



August 2009

Volume 54, No. 8

News

Reaching In . . .
Reaching Out

From the Minister...

*Athletic activities... arboretums ... art museums... armchairs...
Books...beaches...blueberries...backyard BBQs...board games...
Car rides... camping... concerts... crafts... carefree moments...*

HERE ARE MY ABC'S of a summer spiritual practice of play. The words spiritual and practice make sense when paired with play. During playtime, as with prayer or meditation, we allow ourselves to experience the fullness of the present moment be it ecstatic, peaceful, painful or hilarious.



Play brings us to an awareness of all that is here and now. A game of kick-the-can on a warm summer's eve has no future purpose. Its purposes unfold with immediacy. They are to acquaint us with the feeling of life in our limbs as we run like crazy, to breathe in the crisp evening air of a weekend in the mountains, and to notice who and what surrounds us and to touch and be touched by it all.

Play invites us to acquaint ourselves with mystery and wonder and discovery. Whether painting a scene, making one during a game with friends (real or imagined), or taking one in through travel or a book, the arts of play and recreation open us up to the outer edges of our imagination and beyond the world we have come to know.

When playing we also move beyond the limits of ego. We let go of the illusions that we always need to be in control, that the perpetuation of the universe is counting on our every action, and that we don't need rest like everybody else. Play helps us see that much of our wisdom comes by accident and from spontaneous, uncontrolled interactions with our environment (animal, vegetable, mineral). Carefree moments make their mark... insight, love, life... all these things are the fruits of our interdependence.

Play can be a practice of discipline, especially as we age. We may "know" that we are in need of rest and play. However, if we don't value it in our lives by making time for some recreational flourish, this

knowing is hardly a conviction of consequence. I confess to have fallen behind on this practice myself at different points in my life. It is difficult to faithfully practice play when our families, friends, work or volunteer pursuits tug us in the direction of other things that matter greatly.

The irony is that as soon as we make time for play, we discover that we bring a renewed spirit to all those important endeavors... a spirit born from the healing of laughter, the exhilaration of physical activity, the awesome witnessing of creation in all its splendor, the restorative moments of repose, and all the activities and moments that allow us to encounter something beyond ourselves.

Yes, play is a practice for all ages and stages, for August and for anytime. What's more is that there isn't just one way to do it, so make an ABC play list of your own and Go Play!

In fellowship,

Alison

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Morristown Unitarian Fellowship

21 Normandy Heights Road
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Summer Sunday Services: 10 a.m.
Religious Education Classes: 10 a.m.

Office Hours:
Monday, Tuesday, Thursday: 10 a.m.-5 p.m.
Wednesday: 10 a.m.-7 p.m.
Friday: 10 a.m.-2 p.m.
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Mission and Covenant Statement

WE, the members of the **Morristown Unitarian Fellowship**, mindful of the rich diversity and essential oneness of human experience, covenant to weave the fabric of community from the strands of our separate lives.

This is our pledge:

- To create for ourselves and our children a spiritual home which will nurture, challenge and offer us renewal.
- To seek what is true even as we celebrate the mystery of existence.
- To reach out to all who share our liberal religious values and participate in the broader Unitarian-Universalist movement.
- To work for social justice and the well-being of our planet Earth.

***Please E-Mail All NEWSLETTER Articles
—both print and online versions—***

to editor **PAT BAXTER** at
melodylingers@verizon.net

by the **15th** of the month
preceding the one in which they will appear.

Thank you!

Deeds Well Done

The Fellowship board recognizes and thanks the following members and friends for their work at MUF and in the community:

Stephen Ferm, Ron Corey, and Alex West for assisting the Board and cooking at the Annual Picnic.

The Tag Sale crew, headed by **Karen Burns Rutigliano** and **Anne Gaynor**.

Mary Hodgson and **Tony Rutigliano** for their hard work and dedication as members of the Board of Trustees for the past two years.

Upcoming Board and Network Meetings

Meetings are at 7 p.m. and open to all Fellowship members. This month's meetings are scheduled on:

Board of Trustees August 12

Administrative/Program Networks do not meet in August.

Meeting Minutes

Minutes from the most recent meetings have been approved and are posted on the bulletin board in Room 100 and on the website. (Go to the Members Area and scroll down to the "Board of Trustees"; or from the homepage, click on "Congregational Leaders" and then scroll down to the Board and click on "Board Meeting Minutes.")

Be a knowledgeable member of your Fellowship!

The President's Corner

Wow, it is amazing what has happened in the last four weeks! The two main events related to my UU life have been the opportunity to attend the 2009 UU General Assembly and planning and participating in a MUF Board retreat. Both events have affected me profoundly and are actively influencing my view of the coming year in a very positive way.

