

Unitarian Universalist Congregation of the South Fork

February
2012

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

www.uucsf.org

We are a spiritual community.

Two-Day FREE Holistic Healing Clinic

Friday, Feb. 24, from 3 to 7 pm and
Saturday, Feb. 25, from
9 am to 1 pm

Evaluation by
Holistic Doctor

Massage

CranioSacral
Therapy

Acupuncture

Aromatherapy
Facial

Acutonics



Brennan Healing
Science Practitioner

On Friday from 3 to 5 pm
Stress Busters
for children ages 7-12

This is our third annual Holistic Healing Clinic. See a list of practioners on page 5. You can also email Jeanne Hoenig at jkhoenig@optonline.net and please put Holistic Clinic in the subject line.

New Coffee House Opens February 18, 7-9:30 pm



We want to invite you, your family, and friends to The Grotto, our new coffeehouse. Beginning on February 18, it will be held at the meetinghouse on the third Saturday of each month from 7-9:30 pm



There'll be something for everyone. What's that sound? It's sing-along. It's people playing chess, checkers, backgammon, Scrabble, or cards. It's a lively discussion unfolding. What's that fragrance? It's freshly brewed coffee, tea, and cakes to enjoy with company.



Admission to The Grotto is free. Don't miss checking out the music, games, great people, and plain old good fun. Look for us at 977 Bridgehampton-Sag Harbor Turnpike, Bridgehampton, NY. See you there!

Pam Wittenberg
cpwittenberg@optonline.net

Art Sale

All of Hilary Helfant's paintings which grace our meetinghouse are now for sale, with 40 percent of each sale going to UUCSF. There is a price list at the meetinghouse; purchases should be made through the artist. The sale will end on March 4.

Hilary Helfant, previously a professional, exhibiting artist in New York City, has received many awards and honors. She has twice been a visiting

artist at the American Academy in Rome, and has had fellowships to live and work in Japan, Germany, India, Virginia and California. Her work has been exhibited locally at the Spanierman Gallery, Guild Hall Museum, and in group shows at the Arlene Bujese Gallery. She currently heads an art school for adults and children in Bridgehampton. (butterlaneartacademy.com)

Thoughts from Alison...

What, me, maladjusted?



As I write these words, the annual commemoration of Martin Luther King, Jr.'s birthday is just concluding. As in each preceding year, the day offered opportunities to rededicate ourselves to the still-unfinished legacy

of King's work: a nonviolent overturning of systems of injustice and inequity. This year the NAACP issued a call for voting rights of all citizens, social service agencies asked for an increase in volunteerism, and from every quarter we heard, "get the quote right!" on the new memorial honoring King in Washington, D.C.

I like to spend at least part of the MLK holiday reading his own words, and deepening my meditations on my role in bringing about the beloved community. (Check out Beacon Press' new series of King's works, http://www.beacon.org/client/client_pages/kinglegacyseries.cfm). Yet the words that I return to, again and again, are right in our hymnal, Reading # 584. "*There are some things in our social system to which all of us ought to be maladjusted.*" The words that stand out for me are "all of us" and "maladjusted." I love it that all, privileged and not, oppressor and oppressed, are called to notice, and resist, what our society lifts up as "normative."

When it comes to greater life for all peoples, Unitarian Universalism doesn't buy this idea of an unchanging, fixed, reality. We believe that the future is yet to be written, and that we are part of that writing team. But it's a hard position to hold to; the temptations of comfort, conciliation and conflict aversion abound. It is so easy to be seduced into adjustment; accommodation; that what is ... is what must be; that our task is to modify our own hopes and expectations for a world that is different.

Society's script is thus: accept war, poverty, and discrimination, for they are the norms, and saying otherwise is folly.

King's words remind me of the oft-recounted modern parable of the floating babies. Once upon a time there was a small village on the edge of a river. The people there were good, and life in the village was good, but one day a villager noticed a baby floating down the river. He quickly swam out to save the baby from drowning. The next day he noticed two babies in the river. He called for help, and both babies were rescued from the swift waters. But the following day four babies were caught in the turbulent current - and then eight, then more, and still more! Rescue squads were set up with watchtowers and teams of swimmers who were soon working 24 hours a day, as each day the number of helpless babies floating down the river increased. While not all the babies could be saved, the villagers felt they were doing well to save as many as they could each day. Indeed, the village priest blessed them in their good work. And life in the village continued on that basis.

