



# The Monmouth Unitarian Universalist

[WWW.UUCMC.ORG](http://WWW.UUCMC.ORG)

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Unitarian Universalist Congregation of Monmouth County, Lincroft, New Jersey

October 2017

October's Theme: *COURAGE*

Here is the world. Beautiful and terrible things will happen. Do not be afraid.  
~ Frederick Buechner

It's a shallow life that doesn't give a person a few scars.  
~ Garrison Keillor

It simply isn't an adventure worth telling if there aren't dragons in it.  
~ J.R.R. Tolkien

Courage is when you know you're licked before you begin, but you begin anyway and see it through no matter what. ~ Harper Lee

Sometimes standing against evil is more important than defeating it. The greatest heroes stand because it is right to do so, not because they believe they will walk away with their lives. Such selfless courage is a victory in itself. ~ N.D. Wilson

## **Fear** by *Shel Silverstein*

Barnabus Browning  
Was scared of drowning,  
So he never would swim  
Or get into a boat  
Or take a bath  
Or cross a moat.  
He just sat day and night  
With his door locked tight  
And the windows nailed down,  
Shaking with fear  
That a wave might appear,  
And cried so many tears  
That they filled up the room  
And he drowned.

## **Soul Matters Today ~ Rev. Virginia Jarocho-Ernst**

### **Love Carried Out**

Most days, I do not think of myself as brave or courageous. But I do get to be an observer of others' struggles. Seeing those struggles, and the fear and then courage that often follows, is something. So for today I say: I see you – facing a difficult diagnosis and uncomfortable treatments. I see you – choosing to go it alone rather than stay in a bad relationship. I see you – facing a difficult conversation. I see you – facing grinding and relentless poverty. I see you – absorbing yet another micro-aggression. I see you – facing the bully. I see you – taking the road less travelled because it calls your name. I see you!



I hope this recognition of your daily courage helps. It's really not difficult to be encouraging. I think we all need it. Most of all, I do hope enough courage is there for you and me when it counts. And that our courage grows when it is seen.

Yours with brave intentions,

*Rev. Virginia*

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## Sunday Services — 10:30am

### October 1

#### ***I'm Going to Live the Life I Sing About*** ~ Rev. Rob Gregson

Our historic UU commitment to "living our beliefs" comes from many sources, including early thinking about the person of Jesus and "salvation by character." Some thoughts about what UUism asks us not only to do, but to *be*, in the critical times we now face in our state, country and world. *Music by Elaine Held.*

*Rev. Rob Gregson, the Executive Director of the UU Legislative Ministry of NJ, a social justice and public policy ministry representing the 21 UU congregations across the state, has served congregations in North London, UK and rural Hunterdon County, NJ. He currently resides in South Orange with his two children.*

### October 8

#### ***Feeling Better*** ~ Rev. Virginia Jarocha-Ernst

This topic was suggested by our Program Committee. Their question is, "how can we feel better when the world around us seems to be crumbling?" The answer might be in the difference between the long and the short view of life, and in our willingness to live bravely and with encouragement. *Music by Pick Up Band and Louise Chernosky.*

### October 15

#### ***Wisdom Path Part I: Money and Me*** ~ Rev. Virginia Jarocha-Ernst

This year's sermon series revolves around our attitudes about money. Today, we start with the personal. What are your patterns with earning, spending, needs and wants? We are likely to find out that money is more emotional than the numbers would suggest. A discussion circle will gather in Room 1 after the service. And a workshop will follow on Saturday, October 21, 10am – noon in the East Room. (See page 7 for details.) *Music by Elaine Held, Liz Tortorella, Louise Chernosky.*

### October 22

#### ***The Rules of Terror*** ~ Rev. Virginia Jarocha-Ernst

Franklin D. Roosevelt once wisely remarked that 'the only thing we have to fear is fear itself'. While this makes sense in the abstract, it is difficult to think clearly about it when fear is already present. This is why terror is so successful at manipulating us and getting its way. Today, we will try to slow down the fear enough to think without it for a moment. *Music by Louise Chernosky.*