I could easily fill a column on General Assembly alone, so here are some of the highlights I experienced:

- Participated in the democratic process that resulted in the election of our new UUA President, Rev. Peter Morales (see p. 11). It was great to personally meet and speak (albeit briefly) with both candidates.
- Experienced a variety of worship services including the Synergy Multi-generational worship and the Service of the Living Tradition. The Synergy worship included a homily delivered by Rev. Clark Olsen. The Service of the Living Tradition included the celebration of Rev. Alison Miller achieving Final Fellowship.
- Attended the UU University Multi-generational Worship track and a variety of additional workshops that were all well presented and very informational. I will be sharing a lot of information about these sessions with many of you directly.
- Rallied along with hundreds of other GA attendees in downtown Salt Lake City as part of the UUA's Standing on the Side of Love campaign. You will all be hearing more about this from Alison and other members of the congregation.

I strongly recommend that each one of you attend a General Assembly. The experience of worshipping, sharing and learning alongside thousands of other Unitarian Universalists is still giving me chills. There is a ton of information about the 2009 GA at the link www.uua.org/events/generalassembly/index.shtml.

This Year's Trustees

The other recent MUF event that I attended was the Board of Trustees retreat. We are fortunate to have an excellent team this year (in no particular order):

- **President-Elect** – Lisa Schmitt – Lisa brings to the Board her experiences as a member of the

Committee on Ministry, the Nominating Committee and as a past Chair of the RE council. Lisa has been a member for about 10 years.

- **Vice President of the Administrative Network** - Arlyne Dalman – Arlyne has been a member of MUF for over 15 years and has served the congregation in a number of capacities, most recently as Chair of Buildings and Preservation. This year starts her first full-year term, although Arlyne joined the Board last fall on an interim basis.
- **Vice President of the Program Network** – Rita Morris – Rita is currently in her second year on the Board and for many years was one of the leaders of the Craft Show. Rita has been a member for more than 15 years and has filled many roles in leadership at MUF.
- **Treasurer** – Susan Lausell – Susan becomes the Treasurer after serving two years as Assistant Treasurer. Susan joined MUF in 2005 and has quickly become involved as a leader. I can personally attest to the great effort she has made in becoming “financially savvy” over the last two years.
- **Assistant Treasurer** – Venkat Puranapanda – Venkat is in his first year on the Board after serving on the Finance committee. Venkat joined MUF in 2006 and has also been active in chairing the A/V committee.
- **Secretary** – David Palmer – David is another hold-over from last year; he has previously served on the RE Council and was an integral member of the DRE search committee. David joined MUF in 2004.

We are fortunate to have a Board of Trustees that is diverse in gender, experience and ethnicity. As a congregation changes to reflect the people it serves, so does the Board. We pledge to do the best we can for all of you.

Gary

Gary Kunz, President

Faith Developments

GREETINGS FROM MASSACHUSETTS. I will be traveling to New Jersey on my way home from attendance at a Religious Education Conference on Star Island, off the coast of Portsmouth, NH. I spent time at a six-day morning seminar called "Conscious Aging." I am looking forward to working with the Lifespan Adult Programming Committee on creating an Adult RE course for mid-lifers and elders.



Karen

Star Island comes on the heels of General Assembly. At the end of June, I traveled to Salt Lake City to attend GA. I participated in the "Creating Multi-generational Communities" track. Worship, seminars, workshops, lectures, meeting with colleagues, and spending time in the Exhibit Hall pouring over curricula completed the five-day event.

I am grateful to have had the opportunity to attend GA and the Star Island conference. Personal renewal is essential, and learning about new possibilities for congregational growth and health are exciting.

I will be spending the rest of the summer getting ready for the September programming year. I hope the following information for parents will be helpful.

1. Please get your registrations and child-profiles into the Fellowship Office to my attention.
2. I will be calling parents throughout the summer months. Our Cooperative RE Program needs you. This year parents can commit to 8 weeks of teaching one unit, or parents can choose to teach two or three 8 week units. Preschool and Preschool/Kindergarten commitments are once a month. Our goal is to have many more parents teaching our children. We don't want that feeling of over-commitment becoming a reality. Adult members of our community without children are welcome and are encouraged to take part in our program. Call me if you are interested.
3. Our multi-generational ingathering is on September 13, and our RE classes start on September 20.
4. A Parent Newsletter email will be sent out in

August with a calendar of events for the 2009/2010 programming year.

5. I hope you are all having a fun and restful summer. I am looking forward to seeing you in September. You can always reach me at home or at the Fellowship if you want to talk and/or have any questions about our program.

Our Financial Health (Figures may not add up exactly due to rounding and/or truncation.)