One day, one of the rescuers walked away in the middle of his shift. "Where are you going?" his friends called. "We have babies to save!" "I'm going," he said, "to see where all these babies are coming from."

Now, this parable is often told in social justice settings to point out that treating the symptoms of a problem is an incomplete strategy; one must follow the problem "upstream" to find the real causes. But I also see it as a parable of how easily and quickly individuals, and whole groups, adjust to what is presented as "normal." Somehow, it just became common and customary to have babies floating in the river. Where was the voice, right in the beginning, that shouted, "This isn't right! This is not OK!"

There are some things to which we should all be maladjusted. Let us bring, one to another, the vision, the courage, and support to call, loud and clear: "I will not adjust!"

Blessings,
Alison
acornish@uuma.org

President's Letter... The Bell Lap

If you ever ran track in high school or college, you know what the bell lap is. In longer races, where the runners have to go around the oval multiple times, an official stands by to ring a bell as each runner enters his or her last lap.

Landmark birthdays have never been a big deal for me. I passed 30, 40, 50, and even 60 without any more angst than in years not ending in zero. I recently turned 70, though, and that has brought home to me very clearly that—no denying it any longer—I'm on the bell lap of life.

As life's finish line looms, one can't help but contemplate death. It's not something we like to think about, but is there anything good about it? We can say we're making room for the next generation. That helps me a little, but not a lot.

Of course, without death we wouldn't be here at all. Evolution requires death in order to operate. That's well and good, but wouldn't it be great if—now that we're here—scientists discovered a way to eliminate death and let this generation live on?

Probably not. If the magic elixir were to be found, tyrants would live forever. It's likely that most humans would be subjected to an eternity of slavery. I keep this in mind so that, when my time comes, I might say to today's tyrants, "I'm taking you with me."

What about the afterlife? Unitarian Universalism doesn't have any dogmas about that. We are free to think, imagine, and wonder. Our roots do give us some guidance, however. The good news of Universalism has always been that there is no eternal punishment. Whatever vision of the Ultimate we may hold, and whatever name we may give it—the Awesome, the Holy, Being Itself, God—we don't believe in the vindictive deity who dangles sinners over the flames of hell. In this, we have both faith and reason on our side.

Aside from that, no one knows for sure. We are almost unique among religions in honestly acknowledging uncertainty in last things. Our Unitarian tradition encourages us to live lovingly in the here and now, living on in the parts of ourselves that we give to others. In this we're not alone. I'm

reminded of what the great Jesuit scientist and theologian Pierre Teilhard de Chardin replied when asked if he believed in life after death: "The problem



of personal survival, per se, doesn't worry me much. Once the fruit of my life is received up into One who is immortal, what can it matter whether I am egotistically conscious of it?"

A faith community like ours can do much to help us as we near the finish line. That doesn't make it easy. The price we pay for love is the pain of leave-taking. But it will help. Perhaps the supreme comfort is to be able to return the comfort. To look death in the eye and still say Yes to life—that is the last, best gift we can give to those we love. I hope I'll be up to it.

Peace,
John Andrews
candrews40@optonline.net

New Website Launched

By the time you read this, our new website, at uucsf.org, will be in service. It has been completely redesigned, and future updates can now be made by Deirdre LaPenna, our Administrator.

Members and Friends of UUCSF are encouraged to test drive the new website. You'll find it at the same address: uucsf.org. Please let me know by e-mail how it strikes you. You could try imagining yourself a stranger who's heard about us and wants to find out more. Or, imagine yourself a potential renter of space, or a possible user of Hamptons Hospitality.

(Please note that the Members pages and the calendar are still in progress and not accessible.)

