

Crossings

The Monthly Newsletter of the
Unitarian Universalist Church at Washington Crossing

JULY ♦ 2009



Join the Journey.
Open to You.

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*During June, July, and August,
there is one service only, at 10 am.*

JULY 5

The Final Freedom *Charlie Dieterich*

In 1941, Franklin Delano Roosevelt introduced the idea of Four Freedoms. Two years later, Norman Rockwell's magazine covers turned them into American icons. What does this idea mean in our post-Saturday Evening Post world?

JULY 12

An Attitude of Gratitude *Kevyn Malloy*

What most of us say we want the most — “to be happy” — is within our control. Scientists tell us that a major contributor to happiness is the ability to be grateful for what we have. We can increase our level of gratitude by doing several easy exercises.

JULY 19

Grace is Running the Show *Pam Shadzik*

What is “grace,” and how do we find a place for it as we work to create our lives? This service will explore the tension between individual effort and the world beyond the self.

JULY 26

Tales of a UU Chaplain *Amy Glenn*

From September 2007 to May 2008, Amy Glenn served the New Brunswick community by training as a hospital chaplain. She was the only UU in the program. Listen to her reflect on her powerful experiences facing trauma, healing, and death — all the while, drawing upon our rich and enlightening UU tradition.

Visit www.uucwc.org
for more information
about UUCWC

Minister's Message

The Rev. Charles J. Stephens



Those Lazy, Hazy, Crazy Days...

It is Summer 2009 and we enter the new church year of 2009–2010. I am grateful to all the wonderful people who make UUCWC such a warm, welcoming, and vibrant congregation: The Board officers and members, the committee and task force chairs, our Religious Education teachers, choir members, and the countless individuals who have given so freely of their time, leadership, energy, talent and commitment over the past year. And, I sincerely thank each and every one of you for your financial generosity to our community of faith, hope, love, and action.

In spite of the economic situation, I sense that we are at an exciting place in our congregation's life and shared ministry. I thank Melo Holstein, Caryl Tipton, and Diane Debnarik for giving so much of themselves in their work here at UUCWC. We work hard as a team for a mission that we believe in and strive to fulfill. We are thrilled that we will be joined in this new church year by our new Director of Lifespan Religious Education, Robin Pugh.

In spite of the economic situation, I sense that we are at an exciting place in our congregation's life and shared ministry.

During the summer months, we offer wonderful worship services each Sunday at 10 am, with religious education for our young people at the same time. We don't want to lose any momentum in the membership and program growth we have experienced this year, so Jim Sanders and I will offer an introductory version of UU Basics with a barbecue at my home on July 12 after the Sunday service. If you have been thinking about joining our congregation or just want to find out more about us, I encourage you to attend. (To reserve your place on July 12, contact Holly Bussey.)

During the summer months, I will be on study leave, vacation, or working on programs and plans for the coming year. My schedule is:

July 1–6: I will be either at the church or at home working on programming for the coming year.

July 7–18: On study leave, attending a Shalem Residency on spiritual direction, but I am on call for pastoral emergencies. (I will be here working during the July 10–12 weekend.)

July 19–August 18: Away on vacation.

August 19–31: On study leave, but I am on call for pastoral concerns and a few meetings.

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Check www.uucwc.org for updates and additional information on church activities

President's Corner

Dan Tuft, President, Board of Trustees

A Pledge to Keep You Informed

Greetings to you from the new Board of Trustees and your new president!

Many people have thanked me and congratulated me for taking this position... some of you have even offered your condolences... either way, I figure that, at least, you are noticing who your board president is. Thanks to Pam Shadzik for her support and letting me bother her with questions as we work to provide a smooth transition. Thanks also to our outgoing members — Pam, Mary Ann Sprenkle, Frank Holstein, and Jim Bicksler for their service. Welcome to new board members Peter Bateman, Heather Ransome, Richard Knight, and our new vice president, Holly Bussey. And welcome back to our continuing members, Jerry Scheick, Bud Johnson, Ludy D'Angelo, and Robin Holmes, each of whom will definitely help in our transition.

