

We are a spiritual community.

2013 Gala Honors Sustainable Southampton and Immigration Rights Advocate, Sandra Dunn

Over 100 people from across the East End gathered in the meetinghouse the evening of October 5 to honor the Sustainable Southampton Advisory Committee and immigration rights advocate, Sandra Dunn.

The food and conversation was memorable and all the hard work of the silent auction grossed nearly \$7,000.



Ken Ettliger presents our award to Dieter von Lehsten and Dr. Scott Carlin (right), co-chairs of the Sustainable Southampton Advisory Committee.



Our own captain, Bill Dalsimer, led the festivities.



Jeanne Hoenig and Pat Gorman were two of many celebrating the evening.



Sylvia Baruch honors Sandra Dunn (right) who oversees the grant making in the local immigration and civic engagement programs for the Hagedorn Foundation.



From the Interim Minister

Several years ago I participated in a treasure hunt in which clergy participants were asked to seek out something in the meetinghouse that best represents our ministry, as we experience or envision it.

I chose a kaleidoscope. The configuration of the colored glass, as seen through the individual's lens, tells its own story. One can only see the design with light as the backdrop for viewing. A new image is formed with just a slight turn of the kaleidoscope. All the pieces remain part of the whole, but they are seen in a different light.

For me, ministry is often about reframing or reshaping what already exists. This can be as simple as shifting the elements in the order of service, or as challenging as re-configuring the physical space. In both instances we ask the questions: How well is the congregation being served by things as they are? Are the current practices helping, or hindering, the growth of the congregation?

Growth must have a goal consistent with the purpose and mission of the congregation. A vibrant and vital congregation requires more than numerical growth. It needs to be informed by vision.

Where there is no vision, the people perish. (Proverbs 29:18) The vision of the congregation is what guides its mission. If you are functioning with an image of the Congregation as it was in its start-up days, or even when it first settled into its current meetinghouse, then it's time to consider a new vision for UUCSF. A treasure hunt through shared memories may help identify the artifacts that

best represent the Congregation you envision. Gathering these treasures together will not only build community, but hopefully it will lead the Congregation toward a new path of spiritual growth.

There will be several opportunities to assess where you are, where you'd like to be, and how to get there. The first of these will be the Sunday service and workshop on November 17, when we will consider where you have been. This is the first step toward determining where you'd like to be.

During the workshop, members and friends will be invited to recall the UUCSF they found when they first arrived. *What attracted you to UUCSF? How did it feel to be new? When did you recognize that you belonged in this Congregation?*

We will also construct a timeline of UUCSF memories. This visual representation of the collective memory of the Congregation will be very important as we move forward in the process.

We are here together to re-imagine UUCSF into a new ministry. To get there, it will be up to you to articulate a coherent vision for the Congregation. I'm simply here to turn the kaleidoscope until you see yourselves as you would like to be known.

Yours in faith,

Nancy
revnoka@gmail.com

Our needs and wants

In our September 22 service, Nancy asked us to consider what we need, what we want, and what we think should change. Here is what we said so far:

♦*Our needs*: compassion, music, kids, love, acceptance, a quiet spiritual place, tolerance, work, social commitment, laughter, ideas, hope, community, intellectual stimulation, clear communication, guidance, friends and charity.

♦*Our wants*: completion of the memorial garden, thoughtfulness, enough hands to carry the load, growth, influence in the community, generosity, fun, sustainability and a spiritual challenge.

♦*Things we wanted to change*: too many committees, too few people volunteering for tasks. If you can think of other ideas for change, send them to the newsletter mtpotter@optonline.net.

President's letter:

The Orchard Field

Stone walls two centuries old edged the fields of our Connecticut farm, dark granite spotted with lichen. Each misshapen stone weighed 50 to 100 pounds, as much as a young man could lift, nested atop foundation boulders as large as a man's torso, and wrestled into place with the help of horse or oxen. These walls continued out of the fields into second growth forests of oak and maple, past old foundations and root cellars, along ancient woods roads and swamps, reminding us that the farmers of the 1800s had cleared Connecticut of trees, for their farms, their stoves and for the charcoal smelters in the towns.

