

Unitarian Universalist Congregation of the South Fork

January
2015

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

www.uucsf.org

We are a spiritual community.

From David and Carol Holstein

Thanks to all of you for being part of the first UUSC Guest at Your Table dinners that were held December 6 and 7. We truly enjoyed hosting and having the opportunity to pass on some of the stories that we have heard at the Stewardship Circle meetings we have been part of. We hope that we were able to pass on even some of the passion for the work done by the UUSC in collaboration with grass root groups throughout the world.

We have been asked how to contribute to the UUSC and have listed below various methods:
Online: Go to uusc.org. It opens to "Special Matching Gift" screen. All unrestricted gifts of



One of the two Guest at Your Table dinners which the Holstein's hosted.

\$125 and over are being matched by the UU Congregation of Shelter Rock, through 12/31/14. Please make sure to note our congregation, regardless of the amount. **Mail to:** UUSC, PO Box 808, Newark, NJ 07101-0808, again noting UUCSF.

Some of you were interested in the work done with ROC (Restaurant Opportunities Center). You can download their Diners Guide to Ethical Eating at their website rocunited.org/dinerguide. The short video by their cofounder, Saru Jayaraman, is both thoughtful and action provoking. It moved me to post a positive review for Topping Rose, one of their award winners, on tripadvisor.com, mentioning ROC. One small step! Perhaps those of us who feel strongly about this issue can proceed further. Let's talk. Resource Book: *Beyond the Kitchen Door* by Saru Jayaraman.

The UUSC website describes economic justice as follows: "Economic justice is essential for securing basic human rights. Recognizing that workers' rights are human rights, UUSC is committed to defending and supporting living wages, fair trade, and workers' right to organize....Sustainable food and ethical eating means more than local and organic — it also means sustainable wages and working conditions for food workers...."



The Reverend Nancy Arnold tells the story of the food that ran from the table at our November 23 Thanksgiving service.



From the Interim Minister

Every year at this time I reflect on the past year and set some “aspirations” for the incoming year. “Work smarter, not harder” has been on the list since the mid-nineties. “Clear space physically and emotionally to make room

for new growth, inner peace, and well-being” has topped the list even longer. Both are variations on a resolution to become organized that began more than 40 years ago.

Efforts to enact these ideals have included attending time management workshops at which we are tutored in the use of day/weekly/monthly “planners,” each one with its own unique “system” for achieving maximum organization and effectiveness. At one point, while serving the Akron congregation, I even arranged a staff “retreat” day so that all of us could attend such a workshop. If we were all operating under the same “system,” I reasoned, communication and productivity would improve, helping us all “work smarter, not harder.” It didn’t.

The last calendar/planner I used nearly did me in. Like its predecessors, it was no ordinary calendar. It was “designed for action” and was meant to inspire and actualize my goals for the year. It began with the anecdote about a man who meets three workers at a building site.

He asks the first one: ‘What are you doing?’ – ‘I’m laying bricks.’

He asks the next one: ‘What are you doing?’ – ‘I’m building a wall.’

The man walks up to the third worker and asks him the same question.

He looks up with a smile on his face and says: ‘I’m building a church.’”

Exercises designed to identify attitudes followed, along with the opportunity to see “yourself as the person you want to be!” The idea was to use the calendar to discipline myself and focus on becoming the person I aspire to be.

That planner weighed me down in more ways than one. It was the last time I attempted to fulfill my organizational goals with a planner. It seems that the older I get, the less important reducing a complicated life to a page in a planner becomes. This year, like the last two, I bought a calendar that easily fits into my purse.

Perhaps this is the year that I will actually take time for that which renews and nourishes, perhaps even for the “13 Things” recommended by my colleague, Meg Bowman:

Take time to dream –

IT HITCHES YOUR SOUL TO THE STARS.

Take time to work –

IT IS THE PRICE OF SUCCESS.

Take time to think –

IT IS THE SOURCE OF POWER.

