

Unitarian Universalist Congregation of the South Fork

October
2014

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

www.uucsf.org

We are a spiritual community.

A 30th Anniversary Homecoming Sunday October 19, 2014

Help us celebrate 30 years on the East End
**Homecoming Sunday
October 19, 2014,
Service at 10:30 followed
by lunch**

Today's congregation is welcoming back every-
one who has helped to keep us here.

For a ride or overnight booking please call the
office and leave a message: 637-537-0132

And don't forget...

Saturday October 18, 7 pm

Valerie DiLorenzo In Concert

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



UUCSF Goes Solar

The problem with solar electricity has always been cost. When our meetinghouse was built, a solar system that could provide enough electricity to equal what we used would have cost more than \$200,000. However, with the recent price drop of photovoltaic solar panels, it occurred to me that we might revisit solar energy. A contractor confirmed the price drop and gave me tentative cost numbers that I found very encouraging.

At this point I knew I needed help. I called on Tip Brolin and Ken Ettlinger, both of whom, besides being very capable technically, also know the meetinghouse well. Tip led the Home Team that built the meetinghouse, and Ken is our current Buildings and Grounds chair. We went to the Board with a three-stage plan. *Stage 1* was to gather more detailed information. If that



proved positive, *Stage 2* would be to select a suitable contractor and have a congregational conversation about the plan. If the results there were favorable, *Stage 3* would be to establish financing and go ahead with the project.

After the Board approved *Stage 1*, we selected three contractors with excellent Better Business Bureau ratings as well as experience on the East End. One proposed an 80-panel roof-mounted system that would save us over \$4,500 annually. The cost after rebate would be \$51,500...a huge drop from what such a system would have cost just a few years ago. Moreover, I calculated that this system will reduce our carbon-dioxide emissions by 16 tons a year, more than what is emitted by three average New York State homes.

Continued on page 5

From the Interim Minister



October begins in the midst of the Jewish Holy Days that span Rosh Hashanah (New Year) and Yom Kippur (Day of Atonement). During the ten Days of Awe, Jews are called to review how they have lived in the year past, to atone for wrongs by asking forgiveness from those they may

have hurt, and to promise not to willfully repeat the transgressions of the past.

The *Torah* introduces the concept of the Jewish people as “the chosen.” While interpretations of this vary, Judaism maintains the belief that Jews have been chosen by God for a purpose. At the center of this belief is a Covenant in which the Israelites agreed to worship God and to obey the Commandments.

Unitarian Universalists are not (necessarily) a “chosen people.” We are people who choose. We *choose* to be part of a religious community which respects the inherent worth and dignity of every person. We *choose* to belong to a congregation in which members accept and encourage one another's spiritual growth. And we *choose* to participate in the life of the congregation; or not.

Like Judaism, Unitarian Universalism is rooted in covenant. Today's UUA *Principles and Purposes* are written as a *Covenant* that member congregations affirm and promote. This concept of covenant harkens back to the “free church” tradition of 17th Century New England when the Puritans organized themselves in a non-hierarchical structure. In one of the earliest covenants on record (the Salem covenant of 1629), the members established a congregation in which “we... do beyond ourselves... to walk together.”

In 1648, the *Cambridge Platform* was the governance document for congregations such as ours. It was the result of many conversations that encour-

aged deep listening and discouraged arguing. In the end, they chose a structure in which everyone had a voice and a vote, and each was responsible to his/her conscience as well as to each other. Each congregation was autonomous, and in keeping with the standard set forth in the Cambridge Platform, each wrote a covenant about how its members wanted to behave in relationship to one another.

A Covenant is “an agreement arrived at after discussion in which the parties involved promise to honor their respective and communal obligations to themselves and each other and the group as a whole.” (*American Heritage Dictionary*) The covenant is more than just a written agreement; it is a practice in which all participate.

The covenantal nature of our congregations continues today. Each congregation is autonomous, and chooses and ordains its ministers. A UU minister has “freedom of the pulpit” (the right to preach whatever truth s/he holds). UU members have “freedom of the pew” (the right to hold their own religious beliefs). When Minister and Congregation seal their relationship with an Agreement (a Covenant, not a contract) it is with the expectation of mutual respect for their individual beliefs.

