



# Unitarian Universalist Congregation of the South Fork

September  
2012

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

www.uucsf.org

**We are a spiritual community.**

## Bluegrass Concert Series



**Sun. Oct 7 at 2 PM**  
**Bennett Konesni and the Gawler Family Band**



**Sun. Oct 28 at 2 PM**  
**DuneGrass**



**Sun. Dec 2 at 2 PM**  
**Eastbound Freight Bluegrass**



**Join your UUCSF friends on Sunday afternoons this Fall for bluegrass—the made in America musical tradition.**

Tickets: Single concerts: \$20, or save with a series ticket: \$50.

A benefit for UUCSF and our local Food Pantries. For tickets: contact Tip Brolin 631-237-4821 or ebrolin@me.com. (We also accept Credit card payments via PayPal at uucsf.org )

More info: contact Mark Potter 631-725-0450 or mpotter@optonline.net

### **Profiles of the performers...**

#### **Bennett Konesni and the Gawler Family Band**

Bennett and his wife, Edith Gawler, have delighted us with their music in several services. The Gawler family of Maine brings infectious spirits and sparkling talents to the dance tunes and folk traditions that are the foundation stones of modern bluegrass.

#### **DuneGrass**

With fiddle, guitar, mandolin, piano and bass the DuneGrass four have been entertaining festivals, concerts and contra dances all over the East End of Long Island. You might hear a classic from Patsy Cline, A “Django” flavored instrumental or even a Beatle tune or two, all with a bluegrass twist.

#### **Eastbound Freight Bluegrass**

Their vocals, fiddle solos and banjo riffs are as close to a down home country hoedown as it gets short of going south and west of the Mississippi. They’ll give us an evening of folklore, gospel and back country bluegrass music we won’t forget.

**Be certain you have a seat! Order your tickets and invite your friends today.**



Thoughts from  
Alison ...  
*Hope in Hard  
Times*

*I was arguing with my mother about false hope the other day. I said hope is neither false nor true but a kind of happiness itself, a fuel that carries us toward our dreams.*

Elisabeth Robinson, *The True and Outstanding Adventures of the Hunt Sisters*

As I write, there's still a lot of summer to go. Yet sixty percent of the country is already experiencing drought conditions, the unemployment and foreclosure rates are stubbornly stuck where they've been for months, and the election mud-slinging is in full force. With this on our minds, the Worship Associates and I met to talk about the theme of our fall services, and decided on "Hope in Hard Times." Our conversation was far-ranging, and quickly moved past "ain't it awful," to reflecting particularly on our parents and grandparents who faced their own hard times – from the Great Depression, to wartime sacrifices and losses, to influenza epidemics. Somehow, we mused, not only did our families survive, but they learned to adapt, to grow in community and togetherness, and to develop persistence and resilience – attributes we could all benefit from in facing our own versions of hard times today. And central to the stories we shared was the preciousness and presence of hope; what a wise teacher of mine once called "the shape-shifter named Hope."

So that's what you'll find at the meetinghouse this fall – not just a look at the state of the world, but also the ways we might invite, cultivate and spread hope.

You'll find it in our Sunday morning worship services, starting with our celebratory ingathering,

the Water Communion as well as other UUCSF annual traditions, the Blessing of the Animals, our community Thanksgiving, and our holiday pageant for-all-ages. Woven in and through these holiday celebrations will be a series of services that focus on four practices that sustain communities of all kinds – hospitality, truth-telling, gratitude and promise-keeping. For if there's a partner to hope, it's the skill set we all need to build a world of compassion, justice and presence.

You can also join us in our search for hope with our fall joint book group, the second year of collaboration with Temple Adas Israel in Sag Harbor. This year we'll be exploring the book of Job, surely a classic in the study of hard times! First session is Wednesday, October 10, 4:00 pm, so start reading!

I see hope being nurtured in our new Neighborhood Groups project, drawing together UUCSFers who live in the same basic geographic area, and in our Friday morning Nonviolent Communication (NVC) practice group. Both are drawing us closer to our dream of a peaceful, caring and sustaining presence in our larger community.

No one has written more eloquently about hope than Emily Dickinson.

