



The Monmouth Unitarian Universalist

WWW.UUCMC.ORG

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Unitarian Universalist Congregation of Monmouth County, Lincroft, New Jersey

November 2016

November's Theme: *STORY*

There are no true stories; we are making up every one of them.

~ Pema Chödrön

There are only true stories. We are discovering the truth in them.

~ Christina Baldwin

Hidden in all stories is the One story. The more we listen, the clearer that [universal] Story becomes. Our true identity, who we are, why we are here, what sustains us, is in this story. The stories at every kitchen table are about the same things, stories of owning, having and losing, stories of sex, of power, of pain, of wounding, of courage, hope and healing, of loneliness and the end of loneliness. Stories about God. In telling them, we are telling each other the human story.

~ Rachel Naomi Remen, *Kitchen Table Wisdom*

There is no greater agony than bearing an untold story inside you.

~ Maya Angelou

Listening is soul work. It can help the living find the meaning to go on in the midst of trying circumstances, and it can help the dying accept the brevity of their lives. Without listening, there can be no story. And without stories, we cannot complete the unfinished work of healing.

~ Richard Stone, *The Healing Art of Storytelling*

Stories are told as spells for binding the world together.

~ John Rouse

Soul Matters ~ Rev. Virginia Jarocho-Ernst



"Our lives are not just made up of stories; they are also *made by* stories." I think this is true of the stories we tell and the stories told about us. Who does get to control the narrative of your life? This month, this spiritual practice may help you to claim more fully the integrity of your story:

Remembering the Wisdom of Your Plot Twist

No one gets through life without a plot twist. Unexpected events happen to us all: a death, illness, a divorce or loss of a job. And it's not always something bad: we get a job offer out of nowhere, stumble into love or learn we are pregnant right away when we thought it would take awhile. Good or bad, the unexpected event usually comes with an unexpected insight. An important value is clarified. A truth is written in neon lights. All those mundane worries and to do lists are put into perspective. But over time, that moment of clarity often fades. The plot twist's wisdom is forgotten. Our resolve to remember takes a back seat to those daily to do lists once again. This assignment invites you to bring the clarity back:

- Reconstruct and remember the story of your plot twist.
- Make time to meditate on it, write about it or discuss it with a friend.
- Find an object that represents the insight of your plot twist.
- Place that object in a place you will see every day. (*Soul Matters Sharing Circle resources*)

I love the way our stories unfold in surprising ways. Tending to these moments of twists and turns helps me stay hopeful. I am looking forward to this month of telling and listening for the stories we choose to tell!

Yours in faith,

Rev. Virginia

Sunday Services

One service at 10:30am



November 6

Remember Who We Are!

Rev. Virginia



On this Sunday after All Souls' Day, we remember those who have died this past year. (*Please send names of your loved ones lost this year to Lisa by Nov. 2.*) As we prepare to exercise our most democratic institution of Election Day, it is a good time to remember the core values and stories of our people, both in the past and in the present, as a reminder of who we really are. *Music by UU Singers and Louise Chernosky.*

November 13

To Heal This Nation

Rev. Virginia

No matter what the outcome of this week's election, we know that there is healing work to be done. We know that our cultural divides have grown wider. We see the common decency that undergirds our democracy eroded. What part can we play in healing our nation and communities? *Music by Just Folk, Core of Fire, and Louise Chernosky.*

November 20

The True Stories of Thanksgiving – A Multigenerational Service

There are stories of Pilgrims and Indians and stories of family togetherness that get romanticized. Are they true or do we just wish they were? In any event we need to tell our own stories. This we will do as part of our Thanksgiving Bread Communion. *Music by UU Singers, Paul Vallin, and Louise Chernosky.*

November 27

Something. Something. Something

Rev. Dr. Edward Frost

Something. Something. *Something.* No, I haven't forgotten the title of my sermon. But "Something" has emerged as one of the most vital and fundamental terms to have made its way into my personal spiritual journey. After this sermon, the term "Something" may catch your attention often, as it has mine, when other words, no matter how hallowed in centuries, fail us or seem inadequate. *Music by Helen Benham.*

Dr. Frost is the Senior Minister Emeritus of the UU Congregation of Atlanta where he served from 1989 to his retirement in 2005. He served in Princeton from 1976-1989. He has a Masters in Pastoral Counseling from Boston University and a doctorate in ministry (Psychology of Religion) from Meadville Lombard at the U. of Chicago. He is a recipient of the Borden Prize for sermon writing. He's the author/editor of "With Purpose And Principle" and of "Coming Alive," a book of sermons and other writings. He now lives in Hightstown.