In my bio written before the election at our May congregational meeting, I wrote:

If I was to pick a theme of what I feel is important to focus on, it would be going back to something very basic: celebrating and strengthening our connections — with each other within this church, with our local communities in which we live, and our connections in this region, throughout this country, and internationally.

My aim is to use this space to update you on how the Board is doing in each of these areas, as well as to give examples I have noticed within our community. I may even offer a suggestion or two.

Some of the issues carried over to your new Board include some that affect our life together and in the larger community. We are seeking bids to move forward on our **kitchen project** (thanks, Bernie!) so that we can make even better use of this resource. **Bylaws changes** regarding membership guidelines has been discussed by the prior Board, and will most likely carry over; I am sure there will be more to come on this.

Please feel free to share your concerns, ideas, and support with your new Board. We look forward to working together with each other and you.

Minister's Message *(Continued from page 2)*

During times that I am not available for pastoral concerns, please call the office or the Caring Ministry co-chairs. They will have the name of a UU minister with whom I have arranged to share coverage during the summer months.

And finally... this summer, if you're out of the area and away from the church, you can stay in touch with UUCWC and the UUA, both of which have great websites. They are streamlined and user-friendly with many different sections, including videos of our services of worship at www.uucwc.org. Through the UUA website, www.uua.org, you can discover what happened at the recent UU General Assembly, as well as many new features and fresh content.

Charles J. Stephens writes regularly on putting faith into action. Visit his blog at <http://www.uucwc.org/category/ministers-blog/>

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News and Announcements

2009 UUCWC Service Award Winners

Mary Ann Sprenkle

As is usually the case, an outstanding group of people have received this year's UUCWC service awards — and there are many more waiting in the wings.

- The **Sophia Fahs Religious Education Award** for performance in educating our children went to Bonnie Gilbert.
- The **John Young/Rudy Turner Award** for contributions to the church and the community in the area of social justice was awarded to Jim Bicksler.
- The **Flaming Chalice Award** for exemplifying the principles and purposes of Unitarian Universalism was received by Christine Piatek.



Family Getaways at Murray Grove: Get Back to Simplicity!

*Michael Masters
Assistant Director,
Murray Grove Retreat Center*

Enjoy a mini-vacation at your Mid-Atlantic UU retreat center, in the peaceful New Jersey Pine Barrens on the site where Universalism began. Available midweeks, Murray Grove is comfortable, affordable, and fun: a pool (in season), athletic fields, nature walks, barbecues, a fire circle, and more. Near beaches, boardwalks, Six Flags, canoeing, restaurants, and parks.

Express yourself creatively and spiritually at the second annual Murray Grove Drum and Dance Retreat, Aug. 14–16, 2009. There will be workshops on Afro-Brazilian, Latin, and West African Drumming, as well as African dance and belly dancing! Learn ancient practices with roots in ritual, religion, and celebration.

Fees are only \$250 per person for the weekend, double occupancy, including meals. Or, sign up just for the Saturday afternoon and evening session for \$75. Space is limited, so register early!

Support your UU retreat centers!

Murray Grove
PO Box 246 • Lanoka Harbor, NJ 08734-0246
609-693-5558
www.murraygrove.org

Committee Updates

EARTH-BASED SPIRITUALITY CIRCLE

*Parker Cohen and Marybeth Carshaw-Stinson,
Co-chairs*

Earth-Based Camping Retreat August 7–9

The Earth Based Spirituality Circle will hold its annual retreat, Fri., Aug. 7 through Sun., Aug. 9. This is a family-friendly retreat at Brendan Byrne State Forest, 40 minutes from Trenton. Our group campsite can accommodate up to 30 people, and costs only \$30 per night for the whole group. So if 15 people join us, your cost is \$2 a night. What an affordable getaway!

We will hike, perhaps kayak if the river levels are high enough, and of course, relax with our fellow UUs. And the food is ALWAYS spectacular! For those who don't tent camp, day tripping or renting park cabins or yurts are options. Contact Marybeth Carshaw-Stinson for additional information.

FELLOWSHIP COMMITTEE

Barbara Drew, Outgoing Chair

Thank you!