Let's take a page from the Jewish holy days and reflect on how well we practice our principles of respect for, and encouragement of, one another in our spiritual growth. And like our Puritan forebears, let's encourage deep listening to ensure that every member's voice is heard as we prepare for the arrival of your new minister next spring.

Yours in faith,
Nancy
minister@uucsf.org

**George Baird
and Marilyn
Mehr at the
Meetinghouse
Sunday Sept 14.**



Just short of salvation

I was raised in a Connecticut town which had been founded 300 years ago, when the farmers in the settlement grew tired of walking six miles on Sunday to the nearest Congregational church. I imagine the twelve mile round trip didn't seem much like a day of rest...but with eternal damnation as the alternative, it seemed to them the easier path.

Today when I describe my own Sundays to my non church-going friends on the East End, I sometimes get the feeling they see me as odd, and possibly as misguided as those ancient ancestors who walked twelve miles in a day to avoid damnation.

So why do we show up on Sundays?

I may not be the best person to answer that question. If you were to ask a leopard why he has spots, he would probably answer: "There is no other way to be: mother had spots, father had spots; we all have spots."

One of our recent guest ministers pointed out that most of us who show up on Sundays have had some form of religious experience as children, whether Catholic, Jewish, Protestant or former UUs. Did we get into the spiritual habit as children and find that our habits comfort us? If this is the only answer we can offer, it would not be very compelling to a person raised with no experience of church whatsoever. These are the friends who give me a quizzical look when I tell them what I am doing on Sunday.

So beyond the comfort of a familiar habit, what is it that a person who has never participated in a church or synagogue might find compelling? No doubt each of us will have a different view of this. For me, as a start, Sunday service is a break from what I think of as the treadmill of expectations; the demands that I make of myself and the hopes that others have for me. It gives me time to take a breath; to consider where I am at the moment, and where I want to be. In a sense, it is a guided meditation with the readings, the sermon and the hymns guiding my thoughts, inspiring me, challenging me and, when I am open, gently chastising.

Here I find help with the gnarly questions of life: Am I valued? Why do I hurt? Whom have I hurt? Why am I in the dumps? What can I do about

it? Better yet, I can consider these in my own time, taking what I want and not fretting about the rest; occasionally even experiencing a sense of gratitude.

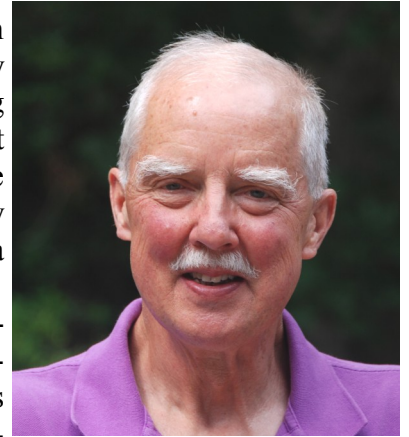
As deeply personal as this experience is, for me it is more effective because we are doing it as a group. The very elements which might seem silly to those observing our service from the outside: the singing, the group readings, the ritual; all work to bind us together, reinforcing the entire experience.

Alone, I can build a wall around myself: of bravado, parental admonitions, platitudes, guilt and righteous rants. Together, during service, a few words in a hymn, a reading, or in a speaker's message, even if off the mark, will pull a brick from that wall, and then another, helping me to see myself and those around me more clearly.

Do other people need such an experience? If we consider all the time and money we spend on self-help books, 12-Step groups, and therapies ranging from in-depth psychoanalysis to exotic medications, clearly the answer is *Yes*.

We have all read the studies which apparently show that churchgoers live longer. But the promise we can offer is more certain than a longer life or eternal salvation. The promise we can offer is a deeper level of satisfaction right now.

Mark Potter



October Service Calendar

October 5

Why Coming Out Still Matters

The Rev. Nancy O. Arnold, with Stuart Lowrie

October 11 celebrates National Coming Out Day, an observance dating back to the first political march on Washington by the GLBT community in 1987. Today we will reflect on the coming out experience then, and now.

October 12

The Things We Carry:

Need We Lighten the Load? Bill Dalsimer, with Worship Associate Chris Epifania

We carry the emotional baggage of a lifetime: joys, loves, hatreds, angers, superstitions, disappointments, hurts, satisfactions, and even other people. When do we need to lighten the load? And how do we do it?

