service remains at a fairly constant level. Folks who were new to me turned out to be longtime friends who spend summers in the Hamptons, so the summer is a lot like a family reunion for this congregation.

This year promises to be one of action and moving forward as we prepare for the arrival of a Developmental Minister next spring. With a lot of the nitty-gritty work done of assessing where UUCSF is now, and determining where you want to be by 2020, we will have the opportunity to transform the goals we’ve set together into a plan of action.

The *Transition Team* (Arden Edwards, Stuart Lowrie, Kent Martin, and John Tusa) deserves a lot of credit for organizing and facilitating small group meetings last spring. From the list that was developed, members were invited to write their names on four dots and vote for those areas in which they are most willing to commit their time. The categories under which ideas were grouped are: Membership Growth, Community Presence, Social Action, Adult Programs, Children’s Programs, Sunday Ser-

vices, Communication, and Meetinghouse/Grounds.

Tied for first place, with seven votes each, are working toward *Green Sanctuary* designation (through a UUA program) and having a *Choir! Immigration Reform*, creating a *Spiritual Center* for meditation and other programs, and having *intellectually challenging speakers on Sunday morning* tied, with six people each. *Green Congregation* and *Membership Committee* each had five interested people.

In June, your Board met in retreat to reflect on where UUCSF is now, and from the above list, to set the priorities for the next year. Recognizing the need to keep things manageable, the Board chose four areas on which to focus, taking into account that they need to be areas in which immediate progress could occur.

*And the winners are:* **Green Sanctuary** designation; **Intergenerational Activities/Groups**; **Sunday Services** (including the formation of a Choir); and **Green Congregation**.

During this process there was a marked enthusiasm for the congregation to re-engage in social action activity. In the absence of a designated Social Action Chairperson, the Board agreed that it would encourage individuals to take the lead for action on particular issues for which they have passion. Ask and it shall be given...

*John Andrews* has emerged as a leader for the **Green Sanctuary/Green Congregation** focus, with *Ken Ettlinger* and *Tip Brolin* as knowledgeable partners. The enthusiastic response to **immigration** talks by Sister Margaret Smyth (Director of the North Fork Spanish Apostolate) and Blanca Rodriguez (recently returned from a UUA-sponsored trip to the Arizona-Mexico border) prompted *Sylvia Baruch*, UUCSF’s newest member, to work with *Chris Epifania*, in coordinating people with tasks that will assist local immigrants.

Step right up – the new year is upon us!

Yours in faith,  
Nancy  
[minister@uucsf.org](mailto:minister@uucsf.org)

## Right Here, This Morning

Most mornings, after a shower and swim, I sit for a time on the patio in front of our garden. Noyac at this hour is silent: no lawnmowers, no airplanes, no distant conversations, or engines of any invention, as if I had awakened to an apocalypse.

The sun begins to brush the tops of the oaks, while tiny birds, the first to feel its warmth, flutter down from the branches; a white hydrangea nods in the background behind an orderly stand of cone flowers. In the corner of the garden is a formation of deep red cardinal flowers; an insect examines the petals of the rose.

Soon larger birds will awaken. Our two families, cardinal and blue jay, will attend to their morning feeding. Goldfinch and redpolls will examine the stems of the black-eyed susan for aphids. In the heat of the day a hummingbird will visit the bee balm.

But now, for this moment, I have no thought of my plans for the day, or of yesterday's outcome. Wide awake and utterly relaxed, the scene brings a sense of peace. I am content with it, one with all of this: the garden, these creatures, exactly as I am; no changes planned, nothing needed.

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Late in October we will begin to share our Meetinghouse with the Ocean Zendo Buddhists. This new relationship prompted me to attend a workshop during General Assembly led by James Ishmael Ford, a Unitarian Minister who is also a Zen teacher. When Michel Dobbs, the leader of the Ocean Zendo, learned of this, he loaned me a book which Ford wrote in 2012. The book is titled, *If You're Lucky, Your Heart Will Break: Field Notes from a Zen Life*. Like its title, the book relies on metaphor, and so lends itself to understandings which work for each individual reader.

With that in mind I ask you to accept that this is how I understood the messages I found here. Others will certainly bring different stories from it. Yet we all will find that these beliefs of Zen Buddhism have a great deal in common with our Unitarian Universalist beliefs. The primary difference seems to me to be one of emphasis and of method.

Unlike Western theists, philosophers and scientists, the goal of the Zen practitioner is not to describe the various mysteries of creation or the nature of existence, but to live an enlightened life. The successful practitioner strives for enlightenment through understanding the teachings of the Buddha and through the discipline of meditation.