On behalf of the congregation, a big thank you to all individuals, circles, and committees that helped to sponsor Fellowship coffee hours this past church year! Coffee hours are suspended during the summer church season, but will resume in September. For next year, please see the sign-up sheet on the bulletin board opposite the kitchen, or use the sign-up form on the UUCWC website, coming soon!

Neighborhood Circle Potlucks

Whether you are a member, friend, or visitor to UUCWC, you are welcome to attend! Potlucks are held in the comfortable setting of someone's home, and everyone brings a dish to share. Contact one of the following coordinators for information about the next date and location:

Ewing/Titusville Circle: Sundays, 6:00 pm.
Contact the church office at uucwc@uucwc.org or (609) 737-0515.

Hamilton/Pennington area: Held occasionally.
Contact Pris Gaver or Janet Hubbard.

Check www.uucwc.org for updates and additional information on church activities

Committee Updates *(Continued)*

Newtown Neighborhood Circle: First or second Saturday, 6:30 pm. Contact Barbara Drew.

“Up the River” Lambertville/New Hope Circle: Third Sunday of the month, 5:30 pm. Contact Joe Schenk.

Yardley Neighborhood: Second or third Saturday. Contact Jef Buehler.

Young Adults group: Second Friday of the month. Contact Jen Addo.

For information or to offer to help the Fellowship Committee, please see our blog at <http://www.uucwc.org/category/committee-news/fellowship> or contact Barbara Drew. We're brewing up some fun!

RE FOR CHILDREN AND YOUTH

Scott Umlauf, Chair

Summer RE Underway

We have begun our summer program, “Picture Book Unitarian Universalism.” This is a drop-in program (no need to register) that runs every Sunday through Aug. 30. We're looking forward to seeing familiar faces and some new faces as well.

This month the Children's RE Committee congratulates Bonnie Gilbert on her well-deserved award and the graduating seniors who were recognized in the Bridging Ceremony. For more information, see our blog at <http://www.uucwc.org/category/committee-news/committee-for-children-and-youth/>

MLK Service Projects

WORK ADVANCES ON TWO PROJECTS

Mary Kay Mitchell

Two projects proposed at this year's Martin Luther King service, *Building right relationship by reviewing church identity documents to align them with church goals*, and *Honoring our church's history by recognizing social justice leaders with portraits and plaques in our church sanctuary*, have made progress.

The Reviewing Church Identity Documents group is addressing concerns among some congregation members that our UUCWC Covenant includes language that could potentially be interpreted differently by some members/guests. They will also consider whether there should be some recognition in the covenant of the anger resulting from institutional/societal discrimination. As a result, the group has begun to seek broad-based feedback from our community and will suggest revision of the covenant as needed.

The project group is also considering whether or not a new children's version of the covenant needs to be developed. There is now a version used by the Religious Education Committee for Children and Youth that differs somewhat from UUCWC's current covenant.

The contact person for the Identity Documents project is Regina Zilinski. Members of the group are Andrew Conrad, Charlie Groth, Lynne Quinto, Nancy Reyes-Svarcbergs, and Pamela V'Combe.

The Honoring Social Justice Leaders group has begun development of criteria for selecting persons to be recognized in the sanctuary display. Persons chosen for the display will be historical leaders of the church or current members whose social justice contributions are complete so that their leadership can be viewed from a historical perspective.

Initial discussion has produced agreement on these points: Persons must be current or past members, friends, or ministers of UUCWC with significant leadership/achievement in the church's social justice commitments. The JTW history of significant church milestones with emphasis on social justice will help to guide the selections. The display will rotate as more persons are honored.

Contact person for the Honoring Social Justice Leaders group is Mary Kay Mitchell. Members are Holly Bussey, Georganne D'Angelo, Heather Edwards, Jaela Johnson, Judith MacLaury, Beverly Railsback, Steve Schnur, Dan Tuft, and Mike Wilson.

Comments and/or your participation as a member in these project groups is welcome. Please express your thoughts to the contact person listed.