October 19

Homecoming Sunday

The Rev. Nancy O. Arnold

"Homecoming: A coming to or returning home." The congregation of today stands on the shoulders of all those who played a role in this congregation's development since its inception. Though many of the faces have changed, the primary purpose for this gathering has not. The "search for truth and meaning" and "nourishing mind and spirit" continue to be the threads that make this the spiritual home it is. Folks from days past have been invited to join us as part of a homecoming celebration for this 30th anniversary of the congregation's founding.

October 26

Animal Blessing: In the Beginning

Worship Associate Sue Penny

Musician: Nancy Remkus

Bring your animal friends in a tank, cage or on a leash to celebrate their meaning in our lives. If your animal is not so mobile, feel free to bring a photo. We will also contemplate the creation stories of many religions, and enjoy the music by Nancy Remkus.

Events for October

All events Free and held at the Meetinghouse

October 1 – December 1 Art show featuring Elaine McKay's pinhole photography. Elaine has taught pinhole photography in public schools and colleges since moving to the East End in 1988.

Thursday, October 9, 7pm

UUCSF Council Meeting:

The Council consists of Board Members and Committee Chairpersons.

Sunday October 12, Noon:

Free Qi Gong Class

Come tune in to your body's connection to the earth. It's that magic time of year between the harvest and the beginning of fall. All are Welcome. For more information call Tina at 723-1923.

Tuesday, October 14, 1 pm

Discussion group

A new discussion group begins for further exploration and discussion of topics of interest to the congregation beyond Sunday morning services. The first topic is a "Conversation about God."

Saturday, October 18, 7 pm

Valerie Di Lorenzo stars in *Black List...the Songs That Almost Got Away*

This is a benefit concert for the UUCSF that will include songs by Cole Porter, Noel Coward, Mae West, Billie Holiday, Leonard Bernstein, Zero Mostel, and more. Donations are \$20.00 (10% to the local food pantry.)

Sunday, October 19

Homecoming Sunday, 10:30 am

Members and friends of the congregation will join to celebrate the thirty years since UUCSF first gathered in 1984. All those who have been part of this congregation over the years, contributing their time and talents to its growth and advancement are invited. A luncheon will be served following the service.

Sunday, October 25, Noon

Dress Down Sunday

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

Kelly Glanz

Kelly Glanz started as our new administrative assistant in September. She has been our bookkeeper for the last three years, and is familiar with our UU principles, knows most of the members by name, and knows the building. Because she works once a week late in the day, she has not had a chance to meet many of us. That might change, over the next few months. Kelly will be at the meetinghouse two times a week, when she will combine her work as administrative assistant with her bookkeeping responsibilities.

When Kelly started as bookkeeper three years ago she was familiar with the bookkeeping system Quickbooks. We started from scratch setting up the Quickbooks in-the-cloud system, creating the entire system as we have now. With some outside help she learned in no time how to set up the books, always willing to ask questions and learn something new.

A college graduate, Kelly grew up in Connecticut and lives in Southampton with her husband, Devin, her son Dylan (6) and her daughter Natalie (4). She is actively engaged in her children's school life, helping with fundraisers, outings, etc.. This in turn involves her with other parents and the local community. She also takes care of her husband's irrigation company books

She is a dedicated mother, but also dedicated to her work, and combining these two facets of her life sometimes is complicated. She understands our UUCSF needs and tries to be as flexible as possible, often working from home on our Quickbook in-the-cloud system while the children are occupied elsewhere or are sleeping.

Kelly likes to travel, trying to go at least once a year on a family trip. Disney Land, Cape Cod and the Caribbean, or a cruise, have been on her list;



**Imke Littman
and Kelly
Glanz, our new
administrator.**

Service Date	Hospitality	Greeters
Oct 5	Bill Dalsimer, Sylvia Baruch	John Andrews, Paul Berman
Oct 12	Mark and Martha Potter	Arden Edwards, Myrna Truitt
Oct 19	Fellowship Committee	Sylvia Baruch, Jeanne Wisner
Oct 26	Arden Edwards, Hilary Helfant	Pam and Carl Wittenberg
Should you need to arrange a substitute, please notify Kelly Glanz, our administrator, of the change you have made. 631-537-0132		

basically anything where the entire family has fun. She also is disciplined in her exercise regimen, whether it be at home or at the gym.