### October 29

#### ***Compassion: Driving the immigrant support movement***

Joseph Donahue and members of the Sanctuary Working Group

Compassion is the spiritual attribute that drives the UU moral outrage at the pervasiveness of suffering and injustice facing thousands of undocumented immigrants in our country. The principles of our faith lead us to the belief that the blessings of life should be shared by all who come to our shores and borders. Our UU faith prompts our advocacy, our love for humanity, and our compassion for all who yearn for a better quality of life - for themselves - for their families - and for their descendants. *Music by UU Singers and Louise Chernosky.*

*Joe, a UUCMC Member for 5 years, is a retired educator and the immigration champion on our Social Justice Committee. He also serves as chair on the Committee on Congregational Ministry (CoCM) and is a board member for MCWRET. The Sanctuary Working Group is part of UUCMC's Racial Task Force. Its mission is to assist and support undocumented immigrants as they seek a better quality of life in our country.*

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## Sunday Dialogs — 9am (coffee 8:45am)

### **October 1 – “Good Without God: Humanism and Related Worldviews”**

Eric Seldner, President, Red Bank Humanists

Join us for a presentation and discussion of Humanism and related secular philosophies. We will compare and contrast contemporary secular worldviews with your input welcome. We will explore the differences between Philosophy and Religion. We will talk about who becomes a Humanist and why.

*Eric Seldner cofounded the Red Bank Humanists in 2003. Eric has lived most of his life in here in central NJ. He is a third generation atheist. He has never been attracted by the mystery of god but has always been fascinated by the mystery of why so many other people are.*

### **October 8 – “Life as a Social Activist and Advocate for World Peace”**

Rena Amada

My activism began during the Henry Wallace presidential campaign in 1948, when I was 16. Through the years, I have actively campaigned against the Viet Nam war and for closing the Oyster Creek Nuclear Power Plant. My latest efforts focused on electing Jill Stein for President. I remain committed to the philosophy that if we join together, each of us can make significant changes for the better in our society.

*Rena Amada, a long-time part of our congregation, is a retired Home Day Care Provider.*

### **October 15 – “Liberty and Justice for Sale – Represent.Us and the Anti-Corruption Campaign”**

David Goodman, PhD & Susan Colby, PhD are team co-leaders of Represent.Us/Central New Jersey

Are we an oligarchy or a representative democracy? The answer – and the threat – may surprise you and matter more than the Russians! Represent.Us, a national volunteer organization, is leading a campaign across the nation to fix the problem – including in New Jersey.

*Now retired, David and Susan have made ending the influence of big money on our political system a priority.*

### **October 22 – “Wow! There sure were a lot of folks at the Service today!?”**

Irwin Schpok

Irwin has designed a number of metrics schemes for tracking and characterizing UUCMC performance and maintained related data for more than 10 years. The results can help us understand the factors that shape the growth of our community. Come hear an historical, statistical review of UUCMC growth performance, member/friend/leadership demography, adult participation and Sunday attendance, RE program and Youth Program participation, and financial performance.

*Irwin has been a member of UUCMC for nearly 35 years and has served a UUCMC Board Member, Treasurer, & President as well as holding leadership positions on numerous committees and working groups.*

### **October 29 – “Immigration 101: What You Need to Know About the Needs of Immigrants in Monmouth County”**

UUCMC Sanctuary Working Group

Lives of immigrants living in Monmouth County are being disrupted by fear, detention and deportation. Although offering physical sanctuary is not feasible now at UUCMC, we can provide sanctuary by letting individuals know they are not alone and are respected. Come learn what the needs are and how you can help whether or not you speak Spanish.

*Rich Held, Denominational Affairs Representative, will be joined by other members of the working group, UU Legislative Ministry of NJ and Casa Freehold.*

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# Religious Exploration Ministry

## Building Bridges

Michelle McKenzie-Creech,  
Credentialed Director of RE



I am writing to you having just finished our first day of Family Ministry Religious Education (FMRE). FMRE is something that the Religious Education Committee and I dreamt up during our spring retreat. It's not a new concept and can take on many forms. We looked at our congregation and how to design it to meet our goals and solve some of our challenges. Our goals of: creating a stronger community, supporting teachers, learning more, and bridging home and UUCMC.