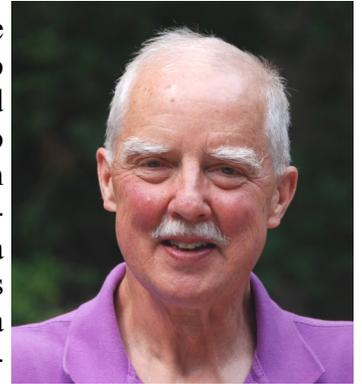
My father rented one of the few farmsteads that survived in town, well after most of the families who built those walls had escaped to the rich topsoil of the Midwest. They left all but the best of their fields to weeds, brush and, ultimately, the hardwood forest that covers half of Connecticut.

A work song we sang in service recently reminded me of these walls and the farm of my childhood, evoking memories of rising in the dark to feed the animals; the warmth of the happy cows in their stanchions; the endless row of udders; the bottomless manure pits; the broken machinery; following a stone bolt through a field that was cleared of stones last year, knowing that next winter the frost will toss up another crop of stones.

Everything I have done since then, including the setbacks which are standard fare for country boys with stars in their eyes, seems easy in comparison to my father's farm. Dad always seemed to lay out more work for us than we could ever complete in the real world. Yet even on the bleakest days, when the weather turned, or a prize cow lay sick in a birthing stall, there were moments of beauty.

I remember when I discovered a pear tree in the lot below the springhouse, and clambered into the limbs to knock fruit down to my younger brothers. And another moment, on an evening in late August when I drove the cows to the Orchard Field to pasture for the night, the dog and I following them up a dusty alley almost a mile. We worked shirtless in

the summer, and the sweat was beginning to cool my back as I stood in the grass listening to the cows jostle each other for the best grazing. It must have been a calm evening because as I stood in the pasture, a pocket of warm air embraced me, an invisible blanket of the lightest down. Was it the breath of those who built the walls, or of another who planted the orchard, or perhaps of those who cleared the orchard, leaving us this field? I did not ask.



Somehow even then, a young boy ready for dinner, I had the wisdom not to consider the physics of the event, but to savor the sense of it, trees lit by a setting sun behind me, cows tearing the blades of grass, its clean smell mixing with, yet separate from, the dried manure of the alley, and having shut the gate, an end of my responsibilities for the day.

Today I am grateful to that work song, and to those who sang it, for reminding me of these moments of beauty. *With special thanks to Bennett Konesni and Edith Gawler*

Mark Potter

Transition Team Meeting, Sept. 22

The Team met after the Sunday service to discuss its role in assisting the interim minister, Nancy Arnold, and the UUCSF in finding a settled minister. Nancy presented an agenda and copies of: the UUA DISTRICT interviews with the UUCSF board of directors; and of the exit interview with departing minister Alison Cornish. The agenda discussed included: the history of the UUCSF; its mission; its accomplishment and frustrations; present identity ; and consideration of a new vision. The team agreed to abide to the covenant of sharing the tasks, keeping the meeting time to an hour and half and the confidentiality of discussions. Present: Nancy Arnold; Arden Edwards; Kent Martin, facilitator; John Tusa, recorder; Jeanne Wisner; Absent: Stuart Lowrie sent his regrets.

November Service Calendar

November 10

Sailing Between Scylla and Charybdis

Worship Associate John Andrews

Musician: Peter Weiss

In Homer’s second great epic poem, the hero Odysseus (aka Ulysses) must steer his ship through a narrow strait, guarded by two monsters, the voracious six-headed Scylla and the whirlpool-generating ship-sinking Charybdis. The spiritual history of the Western world is very much like that. We seem bound to give ourselves up either to the Scylla of scientism or the Charybdis of creed. But we don’t have to. With Ulysses and his sister Ulyssa, we can lead the way past these horrors into the open sea of hope beyond.

November 17

Honoring the Past

The Rev. Nancy O. Arnold

Musician: CD Sunday

Where do you come from? The history of UUCSF goes back at least as far as the mid-1980s and encompasses the move from rented space in Water Mill to the meetinghouse you constructed to better meet your needs. Today’s service will reflect on your journey to this place you have made your spiritual home.

Following the service and lunch, from about noon to 1:30, there will be an opportunity to create a **Timeline**, on which to record your memories of times past. This is an important part of the interim process which will lay the groundwork on which to build your future. Everyone is encouraged to participate.