The best part is Kelly's genuine cheerful personality. She is a *yes-I-can*, or *at least I-will-try* person, with a positive outlook on life.

Imke Littman

Solar panels continued from page 1

The board decided to raise some of the money and borrow the rest, paying off the loan with the money we save on our electric bill. We quickly received promises of more than \$30,000, meaning we would have to borrow less than half of the system's cost. We have signed a contract with SUNation Solar Systems, Inc. and have applied for a low-interest loan from New York State. Construction will probably start in November, and we hope to be generating carbon-free energy as early as January.

I see this solar project as the leading edge of a broader program in which we gain recognition by the Unitarian Universalist Association as a Green Sanctuary. This will involve several projects incorporating green themes in worship, religious exploration, environmental justice, and sustainable living. You'll be hearing more about that in the months to come.

John Andrews

Religious Exploration

Our new Religious Educator

Jamie Wilson



Exploring the world's major religions is about curiosity, appreciation, understanding, self awareness, respect...

This year's Children's RE curriculum came out of parents' desires to help their children explore, and hopefully to find a spirituality of their

own...an understanding of the world around them and within themselves, that speaks to their hearts and minds.

Following the UU tradition of the interdependent web of life, we will explore not only how religious traditions came to be, what view they were born out of, and how they have sustained their people, but also how so many similarities exist: how, although we have our differences, and celebrate in different ways, the main needs of most all people are really quite the same.

My own background is of the Catholic & Presbyterian Christian faith, my mom being the former, my father the latter. We attended both churches and religious instructions for many years growing up. (I often joked for my young adult years that I had had enough church to get me through not attending for quite a while!). While those transformational years gave me time to explore and question my faith and beliefs, they also made me realize that belonging to a group is often an integral part of a religious or spiritual life. I grew up in the same community as my parents and grandparents, with a huge amount of support and resources. I realize that it was not simply the length of time my family had lived here in Southampton that gave us that grounding and support, but rather the commitment to, and support of, and from, wonderful groups of people who have all invested in the betterment of the whole; often sacrificing themselves to see others grow and flour-

ish. I have been deeply blessed to be part of such groups in our community, working together to make our lives and ourselves better.

My wedding was like an Amish barn raising, with all of our parents' friends and our friends coming together to make it all happen. Although I had personal difficulties with some of the churches' dogma, I know that when people are asked as a group to guide a baby in the years to come at its baptism, and welcome him or her into that group's support, and be part of the "village that it takes to raise children", it is a wonderful and important part of living our lives together to the fullest.

I see that commitment to the whole here at UUCSF: the welcoming respect for all who enter; the reverence for nature and life itself; the desire to guide children and help to give them many of the tools they will need to navigate their future; a place where individuals can truly explore their beliefs and form their own personal spirituality/faith/realizations. I am honored and delighted to be one of those helping our children to grow in this special community, where the main focus, no matter how we get there, is always LOVE.

Jamie can be reached at :
wilsonjamison@hotmail.com

Highlights of the Board

We have raised close to \$30,000 for the Solar Panel project and we will need to borrow approximately \$20,000.

The Board is investigating how to record Sunday sermons to post on Facebook and will ask that our Facebook address be written on the Sunday Order of Service for broader outreach. Purchasing, and training volunteers to operate an AED (automatic external defibrillator) which would hang next to our sanctuary, is being proposed.

Meetinghouse projects are to renovate the entrance ramp, put in a new office, and build a storage closet for our tables. The Council will meet again on October 9.

Pam Wittenberg

What's Happening:

Report from Fellowship, by Pam Wittenberg:

The August 17 summer picnic "soirée" at the meetinghouse was well attended by our guests, and it was wonderful to have a relaxed atmosphere in which to get to know them with food and drinks aplenty. Given that many from our congregation were out of town, next year Fellowship will host the summer picnic earlier in the summer, and hopefully by then our "guests" will feel like friends.

As you see the folks from Ocean Zendo, New Thought, and Rainbow School gathering here as tenants, or for events throughout the year, please stop and say hello. Again, we are comrades sharing our congregational site, and it feels good when we find common ground among ourselves.