TREASURER'S REPORT FOR FISCAL YEAR 2008-09

	Budgeted	Actual
Pledge Income	412,000	412,777
Rental Income	40,500	52,830
Fundraisers	40,000	31,503
"Closing the Gap"	26,000	18,155
Other Income	24,800	19,368
TOTAL INCOME	543,300	534,633
Paryoll	351,289	347,607
Debt Services	22,000	22,436
Building Mntce & Utilities	69,124	62,997
Office Expense	19,150	19,946
Business Expense	3,514	3,751
Risk Management	10,043	6,684
UUA Obligations	27,737	27,867
Leadership	4,700	3,014
Committees	14,892	11,870
Religious Education	13,680	9,013
TOTAL EXPENSE	536,129	515,186
Surplus	7,171	19,447

We closed the FY 2008-2009 with a budget surplus of approximately \$19,000, which is mainly attributable to a reduction in expenses by Religious Education and the Committees. We are very grateful for everyone's frugal approach this difficult year. This surplus is offset by an unplanned borrowing of \$20,000 from our line of credit to cover cash flow shortages. The Board will be discussing how to handle this borrowing at upcoming Board meetings.

—Gary Kunz, President

Battery Recycling at MUF

For the past several years, Green Earth Ministry (GEM) has collected used batteries at MUF for recycling. However, batteries and battery recycling have changed. To support us as we update our practices, please note the following.

(1) Please put your used alkaline batteries into the trash. Do not bring them to MUF. They are not recyclable and not toxic.

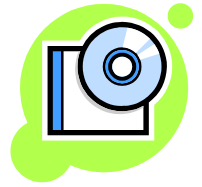
(2) For your convenience, there is a yellow plastic container in the copy room at MUF where you may leave your used button or coin batteries (from hearing aids or watches) and old nickel-cadmium rechargeable batteries. GEM members will take them to a recycling center.

(3) Please keep old lithium batteries (from cameras and laptops) for your municipality's household hazardous waste collection day. We are not collecting them at MUF.

For more information, see www.mcmua.com/HazardousWaste/FAQ_Batteries_household.htm. Thanks.
-Linda DeLap

MUF Choral Festival DVDs Available!

MUF held its memorable Choral Festival on April 4. It featured the world premiere of a major work for chorus, orchestra and soloists, "Every Matter Under Heaven," conducted by its composer, Lee Johnson.



The concert also presented premieres of choral pieces by several MUF composers, Darrell Courtley, Barbara C. Stasiak and George Aronson, as well as some short works by Johnson. Performers included The Morris Consort and the MUF Adult and Children's Choirs, prepared by Jim Blanton.

George Aronson has edited the video of the concert to incorporate a very high-quality sound track recorded separately from the video. He has also included extensive titles and credits. The result is a handsome DVD "record" of this milestone concert. He is asking a nominal \$5 for each copy. Contact him at gmaronson@aol.com to place your order. Orders will be filled during the month of July.

All-Day Nonviolent Communication (NVC) Workshop at MUF

Saturday, October 17, 10 a.m.–5 p.m.

Registration Has Begun – Reserve Your Spot!



Imagine connecting with the human spirit in *each* person in *any* situation at *any* time. Learn Nonviolent Communication (NVC) that will allow heart and hope and justice to get through in all our conversation. It takes practice, but is simple and flexible.

Here is what some of the members of our MUF-based NVC practice group have to say about their experience:

"I learned that other people are never the cause of our anger. They may be the stimulus, but the cause lies within us, in our feelings and needs."

"In NVC, we discover how conditioned we are to depend on our rational mind – to judge, analyze and give advice, without truly observing or listening to the other person. We learn to step back and observe, to bear witness to another's pain, to hear another's needs and, equally importantly, to discover and express our own feelings and needs.

"NVC helps achieve deeper, more effective communication, especially between parties who may initially believe they have no common ground and a resistance to each other's points of view."

Registration forms are now on turnstiles in the Great Hall. Info: Seeds of Peace, contact Jo at seedsofpeacemuf@optonline.net.

SEE FLYER ON PAGES 13-14

Upcoming Events

Spiritual Cinema Summer Series

Tuesday, August 4, 7-9 p.m.

The last of this summer's films that delve into key moments in life when one's depth of character is revealed. We meet in the library. Enjoy watching a short film by the Spiritual Cinema Circle and then discuss aspects of it that struck a chord in us.

The facilitator is Joan Alevras, a new member of our Fellowship and a long-time UU. For more information, contact Joan at jalevras@hotmail.com. As space is limited, registration is encouraged.

Compassionate Communication Practice Group

Thursday, August 6, 7-9 p.m.

Peace begins within. If you're interested in cultivating more honesty, empathy and connection in your interactions with others, join our small group to learn and support others in us in compassionate communication techniques. Our text is *Nonviolent Communication: A Language of Life*, by Marshall B. Rosenberg, Ph.D. It can be purchased, along with a companion workbook, from amazon.com or through the Centers for Nonviolent Communication website cnvc.org. Participants at any skill level are welcome. For more information, contact Genie Bane at geniebane@optonline.net.