November 24

Let Us Give Thanks

The Rev. Nancy O. Arnold

Musician: Louise Pecararo

In this Thanksgiving service for all ages, we will share in the harvest and give thanks for the blessings of our lives.

Service Date	Greeter	Welcome Table	Hospitality
Nov 10	Ingrid Krinke	Carol Mason	Carol and David Holstein
Nov 17	Tom Murphy	Eileen McCabe	John Andrews Tip Brolin
Nov 24	Jim Thurman	Carol Mason	Don Schmitz Sue Penny
Dec 1	David Holstein	Carol Holstein	Ken Ettlinger Arden Edwards

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

December 1

Women, Risk and Spiritual Journey

The Rev. Eda Lorello with Worship Associate

Chris Epifania

Musician: TBD

The Rev. Eda Lorello explores the risks that women often take in their spiritual journeys and throughout their lives. Recently ordained a woman priest in the Catholic faith, she will focus on the challenges and consequences that women have faced when they have decided to go the way of their conscience.

Board/Council Meeting Highlights

(The Council includes the chairs of each of the committees. It meets with the board quarterly. The meeting is open to all members and friends.)

Mark Potter received a request from Eda Lorello, a woman Catholic priest to use our space for a celebration mass on Nov. 17. Their request was approved by the Board. Options for providing more office space for new minister were discussed. The Rainbow School requested permission to install a camera security system, which was approved. An animal mural for downstairs wall is being developed.

The newsletter has two new columns, *What's Happening* and *RE*. We should get parents' permis-

Continued at the bottom of page 5

Upcoming Events

(All events are at the meetinghouse and free to all, unless otherwise noted.)

Sunday, Nov. 10

Social Justice Meeting, 12 Noon

Where shall our social justice work take us? Climate change? Water justice? Immigration? Something else? The Social Justice Committee meets after the service on the second Sunday of each month. Membership on the committee is informal and open to all. For more information, call Chris Epifania, committee chair: 631-283-2536.

Sunday, Nov. 10

Qi Gong, 12 Noon

QiGong in the Autumn. Join us for these ancient Chinese exercises for healing and letting go. Free, and all are welcome. For more information, call Tina Curran at 631-723-1923.

Thursday, Nov. 14

Board Meeting, 7 pm

Board meetings are open to all members and friends of our congregation.

Sunday, Nov. 17

Dress Down Sunday, afternoon

Taking care of our meetinghouse is a continuing work of love. We've been having "dress-down Sundays" on the third Sunday of each month. We come prepared to spend some afternoon time working on the grounds and doing minor upkeep chores. In the spirit of community, it actually is a fun time. For more information, call Ken Ettlinger, Buildings and Grounds Chair, at 631-369-0257.

Board/Council continued from page 4

sion for children's photos in the newsletter.

The Treasurer reports we are ahead with pledges. Early estimates of income from the Gala, are about \$7,300. Expenses are not in yet.

The Art Committee plans a celebration of animals. The Finance Committee is meeting on the Sundays before Council Meetings, will email requests for early estimates for next year and will also look at scenarios for compensating the new

Tales from Hamptons Hospitality

How would you like to have the opportunity to meet new UU's and their friends as well as contribute to a fundraiser for UUCSF?

One member hosted a young man from a UU congregation in Columbus, Ohio. He liked him so much that he cooked dinner for him all three nights that he was here. He had never been in this area, and the host suggested places to see in Sag Harbor and shared his favorite haunts in Montauk. The young man enjoyed his stay so much that he sent his host a gift certificate from Schmitts "thanking him for all he did for me."

Another member hosted several wedding guests who were great company. They had a lot of laughs, good conversation and a wonderful weekend.

A couple ended up not being at their home, and a UU couple from California were left to themselves. They hit it off so well on the telephone, that the couple offered to show them around Roosevelt Island and afterwards treated them to dinner. They described it as a very positive experience.

For more information about Hamptons Hospitality you can contact Ingrid Krinke, Diana Lindley, Charleen Murphy or Myrna Truitt.