Take time to play –

IT IS THE SECRET OF YOUTH.

Take time to love –

IT IS THE SPIRIT OF LIFE.

Take time to read –

IT IS THE FOUNDATION OF KNOWLEDGE.

Take time to meditate –

IT IS THE HIGHWAY OF REVERENCE AND WASHES THE DUST OF EARTH FROM YOUR EYES.

Take time to help and to enjoy friends –

IT IS THE SOURCE OF HAPPINESS.

Take time to make the world better –

IT IS THE PURPOSE OF LIFE.

Take time for beauty –

IT IS EVERYWHERE IN NATURE.

Take time to laugh –

IT HELPS WITH LIFE’S LOADS.

Take time for health –

IT IS THE TREASURE OF LIFE.

Take time to plan --

IT IS THE SECRET OF BEING ABLE TO HAVE TIME TO TAKE TIME FOR THE FIRST TWELVE THINGS.

May these be the times of our lives.

Nancy

minister@uucsf.org

Hurry Up and Wait

Although few of us have served in the military I think we are all familiar with the expression "hurry up and wait."

Last week our search committee learned that Keith Kron, the Director of Transitions at the UUA, has not received many applications from ministers in search of any new position this year. Is this the sign of an improving economy, or of fewer new ministers, or more congregations looking, or something else? He felt he will have a better understanding of the situation in January.

Although this is frustrating to the Search Committee and to the Board, it may be more frustrating to those of you who are not directly part of the process. We had two, or perhaps three, congregational meetings way back in the Spring and early Summer when the sun was warm and spirits were high to discuss just what sort of minister we wished to hire.

The UUA offered to find us a developmental minister with the goal of growing our congregation. In the August 2014 edition of the UU WORLD you may have read the success story of another developmental minister who brought new life to the Boulder, Colorado congregation. The concept sounded good to the Board and to the congregation, and we sent in our request.

Unfortunately, this is shaping up to be a strange year. At this point Keith has spoken to only a dozen ministers who are looking for any position and none for the developmental opportunities available. He feels he will have a better sense of the available ministers in January. News like this may be particularly difficult for those of us who arrived at the congregation in the last ten years with Alison's steady hand at the helm. In the 16 years before Alison, our congregation engaged in five different ministerial searches, three of which resulted in successful long term hires. We have lived through uncertainty in the past and thrived.

So let's look at the bright side. Our interim minister is serving us ably, with inspiring services and wide reaching, effective pastoral care. We are beginning to see new faces in Sunday services and have even added two new members since Alison

left. This does not mean we should sit on our hands doing nothing more to help ourselves.

The Board has decided we may have a better opportunity to find a suitable minister if we

shift our needs to match the typical UUA schedule which offers start dates of August and September. We have asked the Rev. Nancy Arnold to extend her contract through August 2015. This will give the UUA Transitions Team more time to find potential ministers. Although our Search Committee needs to work confidentially, we on the Board will keep you informed of the general status of the search in this newsletter and in congregational meetings.

Meanwhile...join your friends at Sunday service for inspiration and fellowship...volunteer for a social justice effort...give the fellowship committee a hand...join one of Nancy's discussion groups...get yourself trained to use the heart saver defibrillator we are installing in the vestibule...or try out one of the groups sharing our space, QiGong or our Ocean Zendo friends. There's plenty you can do to keep us healthy. Our welcoming congregation has something for everyone.

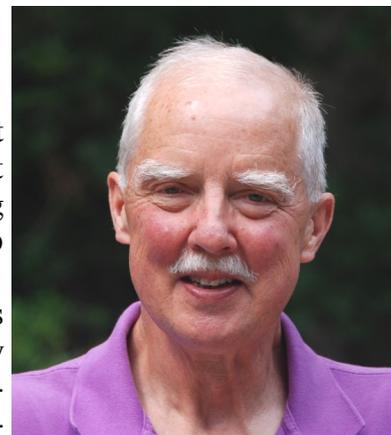
Mark



A note from Nancy...