Our theme this month is Courage. Embarking on something new, uncharted territory is certainly courageous. You answered our call and agreed to partner with us. You said YES to being in classrooms and to a deepening of faith development for the whole family. That takes courage!

We hosted two orientation sessions for people who will support our lead teachers on Sundays. After our first session, I emailed the RE Committee and told them how amazing it went. We all got to know each other better. We built relationships with each other, with people who may have never crossed paths. Yes, it's possible. Our second session led by the RE Committee produced the same results. The energy was magnificent.

As we continue to roll out our program, it is our hope that you will engage fully. We know that there will be kinks and new learnings along the way. Share with us your experiences, let us know what works and what doesn't. Thank you for joining us on this journey.

In community and faith,  
*Michelle*

## Religious Education News

### RE REjoices:

The RE committee would like to thank all of our wonderful volunteers who helped kick off this year's classes. We are so excited to have the families more involved with the program and each other and we are looking forward to growing in family ministry with all of you.

The **YoUuth Store** will be available in the Community Room on Oct. 22 and Nov. 5. It is the perfect place to find gifts for your loved ones or for yourself. Check it out!

Our **Youth Immersion Camp** is October 6-8 for youth in 6<sup>th</sup>-12<sup>th</sup> grade. It is a wonderful opportunity for our youth to get to know each other and their advisors. We hope you are coming!

**RE Requests:** Please remember that the fenced in playground belongs to TLC and children 2<sup>nd</sup> grade and under should only be in there with adult supervision.

If you are supporting a lead teacher in a classroom and you have any questions, please do not hesitate to ask anyone in the RE committee, Michelle McKenzie-Creech, or Monica Bottone. Committee members can be identified by their nametag.

### RE Dates to Remember:

**October 6-8:** Immersion Camp for Youth

**October 22:** Youth Store

**October 27:** Youth Group/ Halloween Party

### A Simple Way to Help Out!

We are seeking marvelous people to bring drinks and dessert at noon for one of the 4 WAGO Wednesdays in October to treat approximately 20+ people attending the WAGO series.

Usually, we serve juice and fruit. However you can surprise us! We provide the serving table, bowls, cups, pitchers, paper plates, napkins.

If you want to win a Wednesday opportunity, hurry and sign up. There are **only 4 chances to win a spot**. Don't let someone else get it! Contact Liz: 732-852-2958 or [deanhill@comcast.net](mailto:deanhill@comcast.net).

# Board News



## Board of Governance 2017-2018

Interim President	Joan Farkas	Treasurer	Ted Wardell	VP at Large	Janet Freed
Senior VP	Alicia Malave-Diaz	VP Staff Resources	Stacey Abate	VP at Large	Stephen Alburtus
Secretary	Jan Boyarin	VP at Large	Rick Goldberg	Council Moderator	Judy Stevens

### From Your Board of Governance

September brought a new year and with that a few changes. First, we had a shift of Board responsibilities for two of our Members. Stacey Abate will be taking on the role of VP of Staff Resources as Janet Freed will be moving to VP at Large. We are privileged to be able to maintain both as Board Members despite Janet’s increasing personal commitments. Thank you to you both.

Another change is that we will be postponing our previously announced Interim Congregational Meeting until later in the Fall to give our leadership time to gather important information for the congregation.

September also brought much activity including our Annual Leadership Retreat where leaders both new and seasoned gathered to share information and fellowship as we set goals for the year ahead. I am always grateful for the wealth of knowledge and talents these individuals bring to our community.

Lastly, there are still tickets available for the Board’s Auction offering of Wine, Cheese, and Entertainment with your Board of Governance. The event is Nov. 4 from 5-7 and will feature light hors d’oeuvres, wine, desserts, coffee, tea and entertainment. Cost is \$20 in advance or \$25 at the door. We are also looking for storytellers to provide entertainment. Please contact Alicia Malave-Diaz if you would like to sign up.