Diana Lindley

Interfaith Thanksgiving Service

UUCSF Members and Friends are cordially invited to attend the **Interfaith Thanksgiving Service** on Sunday, **November 24**. The service will begin at 3pm at the Old Whalers Church (First Presbyterian), 44 Union Street in Sag Harbor. A Thanksgiving Potluck meal will follow.

minister. No meeting of the Helping Hand Fund has taken place. Dressdown Sundays will continue on 3rd Sundays. John Andrews will bring back the Water Justice issue for Social Justice. Sandra Dunn will lead a service on immigration. RE will host a children's conference with Alternatives, involving 5th and 6th graders. Nine of our members attended a workshop on worship services. The RE educator is bringing in more children.

Myrna Truitt
Board Secretary

This I Believe

I believe there is just one sin (*sin* meaning “missing the mark”) and that is “getting stuck”

A month after my fourth birthday I was sent south to live with my grandmother, an entrepreneur with many hats. She took me along on one of her jobs at a funeral home where she dressed the dead. While she worked I was left free to roam the rooms containing open caskets. What I saw puzzled me: faces with no presence, bodies that gave no feedback. Deeply disturbed, I sought out my grandmother, and tugged at her smock saying, “Mama Mamie, they’re not moving.” “That’s because they are dead, Peach Pie,” she replied, and continued working. So the dead don’t move, but the living do. Could that mean life is movement?

I believe all of life is movement: the body, the emotions and the most swift and constant mover of them all, the mind. We each, in our own way, move the blends of body, emotions, and mind, phased through time constantly to create the unique person each of us is being. We’re not human “dones”. We’re human beings.

Usually our responses, when we’re not in the process of learning, are automatic.... Unexamined and unconscious, they emerge from one or many combinations of instinctual reflexes, tribal beliefs, cultural customs and current fads. The deadening effects are evident when we feel uncomfortable and uneasy. The assumption here is that we do recognize and allow feelings to register. We may not want to, or even know *how* to move out of our discomforts. That’s when and how we get stuck. Yet, liberators, often unrecognized, exist. Even when we recognize them as such, fear of the unknown or feelings of intimidation because of inexperience and unfamiliarity may cause hesitation.

Who are these liberators? They could be a person, a thing or an event with various qualities. They might be intense or subtle, frequent and nagging, or occasional, or just once. They are seldom petitioned. It’s more likely they come unbidden. No rattling at the gate or knock on the door, yet should we dare to be opened to their presence, they’ll rock us loose, pry open the grasps that no longer hold anything. And in effect, they say, these liberators, “Let go and move. Don’t miss out on

The Green Corner

Prep Your House for Winter and Save Energy & Money!

Before the cold weather strikes, taking a few steps to winterize your home goes a long way with saving energy and money. Here are just a few, simple ideas for keeping you and your family cozy in winter while cutting down on your energy costs, *and* your carbon footprint.

Ditch the Drafts

According to the US Department of Energy, somewhere between 5%-30% of home energy use is lost through drafty windows and doors! A “draft snake” can significantly reduce heat loss and save you money. Buy one or make one with your kids. Fill long tube socks with sand, beans or rice and place them at the base of drafty doors and window-sills. Use fabric paint or markers to decorate them.

Lower Water Heater Temperature

Adjust the thermostat of your water heater to 120°. Many heaters are set at 140°, and for most families, that’s more heat than necessary. *Energy.gov* estimates that water heating adds up to 14% - 25% of the energy consumed in your home!

Wear a Sweater, and Turn the Heat Down

While you are at home, keep your thermostat at the lowest temperature that’s still comfortable for your family, and wear sweatshirts and cozy slippers! Before bedtime or when you leave the house for the workday and school, lower the thermostat by 10-15 degrees and save about 10% on your yearly heating bill.

Change Furnace Filters

While you’re using your heating system, change your furnace filter about once a month. Dirty filters make your system work harder, using more energy than necessary and costing you more money than necessary!

For more information on home energy use, visit www.energy.gov

Anita Wright

living this life.”

And so it is that I believe: the only sin is “getting stuck.”

Jaki Jackson

RE Program

The RE program is off to a great start! We are pleased to see some new faces in our Sunday morning time together, as well as to welcome back some of our beloved, spirited youngsters. We kicked off the year with a Pizza Night/Bonfire, which included a lively game of Manhunt, storytelling, S'Mores, and more!

Our program is built around the desires of the kids as they learn about themselves, their creativity and how that fosters their own spirits and Unitarian Universalism. We have a full roster of activities planned, both lively and quiet.