Shelter Rock's Summer Lawn Music Fest

Saturday, August 8, from 12 noon to 12 midnight

The Young Adult/Campus Ministry and Social Justice Committees of the Unitarian Universalist Congregation at Shelter Rock (UUCSR) will present this event, featuring some of the hottest bands from Long Island and Queens right in Shelter Rock's own backyard. Proceeds will benefit Family Promise of Nassau County, an Interfaith Hospitality Network that serves homeless families in the county.

For more information, contact 516-627-6560, X177, or www.uucsr.org.

Towards a Just Food System

Thursday, August 13, 7 p.m.

The readings in the fifth program of the *Menu for the Future*, held in the Morris County Library Conference Room, examine issues of hunger, equity and

Fair Trade. The session considers the role that governments, communities and individuals can play in addressing these issues to create a more just food system.

For more information and to register, contact Tom McGuinness at tomamor@optonline.net or Claire Mayer at clairemayer@optonline.net.

Pool Party and Aerobics Instruction

Saturday, August 15, 1:30-4 p.m.

Instructor: Nancy Tweed

In the heat of the summer, come and spend a cooling afternoon doing light aerobics in Nancy Tweed's pool. Bring a snack to share. Minimum of 5; maximum of 10.

Contact Nancy Tweed at ntweed@verizon.net. Register with office@muuf.org.

Womanspace – Women's Spirituality Circle

Sunday, August 16, at 11:30 a.m.

Coordinated by Gloria Jackson

Womanspace meets each month for an informal circle gathering that includes ritual, discussion and sharing of personal experiences. Open to all women, both adults and teens. Guests and visitors are welcome. *No registration required.* For more information, contact Gloria Jackson at gloriajcksn@aol.com.

Craft Night will not meet in August.

First Monday Book Group will not meet again until

September 14, at 7:30 p.m., due to the Labor Day holiday. We will discuss *People of the Book*, by Geraldine Brooks. Our book for October 5 will be *Infidel*, by Ayaan Hirsi Ali. For more information, contact Nancy Lee McLure at nlmclure@msn.com.

Save the Date

Saturday, October 17, 7 p.m.

Amor McGuinness will give a concert at Lincoln Center to benefit Philippine street children.

Living in Covenant

The Covenant Circle Steering Committee is excited about its work this summer in building the curriculum for and planning the 2009–2010 Covenant Circle program.

For those who aren't familiar with this program, each circle of six to twelve participants commits to meet, starting in October, about eight times for two hours on a monthly basis at the Fellowship or a member's home. Each Circle creates its own covenant, including agreements about how they will treat each other, confidentiality and other ways in which they create safe space within the group.

The purpose of the Covenant Circle program is to develop deeper connections within a small group of people and, ultimately, within our congregation as a whole. It is that last aspect of connection to the Fellowship that is inspiring a different approach in the way the topics will be handled this year. Rather than have the individual facilitators choose their own themes as we did in prior years, this year each group will work from a common subject established by the committee. This year we will be planning sessions around the theme of "Living in Covenant."

This approach, we believe, will be a powerful way to continue and deepen the insights of our personal journeys within the circles to our work within the Fellowship on Sunday mornings and in our interactions with one another outside the Covenant Circle space. Stay tuned for more information!

- *Covenant Circle Steering Committee (Alison Miller, Joan Alevras, Gloria Jackson, Jerry Weinstein, Allen Wells)*

Report from 2009 UUA General Assembly on Peacemaking Statement

"Standing on the Side of Love," I am proud and humbled to have participated in a public witness event in support of immigrant reform, as well as many other peace and justice activities at the UUA General Assembly held in Salt Lake City in June. Over 3,000 UUs met in workshops, mini-assemblies and plenaries, where we were privileged to hear many notable speakers, and we deliberated and shared information, passions and strategies. We bid goodbye to Rev. Bill Sinkford and we said hello to our new UUA President, Peter Morales.

And we voted. The Peacemaking Statement of Conscience (SOC) was not accepted as drafted and amended, but instead sent back to the Commission on Social Witness. This coming year, I hope you will continue to engage with the MUF Peacemaking Team in a full exploration of violence and peacemaking on all levels. Disengaging from violence is no easy matter, but I'm sure you agree that we must work to do so, with diligence and speed.

Other Action Taken

Also, the delegates passed six Actions of Immediate Witness (AIW), touching on elections, nuclear tests, Utah wilderness, Bolivian UU rights, torture inquiry, and targeted violence in Iraq. The AIWs are posted in Room 100, or can be found

amongst the extensive coverage at www.uua.org/events/generalassembly/2009/index.shtml. This web link includes print and photo reporting and more than 25 hours of video, live-blogging from selected plenaries and other events, and audio postcards.

I look forward to GA in 2010, and another opportunity to adopt a Statement of Conscience on Peacemaking which, with vision and strategy, would provide focus and inspiration in building a more peaceful, just and sustainable culture.