Sunday Dialogs — 9am (coffee 8:45am)

November 6 – “Who’s Going to Win the Election and Why”

David Reskof and Mary Carol Day

We will discuss the book “The Righteous Mind: Why Good People are Divided by Politics and Religion” by Jonathan Haidt and how social psychology can solve our political problems.

Mary Carol Day and David Reskof are long-time members of our congregation.

November 13 – “The Story of Fredrick Franck’s *Original Face* at UUCMC”

Maxine Forster Guenther

In 1995, a small committee from UUCMC visited Frederick Franck at Pacem in Terris, the trans-religious sanctuary and Peace Garden in Warwick, New York that was created by Frederick and his wife, Claske. Our mission was to ask Dr. Franck about purchasing one of his icons. Reconnect with our long time history with this artist, the meaning of his work and his philosophy.

Frederick Franck wrote: “Art is one’s digging tool in search of Meaning, in search of one’s own truth. It is a “religious” activity, not in any sectarian sense but in the sense of a religious attitude toward life, to existence as such, as being supremely meaningful.”

Maxine Forster Guenther, long time member of UUCMC, was asked by Rev. Harold Dean, our first minister, to head a committee to explore the possibility of purchasing an icon by Frederick Franck.

November 20 – “Service Dog! Presentation By Terri Blair and Derry-Dog Blair”

Terri Blair and Derry

Many people wonder about Service Dogs, especially when they serve people who have “invisible disabilities”. In this presentation, we’ll demonstrate what a Service Dog like Derry can do, and why it matters. Please bring your questions, concerns and accolades for Derry. We’ll answer every question we can. Service Dogs change lives!

Terri is Licensed Professional Therapist and human services professional. An advocate, mother, photographer... so many things! Derry is a European breed of Poodle called a Moyen, or a Klein. Derry is Terri’s Service Dog.

November 27 – “Saying Goodbye to President Obama”

Everyone! (Moderators: David Reskof and Woody Ross)

Have your picture taken with President Obama! For the last time during his presidency, Barack Obama will be at UUCMC (or his cardboard surrogate). Come share what are you thankful for about the Obama Presidency? Disappointed or angry about? What surprised you?

This Dialog will be a moderated group discussion.

Religious Exploration Ministry

Building Bridges

Michelle McKenzie-Creech,
Credentialed Director of RE



How many of you like stories? This month, our congregation's theme is Story. We are surrounded by stories, each of us is filled with them, plus the places and things around us each have a story, too. Stories help us understand who we are. When we share our stories, open up and tell the world something of who we are, it creates connections between us. When you tell me about the love you have for your dog, cat or even your pet turtle, I too can know how that feels. Stories have that amazing power!

Our Unitarian Universalist principles tell us that each and every person is important and that we should accept one another and keep on learning together. One of the ways we do that is by telling each other our stories. When we can share our stories with each other we can grow and learn together.

In celebration of our month of story, Sunday, November 13th is Pajama Day at UUCMC. Also keep checking the UUCMC Parents Facebook page for reflection and ideas of how to bring our monthly themes home.

In community,
Michelle



Religious Education News

RE REjoices:

The Geodome is a big success, thank you to all that made it possible, especially the previous COA class that raised the funds for it and helped install it. Our youth rock! Also, special thanks to Nick VanDuyne who led the install.

Our youth groups kicked off their meeting with a fire down near Edgewood.



RE REquests:

We would love for RE families to join us on **Facebook** at "UUCMC Parents". This is a place where we can share our RE experiences and discuss parenting tips and concerns in a loving, safe environment.

Please remember that children are not allowed in the classrooms without adult supervision. After RE class is over, the classrooms should be locked.

RE REminders:

The youth are working on the same themes that are covered in worship and covenant circles. Share with each other what you have discovered about yourselves and your faith.

