



# The UUCG Beacon

September 2011

The beacon is published monthly by the Unitarian Universalist Congregation of Greenville  
252-355-6658  
www.uugreenvillenc.org  
Beacon Editor: Michelle Covi  
office@uugreenvillenc.org

Sunday Services -- 10:30 am

**September 4**

*Hand Blessing*

Rev. Ann Marie Alderman

**September 11**

*Ingathering / Water Ceremony*

Rev. Ann Marie Alderman

**September 18**

*Who is Jesus?*

Rev. Ann Marie Alderman

**September 25**

*Reader's Theater*

Brody School of Medicine

Children's activities are available each Sunday.



## President's Notes

Ready, Set, Grow! How will UUCG look in the next year or two? Who will join our congregation? How will they learn about us, what will they contribute and what will we offer? This is the theme to be addressed by Leaders who will gather for a day long retreat on Saturday, September 17th. The idea of encouraging Growth has inspired much discussion this summer around our various age-related panels of speakers. While wanting to encourage all newcomers, a special emphasis was given to younger adults since there are so few of them. Erik Erikson, the famous developmental psychologist, posited that adults can focus more energy on spiritual values after their 50's. However we know that spirituality and the desire for community varies among individuals and is influenced by life events. Let's Be the place for spiritual seekers in our town.

In other Board news we now have an Audit Committee. In accordance with our Policy Manual, this ad hoc committee was appointed with Gary Greer as chair and Don English and Bud Hazel as members. We are very pleased that this financially experienced and competent team accepted the assignment. We are also very happy to announce that Sue Jefferson has accepted the position of choir director. She has been a member of our congregation for several years and knows what to expect. Meanwhile, Mort Stine has been an active Music Director maintaining choir rehearsals and a variety of performances throughout the summer. For this we are very grateful as we know what happens musically when they are not around. They don't want to know. Thanks too to Brenda Stewart for her piano playing and ongoing singing in the choir.

Since the Board news is brief this month, I'd like to tell you about my recent training experience. This Saturday I attended a day long mindfulness meditation workshop sponsored by the Center for Integrative Medicine at Duke University. This event culminated the completion of an eight week training course in Mindfulness Based Stress Reduction. I made a personal commitment to have a deeper meditation practice after the tragedy of 9/11 and first turned to Buddhist meditation. These practices plus my dedication to the writings of great teachers and the wisdom of loved ones, many Unitarian Universalists and others has calmed and integrated my personality to some degree. I still have petty reactions to minor irritants but rather than react from this negativity I can sometimes reflect first, feel some self-compassion for my struggle and then decide whether to respond, or to laugh at myself.

# Reflections

... of Reverend Ann Marie Alderman



Last month in this space, I shared with you that this fall will mark my tenth year of ordination as a UU minister. NOT one person from UUCG commented on that milestone! (I did hear from one person on the other side of the state who reads our newsletter. His sent me his reflection on my reflections. That was unexpected and very much appreciated.) Is anybody here listening?

There actually have been many times when I have wondered if going through all that it takes to get this monthly newsletter ready: writing the articles, making sure the calendar includes every event we know about for the month coming up, getting all the contributors to get their news or their article to the editor on time so she can put it together in a pleasing format, checking it all for accuracy and readability, sending the final version out for the printed copies to be made, picking those up and attaching mailing labels, distributing them by hand or by e-mail...is that whole process really worth it? How many of you UUCG-members-friends-seekers read this? Is the information still accurate enough to be useful by the time you get your copy? Is this the best way, or even one of the best ways to communicate with you? I would really like to hear your opinion, or any suggestions you might have for what might work better!

Call me 252-414-4076, e-mail me [amalderman@uuma.org](mailto:amalderman@uuma.org), or tell me next time you see me! Or better yet, contact me and let's schedule time together!

The REVEREND Ann Marie

**Affirming the inherent worth and dignity of every person**



**Staff**

**Minister:** Rev. Ann Marie Alderman  
**Youth Religious Education Director:** Kimberly Scholl  
**Music Director:** Mort Stine  
**Choir Director:** Sue Jefferson  
**Office Administrator:** Michelle Covi

**Board of Trustees**

**President:** Bev Harju  
**Vice President:** Tom Thielen  
**Secretary:** Susan Foreman  
**Treasurer:** Brenda Stewart  
**At-Large:** Alan Bailey  
**At-Large:** Judi Hickson  
**At-Large:** Patrice Alexander

**Committee Chairs**

**Ambiance:** Terry Shank  
**Building Maintenance:** Pat Tesh  
**Communication:** Rich Elkins  
**Endowment:** Bill Paulson  
**Finance:** Paul Alston  
**Fundraising:** Feryl Masters  
**Hospitality:** Alice Arnold & Ann Eleanor  
**Membership:** Bud & Phyllis Hazel  
**Youth Religious Education:** Jennifer Thielen  
**Stewardship:** Feryl Masters  
**Social Action:** Tom Long & Pat Anderson  
**Worship:** Lynn Caverly

## Social Action

### SOCIAL ACTION COMMITTEE REPORT

#### FIRST BORN REPORT

Thanks to Hank Foster, Helen Foster and Tom Long for volunteering at the First Born Food Distribution Program on Saturday, July 23, 2011. Our next session needing volunteers at First Born is Saturday, August 27, 2011. See or call Tom Long for details: 756 2856.