*Jo Sippie-Gora, Chair
Seeds of Peace & the Peacemaking Team*

Time to Sign up for Dinners at 8

Come one, come all, for a terrific experience next year. The signup sheet is in Room 100. Reserve your spot now! What a great way to meet fellow MUFers and gain friendships that endure. Besides, the food is great, the conversation is the best and fun is guaranteed. For information, contact Judy Oehler at judithoehler@verizon.net.



Social Justice Council - August 2009 Update

Helping Neighbors in Need



Homeless Hosting - Interfaith Council for Homeless Families of Morris County – MUF co-hosted four families (at the Redeemer location) the **week of July 26-August 2**. Thanks so much to everyone who helped with MUF's time slots – our help was essential to help make this a good experience in these people's rough lives. Thanks to Bob Campbell for being our ICHF team leader. With four babies under 3, and other kids, we had a whirlwind of activities – lots of babies on laps, block house building, “truck” ramps, cutting up apple pieces. The Moms (and a Grandma) are working hard to parent well amidst hardship. We don't host again until March – long wait in between–but, if you'd like to help in another way to alleviate the difficulties for our local area homeless neighbors, contact us...and we can put energies into other programs, together.

“Pathways to Work” (PTW) – Look for the Workers in Yellow Caps—at the Morristown Train Station ...or RESERVE AHEAD.... Go to www.pathways to workers.org or call 973-647-8495 - Rosa Chilquillo, Coordinator. Hard-working, strong, very willing people need your household maintenance jobs. Think about how you can give work to a person who is trying to earn his/her way, every day, the hard way. Our workers are registered, have ID's and are self-organized to distribute work fairly to each other. The Job Bank is available to receive your job request by contacting Rosa Chilquillo at **973-647-8495**. The referral service is open, to phone in job postings and to dispatch of workers. Here, you can hire skilled or unskilled workers for daily work– painters, gardeners, carpenters, masonry workers, etc. Unskilled labor is paid \$10- \$12 per hour (we suggest providing lunch) and skilled/ specialty workers earn more. Negotiations are between the employer and the employee, but translators are available to make communication more comfortable. Housekeepers are available to clean homes and offices. (Or you may go down to the Morristown Train Station anytime, and talk to the workers with the “Yellow Caps.”)

Morristown Soup Kitchen – Next Hosting: Lunch Tuesday, August 11 - Thanks to all who cook! We served 168 people in July. We need soup makers!!...and casserole makers. Michelle Kunz: mbkunz@gmail.com if you can help.

Eric Johnson House – MUF Monthly Dinner Teams – Next Hostings: Wednesdays, August 5 and August 26 (5:45-7 p.m.). Join other MUF members as we serve and host a cozy family- style dinner for 12 at the residence. Join our meal prep rotational schedule and/or join us for warm conversation with great people. Contact: Zella Geltman at zellarpg@yahoo.com.

Morris Homeless Solutions Monthly Dinner –Saturday, August 8 – 4:45-7 p.m. –This is *the* Morris County homeless shelter and they are dependent upon congregations/corporations/civic groups to provide dinner nightly. If you are an adult, or a family with Jr. High or older children that you can accompany, help prepare an easy meal for the 100+ shelter residents. Contact: judyoneil@optonline.net.

CONTINUOUS MUF FOOD DRIVE..... FOR INTERFAITH FOOD PANTRY OF MORRIS COUNTY – ROOM 100 – EVERY SUNDAY

Thanks to everyone who is bringing in food bags! We're taking them to the Pantry and we have their deep gratitude. **Remember to pop a few extra boxes of cereal, pasta, sauce, tuna, parmalat, soup, peanut butter & jelly, canned veggies/fruits, etc., into your shopping cart and bring them to MUF as donations.** The recession is very real and hardest on those on the bottom of the economic ladder.

Do an “Our Block's Food Drive.” Parents: use the food pantry's urgent situation as an object lesson/ productive activity for kids and their friends. **Do a neighborhood “food drive” this summer....**put out decorated paper bags on porches, with notes attached identifying the food drive and when you'll come back (next Saturday) to collect them “filled.” Provide some suggested items. You'll be delighted with results! Bring food to MUF and we'll deliver to the Interfaith Food Pantry of Morris County (West Hanover Avenue) ...or you can.

No Social Justice Council meeting in August – Next Meeting: Thursday, September 10 – 7:30 p.m., MUF Dining Room. Be a change agent for social justice in the world– locally, regionally, globally. We need you...just show up. If you have questions, contact Christine Reynolds at Reynolds@nac.net or karenburns@casaessex.org.

Plate Allocations for the Second Quarter – See page 15.

***Still in Shadow of Nuclear Weapons ...
The Threat of Nuclear Weapons Continues***

Sunday, August 9, at 1 p.m.