Martha Potter, Communications Chair
mtpotter@optonline.net

February Service Calendar

Sunday Services begin at 10:30 am

February 5

Rejoicing and Dreaming

The Rev. Alison Cornish and members of the UUCSF Board

Musicians: Sara Gordon and Megan Chaskey

Today we celebrate an extraordinary moment in the life of the UUCSF, the satisfaction of our mortgage! And, not losing a moment, we turn to dreams of the future. What's next for our congregation? For what we dream, we can make real ...

A Congregational Conversation follows our service. *Please see next page for details.*

February 12

Marriage Matters

The Rev. Alison Cornish and the Hon. Justice Andrea Schiavoni

Musician: Sally Block

February 12 is designated as "National Freedom to Marry Day," a day to be particularly honored in New York State this year. Join us in exploring the institution of marriage and its complex and constantly changing face.

Andrea Schiavoni is a partner at Harum & Harum, where she practices Alternative Dispute Resolution (ADR). A Southampton Town Justice, she also serves as the first elected Justice for the Village of Sag Harbor.

February 19

Inviting Healing

The Rev. Alison Cornish

On the cusp of our Third Annual Holistic Health Clinic we contemplate the multiple meanings of healing, and, particularly, how are our spirits best healed? Are there ways in which we might offer ourselves and each other an invitation to healing?

February 26

Unless a Seed Dies... a Season of Loss and Gain

Richard Lawless with

Worship Associate Sue Penny

Musician: Megan Chaskey

Now on the heels of our Third Annual Holistic Health Clinic, Richard brings us his thoughts about our power to heal, and Megan Chaskey will lead healing singing meditations. A pastoral counselor

Service Date	Set Up/ Greeters	Hospitality
Feb 5	Dailey	Helfant; Martin
Feb 12	Helfant	Linda & Christine Giordano
Feb 19	Thurman	Truitt/Jackson
Feb 26	Jackson	Gordon/Ettliger
Mar 4	Logan/Coulter	Lindley/Dailey

Want to help out on an occasional basis? Everyone new to these positions can count on having a veteran partner. To volunteer, please speak to Jeanne Wisner at 631-208-8154, jkwisner@optonline.net

with a private practice, Richard Lawless's specialties include trauma recovery, couples work, and family of origin work. He has had a lifelong passion for things of the spirit, including connection, delight, courage and a vision of a more decent world. Our music coordinator, Megan Chaskey, offers musical meditations to facilitate healing in a number of venues on the East End.

March 4

The Price of Serenity

The Rev. Alison Cornish and members of the 2012 Stewardship Committee

Musician: Dave Cummings

When the electronic noise of modern life seems overwhelming, let's consider what we want from a spiritual community, and the gifts of time and money that create this refuge.

Upcoming Events

Unless noted, events are free, open to all, and held in the meetinghouse.

Friday, Feb. 3, 9-10 am

Nonviolent Communication Practice, more details on this page.

Sunday, Feb. 5, noon

Lunch, followed by Congregational Conversation. More details on this page.

Sunday, Feb. 12, noon

Qi Gong class. Stay warm and safe in the cold of winter as you build your reserves for spring. Come join us for these ancient yet timely Chinese healing movements. Free, and all are welcome.

Saturday, Feb. 18, 7-9:30 pm

The Grotto, our new coffeehouse, opens its doors to all. See page 1.

Friday, Feb. 24 and Saturday, Feb. 25

Third Annual Free Holistic Healing Clinic. See page 1 and this page for details.

And mark your calendars....

Joint book group with UUCSF and Temple Adas Israel

Resumes Wednesdays, noon-1:30 pm starting March 28. Our new book, *In Our Own Best Interest: How Defending Human Rights Benefits Us All*, by William F. Schultz, will be available at Canio's Books in Sag Harbor.



Photo: Robert Hoenig

Congregational Conversation Feb 5 following service

You are cordially invited to attend a congregational conversation on Sunday, February 5, following the worship service. The purpose of this gathering is to consider various aspects of our shared ministries, including worship services, pastoral care, lifespan religious exploration (education programs for children, youth and adults), and community outreach.