Some **RE** dates to **RE**member and **RE**cord:

November 4-5 – COA Retreat

November 11 – Pajama Day

Board News

Board of Governance 2016-2017

Interim President Senior VP Secretary	Joan Farkas Jan Boyarin	Treasurer VP Staff Resources VP at Large	Tom Smith Janet Freed Steve Vitale	VP at Large VP at Large Council Moderator	Alicia Malave-Diaz Stephen Alburtus Judy Bolton
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From the Board of Governance:

Your UUCMC Board would like to thank all UUCMC Members and Friends who have offered words of support and encouragement as we continue to work in community for the wellbeing of this wonderful place. We have many exciting plans coming up in future months, which we are pleased to share with you. First up is our Fall **Interim Congregational Meeting** which will be held Sunday, December 4. We will be creating a congregational covenant building on the “sticky notes” we shared during Virginia’s covenanting sermon. Come explore what we as a community need from each other and what we are willing to share with each other. This will be a time to come together to heal and rejoice in our beloved community.

Our **Capital Campaign Exploratory Weekend** will take place March 17-19, 2017. This will be an opportunity to dream big and plan for the future of our shared space. Come and be inspired by our shared goals and generosity.

Also on the agenda is a Celebration of **UUCMC’s 60th Anniversary** on April 9, 2017. Come learn our history and celebrate the history we have still to create.

As a governing body, our work continues as we work to finalize UUCMC’s Strategic Plan; review and update our Bylaws; and reenvision the use of Edgewood House as designated RE and Congregational meeting space. It is a busy fall, and despite our recent leadership transition, our work on the congregation’s behalf continues without hesitation.

Yours in Community,
The UUCMC Board

Dollar\$ and \$en\$e

Fiscal Year 2016-2017 (Total Budget \$477,600)

PLEDGE TARGET	PLEDGED	PLEDGE GAP	PLEDGES PAID
\$342,000	\$319,672	\$22,328	\$121,639

YTD INCOME	YTD EXPENSES	NET INCOME
\$165,042	\$100,183	\$64,859

We continue at a good pace in the FY16-17 fiscal year, with pledge numbers tracking broadly in line with plan. However, funds pledged for FY16-17 are below our pledge target; it would be helpful if everyone would kindly submit their intended pledge amount, even if you expect to fulfill the pledge later in the year, so that budget planning can run smoothly. While our net income appears strong in this budget snapshot, expenses can come in chunks, and I expect a more modest net income results as the fiscal year progresses.

- Tom Smith, Treasurer



UUCMC Solar System’s Lifetime Performance (since 9/22/06)

Reading taken 9/30/16

Total:	118,705 pounds of CO ₂ pollution avoided
107,915 Kwhrs	183,459 pounds coal consumption avoided
produced	324 barrels of oil consumption avoided

Committee News



Committee Chairs

Building		Finance & Administration	Tom Harbison	Public Information	Karen Kane
Caring	Paul Newland/Irene Passmore	Grounds	Bonnie Lee Glaab	Religious Education	Aimee VanDuyne
Community Life	Heidi Bruhin	Membership	Betsy Sunada	Social Action	Tony Giordano/ Elizabeth Sowell-Zak
Denominational Affairs	Rich Held	Music	Liz Tortorella	Sunday Morning Dialog	Linda Stehlik
		Program	Jane Reskof		

SOCIAL ACTION

The Social Action Committee meets in the East Room the **first Wednesday**, November 2, at 7pm. If you don't like the way things are, **get involved**.

Share the Plate: Network for Responsible Public Policy, our September recipient, received a check for \$696, which represents half the monies collected in our Sunday offerings for the month. Murray Grove Retreat and Renewal Center is our Share the Plate recipient for November.

UULMNJ: William Van Wyke, new UULMNJ Board member; Dave Reskof, new UULMNJ liaison; Aimee, Johnley and Sam Vanduyne; and Aisling Jones-Wollerton all attended the **Fall Conference** at the Morristown UU. They had a chance to participate in the Task Force break-out sessions and idea sharing as well as hearing keynote speaker, Chris Crass. He gave a dynamic talk about how patriarchy and white supremacy, sexism and racism are not just personal faults of so many individuals but are harmful institutional structures of society that we can dismantle, working within our beloved communities. It was great to have some of our youth attend!