*Hope is the thing with feathers  
That perches in the soul,  
And sings the tune--without the words,  
And never stops at all,  
And sweetest in the gale is heard;  
And sore must be the storm  
That could abash the little bird  
That kept so many warm.  
I've heard it in the chillest land,  
And on the strangest sea;  
Yet, never, in extremity,  
It asked a crumb of me.*

Come join us in living, hopefully.

Blessings,

Alison

## President's Letter

### Hope

There's a scene in the movie "Steel Magnolias" in which Anelle, the young beauty school graduate, is challenged by her friends to explain her attachment to an evangelical Christian sect. In a startling moment of insight, Anelle says simply, "It gets me through the day."

Paul Tillich would have understood. In *The Courage to Be*, the great liberal theologian of the last century laid out the three central anxieties that humans must face: the anxiety of fate and death, the anxiety of guilt and condemnation, and the anxiety of emptiness and meaninglessness.

From time to time we are exhorted to spread the "good news" of Unitarian Universalism, but unless we confront these three anxieties, our news will not look all that good. We need first to face one problem head on. Unlike Christianity and Islam, we don't promise individual immortality. We acknowledge that death, like life, is a mystery. (It's as much a mystery for them as it is for us, in my view, but except for the mystics among them, they don't dare admit it.)

So what hope *do* we have to offer? To answer that, we have to go back to our roots. In our Universalist roots we find the assurance that there is no Hell. From our Unitarian roots, we get that holiness is not limited to a sacred book, a consecrated wafer, or a rock in Arabia. For us, *everything* is holy.

"There is no Hell" means we need not fear the eschatological black hole that the priestly classes of other religions preach to their devotees. It also assures us that no one, however guilty he or she might be, is beyond redemption. This is not, I think, a matter of faith, but instead something which can be proven—if not with the certainty of the Pythagorean Theorem, then with at least as much confidence as we can state the laws of physics. This might not seem like such a big deal to those of you who were raised as Unitarian Universalists, but to someone like me, who was brought up in a rather severe Catholic environment, it is good news, indeed!

"Everything is holy" expresses the positive aspect of our faith. It addresses Tillich's third anxiety,

the one he says is most characteristic of our time. In opposition to hardcore materialists, we assert that life does have meaning and that love mat-



ters. This *is* a matter of faith. It's what makes us a religion, not just a philosophical discussion group, a friendship club, or a social action committee, though we are those things too. Although we can't prove it, we assert that living by this faith will bring happiness not only to ourselves, but to those with whom we share this planet; now and in ages upon ages hence.

It is possible we might arrive at these conclusions, and maybe even live out their meaning, all by ourselves. But surely it will be better if we are joined in community. A faith community like ours can not only help us to confront our anxieties intellectually, it can also provide loving support at times when we most need it. Most important, it gives us the opportunity to give loving support to others, both within and outside our group. The more we care for others, the less we fear for ourselves.

In sum, the best non-narcotic antidote to Tillich's three anxieties is what we proclaim each Sunday when we extinguish our chalice: the light of truth, the warmth of community, and the fire of commitment. These are our sources of hope.

Peace,  
John Andrews

---

### Neighborhood Groups

Our congregation is starting Neighborhood Groups in order to better know and help each other. Some groups have already gathered, but others will meet in September. So when an invitation to a gathering in your neighborhood comes your way, please say, "Yes!" It will be good to stay in touch in fresh and new ways.

Alison Cornish

## September Service Calendar

### September 9

**The Future of Water -  
Our Annual Water Communion Service  
Worship Associates Stephen "Tuna" Flores and  
Pat Gorman**

**Mike Guglielmo, Musician**

Water, water everywhere and not a FREE drop to drink. In this annual service, we give our thanks and acknowledgment to water as both a source and sustainer of life. We participate by bringing in water from many diverse sources which have provided sustenance and meaning to us over the past year. We look with concern at the global conditions of climate change, water shortages, and corporate ownership of this most precious necessity. What will our part be in keeping clean water flowing freely and free of cost, when corporations and our government want to change water into a PAID FOR commodity? *Remember to bring in actual or symbolic water from your journeys this past year for a water meditation and offering.*

### September 16

**New Starts**

**The Rev. Alison Cornish**

**Peter Weiss, Musician**

As nature winds down her cycle in the autumn, new seeds are cast for the future. New starts abound in the fall: the new school year, Rosh Hashanah, the Jewish New Year, and our very own Religious Exploration year. Come, and begin again!