I will be away at a Ministers' Study Group from January 24-28, 2015. If you have a pressing pastoral need during that time, please contact the office.

Thank you, Nancy.



January Service Calendar

January 4

Are You Living Your Dream?

The Rev. Nancy O. Arnold

How many of us are really living the life we want?
If we aren't, how can we get closer to that ideal?

January 11

Reconciling Anger in Today's World

Speaker: Linda Coleman

Worship Leaders:

Pat Gorman and Stephen "Tuna" Flores

"All true revolutionaries are guided by great feelings of love", (Che Guevara.)

Linda Coleman's award-winning memoir, "Radical Descent," speaks of her transit from privilege to joining a 1970's guerilla cell and eventually to the robes of a Zen practice with the Ocean Zendo. A nurse, and a mentor for incarcerated persons, Linda still explores how one can reconcile anger and injustice in today's world.

January 18

The Living Legacy of Martin Luther King, Jr.

The Rev. Nancy O. Arnold

Through personal story, we will recall how Martin Luther King, Jr. and the civil rights movement continue to inspire our lives.

January 25

One Step After Another

Linda Anderson

Perseverance is persistence in spite of difficulties, obstacles, and /or discouragement. Living, in general, requires a certain amount of it, but how do we "keep on keeping on" when we really want or need something, and it remains out of our grasp? How do we know when to modify our desires and expectations? How do we know when to let go?

"The food that got away" from left: Kent Martin, Flynn Martin, Anita Wright, Kaylie Wilson, Jaime Wilson, Finn Wilson and Caleb Wright.

Service Date	Greeter	Hospitality
Jan 4	Mark and Martha Potter	Tom Murphy and Eileen McCabe
Jan 11	Jim Thurman and Carol Mason	Anita Wright and Jamie Wilson
Jan 18	Sylvia Baruch and Myrna Truitt	Edna Trunzo and John Andrews
Jan 25	Eileen McCabe and Tom Murphy	Carl and Pam Wittenberg

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



A few of the 45 people attending our annual Winter Solstice Service.



At the Meetinghouse:

Wednesday,

December 31 11:00 pm to January 1, 2015

The Ocean Zendo: Join the Ocean Zendo to welcome the New Year together in a spirit of reverence for life with all its infinite offerings. UU members are invited to our New Year's Eve simple tradition. We will gather in the UU Sanctuary beginning at 11:00 pm in silent meditation and candlelight. At 11:30pm we begin 108 gongs ending at midnight. In addition to being a Japanese New Year's custom, the number "108" holds sacred significance in many eastern religious traditions. It can signify the number of our delusions, our feelings, or our blessings....108 is also traditionally the number of beads on a prayer mala. All are welcome!

Sunday, January 4, noon:

***Congregational Conversation:**

The Rev. Nancy Arnold will lead a discussion on the state of our congregation. The discussion will include a report on the search process.

Thursday, January 8, 7 pm

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

Sunday, January 11 at noon

Qi Gong for Winter: Free, and All Are Welcome! The cold of winter brings us deep inside, to the wellsprings of our vital energy. Like a tree whose roots are at work under the ground, absorb what you need at the deepest levels of your being. Join us for these ancient Chinese exercises and healing self-massages. For more info call Tina 723-1923.

Wednesday, January 14, 2pm

***Wednesday Sharing Circle:** If you are interested in joining call Jaki Jackson 267-8556

Tuesday, January 20, 1 pm *Monthly Conversation: "Is Social Action a Spiritual Practice?"

Monthly conversations led by Nancy Arnold are held on the third Tuesday of the month and will focus on topics that members have asked to explore further, beyond the Sunday morning services. Please join us.