The Rev. Alison Cornish, the Committee on Ministry, and the Board of Trustees are sponsoring this conversation. A light lunch will be served. If snow prevents our gathering, we will meet after service on Sunday, February 12.

Nonviolent Communication Practice

This workshop series gives you an opportunity to practice the skills of nonviolent communication. It is open to all, and free of charge. Our next meeting is Friday, February 3, 9-10 am.

Make sure you have both Marshall Rosenberg's book, *Nonviolent Communication: A Language of Life*, and the *Nonviolent Communication Companion Workbook: A Practical Guide for Individual, Group or Classroom Study* by Lucy Leu. On Feb. 3 we will be working with pages 15-24 in Rosenberg and 65-71 in Leu. For more information or queries about the books and scheduled dates, contact suepenny@optonline.net.

Alison Cornish, Jaki Jackson, and Sue Penny

Practitioners Available at the Holistic Healing Clinic

Health Assessment: Stephen Braun, D.O., FP/NMM, Program Director of Neuromusculoskeletal Residency Program at Southampton Hospital

Massage: Margaret Pulkingham, R.N.

Acupuncture/Acupressure: Pat Gorman and Steven (Tuna) Flores

Acupuncture and Acutonics: Mikal Gohring

Aromatherapy facial: Nicole Aldrich

CranioSacral therapy: Karin Auwaerter

Reiki: Joan Garro

Reiki: Eda Lorello

Hands on and distant energy healing: Adele Kristiansson

Stress Buster sessions targeted for 7 to 12 year olds: Kim Jones

The Green Corner

When I started my first vegetable garden 20 years ago, I bought seeds from Johnny's, recommended by my older brother, an experienced backyard gardener. The catalog was a flimsy newsprint affair. Enticing words: "a densely flavored heirloom



originating in Pennsylvania's lush Brandywine Valley..." were

all you got; no mouthwatering color photos to hook you and solidify belief in your ability to grow, harvest, and delight family and friends.

Johnny's catalog is now huge; glossy; gorgeous. When its arrival bursts into one of those short, harsh days of early winter, it's hard to say no to anything they're selling.

The happiest gardeners are those who are good at believing in what isn't there yet. UUCSF's Remembrance Garden was shaped by our group visit to a mature garden off Scuttlehole Road, where we recognized the merits of using a hedgerow to separate car world - our parking lot - from the rest. Our budget required small shrubs, so this separation won't fully happen for a few more years. Believing in it, though, being happy about the goal, costs nothing.

Another important aspect of gardening happiness was neatly captured about a century and a half ago by Ralph Waldo Emerson:

"When I go into the garden with a spade, and dig a bed, I feel such an exhilaration and health that I discover that I have been defrauding myself all this time in letting others do for me what I should have done with my own hands."



Last spring some health problems in my household interfered with spring planting and other garden work. The game shifted from happily believing

in what wasn't there yet to wondering what could be there if the workers, my husband and me, that is, weren't able to work again.

"Hire someone," suggested friends who

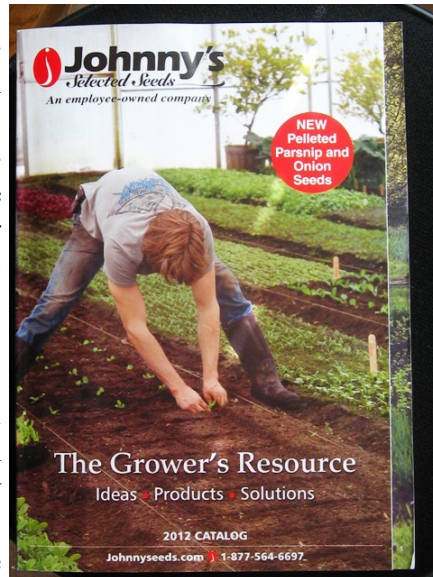
probably wouldn't have a garden if they didn't also have a hired gardener. Their advice, along with Emerson's wisdom, made me realize that I don't work to have a garden. Rather, I have a garden so that I can do this work.