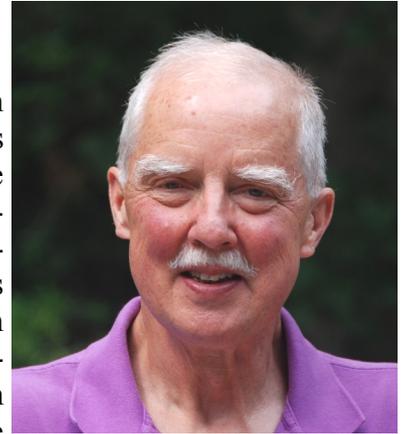
The garden, of course, is my wife's enterprise. Yet from a Zen point of view, it is not my wife's, but part of the web of existence in which we all take part. In this sense, the names of these plants and animals, soil, air, my name or my wife's name are illusions, an attempt to separate things which are inseparable. In this understanding, death itself is an illusion. The particles which form us now are as integral to this web as any and all particles.

Other Zen concepts are easier to understand: Revere Life, Speak Truthfully, Do Not Steal (or exploit others), Seek Justice, Seek Clarity, Respect our Bodies. These mirror many of our own principles. Where do we differ? Consider our emphasis. Most of us would agree that a key goal of our congregation is to create a nurturing community. If Zen practice can be said to have a goal, it is the awakening of all beings, ourselves included, with the aid of a teacher and a community. Their method is to listen and to meditate each day for as much time as a follower can give; many hours of group meditation each week, entire days when possible.

This demanding discipline is open to anyone prepared to show up, sit down and listen. Some of you may have already taken a step down this path.

As for myself, I intend to learn more.

Mark Potter



## September Service Calendar

### September 7

#### Ingathering Service

**The Rev. Nancy O. Arnold**

**Musician: Walter Klaus**

There are many traditions at UUCSF. One of these is the annual coming together after a summer of less-structured services and activities. In this Service for All Ages, we will mingle the waters to symbolize this time of re-connecting as a congregation. Please bring a small amount of water that represents wherever you have been this summer.

### September 14

#### Journey to the Unitarian Heartland

**Marilyn Mehr,**

**with Worship Associate Sue Penny**

The speaker joined local and American UUs on a study tour of early Unitarian sites in Transylvania, Hungary, Poland, and the Czech Republic. During the Reformation, this area was a center of Unitarianism's "Golden Age." Their insistence on reason, tolerance, and social ethics produced a transformative effect on religious thought that can still be seen today.

### September 21

#### Love Reaches Out

**The Rev. Nancy O. Arnold,**

**with Mark and Martha Potter**

*Love Reaches Out* was the theme of this year's UUA General Assembly. From the perspectives of two first-timers and a seasoned attendee, we will bring home some of the excitement we experienced in workshops, worship, meetings, and lectures.

Service Date	Greeter	Hospitality
Sept 7	Ingrid Krinke, Myrna Truitt	Sara Gordon, Jim Thurman
Sept 14	Rhonda Liss, Reid Streiby	Carol and David Holstein
Sept 21	Jim Thurman, Carol Mason	Carl and Pam Wittenberg
Sept 28	Mark Ewald, Sylvia Baruch	Anita Wright

Should you need to arrange a substitute, please notify our administrator, of the change you have made. 631-537-0132

### September 28

#### Worksongs and Trust:

#### Exploring Faith Through Song

**Bennett Konesni,**

**with Worship Associate Sue Penny**

**Musicians: Bennett Konesni and Edith Gawler**

Edith and Bennett will explore and demonstrate the concepts of trust and faith through group singing. By using worksongs they will explore principles of good leadership and followership, and the trust that develops between the two.



**Worship committee welcomes new member Bev Krouse. From left: Pat Gorman, Sue Penny, Rev. Nancy Arnold, Bev Krouse, Kent Martin, Tuna Flores. Members John Andrews and Chris Epifania not shown.**

## Events for September

**Sunday, September 7, 10:30 am**

**Religious Exploration** Our children's program will begin at the Meetinghouse. Jamie Wilson has accepted the position of RE Educator.

**Sunday, September 14, 9 am**

**Action Committee on Immigration** Join us for a meeting to discuss specific actions that can be taken by the UUCSF to work with Sister Margaret and others to help the immigrant families and their children who have just arrived in the United States.

**Sunday, September 14, Noon**

**Qi Gong for the Autumnal Equinox** Join us as we tune in to our own balance and harmonize with the coming moment of exquisite celestial balance between the earth and the sun and between day and night. For more information, call Tina Curran 723-1923.