In the weeks ahead, Fellowship will be contacting some of you to ask whether you can be a contact person for your Neighborhood Group. Once all groups are re-established, and each has a contact person, then you will be given the name of your contact person in the case of need. The point of these groups is for each of us to know whom we can reach out to on any given day and to have a support network in place with UU neighbors living nearby. We would be a poor community indeed if we only felt cared for on a Sunday or whenever we are able to show our faces.

Please, please, our food pantry donations are running low. Remember your neighbors in need, just as you would want them to remember you in similar circumstances. *Karma!* What goes around, comes around.

Report from the Search Committee, by Diana Lindley:

The Search Committee has completed a

list of questions we want to ask the candidates for our developmental minister when we interview them on Skype.

We have agreed that we are looking for a leader and a teacher who is energetic, creative, confident, articulate and inspirational. We are looking for an exemplar of Unitarian Universalism who is true to UU Principles and who has a vision of the importance of Unitarian Universalism. We also want an emotionally connected person who is warm and has empathy, who is sensitive to needs, and who is a good listener. We expect to start receiving resumes in November.

Conversation about God: Tuesday, October 14, 1 pm at the meetinghouse: In response to requests for more time to explore certain topics, a new Discussion Group will convene on Tuesday, October 14. Several topics have been suggested for further exploration and discussion beyond Sunday morning services. The topic for October is "*God*."

This initial meeting is to help to get things started, so if you're interested in participating but can't make the gathering, please let me know so we can take that into account when scheduling subsequent meetings. Hope to see some of you there!

Nancy minister@uucsf.org

Art Show at the meetinghouse: Elaine McKay: Pinhole Photography October 1 through December 1 Elaine McKay lives in Sag Harbor. In 1969 she was studying photography, but on her first assignment her lens cameras broke and the only camera she had was a borrowed pinhole which used 35 mm film. Elaine now teaches pinhole photography and her photographs are in many international private collections.



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UUCSF Board:
President: Mark Potter
Vice President: Sue Penny
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Newsletter Information:
Deadline is the 10th of each month. E-mail copy, photos and events to Martha Potter mtpotter@optonline.net Please start subject line with "UU newsletter".
Editor: Martha Potter 725-0450
Copy Editor: Bev Krouse
Worship Editor: John Andrews
Staff Writer: Anita Wright
Graphic technician: Mark Potter
Photographs by Edna Trunzo

Green Corner:

Strange But True: Dancing Aphids and Honeydew Feasts

Just when I thought things couldn't get any weirder (or more fascinating) in the natural world, enter *Grylloprociphilus imbricator*, a.k.a. the beech blight aphid, sometimes called the beech woolly aphid, or even the boogie-woogie aphid. Then there's the fungus, *Scorias spongiosa*, (common name, sooty mold) which feeds on the excrement (referred to as "honeydew", no lie) of the beech blight aphid. If any of the above seems even remotely intriguing to you, I invite you to read on.

I happened upon beech blight aphids while walking with my family and some friends in the woods of Stony Hill a few years back in late August. This particular species of aphid forms dense colonies on the branches and leaves of the American beech tree, *Fagus grandifolia*, and feeds on the tree sap. When disturbed, the light blue aphid will wave its back end, which is covered in a white, woolly "fluff." At first glance, the whole branch looked like it was covered in dancing snowflakes, a mesmerizing sight! Upon closer inspection, we realized it was alive! I thought we had discovered a new species, while the kids wondered if aliens had landed in Stony Hill!

After poking around the Internet, I learned that we had seen the beech blight aphid in all its glory. There seems to be a lack of agreement about

whether or not the aphid poses a serious health threat to beech trees, although it does seem to damage and stunt the growth of smaller limbs on the trees. What I didn't know at the time was that after feeding, the aphids exude a tremendous amount of "honeydew", which provides a feast for the fungus, sooty mold.

As fascinating as it is to see the aphids first hand, in their full tilt boogie (which begins around mid-July), the "blight" seems to go through cycles, the result of a parasite within the colony that controls the population of aphids. But you can view the boogie-woogie aphid RIGHT NOW, at <http://www.youtube.com/watch?v=dXv3b7GvPQY>.

References:

<http://extension.umass.edu/landscape/fact-sheets/beech-blight-aphid>

http://botit.botany.wisc.edu/toms_fungi/sep2007.html

Anita Wright



Unitarian Universalist
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