Buffering the bleaker impacts of this realization is that we shouldn't have to go cold-turkey with our vegetable garden even if health problems return. The soil there is rich and crumbly,



thanks to years of homemade compost (sometimes including the grounds of UUCSF's Sunday coffee). Even an enfeebled gardener can probably plant the seeds of chard, kale, zucchini, and other easy stuff. And our asparagus - 50 running feet, because we love it so, is a long-lived perennial.

Margaret Logan
marlogan@optonline.net



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marlogan@optonline.net

Readers' Forum

Each month we quote from outside sources that might resonate with UU concepts. E-mail responses are invited from readers.

Last month, Eric Weiner wrote in the *New York Times* about America's "fastest growing religious demographic: those whose religious affiliation is 'none'." He proposed a new religion "that celebrates doubt and encourages experimentation."

"He needs an introduction to the UUs!" one reader wrote. And from another: "People without religious affiliation are a key group from which we should seek new members. We need to make them comfortable with the idea that they won't be asked to check their minds at the door. Then they may be attracted to our loving community in which faith means something other than adherence to dogma." One comment addressed religion generally, saying, "freedom of religion allows people to complain about it."

This month's words are from Martin Luther King, near the end of his tragically interrupted life: "I am convinced that if we are to get on the right side of the world revolution, we as a nation must undergo a radical revolution of values. We must rapidly begin the shift from a thing-oriented society to a person-oriented society. When machines and computers, profit motives and property rights, are considered more important than people, the giant triplets of racism, extreme materialism, and militarism are incapable of being conquered."

Margaret Logan

(Send your responses to marlogan@optonline.net)

Photo: Robert Hoenig



Alison Cornish and Rabbi Leon Morris led our January 15 service on The Dignity of Difference.

News from NY Metro District

The Seventh Annual Young Adult Winter Retreat will be on February 17-20, 2012, at Frost Valley YMCA Camp in Claryville NY. Cost, including lodging and meals, starts at \$225 for the first 15 registrants and then increases to \$285. For more info, contact: cpwittenberg@optonline.net.

The General Assembly 2012, "Justice GA," will be in Phoenix, AZ, June 20-24. Programming will focus on justice issues of all sorts, especially "Immigration as a Moral Issue." In preparation for "Justice GA," the UUA Faith Without Borders program and the UU Service Committee have jointly organized three opportunities for service/learning trips to the US/Mexico border with partner organization BorderLinks. For more info: uua.org/international/engagement/travel/190290.shtml?tr=y&aud=10071497

The UUA Resource Development Office has made available "*Workshops for Youth on Identity-Based Topics*." For more info: uua.org/re/youth/identity-based/workshops/index.shtml

Pam Wittenberg

cpwittenberg@optonline.net



Minister: the Rev. Alison Cornish
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Vice President: Mark Potter
Secretary: Kent Martin
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Margaret Pulkingham
Myrna Truitt

Newsletter Information:
Deadline is the 15th of each month. E-mail copy, photos and events to Margaret Logan marlogan@optonline.net
Please start your subject line with "UU newsletter".

Editor: Margaret Logan 283-1586
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Our Walk in the Greenbelt New Year's Day Service 2012



Mark and Martha Potter and Megan Chaskey with her flute led us beside Crooked Pond.

Photo: Jordy Mark

Photo: Jordy Mark

Chris Epifania led a team of volunteers who fed us all after the service and walk.



Photo: Jordy Mark



Happiness is a warm brunch.

January Council Meeting Summary

On January 12, the Board and most committee chairs met to discuss how our congregation interacts with and is perceived by the larger community. Vice-President Mark Potter led the lively and fruitful discussion. Topics included the physical aspects of our meetinghouse, our Religious Exploration program, our outreach work, and how we interact with newcomers. Those who attended will individually review the notes of the meeting in order to select initiatives to focus upon.

The Board then discussed bringing in an outside facilitator to work with the UUCSF and neighboring UU congregations to create a leadership program locally. This motion was passed: "The Board believes that a leadership development program is important to the life of the congregation and we encourage the Nominating Committee to develop ideas. The Board recognizes the need to budget financial support."

Kent Martin, secretary
kmartin@npr.org



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