**Tuesday, September 16, 7pm**

**UUCSF Board Meeting** Board meetings are open to all members and friends of the Congregation.

**Sunday, September 21, Noon**

**Dress Down Sunday** There will be some general landscaping chores and weeding to take care of around the grounds.

**Sunday, September 21, 2-4 pm**

**Edna's Luncheon Ministry:** "The Earth Plane is a Wonderful Classroom..." This statement by Alan Cohen will be the focus of Edna Trunzo's spiritual luncheon. Edna is an inter-faith minister. Participants will be talking about how life lessons help build inner strength and help to develop inner peace. Call (631) 604 1080, or e-mail; [etrunzo\\_06@yahoo.com](mailto:etrunzo_06@yahoo.com) Contributions toward the cost of lunch are appreciated.

## Search Committee

The Rev. Keith Kron, UUA Transitions Director, visited our congregation on July 20, leading us in worship and answering questions, following a picnic at the Teepee. He shared some important information on the search process and learned more about the UUCSF.

The search committee will work closely with his office to find the best candidate. Keith explained that the developmental ministry gives the congregation an opportunity to build trust and confidence again, and to deal with chronic issues such as membership and aging out. Developmental ministers are specially trained for this position. He advised the search committee to be honest, and to take time in making its choice, stating that it is better to do things well, than quickly.

Our application has been sent to the UUA, and we expect applications in the fall. The search committee's candidate of choice will be invited to visit us with his or her family and preach a sermon to the congregation. A congregational meeting will be held to vote on the candidate. Keith recommends 90-95% approval of the congregation.

Please take the time to read Keith's sermon on our website [UUCSF.org](http://UUCSF.org), if you were unable to attend the July 20 service or picnic.

Martha Potter – UUA liaison for the search committee



**Keith Kron meets congregation members and friends at the Teepee, thanks to the generosity of Bill Dalsimer and his sister, Nan Corliss.**

We strive for peace in our hearts and in the world around us.

**July 4<sup>th</sup> Parade:** A hardy group from the UUCSF led by Aubrey Burch marched in the Southampton Parade. After waiting in the rain for almost two hours, adorned in their “Standing on the Side of Love” tee shirts, they carried the UUCSF banner and our “Standing on the Side of Love” Banner.



**From left: Carl Wittenberg, Pam Wittenberg, Jeanne Wisner, Ken Ettliger, Martha Potter, Kent Martin, Aubrey Burch, Bev Krouse. Mark Potter is behind the camera.**



## Notes from the UUA General Assembly:

Mark and Martha Potter and Rev. Nancy Arnold attended the 53<sup>rd</sup> General Assembly along with almost 5,000 Unitarian Universalists who filled the Dunkin’ Donuts stadium in Providence with high energy music and inspirational messages. This year’s banner parade included banners of nearly 1000 congregations.

Mark and I attended a dozen different workshops. Those I attended emphasized different ways to view worship. Mark took in two workshops about technology and communication. We both attended a workshop on aging, another on Buddhism in the UU, the Starr King President’s Lecture and the Ware lecture. It was an intense 5 days.

The descriptions of worship encompassed services with circus props, belly dancers and processions as well as more contemplative services where all members of the community are invited to tell their stories and the minister sees himself/herself as a “curator of life experiences”. Many congregations extend their community activities to include cafés, yoga, writing groups, movies, and book groups. One minister reached out to local artists creating a diverse art community called “The Sanctuaries” for spiritual and art connections. Lucy Stone housing, a UU community cooperative house, was formed in Boston, living the UU values.

The UUA provides resources in technology through the church of the larger fellowship and the UU Media Collaborative. Technological innova-

tions included ideas for a Facebook page to reach out to the larger community, and videos with camera or cell phone. Some suggested topics for one minute videos are: “Why I am a UU”, “Interfaith Members”, and “What happens here”.

Activities that represented UU principles were presented in a workshop on RE, and the possibility of having RE classes at a time other than Sunday morning was discussed. The leader of the workshop on aging suggested that pastoral care should be the work of the whole congregation and that a life crisis form, with names and phone numbers of people to contact in an emergency, should be on file at the meetinghouse.

The Starr King President’s lecture, “A larger love; embracing multi-religious life,” included a Jewish UU minister, a Muslim UU minister and a Buddhist UU minister. “Love seeks to know the other as other.” The Ware Lecture was by Sister Simone Campbell, who led the Nuns on the bus and has devoted her life to immigration reform, health-care and economic justice.

This year’s GA theme, “Love Reaches Out,” focused on reaching out to everyone; those of other religions and the nonreligious; people of all ages. We returned to the UUCSF excited about sharing our space with the Zendo Buddhists and other groups that complement our UU principles.

Martha Potter

## What's Happening

**Facebook:** Check out our new Facebook page. Click on the Facebook link on the UUCSF web-page or our weekly announcements.