#### UUCG SHELTER ACTION GROUP

We now have ten completed Volunteer Application forms preparing us to participate in the "Check In" program at the Greenville Community Shelter. The need at the Shelter is still substantial, so anyone interested please see or call Tom Long at the above phone number.

Our Daily Needs basket continues to fill. Just like in a family, these needs are ongoing day by day at the Shelter. We still have available the small paper slips on the table below the bulletin board listing the Shelter's Daily Needs. Take one, put it in your pocket and on your next grocery trip pick up an item for the blue basket in the Library.

Tom Long  
Co-Chair, UUCG Social Action Committee

#### Mindful Living Group

Starts Sept 25th  
Bev Harju

The Mindful Living Group is open to everyone who would like to create greater calm and awareness in their lives. Here's what we do. We meet on Sundays before the Service in the Teen Room from 9:45 – 10:25. Typically there are six to ten who attend. People discuss their meditation progress and other events in their lives before we begin a focused practice. In the first weeks we will try some of the exercises I learned in the eight week Mindfulness Based Stress Reduction course. As we settle in, others may wish to lead the meditation. Secondly, I'll describe mindfulness. Mindfulness is a process of paying attention to our thoughts, feelings, and bodily sensations as they occur. We set our intention to *not judge* our mental and physical experiences but rather to have a child's type of curiosity about what is happening *right now*. In a sense, we are curious about who we are *right now*. After some experience of monitoring ourselves, we can gain some awareness about what is going on. Then we can choose to challenge assumptions that don't help us or that are inaccurate and replace them with positive, happy thoughts. So even though we can't control the events that come to us, we can modify their effects on us by becoming aware of the immediate moment, the *only* moment that we can control. The past & future are measured in terms of their distance from the present moment. For questions, please call or email Bev Harju, [harjubev@yahoo.com](mailto:harjubev@yahoo.com) or 252-258-1212.

# Religious Education

## Youth Religious Education Report

It's hard to believe that summer is already over and school is back in session. While our summer garden was a "bust" this year due to some very hungry wildlife, the return of Hogwarts to UUCG was a success. The Harry Potter books are not only popular, but they have a number of themes that fit well with Unitarian Universalist beliefs. The kids had a great time with the magically-themed lessons, and the Hogsmead shopping and snacks that ended our session were enjoyed by those in attendance. I would like to thank everyone who helped out over the course of the summer for making it a wonderful experience! I highly suspect Hogwarts classes will return in the future.

The RE Committee voted in *Love Will Guide Us*, a curriculum for the Elementary and Kindergarten class that comes to us from the Standing on the Side of Love movement. It uses the night sky as a metaphor, and the North Star as an analogy for love, which will guide us in our lives. In all of the Harry Potter books, love is consistently the most powerful force at work in the world. How fitting that we will study how to make it an active part of our lives every day.

Members of the Tweens class will expand their religious literacy by learning about one of history's great rebels and social reformers, Jesus of Nazareth. With *Jesus and His Kingdom of Equals*, our students will learn of a great individual and a worthwhile role model from a UU perspective. Per the authors of this course, "In this course, the emphasis is on what we discern as Jesus' most consistent, underlying message: the "good news" that all people are created equal and have an obligation to help bring and sustain equal treatment for all."

I am pleased to share that this summer the children asked to have yoga classes again, and Don English has graciously agreed. He'll resume yoga classes on the 3rd Sundays of the month (excluding intergenerational services) beginning in September.

Our new curricula will begin August 28th, 2011 and brochures will be going out to those on the Youth Religious Education mailing lists. If you think you should be on the list but have not received a brochure by mid-September please contact our Director of Religious Education, Kimberly Scholl, to make sure we have up-to-date contact information.

If you have not yet volunteered in our Youth Religious Education program, or if it has been awhile since the last time you volunteered, now is a great time to start. The children in our programs are a joy to work with, and are often more insightful than we might think. Not only will they benefit from the experience and knowledge that can be learned from you, but you will benefit from working with them. Please contact Kimberly if you would be interested in teaching or assisting in any of the classes.