*UUCSF sponsored events

What's Happening:

Helping Hand: HELPING HANDS 2014 - As we move into 2015, it's a good time to look back on how the numbers of weekly small contributions to the basket at the back of our Meeting Hall have influenced our neighbors. Over the past year, Helping Hands has assisted immigrant families in the area through several different groups. Your contributions have made it possible for 54 children to attend sleep away and day camps last summer through Sister Margaret and the North Fork Spanish Apostolate in Riverhead. The participating children were able to have first-time experiences playing and learning with their peers and integrating into the larger community. The second group of children and their families were able to experience a trip to the Museum of Natural History in New York City and to be part of a weekly child and parent program at the Children's Museum of the East End. Thank you again for your donations. We look forward to working with more groups in 2015!

Helping Hands Committee: Sylvia Baruch, Christine Epifania, Carol Holstein, Anita Wright

Search Committee: The Ministerial Search Committee is receiving e-mail suggestions and preferences from members of the Congregation as we wait for applications from candidates. We have been in touch with Keith Kron at the UUA. He is waiting for response from potential candidates but does not expect any action until January.

Ocean Zendo: The hours of the Zendo are: Monday, 5:00–7:00 pm, Wednesday, 8:00–8:40 am, Saturday, 8:00–10:00am. All are welcome to all sittings and discussions. No experience is necessary. Please be on time. If late, enter quietly. Any questions, please call 631-329-1127

Guest at Your Table: The Unitarian Universalist Service Committee Guest at Your Table (GAYT) program began with our Thanksgiving Service for All Ages on November 23. UUSC dispensed with the GAYT boxes this year and is encouraging members to host dinners in their homes to gather donations, while highlighting the community building aspect of its work. The

Continued on page 8

Green Corner:

Taking a Closer Look: An Interview with Local Tracker Callie Velmachos

Callie has been observing and recording animal tracks and sign on the East End for over 25 years. Tracking in the field with Callie is a must-have experience for anyone interested in observing animal sign. Look for her outings with the Peconic Land Trust, Group for the East End, and the South Fork Natural History Museum; or go on your own this winter. Ideal conditions for tracking in the winter are 24 hours after a light snowfall. I'd love to hear what you find!

AW: How did you get interested in tracking?

CV: *In my early thirties I bought Tom Brown's book, The Tracker, and by page 4 had called his school and signed up for a course. Over the years I've studied with many trackers.*

AW: How would you describe your style of teaching tracking in the field?

CV: *The way I start any class is I pick a spot on the ground and ask students, "What do you see?" Then I show them what I see. Then I show them how to analyze what they see.*

AW: What are the most exciting tracking discoveries you've made, or have been part of?

CV: *Whatever track I'm looking at is the most exciting, usually. As far as broader significance, I think of the morning that local naturalist Mike Bottini and I were at Scoy Pond (in the Northwest Woods of East Hampton), marveling at the newly discovered beaver sign there. I saw this dark, tarry substance I didn't recognize at the water's edge. I showed Mike, and he tagged it as otter sign. That triggered his whole otter study, because it was the first concrete evidence that otter were checking in on the South Fork. This illustrates perfectly why I think tracking skills are so important for anyone, professional or lay person, who is regularly out in the field. Wherever I am, I am automatically cruising for tracks and sign, and because of that long-term awareness, I know what is "normal" and what is different. I didn't know otter scat, but it was easy enough to find someone who did, once I actually*

saw the sign itself. Identification is not the skill. Seeing is the skill.

AW: What resource (s) would you recommend for someone interested in tracking?

CV: *Resources for anyone interested in tracking get better and more comprehensive every year. Tom Brown's Guide to Tracking and Nature Awareness is a classic that anyone interested in being in the woods should have, no matter what age. Mark Elbroch's Mammal Tracks and Sign is the state of the art field guide for identification. Something I'd like to say about field guides: they don't teach you how to see. A field guide is only as good as your own powers of observation. For that reason I never take field guides into the field. I sketch, as accurately as I can, measure, and take photos, with scale. **Then** I go home and check the field guides.*



Member Profile, Sylvia Baruch

Sylvia is a true New Yorker, born in Brooklyn, and moved to Long Island when she was twelve. She attended public schools, spent a year in Michigan attending college, and returned to New York University, focusing on politics. She did graduate work in international relations and public administration, then spent 25 years at NYU and retired as Vice Chancellor and Vice President for Planning.