Our first weeks have been spent getting to know each other and forming a covenant for our time together. They were also very excited about their segment for the Animal Blessing on October 21, "It Could Be Worse."

Animals are a unanimously important topic for the kids; they all have pets, which they love dearly, and wish we could have an Animal Blessing more than once a year. Building on their desire to be more present with the Congregation, one suggestion was to present a take-off on Shakespeare from an animal's perspective. Stay tuned for further details.

This is a lively group. They enjoy a variety of activities, both inside and outdoors. They all have a sense of compassion and a desire to help others. They have also expressed a desire to explore other cultures - what they eat, music, how they dress - culminating in a Multi-Cultural Showcase with the Congregation. Let's see how we can make this happen; any ideas are welcome.

We will also focus on storytelling and bringing these tales to life. The children will be encouraged

to choose activities to enhance their exploration of the "lesson" we can learn from each story. Activities will range from artwork such as paintings, crafts, or drawings, discussions, and perhaps even small presentations performed for the congregation.

As we all get to know each other, we will take detours to explore themes or topics that continue to pique the interests of our young people. Some of you may be wondering how you can be involved. Here are a couple of ways:

We hope you will be a part of our RE program by volunteering to join us for a Sunday or two; please let Sue Penny or Kent Martin know when you are available.

As you have gleaned, we have a wide variety of activities planned and can use your help in gathering materials from our wish list: yoga mats, exercise mats, small area rugs, plastic containers, crayons, paints, paper, markers, fabric, glue guns, paint brushes, any kind of beads or jewelry, ziploc storage bags, clipboards, card stock paper, compasses, flip charts, large writing tablets, modeling clay, any kind of "costume" pieces (hats, gloves, boas, etc.)

(If you have any of these items, please feel free to drop them off downstairs, or contact me to make other arrangements.)

One of the members of the Congregation stopped to tell me how much she enjoyed "hearing the sounds of children alive and welcoming" during the Service last week. Yes, that is a nice sound now, isn't it?

Valerie diLorenzo



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Secretary: Myrna Truitt
Treasurer: Imke Littman
Margaret Pulkingham
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Newsletter Information:
Deadline is the 15th 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
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What's Happening

- ◆ We will have a "Dress Down" on the third Sunday, November 17, when we dig bulbs, transplant a tree and put the garden to bed for the winter.
- ◆ On September 30, several members of our congregation visited The UU Congregation of Stony Brook to attend a workshop led by David Glasgow, Music Director for the Unitarian Universalists of the Cumberland Valley and the General Assembly Music Coordinator for the Unitarian Universalist Association. In attendance were the Rev. Nancy Arnold, John Andrews, Chris Epifania, Kent Martin, Sue Penny, Mark Potter, Martha Potter, Myrna Truitt and Jeanne Wisner. David is a dynamic speaker and asked us to think about how we can 'juicify' our worship services. We were asked to review past services and consider how we could make them better. We were also asked to analyze these services to determine their purpose. He suggested that services should be planned for an entire year, using Google docs. This plan includes a one sentence thesis statement for each service and the role of everyone in the service, including the musician. David also gave some concrete ways to communicate more clearly and increase the energy of the service.
- ◆ A mural is being prepared for the large concrete wall in the children's play yard. Erling Hope met with Sue Daniel's class of four-year-olds and discussed animals. He showed them pictures of animals that fly and animals that disappear. The

children then drew their own animal pictures. Erling will use these pictures to design the mural. The UUCSF and the Rainbow School will join together to paint the mural.

- ◆ Fellowship sponsored a successful UU History workshop on Nov. 3. We are considering the Neighborhood Groups and how they may be more useful to our congregation, (Perhaps we have lost the lists of those in our groups by now?) Circle Dinners, and whether to bring them back, and discussing with Chris the sharing of potluck dinners with our neighboring UU congregations to the west. As always, jump onboard if you are interested in joining the Fellowship Committee. We meet every six weeks in the sanctuary on Sundays following the Fellowship lunch.



Our Sept 3 service starred the Sylvester Manor Worksongers From left: Bennett Konesni, Edith Gawler, Sylvester Manor Educational Farm Interns Susan Paykin, Megan Swenson, Lev Darkhovsky.



Unitarian Universalist
Congregation of the South Fork

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