Highlights from task forces at Fall Conference:
Immigration is advocating for the issuance of drivers licenses for undocumented immigrants;
Environmental has a goal of 80% renewable energy sources by 2050, also urges divestment of fossil fuel stocks by major corporations. **Economic Justice** discussed systemic causes of poverty and homelessness as well as affordable housing issues. **Gun Violence Prevention** is working on bills to reduce permissible bullet calibers, number of bullets in automatic rifle clips and "Smart Gun" legislation. **Reproductive Justice** advocates for bills to promote more confidentiality for abortion services. **Criminal Justice** is working on imposing limits on the use of Solitary Confinement in penal institutions.

Get involved! Email: socialactionuucmc@gmail.com

CLIMATE CHANGE ACTION TEAM

Sometimes it's depressing and scary to think about how our world seems to be locking in harmful effects of climate change such as rising seas, floods, droughts, wildfires, food and water insecurity, etc.

But there is some hope:

- Landmark agreement reached in **Kigali**, October 2016 to limit harmful HFC coolants.
- **Paris Accord**, agreed to by over 190 nations last year is now ratified and enters into force this month, ahead of schedule. Voices of civil society and multifaith participation strengthened the position of our negotiators. Six UUs were credentialed observers for the first time and participated in multifaith briefings from negotiators for COP 21 (Conference of the Parties).
- Marrakech, Nov. 7-18, 2016. UN climate talks **COP 22**, will address **action items** to implement the Paris agreement. Nine UUs will participate, with observer credentials.

All the parties in this international work recognize how climate change is a "threat multiplier" to humanitarian needs and to peace.

Further information is at: <http://climate.uu-uno.org>

On the domestic front--"they said it couldn't be done"--but there is progress being made in Congress to recognize and act on climate:

- 15 Republicans have signed the **Gibson Resolution** to address climate change
- 10 Republicans and 10 Democrats have joined in an official bipartisan **Climate Solutions Caucus**. (Representatives must join with a partner from across the aisle.)

These signs of progress did not happen by themselves. We the people need to be active in advocating for forward motion toward a livable world for all. All are welcome to join our local efforts. In addition to our CCAT, we host the Lincroft chapter of Citizens' Climate Lobby, Sat., **November 12** at 11:30 am.

www.citizensclimatelobby.org

Questions? climatelynn@gmail.com



UU Buddhist Meditation
EARTH SANGHA

Every Thursday from 5:00-6:30 and every
Friday from 10:30-12.

Come, come, whoever you are to the Earth
Room for sitting and walking meditation...
to find our center, to find our moments of
peaceful abiding, to face our own suffering.

This is a Zen Buddhist sitting group, the only
goal of which is to sit with ourselves
together. All are teachers, all are students...
bowing to our inherent complexity and love.

For more info, email Elaine Held at
evdplate@gmail.com.

MUSIC! MUSIC! MUSIC!

November's music will add a soundtrack to
the powerful stories we share about
ourselves. The UU Singers will sing "Open the
Window Children" (a song of peace inspired
by a spiritual from the Georgia Sea Islands),
"Waitin' for the Light to Shine" (a song of
personal determination and hope from the
musical Big River), and "For the Beauty of the
Earth" (Jim Scott's prayerful anthem from the
Missa Gaia). Just Folk will offer songs of
community and healing for our first Sunday
following the election. Paul Vallin will usher
in the winter holidays with "Over the River
and Through the Woods." We'll also hear
piano music from Helen Benham.

Newcomers and longtime members are
warmly invited to get involved with music at
UUCMC! If you'd like to learn more, please
visit our website or talk with Louise or a
member of our Music Committee. Parents,
stay posted for announcements about
Chalice Singers (a singing group for
children), which will have two performance
opportunities in December. Lyrics sheets and
recordings will be available this month.

Louise Chernosky, Music Director
music@uucmc.org



UUCMC Fall Common Read

Defying the Nazis: The Sharps' War

by Artemis Joukowski

Book discussion: Thursday, **November 17, 1-2 pm.**

Recommended by the UUA, the book tells the story of
the Sharps (both WWII Unitarians) whose commitment to
social justice inspired them to undergo treacherous
rescue and relief missions across war-torn Europe.