Sylvia founded an organization called "Neighbors in Support of Immigrants" (NISI) as a response to negative publicity about immigrants, particularly in the local press. She sent out emails to friends about the need for action and received a very positive response. NISI's purpose is to influence debate on immigration reform, spur local government to provide services to ease immigrant acculturation to Long Island, and to make the East End welcoming for immigrants. NISI developed two DVDs chronicling the experiences of real immigrants on the East End, which has been shown to a wide range of organizations on the East End. She is currently the Chair of NISI. Her interest in immigrants does not stop here. She works with the North Fork Spanish Apostolate helping local immigrant families, especially children, and is currently helping two Guatemalan refugee boys learn English.

Sylvia has had a Buddhist practice in *Vipassana* for ten years, focusing on meditation and study. While her practice is different from the Zendo which meets in our building, she is particularly pleased to have them and she feels that UU principles and Bud-

dhist practices overlap. She will attend a UU Buddhist conference in March at the Garrison Institute.

Sylvia lives in Hampton Bays with her husband, Ed Stateman, and has two stepchildren and two grandchildren. While she has always been a city person, she was surprised to learn how much she enjoys life on the East End, particularly appreciating the natural beauty and walks on the beach.

Sylvia chose our congregation because she was on a spiritual quest and felt sympathy with our principles and mission statement. And, she adds, "the people are terrific."

We are particularly delighted to welcome Sylvia to our congregation.

Myrna Truitt



Our youngsters in their December 21 Holiday pageant honoring a dyspeptic camel.



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Vice President: Sue Penny
Secretary: Myrna Truitt
Treasurer: Imke Littman
Margaret Pulkingham
Pamela Wittenberg

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

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What's Happening, continued from page 5

Holsteins hosted two wonderful dinners last weekend at which we learned more about the work of the UUSC. Your donation of \$40 or more gives you and your family annual membership in UUSC. All contributions of \$125 or more will be matched dollar for dollar by the UU Congregation at Shelter Rock. There are donation envelopes available in the pamphlet rack at the entrance of the Meeting-house. Donations can also be made online at uuscs.org/givetoguest. Please remember to note that you are part of the UUCSF congregation. Thanks for supporting this most important UU program! *Nancy*

“Creative Justice Banner Society”: UUCSF received a “Creating Justice Banner Society” certificate for its contributions to the UU Service Committee in 2014 “in honor of exceptionally generous congregational support for UUSC’s work to advance human rights and social justice.” Last year UUCSF raised \$1072.56 for *Guest at Your Table*, with eleven people achieving membership status with UUSC.

The Long Island Ministerial Leave Program- HELP from our neighboring UUs. When We Need It! The Long Island Ministerial Leave Program (LIMLP) was established by the Long Island Cluster of the Metro New York District Chapter of the UU Ministers Association about seven years ago. The purpose of the program is to reduce the

stress on congregations whose minister is taking some kind of leave from his or her duties. In any given year a UU minister on Long Island may take a sabbatical leave or need to take time off for personal reasons. LIMLP sees that the congregation whose minister is on leave receives pulpit coverage by a minister for one Sunday a month and emergency pastoral care coverage by a minister for one month, each for up to six months per year. The Rev. Margie Allen and Frances McGuire of the UU Fellowship at Stony Brook are the current Program Managers. The other participating congregations are: Shelter Rock, Huntington, Freeport and Bridgehampton. We expect membership in the LIMLP to grow in the next few years. Our minister, Nancy Arnold, and lay leader, Chris Epifania, are the program representatives from our congregation.

Civil Rights Service: *Were you involved in the Civil Rights Movement?* I’d like to hear about your experience in preparation for the Martin Luther King, Jr. service on January 18. Thank you! Nancy minister@uucsf.org



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