**Immigration Action Committee:** Sylvia Baruch and Chris Epifania led a meeting on August 10, to determine the types of actions the members and friends of the UUCSF can take to help the new influx of immigrant children on the East End. Many people were very moved by Sister Margaret's sermon and wanted to help. Four suggestions were made: 1. Volunteer weekly at the Riverhead Library to help with homework. 2. Host immigrant families by inviting children and their families on an excursion. 3. Donate something children need, such as school supplies and clothing. Sister Margaret can supply a list. 4. Ask the Helping Hand Fund to use some of their funds for gift cards to buy school supplies. If you want to help, contact Sylvia Baruch or Chris Epifania. The next meeting will be on Sunday, September 14 at 9:00 am at the Meetinghouse.

**Potluck at the Teepee:** On July 20, after service, Bill Dalsimer hosted a pot luck luncheon. After enjoying a relaxing lunch, members and friends met with The Rev. Keith Kron, who answered questions about developmental ministry and the process of choosing our future minister.

**Helping Hand Fund:** The Helping Hand Fund donated another \$1500 to the North Fork Spanish Apostolate to help buy supplies for children attending three programs in Riverhead: a 4-H sleep away camp, a two week Park and Recreation day camp, and a sports day camp at Mercy High School.

**Fellowship:** Pam Wittenberg writes: This will be the first, but not the last year that our guests for the August 17 summer picnic will be the Sag Harbor Synagogue, Rainbow School, New Thought, and Ocean Zendo. As comrades sharing our congregational site, it feels good when we find common ground among ourselves. There are so many ways to participate, and the invitation is always open to anyone interested in joining this committee. The more eyes and ears we have, the better we can be in fellowship with each other.

Remember the Neighborhood Groups? They were designed to provide a way to follow up with fellow congregants living in your area, such as before or after a major storm or to let someone know what's been happening with you. Fellowship will be revitalizing Neighborhood Groups with the goal of them becoming more of a viable go-to service for each of us. Our food pantry donations have been sparse in the summer, and food pantries are running low. Please remember your neighbors in need.

## Highlights of the Board, August 14

The Treasurer provided a 3-year analysis, showing cash on hand starting with \$25,000 and ending in 2014 with \$65,000, due to our mortgage payout and demonstrating conservative money management. Board members voted to proceed with solar panels, contingent on a no interest loan New York State offers.

Administrator, Kat Gioia, has resigned. Our bookkeeper, Kelly Glanz has been offered the additional hours.

The next Board Meeting is September 16.



**Minister:** the Rev. Nancy Arnold  
Phone: 516-612-7909

**UUCSF Contact information:**  
Administrator: Kat Gioia  
631-537-0132 [admin@uucsf.org](mailto:admin@uucsf.org)

**UUCSF Board:**  
**President:** Mark Potter  
**Vice President:** Sue Penny  
**Secretary:** Myrna Truitt  
**Treasurer:** Imke Littman  
Margaret Pulkingham  
Pamela Wittenberg

**Newsletter Information:**  
Deadline is the 10th of each month. E-mail copy, photos and events to Martha Potter [mtpotter@optonline.net](mailto:mtpotter@optonline.net) Please start subject line with "UU newsletter".

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Photographs by Edna Trunzo

## Green Corner...

### Notes and Photos from the Field

As I write this article, I am still in full swing teaching Field Ecology programs with children on the East End. I thought I would share with you some of the interesting discoveries we've made this summer, both in and out of the water.

This grey tree frog (*Hyla versicolor*) was found hopping under the picnic tables near the playground at Cedar Point County Park, in East Hampton. The grey tree frog has warty skin that changes color



based on its natural surroundings and other environmental factors (such as season and humidity). Its large toe-pads excrete mucus that allows the frog to stick to vertical surfaces like glass windows and smooth tree bark. Cool fact: Much of its body can freeze during the winter, but the frog keeps its blood flowing by producing glycerol, which acts as an anti-freeze!

The Northern kingfish (*Menticirrhus saxatilis*) was found in the seine net as we explored Shinnecock Bay in Hampton Bays. These bottom-feeding fish can tolerate low salinity levels and are usually

found in shallow waters, from, Maine to Florida and in the Gulf of Mexico. We kept this beauty in an observation tank for a little while, and then released it unharmed.



I found this striking red beard sponge (*Microciona prolifera*) in Squires Pond, Hampton Bays! These sponges grow on rocks, and pilings in shallow waters of our bays. This animal's growth pattern has many folds, providing important habitat



for small crustaceans, worms and other creatures. Red beard sponges are filter feeders and, in turn, are eaten by sea stars and diamondback terrapins.

Luckily for me, exploring the land and water does not end, as summer does. I am looking forward to seeing what we find this fall in the woods, swamps, bays and sandy beaches of our most beautiful East End of Long Island.

Anita Wright



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