This book discussion will be preceded by a viewing of the
PBS **film** on the same subject shown Sunday, **Nov. 13 at
5pm** (see page 10 for details).

Both are free and open to the public.

Fall Path to Membership Series

Are you wondering about membership at UUCMC?
Come find out about our congregation and Unitarian
Universalism, and meet other seekers on the journey.
All meetings are noon to 1pm in the East Room.

Email Lisa Arcoleo (lisa@uucmc.org) to sign up. It's
important to know if you need childcare.

- October 30 Grow
- November 6 Participate
- November 20 Serve

Denominational Affairs

The UU Central-East Region's webinar for November is
Spirituality and Aging with Gail Forsyth-Vail and Karin
Peterson, author of the Tapestry of Faith curriculum,
[Hindsight, Humor, and Hope: Who, Me, an Elder?](#)
Tuesday, **Nov. 15**, 1 pm or Wednesday, **Nov. 16**, 9 pm.
Register at www.uua.org/re/teachers/webinars.

You can also access the webinar by going to www.uua.org/central-east
and clicking on the "Events and Webinars" tab.

Breaking news from the UUA: On Friday, October 14, the
Unitarian Universalist Association Board of Trustees agreed
to provide \$300,000 immediately to fund operating
expenses of [Black Lives of UU](#) (BLUU) and committed to
guarantee another \$5 million in long-term funding for
BLUU's efforts to support black UUs and expand the role
and visibility of black UUs within the faith.



Grounds Fall Cleanup

Much help is needed on November 13, 12:30 pm to 2:30. Please come help it is so much appreciated!

Bring rakes, drop cloths, and blowers. We can all work together and enjoy the fall crisp air and the labors of our love.



Thank you for taking care of our common ground!

THE HOLIDAYS ARE COMING Time to Think About Gift Cards

Lowe's and Home Depot have their full Holiday sets up already. It is time to start thinking about **Gift Cards from UUCMC for holiday gifts**: perfect for grandkids, nieces and nephews, favorite teachers, postal carriers, just about anybody on your list. They are convenient to buy, easy to wrap and inexpensive to mail! They let the recipients chose what they really need or want.

UUCMC stocks gift cards that make great gifts:

Kohl's	Amex or Visa
Macy's	iTunes
JCPenney	Amazon
Dunkin Donuts	Bonefish/Outback/Carrabas
Panera Bread	Gap/Old Navy/Banana Republic
Starbucks	Dick's Sporting Goods

And many, many, more

We can also order from hundreds more retailers. Try it out to see how easy it is. *Thanks!*

Earth Room Concerts

UUCMC's series of folk/singer-songwriter concerts in our sanctuary continues:

Tracy Grammer on Saturday,
November 5 at 7:30 pm



Folk musician Tracy Grammer was the musical partner of Dave Carter, releasing 3 acclaimed albums with him before his untimely death. Our own Just Folk group has performed Dave's "**Gentle Arms of Eden**", which was added to the hymnal in at least one UU congregation.

Tracy has forged a strong following as a solo performer, playing Dave's songs, among others, and showcasing her own growth as a songwriter. Tracy's concert will also include a "words+music" set, touching on topics including Dave's transgender decision, grief, life on the road, public versus private selves, and starting over.

Tickets are on sale at coffee hour and on the website:

earthroomconcerts.org

Bringing Folk Music to Monmouth County!

Community Life Meeting

All are welcome to join us in the East Room on Sunday, **Dec. 11**, at noon. We welcome participation at Sunday coffee hour, soup luncheons, and special events. Come share your feedback and ideas about hospitality. If you can't make the meeting, but are interested, contact Liz Tortorella, Community Life Committee member.

From the Racial Justice Task Force:

White fear and fragility will be the death of us all

October 12, 2016 by [Leslie Scanlon](#)

MONTREAT, N.C. – Anthea Butler, a university professor and a person of color, did not want to come to Montreat Conference Center a few weeks before the presidential election and talk to a bunch of white folks about race. Butler is an associate professor of religious studies and Africana studies and graduate chair of religious studies at the University of Pennsylvania. Her lived reality as a black person is this: "We don't have humanity in this country. We don't have personhood," but exist in a reality of "blood and death and words shouted at us," and the prospect of Donald Trump being elected president.