Two “Hibakusha” – as the Japanese call atomic bomb survivors – will visit MUF. Mr. Katsuyuki Nagahisa, Hiroshima survivor, and Mr. Shigemitsu Tanaka, Nagasaki survivor, will be featured guests of *NJ Peace Action*, the *August 9 Saving Lives Task Force* and the Fellowship’s *Seeds of Peace* committee.

The speakers will give testimony about living through an A-bomb explosion, and will talk about their memories of the devastation caused by the Hiroshima and Nagasaki bombs.

Doors will open at 12:15 for peace crane-making activity (free instruction & materials). Free admission; donations appreciated. For information, contact Jo at email seedsofpeacemuf@optonline.net.

Flyers for general distribution are on turnstiles in the Great Hallway. Please tell others.



SEE FLYER ON PAGE 16

A Day at Grounds for Sculpture

Wednesday, August 12, 9 a.m.-5 p.m.

(rain date Wednesday, August 19)

Coordinated by Danelle Simonelli

Spend the day with Fellowship friends at Grounds for Sculpture, a 35-acre outdoor sculpture park in Hamilton, New Jersey. This innovative facility contains more than 240 works of contemporary art, creatively arranged across a landscape of paths, plants and water features.

There’s a surprise at every turn, from interactive sculptures to 3-D recreations of famous paintings, not to mention the wandering peacocks. All ages are welcome – this is a fun place to bring the whole family.

We will meet at MUF at 9 a.m. and form car pools for the 50-mile ride. Lunch can be had at either of the two restaurants within the park: the informal Peacock Café or the more upscale Rat’s Restaurant. (Sorry, no outside food can be brought into the park.)

Cost: \$10 plus lunch for adults; \$8 plus lunch for seniors age 65 and older; \$6 plus lunch for children age 6-12; free admission for children age 5 and under. Pre-registration is required through the office by Monday, August 10.

For more information, contact Danelle Simonelli at dksimonelli@hotmail.com.

Evolving Transcendence – A daylong experiential workshop at MUF

Saturday, August 15, 9:30 a.m.-4:30 p.m. Led by the Rev. Allen Wells

Come take an inner vacation and explore the possibilities of our spirit. Our physiology now supports our ability to live together in peace and love in harmony with each other and with our earth. Through millions of years of evolution, we have arrived, at this critical juncture in earth’s history, with the means and the need to take the next step. Whether or not we will do so will depend upon our capacity to awaken to our gifts.

In the morning portion of this workshop, we will re-capitulate and re-appreciate, through movement and music, the actual stages of our evolution from fish to homo sapiens, concentrating on the evolution of our heart/brain, and discovering our relatively recent potential for experiencing oneness and becoming compassionate.

We will spend the entire afternoon in mental, emotional and spiritual exercises, made possible by relatively evolved structures of our brain for awakening. Through phylogenetic integration, gestures of awareness, mind to brain talk, meditation and dance, we will energize our spirit.

This will be a body-based, experiential workshop, utilizing movement and awareness, humor, movement, sitting and walking meditation, and shamanic exercises that have the power to startle us to new insights.

Please wear clothing suitable for movement. But you’ll need to move only as you are able and feel comfortable. Please bring a brown-bag lunch and beverage. Pre-registration is required, at office@muuf.org or 973-540-1177, by July 31. For more information, call Rev. Allen Wells at 973-539-0301, ext. 2.

haring Our Joys & Concerns

To assure the privacy of our members and friends, we have removed all other “Joys and Concerns” and personal telephone numbers from the online newsletter. A copy of the Newsletter in the Members Only section of our website includes the complete information.

Tell Us Your Joys & Concerns

Be sure to send your Joys and Concerns to melodylingers@verizon.net so they will reach all members of the Fellowship.

Contributions to the Endowment Fund, the Memorial Garden Fund, or the Celebration of Life Fund are special ways of honoring family and friends. Your gifts will be acknowledged and appreciated.



Upcoming Events Calendar

Date	Time	Event	Details
Tuesdays, August 4	7:00-9:00 p.m.	Last of the Spiritual Cinema Summer Series	p. 6
Thursday, August 6	7:00-9:00 p.m.	Compassionate Communication Practice Group	p. 6
Sunday, August 9	1:00 p.m.	Hibakusha (A-bomb Survivors) Visit	p. 9
Wednesday, August 12	9:00 a.m.-5:00 p.m.	A Day at Grounds for Sculpture	p. 9
Thursday, August 13	7:00 p.m.	Towards a Just Food System	p. 6
Saturday, August 15	9:30 a.m.-4:30 p.m.	Evolving Transcendence	p. 9
Saturday, August 15	1:30-4:00 p.m.	Pool Party and Aerobics Instruction	p. 9
Sunday, August 16	11:30 a.m.	Womanspace	p. 6
Saturday, October 17	10:00 a.m.-5:00 p.m.	Nonviolent Communication Workshop	p. 5

Morales Chosen at General Assembly to Lead UUA

The Unitarian Universalist Association elected the Rev. Peter Morales as its eighth president on June 27 during the General Assembly in Salt Lake City.