### September 23

**Good Morning, Nonbelievers!**

**The Rev. Ian White Maher,**

**Worship Associate John Andrews**

**Marianne Koerner, Musician**

Now in the process of imagining planting a new Unitarian Universalist church in Brooklyn, Ian Maher will offer us his vision of the saving faith of Unitarian Universalism, and the importance of our religious movement for humanity in this century. A life-long UU, he previously served the UU Congregation of Queens in Flushing, where he helped develop the annual UU Revival, a weekend of singing, preaching, and celebrating UU.

\*Please note: a special offering will be received this morning to assist this new congregation.

Service Date	Set Up/ Greeters	Hospitality
Sept 9	Martin	Thurman, Truitt
Sept 16	Berman	Andrews, Tusa
Sept 23	Potters	Dalsimer, Koerner
Sept 30	Darceys	Liso, Jarsky
Oct 7	Dailey	Potters

Should you need to arrange a substitute, please notify Kathleen Furey, administrator, 537-0132, of the change you've made.

### September 30

**Living into Community: Hospitality**

**The Rev. Alison Cornish**

**George Cork Maul, Musician**

Over the course of the fall, I'll be exploring the four practices that author Christine Pohl suggests sustain us - as individuals, as families, and as communities large and small. We begin with my favorite, hospitality - and move on, in the following months, to embracing gratitude; making and keeping promises; and living truthfully. Our new coordinator of musicians, George Cork Maul, will join me at all four services, exploring the same themes through music.

### October 7

**Blessing of the Animals and their Friends**

**Matt Valentino, Southampton Animal Shelter**

**Foundation, Worship Associate Sue Penny**

**Susan Bailey, Musician**

In our annual celebration of the animals, we will also give thanks to those working to protect them. Matt Valentino from the Southampton Animal Shelter team will be with us to talk about his work to make rescue animals more adoptable. Please bring your animal on a leash or in a cage. Photos are welcome, too. If you don't have an animal friend nor ever will, you will still enjoy the energy in the meetinghouse during this service!

## Upcoming Events

Events, unless otherwise noted, are at the meeting-house, free, and open to all.

### Sunday, Sept. 9, noon

**Qi Gong.** Free your movement to give what you have and take in what you need. Feel the support of the earth beneath your feet in all you do with these simple ancient Chinese movements and self-massages. Information: Tina Curran 631 723-1923

### Thursday, Sept. 13, 7 pm UUCSF Board meeting

### Friday, Sept. 14, 6:30 pm

**Caregivers' Circle** for congregants and the larger community. Guest Virginia Morris, a local author, has accepted this ongoing group's invitation to discuss her book *How to Care for Aging Parents*.

### Saturday, Sept. 15, 6 pm

**Fall Campout**, rain or shine. See box this page, next column.

### Sunday, Sept. 16, 10:30 am

**Religious Exploration** for children and youth begins.

### Friday, Sept. 21, 10 am

**Nonviolent Communication group** meets, see article on page 7.

### Wednesdays, beginning Oct. 10, 4 -5:30 pm

Our Fall reading group, led by Alison and Rabbi Leon Morris of Temple Adas Israel, will focus on the Book of Job. We'll meet alternatively at the meetinghouse and temple on Oct. 10, 24, 31, and Nov. 7. More details in October newsletter.

---

## Religious Exploration News

We have been interviewing candidates for our new Religious Educator position and are nearly ready to announce the selection. In the meantime we want everyone to know we will soon be asking for your help. As we hire the teacher for our kids program, we still need volunteers every Sunday to assist the teacher. This is part of our safe congregation plan and it also ensures an important connection between our youth and congregants. We appreciate your support.

Kent Martin and Sue Penny, RE Co-Chairs

## Campout September 15



Everyone is welcome to come to all or any part of our Fall Campout. Rain or shine, we begin at the meetinghouse at 6 pm for a cookout. Feel free to bring a dish to share. Games, the Children's Garden project, and campfire will be part of the evening activities. Tents will be pitched and the brave will sleep overnight. The tradition of a pancake breakfast cooked by our minister, Alison Cornish, will continue this year, too! Questions? Call Sue Penny, 631-725-6435.

## Sunday Morning Music

At the end of June, Megan Chaskey completed her service as our Music Coordinator. Megan worked with us for over three years, drawing many new musicians and musical genres to our worship services. We are immensely grateful to her; she'll continue to be one of the guest musicians who provide us with music on Sunday mornings.