"The last thing I really want to do is talk to white people," Butler said Oct. 12 to about 400 people at the DisGrace conference on racism and injustice. "Don't take that wrong. But I'm tired. I'm tired. I can't tell you how tired I am. Because I've been fighting this for a long time, and when you've been in a fight for a long time, you get weary." She has friends and loved ones who generously help hold her up, "but they're tired too. Every person of color is tired" in this country.

Continue reading at pres-outlook.org/2016/10/white-fear-fragility-will-death-us

Monmouth Unitarian Universalist

A monthly newsletter published by the Unitarian Universalist Congregation of Monmouth County 1475 West Front St, Lincroft, NJ 07738
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Unless otherwise noted, phone numbers in this newsletter have area code 732.

Deadline for newsletter submissions is the 15th of each month at 12n. Please submit articles to uucmc@uucmc.org.

This newsletter is for news and articles about the activities of the congregation. All submissions should be <150 words.

The newsletter can be accessed via our website at www.uucmc.org. Click on News and then Newsletter. Copies are available without charge in the foyer.

Tai Chi for Beginners
 Mondays, 6:15 pm, Community Room

Recognize the "qi" in your body. Learn the practice called "nanlaoshu" or "the art of how to grow old." It enables us to strengthen and straighten our bodies, increase flexibility and improve our general health and well-being. No sign-up necessary. Open to all. \$5 donation.

Dan Ciaglia: danciaglia@gmail.com.

LINCROFT ZEN SANGHA

The Lincroft Zen Sangha is a community of practitioners in the Soto sect of Zen Buddhism. Our intention is to live out the *life* of a Bodhisattva, realizing the awakening of ourselves and serving all others. On **Wednesday evenings at 7pm in the Earth Room**, after a short Zen Buddhist liturgy, we sit zazen for three 25-minute periods, with a short walking meditation between periods. Beginning instruction is offered at **6:30 pm** before service and sitting begin.

All are welcome. *Please email us to let us know of your first visit.*

Info: <http://lincroftzen.org> (See the "First Visit" tab) or info@lincroftzen.org

Adjunct Group

Monmouth Center for World Religions and Ethical Thought (MCWRET)



MCWRET invites you to the 16th annual **United We Sing** program
 Sunday, November 20, at 4:00pm
 in the Earth Room

Join us for this interfaith and intercultural service of music, word and dance. This event had its origin in the aftermath of September 11, 2001. In anguish and sorrow, we came together from our different cultural and faith traditions to proclaim and celebrate our rich diversity.

The program will be followed by an international feast. Free admission. A donation basket will be available. All are invited. Bring family, friends, neighbors. Children are especially welcome to attend and participate.

For more information contact Esmat Mahmoud at 732-371-5412 or Esmatmahmoud@gmail.com.

www.interfaith-mcwret.org

Contact Joe Ritacco (MCWRET) jritacco@comcast.net or
 Kristine Binaco (UUCMC & MCWRET) uubooklover@verizon.net.

Upcoming Events!

Social Action Film Series

Defying the Nazis: The Sharps' War
November 13th at 5pm
UUCMC Community Room

Join an American Unitarian couple's courageous mission in 1939 to help refugees escape Nazi-occupied Europe. Over the course of two years, Waitstill and Martha Sharp, a Unitarian minister and his wife from Wellesley, MA, leave their children behind in the care of their parish and risk their lives so that hundreds can live in freedom. A film by Ken Burns and Artemis Joukowsky.

Email Dan Ciaglia with questions:
danciaglia@gmail.com



All Congregation Potluck Supper

Wednesday, November 9th, at 6pm
(day after Election Day)
Win, Lose or Draw, We Still Have to Eat!

Join with fellow UUs to share a meal and start to **heal from this unusual election season.**

Whatever we face now, we will surely do it better together!

The Annual UU Art and Fine Crafts Sale

November 13th at 11:30 during Coffee Hour
in the Community Room.

Some artists are regulars, some are returning (we missed them!) and some may be new to you.

This event aids our UU and Friend artists and is also a **fundraiser for the general fund.** Come ready to be wowed at the variety of talents on display.



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Lincroft, New Jersey 07738**



Address Correction Requested