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UUCWC Kirkridge Retreat 2009 “Retreat Into Harmony”

George Desser

Why do you go to Kirkridge? With this question in mind, the Kirkridge Planning Committee began its last meeting for the October 16–18 retreat, in the Poconos near Bangor, Pa. And as you would expect from a gathering of UUs the answers were varied, though each answer wasn't exclusive to any one person:

We go to Kirkridge because:

- It keeps us sane
- We are invited
- We get to know each other at a deeper level
- We can step outside our comfort zone
- It helps us center ourselves and stay centered
- It is peaceful being there
- We experience the energy of the mountain
- We get to meet new people
- We get to do creative things we wouldn't normally do
- It is traditional; UUCWC members have been going for 27 years
- Of the peace and beauty of the mountain

If you have been to Kirkridge before, you understand these sentiments; you may also share them. However, you will also have additional reasons for going. If you have never been to Kirkridge, perhaps this is the year for you to attend!



The Appalachian Trail hike to Columcille Megalith Park is a highlight of the weekend.



The trees in Columcille Megalith Park are alive with color during UUCWC's Kirkridge retreats, which occur over the third weekend in October each year.

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Our theme, "Retreat Into Harmony," is based on suggestions from previous years and has a connection to our Seventh Principle, Respect for the interdependent web of all existence of which we are a part — and to the Sixth Source of our faith, Spiritual teachings of earth-centered traditions, which celebrate the sacred circle of life and instruct us to live in harmony with the rhythms of nature.

Workshops on Singing Meditation, Feng Shui, Emotional Freedom Technique, and Sense and Spirituality are being planned. There will be additional activities, as well as hikes to Columcille Megalith Park via the Appalachian Trail. And of course, meals — what would a UU gathering be without them? Being on a mountain, everyone has to be properly fueled to participate in the retreat as much or as little as they want.

Registration fills up on a first-come, first-served basis, so act quickly. An option is to sign up for Saturday only as a day-tripper. A deposit to hold your space is due August 1.

If you have questions, please speak to a committee member; we are looking forward to your joining us as we "Retreat Into Harmony." Committee members are: George Desser, chair; Marybeth Carshaw-Stinson; Connie Curtis; Barbara Drew; Sallie Dunner; Bev Railsback; Bonnie Ruekgauer; and Nina Todor.

Registration forms are available online at http://www.uucwc.org/wpcontent/uploads/kirkridge_registration_form_2009.pdf

Our next committee meeting will be on Tuesday, July 14. All are welcome.



Get To Know Us!

Church Office:

Telephone: (609) 737-0515

Fax: (609) 730-1148

E-mail: uucwc@uucwc.org

Web site: <http://www.uucwc.org>

Amelia Holstein, Office Administrator

During July and August, the office is staffed by volunteers. Office hours: 10 am to noon weekdays.

Charles J. Stephens, Minister

During the summer, Rev. Stephens is on study leave and vacation. In case of a pastoral emergency, please contact Priscilla Gaver or Janet Hubbard, co-chairs of the Caring Committee, who will connect you with the minister on call.

**Robin Pugh,
Director of Lifespan
Religious Exploration**
Beginning August 1.

**Scott Umlauf, Chair,
Religious Education Committee
for Children and Youth**

**Caryl Tipton, Director,
Music Ministry**

UUCWC Board of Trustees

Dan Tuft, President

Holly Bussey, Vice President

Ludy D'Angelo, Treasurer

Robin Holmes, Secretary

Peter Bateman, Trustee

Bud Johnson, Trustee

Richard Knight, Trustee

Heather Ransome, Trustee

Jerry Scheick, Trustee

About Crossings

Editor: Michael D. Dalzell, Chair, Communications Committee

Design/Production: Lori O'Neil, Communications Committee

- The **deadline** for the August 2009 issue is Saturday, July 18. *Items received after the deadline will not make publication.*
- Please e-mail articles to Mike Dalzell as a MS Word attachment or within the e-mail body.
- Please include your full name and the title that you wish to have displayed.

Vision Statement

"UUCWC will be an inclusive faith community, focusing our energy and resources on spiritual deepening, thereby challenging us to become a dynamic and recognized force in our community."

— *Adopted 2003*

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