The Worship Associates and Board took this moment of transition to assess our music needs and goals, and ultimately to make some changes in the paid position Megan has filled. George Cork Maul, a familiar face at our piano, has taken on the scheduling of musicians for services. The Worship Associates and I will work closely with musicians to plan specific services. And our talented guest musicians will be compensated at a higher rate than they have been in the past.

Welcome, Cork! And may music *continue* to play its very important role, going forward into our future.

Alison

## A Borgia in the Kitchen

In 1971 on a humid June evening in the Westchester community of Bedford, Beth Cochrane opened a chilled can of Bon Vivant's gourmet vichyssoise. Two days later FDA inspectors searched her house for the empty can. Her husband Samuel had died in a Westchester hospital and she lay in the same hospital close to death from botulism.

In rural communities of the time, farmers' wives preserved their summer bounty of vegetables and fruit following the same principles as the commercial canner who accidentally poisoned Samuel Cochrane.

My Mother was one of these farm wives. I remember vividly what seemed hundreds of jars on the basement shelves: some clean and clear enough to win a prize at the fair, but one out of ten oozed spoiled vegetables and sprouted great crowns of mold.

She can be forgiven for losing track of details at times. She had five children before turning 30, and endless energy, generating most of the available cash for the household by selling eggs, writing news articles and teaching school. But there were those shelves in the basement!

At seventeen I determined to become an expert on botulism. The first thing I learned is that mother's prize-winning jars of string beans were just as likely to kill us as the explosive tomatoes. This defied my youthful imagination. How did generations of farm children survive?

The answer arrived in a series of articles I found the following week. Although the microorganism *Clostridium botulinum* is hard to kill, the toxin itself is fragile. A few minutes of cooking destroys it. Better yet, the nasty botulinum cannot produce its toxin when too sour, as in pickles, or when too sweet, so jams are safe. From a teenager's point of view, this was the best of all possible discoveries. We would eat the jams and jellies, but not the vegetables.

Fifty years later I am still making jams and jel-

lies: blueberries, wild beach plums and grapes, rhubarb preserves and a three-fruit marmalade you can find in *Joy of Cooking*. The mechanics are simple and safe. Purchase the wide-mouth Ball jars, available from most hardware stores in the fall. Boil the lids in a shallow pan, then set them aside to cool. Separately boil the jars in a large pot for five or ten minutes. Remove them from the boiling water and lay them flat to dry in a 170° oven.

**For beach plums and grapes:** use only enough water to let you boil them without burning. Mash the pulp and strain it hot through a cheese cloth. You make your jelly from the resulting fluid, 3 cups of sugar to every 4 cups of juice. Boil, stirring



continuously, until you have driven off enough of the water that the natural pectin in the fruit begins to jell. The first time you do this you will be surprised by how hard you must boil the mixture. I keep the heat adjusted so it is almost boiling over during the first 10 or 15 minutes. When the froth has subsided and the liquid sheets as it flows off your spoon, you are ready to pour your jelly into the jars. Fill the jars nearly to their brims and seal them with the lids you have put aside

to cool. To improve the seal, place them on a cooling rack, lid end down, for five minutes.

**For blueberries:** Identical to the jelly, but skip the cheese cloth step. It is the pulp and skin that makes this delicious. I also add the boiled rind of a finely sliced lemon to the mixture.

**Marmalade** takes longer because you need to simmer the pulp and water for 20 minutes, then let it sit overnight. My favorite combines a grapefruit, three oranges and a lemon.

**Rhubarb** will not jell, but it makes a wonderful preserve to use as a sauce on desserts and meat. Add a handful of dried cranberries and chili powder, and you will have a jar of chutney.

Mark Potter

## Board Meeting Highlights, August 9

John attended a CERG seminar on membership development and will generate a report. Mark has purchased a new sign. The job description for RE educator has been written, and two interviews held. There has been no decision to date.

John stated that for his two years of service he has had a feeling of support and trust. For the next year he would like to focus on potential UUs. The fall theme of Hope will help to pursue this.

The treasurer reports that finances are in good shape, with pledges ahead of schedule. The Finance Committee should have an advisory role, not oversee the Treasurer. An ad hoc committee could serve in an audit role. Confidentiality is important, as regards the minister's discretionary fund and pledges. More needs to be done.