In Service,  
Jennifer Thielen  
Chair, YRE

~ September 2011 ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				<b>1</b> 7p-8:30p Green Weavers CUUPS meeting	<b>2</b> 1p-2p Women's Lunch Group	<b>3</b>
<b>4</b> 10:30a-11:30a Hand Blessing: Rev. Ann Marie Alderman  12p-1p Lunch Group	<b>5</b>	<b>6</b> 8a-9a Breakfast Group  1p-3p Minister's Office Hours  7:30p-8:45p KTC Buddhist Meditation	<b>7</b> 3p-5p Minister's Office Hours  7p-8p Choir Practice	<b>8</b> 7p-8:30p Green Weavers CUUPS meeting	<b>9</b>	<b>10</b>  9a Fundraising Car wash
<b>11</b> 10:30a-11:30a Ingathering/Water Ceremony: Rev. Ann Marie Alderman  12p-1p Lunch Group	<b>12</b> 5:30p-6:30p Worship Committee Meeting  7:30p-9:30p Sierra Club meeting	<b>13</b> 8a-9a Breakfast Group  1p-3p Minister's Office Hours  7p-8:30p Gilda's Organizers/All Teams  7:30p-8:45p KTC Buddhist Meditation	<b>14</b> 3p-5p Minister's Office Hours  7p-8p Choir Practice	<b>15</b> 7p-9p Coffee Party meeting  7p-8:30p Green Weavers CUUPS meeting  7p-8:30p Shelter Action Group meeting	<b>16</b> 1p-2p Women's Lunch Group  6p-9p Board annual retreat	<b>17</b>  9a-3p Annual Leaders retreat
<b>18</b> 10:30a-11:30a Who is Jesus? Sermon Series #1: Rev. Ann Marie Alderman  10:45a-11:30a Youth Yoga  12p-1p Lunch Group  5p-7p Vegetarians in Pitt County	<b>19</b> 7p-8:30p Board of Trustees Meeting	<b>20</b> 8a-9a Breakfast Group  1p-3p Minister's Office Hours  7:30p-8:45p KTC Buddhist Meditation	<b>21</b> 3p-5p Minister's Office Hours  5:30p Adult Faith Development  7p-8p Choir Practice	<b>22</b> 7p-8:30p Green Weavers CUUPS meeting  7p-8:30p Interfaith Alliance Prayers for Peace & discussion  7p-8p UU Men's Group	<b>23</b>	<b>24</b> 8:30a-10:30a First Born Food Distribution
<b>25</b> 10:30a-11:30a Readers Theater  12p-1p Lunch Group	<b>26</b> 7p-8:30p Book Club	<b>27</b> 8a-9a Breakfast Group  1p-3p Minister's Office Hours  3p-4p Caring Committee Meeting  7:30p-8:45p KTC Buddhist Meditation	<b>28</b> 3p-5p Minister's Office Hours  5:30p Adult Faith Development  7p-8p Choir Practice	<b>29</b> 7p-8:30p Green Weavers CUUPS meeting	<b>30</b> 1p-2p Women's Lunch Group	

## HAVE FUN RAISING FUNDS FOR UUCG

Our Funraising Program already has 3 events scheduled for the Fall and Winter. The first will be our Fall Car Wash on Saturday 9/10 from 9:00 to noon. Come and wash cars, or bring a car to be washed, or both. Drinks will be provided, along with plenty of soap and water. We always have fun at the car wash. We might even play some songs:

(Workin' at the) car wash.  
 Workin' at the car wash yeah!  
 Come on and sing it with me car wash.  
 Get with the feelin' y'all car wash yeah.  
 (originally by Rose Royce)

Next on our agenda, will be our Service Auction on October 15. Be thinking about what you can offer. We have lots of talent in our congregation, and this is a chance to share yours while raising money for our Congregation. We also sell some items, but the services (meals and food are always hits) are the main items. I will have forms available beginning in late September.

Last, but not least, we will be gift wrapping at Barnes and Nobles just before Christmas. B&N customers are always interesting people, and we make sure you have another gift wrapper with you to allow for breaks and conversation. See Claudia when she gets back from her pilgrimage in Spain to reserve your wrapping time.

Contact Feryl Masters ([oferyl@gmail.com](mailto:oferyl@gmail.com)) if you would like to help with any of these, or have a Funraising idea you would like to help with.

## Happy Birthday to UUs this September

Sep 2– Kay Alston  
 Sep 10– Alan Bailey  
 Sep 11– Gladie Hamilton  
 Sep 12– Leigh Harrison  
 Sep 13– Megan Kohtz  
 Sep 16– Phyllis Hazel  
 Sep 17– Bob Franke  
 Sep 18– Stephanie Authement  
 Sep 19– Ruth Abramson  
 Sep 22– Mike Koetje  
 Sep 26– Marcia Sobel  
 Sep 27– Marli Baker

Deadline for next month's *beacon* is Tuesday, September 20 at 8:00 pm

Unitarian Universalist  
 Congregation of Greenville  
 131 Oakmont Drive  
 Greenville, NC 27858  
 252-355-6658