Morales, 62, senior minister of Jefferson Unitarian Church in Golden, Colo., won decisively with 2,061 votes to 1,481 votes for the Rev. Dr. Laurel Hallman, minister-at-large of First Unitarian Church of Dallas. Hallman had entered the race much earlier and secured the endorsements of many denominational leaders, but Morales's message resonated with a broader spectrum of Unitarian Universalists.

Voters were attracted to Morales partly for his experience working on the UUA staff, and his enthusiasm for multiculturalism. Before going to seminary in 1996 and being ordained in 1999, Morales was a newspaper editor and publisher and a regional manager in California state government. He was the UUA director of district services from 2002-04.

UUA's first Latino president doesn't just talk multicultural, he's lived it, having grown up in a Spanish-speaking household in Texas and lived and worked in Peru and Spain as well as in the US.

In his campaign, Morales stressed the need to grow UU congregations, to continue the visible public witness work led by outgoing UUA President William G. Sinkford, to recruit and support a more diverse ministry, and to help congregations serve and engage an increasingly multicultural society.

"The number of people," Morales told *UU World*, "who are already in agreement with us—not just in an intellectual sense, but in complete harmony with our core values—is enormous. The breadth of our message is very appealing, but we need to become more culturally diverse in our forms of expression in order to reach the millions of people who share our theology and values."

"We've tended," Morales continued, "because of our particular history, to have a narrow range of expression. I so want to see our faith become much more multicultural and open to other ways of expressing the same fundamental values."

August 2009

Volume 54, No. 8



Dated Material – Mailed July 30, 2009
Deadline for the SEPTEMBER issue is

AUGUST 15

Sunday Services

Services at 10 a.m. only for the remainder of the summer; no RE until September 13.



- August 2 The Medicine Wheel – A UU Spin** Exploring the Native American Medicine Wheel and its relationship to Unitarian Universalist Principles. *Presented by Michelle Owings-Christian and Fred Blanken*
- August 9 The Fear of Oneness** The experience of “oneness” sounds enthralling, but do we really want to sacrifice our individuality? I’d like to talk about our journey toward wholeness, and its reward - happiness and helpfulness for others. *Presented by Rev. Allen Wells*
- August 16 A Sense of Place** Places that reside in our memories call up people and emotions that we connect there. On this lay-led Sunday you will hear several Fellowship voices relate memories and connections to special places and sacred spaces. Music includes original songs by Betsy Burr. *Coordinated by Carol Titus*
- August 23 Living Without an ID** Most of us enjoy stories - of who we are, and of who we can become, as persons and as cultures. They secure our identity and give us hope. But there is a downside to our stories too. They define us, sometimes to our detriment, and can limit our possibilities. Can Israel and Palestine live beyond their stories? Can we live beyond ours? How would it feel to do so? *Presented by Rev. Allen Wells*
- August 30 The Promise of Worth** Delving deeper into our first Principle, this service explores the religious and spiritual necessity of affirming and promoting the inherent worth and dignity of every person - including the worth of ourselves. *Presented by Jude Geiger*

Speaking Peace -- Transforming Conflict

Building Peace and Partnership at Home & in the World

Imagine connecting with the human spirit in each person in any situation at any time. Learn Nonviolent Communication (NVC), which will allow heart and hope and justice to get through in all our conversation. *It takes practice, but is simple and flexible.* It is a proven method for social activists who want to engage with their opponents, and for parents who want to build respectful relationships with their children.

Learn how to:

- ♥ Develop greater empathy and compassion for yourself and others;
- ♥ Understand more deeply what is motivating your own and others' words and actions;
- ♥ Communicate your feelings and needs in a way that brings you closer to others;
- ♥ Build greater trust, connection, and interdependence in all your relationships.

When: *SATURDAY, OCTOBER 17, 2009*

Time: *10 a.m.-5 p.m. (healthful lunch included)*

Where: *Morristown Unitarian Fellowship
21 Normandy Heights Rd, Morristown, NJ 07960*

Trainer: *Dian Killian, Ph.D., Certified Trainer,
Brooklyn Nonviolent Communication*

Cost: *\$70 per person (scholarship available)*

Childcare available upon advance arrangement.

Please register early! This supports us in planning for the workshop.

Info, Jo Sippie-Gora at 973-838-8576 or seedsofpeacemuf@optonline.net

To register, complete registration form, include check made out to *Seeds of Peace*, and mail to Seeds of Peace, Morristown Unitarian Fellowship, 21 Normandy Heights Rd, Morristown, NJ 07960.