The Board unanimously approved placing a plaque on bench to honor Tom Taylor. Priorities regarding memorial bricks were established.

A request from Alison for one month of sabbatical leave Jan. 6-22 was approved. There was discussion of a possible congregational retreat on membership development.

The Board moved to select one additional person for the Nominating Committee. For the Bluegrass Concerts, a ticket series of 3 will sell for \$50, or \$20 per ticket. There will also be a 50-50 raffle.

Myrna Truitt  
Secretary

## Nonviolent Communication

Practice in the language of Nonviolent Communication resumes at the meetinghouse on Friday, September 21, from 10-11:30 am. Participants are invited to read and be ready to discuss and practice the first chapter of the book, *A Language of Life*, by Marshall B. Rosenberg, Ph.D.

Our model for harmonious communication was recommended by Thich Nhat Hahn, the Buddhist pacifist monk who was nominated by Martin Luther King for the Nobel Peace Prize in 1967. The four basic steps are deceptively simple.

When we are able to allow the embedded wisdom to guide us, we connect more compassionately with those with whom we live, work and play. But most importantly, this wisdom supports us to a level of unconditional love and respect for ourselves.

For most of us, this requires repeated opportunities: chances to uncover, discover, and rediscover. From a truer space of acceptance and awareness, each of us then speaks and listens more meaningfully. This, I believe, is an evolved skill, and as such needs careful and committed practice.

For further info you may call: Jaki Jackson, (631)267-8556 or Sue Penny, (631)725-6435 or The Rev. Alison Cornish, (631)804-7850

Everyone is welcome. We look forward to being with you.

Jaki Jackson  
[jacksonjaki@yahoo.com](mailto:jacksonjaki@yahoo.com)



**Minister:** the Rev. Alison Cornish  
Office hours Wed. 1-5 pm and by appointment  
Phone: 631-804-7850

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

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

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

Editor: Margaret Logan 283-1586  
Copy Editor: Bev Krouse  
Communications Chair: Martha Potter  
Staff Photographer: Bob Hoenig  
Graphic technician: Mark Potter

## Harvest the Power

UUCSF is collaborating with the Southold congregation on three sessions this fall in which we'll be exploring the various ways in which we can exercise leadership in a UU congregation. Don't think you're a leader? Think again! There are enough colors of leadership to fit everyone's style. Whether you're a center-stage personality or prefer to work behind the scenes, these sessions are for you. The dates, times, and places are as follows:

Sat, Sept. 29, 9 am – 1 pm, UUCSF

Sun, Oct. 14, 1 - 5 pm, Southold

Sat, Nov. 10, 9 am 1 pm, location to come

---

## Memorial Bricks

Our policy of inviting not more than one brick for each person memorialized has raised a question: If more than one person wants to sponsor a brick in memory of a deceased member or friend of the congregation, who gets to choose the 14-character sentiment? Our Board has established the following priorities to resolve this.

First, any member or friend of the congregation may pre-arrange for his or her own memorial brick, with the sentiment determined by that individual. If this is not done, six months after the person's death, the family will be asked if they wish to sponsor a brick.

If neither of these options is exercised, a notice will be placed in our newsletter that members and

## Readers' Forum

The historian Jill Lepore wrote the following in the April 23, 2012 issue of *The New Yorker*. Subsequent outbreaks of gun violence in our country have, of course, sharpened her point.

"One in three Americans knows someone who has been shot.... Gun-control advocates say the answer to gun violence is fewer guns. Gun-rights advocates say that the answer is more guns. [This is the] logic of the concealed-carry movement [which has led to] armed civilians patrolling the streets. That is not how civilians live. When carrying a concealed weapon for self-defense is understood not as a failure of civil society, to be mourned, but as an act of citizenship, to be vaunted, there is little civilian life left."

Please send your comments by September 15 for our next newsletter to [marlogan@optonline.net](mailto:marlogan@optonline.net).

---

friends of the congregation may offer to sponsor a brick in memory of the deceased person. If one person responds to this, that person will have the right to sponsor the brick and determine the sentiment. If more than one person responds, they will be invited to share the expense of the brick and collaborate on the sentiment.

UUCSF Board



**Unitarian Universalist**  
Congregation of the South Fork

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

September 2012 Newsletter