=====

Name _____ Need Childcare? Age(s) _____ No _____

Address _____

Email _____ Phone _____

Vegetarian Lunch Preferred? Yes ___ No ___

Registration Fee \$70 Optional Donation \$ _____ (*toward scholarships*) Total Enclosed \$ _____

(continued on next page)



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Dian Killian, PhD, is founder and director of Brooklyn Nonviolent Communication*, a graduate of the 2004 NVC North America Leadership Training Program, and a CNVC Certified Trainer. She has also completed training in the Alternatives to Violence program and is co-author of *Connecting across Differences: A Guide to Compassionate, Nonviolent Communication*. She currently is at work on a graphic novel, *Urban Empathy: True Life Adventures of Compassion on the Streets of New York*. Killian has more than twenty years experience as a teacher, writer, facilitator, and social change activist. She has taught primary and middle school age students and at the third level (university) for more than eight years. She has been active in the anti-war, labor, and gay rights movements and in community gardens. In 2003, New York City Counsel recognized her for her activism when she was given a Hero Award.

As an NVC trainer, she has worked with the training teams of the NY Intensive and the NVC North America Leadership Training Program. She has offered NVC workshops and/or organizational support at New School University, Makor/92nd St Y, OUT Professionals/LYNX, the Peace Alliance/Dept of Peace Campaign, Ithaca Montessori School, SUNY/Binghamton, the Park Slope Food Coop, the NY Open Center, LaGuardia Community College, the City University of New York (CUNY), Hunter College, and Insight Mediation, among others.

Killian is an award-winning mountain dulcimer player and her writing has appeared in numerous publications including *Diva*, *Curve Magazine*, *Sojourner*, *Lesbian Short Fiction*, *The Sun Magazine* and *The Harvard Gay and Lesbian Review*. She and her partner have been together for more than ten years and were one of the first couples to receive a Civil Union in the state of Vermont. Killian has a deep connection to Ireland, where she lived for eight years, and is a member of the Religious Society of Friends (Quakers).



** At a workshop Brooklyn NVC offered at the U.N. this year, participants asked to double the amount of NVC training, commenting that the skills they were sharing and modeling were the most powerful and effective that they'd experienced in the whole, week-long program; within weeks, one of the participants was offering NVC training to his colleagues in the Middle East, based on what he'd learned at their training in New York.*

*Social Justice Council - August 2009 Update
MUF Plate Allocations Made for the Second Quarter*

Sunday Collection – 50% to Charities - MUF Q4 – April 1-June 30, 2009	Amount
Morristown Children on the Green Nursery School	\$ 600
Neighborhood House – General Ops Contribution	\$ 275
Pathways To Work – Immigrant Support Project	\$ 275
Wind of the Spirit – Immigrant Support Org.	\$ 265
Interfaith Food Pantry of Morris County	\$ 450
NORWESCAP – Support A Family Project	\$ 300
Planned Parenthood	\$ 200
UU-UNO - General Ops Contribution	\$ 375
UU-UNO Ghanian Orphans – Tuition Support	\$ 300
Total – Gifts in MUF Congregation’s Name- Q4	\$3,040

Hiroshima-August 6, 1945

Nagasaki-August 9, 1945

64 years after the first and only use of the atomic bomb

We mourn the tragic loss of life, the tremendous pain and suffering, and the continuing physical and psychological wounds. We mourn the line we crossed that changed our world forever. We mourn the destructive force that has harmed the world in so many ways. We mourn the path we follow that continues to consider the existence and use of nuclear weapons acceptable today. The cost of this destructive path grows every day. Is this the legacy we wish to leave to our children and grandchildren?

Still in the Shadow of Nuclear Weapons



The Threat of Nuclear Weapons Continues Today

We are honored to present two "Hibakusha," as the Japanese call atomic bomb survivors, to speak on Sunday, August 9, at the Morristown Unitarian Fellowship (MUF), 21 Normandy Heights Rd, in Morristown. Mr. Katsuyuki Nagahisa, Hiroshima survivor and standing board member of Tokyo Federation of A-bomb Sufferers Organizations, and Mr. Shigemitsu Tanaka, Nagasaki survivor and standing board member of Nagasaki Council of A-bomb Sufferers, will be featured guests of NJ Peace Action, the August 9 Saving Lives Task Force and MUF Social Justice committee Seeds of Peace. They will give testimony about living through an A-bomb explosion, and will talk about their memories of the devastation caused by the Hiroshima and Nagasaki bombs. Also, hear how you can support activists' and international efforts to promote the abolition of nuclear weapons.

Sunday, August 9, at 1:00 p.m.
Morristown Unitarian Fellowship
21 Normandy Heights Rd., Morristown, NJ 07960

Free Will Donations Appreciated

*Peace and Justice music by The Solidarity Singers of the NJ Industrial Union Council
(Doors open at 12:15 for peace crane making activity - free instruction & materials).*

"I will write peace on your wings and you will fly around the world."

--Sadako Sasaki, 12-year old victim of the atom bomb