### Dollar\$ and \$en\$e

Fiscal Year 2017-2018 (Total Budget \$472,490)

PLEDGE TARGET	PLEDGED	PLEDGE GAP	PLEDGES PAID
\$345,000	\$315,432	\$29,568	\$110,112

YTD INCOME	YTD EXPENSES	NET INCOME
\$133,695	\$85,162	\$48,533

Year to date income is down slightly from last year but is still well above year to date expenses. Income from pledges tends to frontload our total income as those who pay pledges early outnumber those who pay toward the end of the pledge year cycle. Expenses year to date continue their historic moderate move higher.

As shown in the top table, we have gap of nearly \$30,000 between our target for pledge funds in FY 2017-18 and the amount pledged so far. Please submit your pledges promptly if you have not already done so. The Board has approved this fiscal year’s budget, and that gap needs to be bridged to maintain fiscal responsibility moving forward.

Of course, thank you to all who support UUCMC with generous financial gifts!

- Ted Wardell, Treasurer

*Did you know?*

We’re on Facebook! “Like” our **UU Congregation of Monmouth County** page to keep up on what’s going on:

<https://www.facebook.com/pages/UU-Congregation-of-Monmouth-County/134636933273832>



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

Reading taken 8/31/17

**Total:** 129,294 pounds of CO<sub>2</sub> pollution avoided  
 117,541 199,824 pounds coal consumption avoided  
**Kwhrs** produced 353 barrels of oil consumption avoided

# Committee News



## Committee Chairs

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

## Social Justice Committee

**Share the Plate** for October is the UU Legislative Ministry of NJ. They will receive half the monies in our Sunday offerings. At the upcoming Fall Issues Conference (see below), their new, more encompassing name will be announced.

Plan to attend the **UULMNJ Fall Issues Conference** on Oct. 14 at UUCMC. Meet for a working lunch at 12n. Box lunches will be available for purchase. Attend one of the 6 Task Force sessions. We'll finish at 6pm. This group, which represents all UUs on NJ continues to do amazing work on many levels. This is a good chance to learn more about UULMNJ, right here!

Several UUCMC folks helped provide dinners and hosting for **Family Promise** guests at Middletown United Methodist Church the first week in September. See Monica Bottone or Peter Bellincampi for more information on how you can help.

Our UUCMC team provided lunch for 50 guests at **Bayshore Lunch Program** at the Community Church in Keyport on Sept. 14. Talk with Barbara Vallin if you would like to join us on October 9.

Plan to attend the Oct. 29 **Love Resists Rally** at 2pm at UUCMC. (see p. 7)

Next SJ meeting will be held Wednesday, Oct. 4, 7pm in the East Room. *Join us!*

- Tony Giordano, Committee Chair,  
tonygio298@gmail.com

## CLIMATE CHANGE ACTION TEAM

*Putting a human face on climate change:*

We have graphic images of the injustices of climate extremes—flooding in Bangladesh and Houston, powerful storm surges in the Caribbean, decimated homes of most vulnerable people. All these recent tragedies are in addition to what we already know about climate refugees from many parts of the world, including from Louisiana (Isle St. Jean). For a deeper exploration of why **climate change isn't "just" an environmental issue**—CCAT and the Monmouth Community Climate Coalition are showing the documentary "Climate Refugees" on Thursday, November 2 at 7 pm in the Community Room at UUCMC. Discussion follows. All are welcome! [www.monmouthclimate.org](http://www.monmouthclimate.org)

Next CCAT meeting: Wednesday, October 18 at 1 pm

Citizens' Climate Lobby (**CCL**) and Citizens' Education meet at UUCMC the 2<sup>nd</sup> Saturday of the month. Next meeting is **October 14** at 11:30. Check out recent non-partisan progress toward climate solutions: [www.citizensclimatelobby.org](http://www.citizensclimatelobby.org)

Questions? [ClimateLynn@gmail.com](mailto:ClimateLynn@gmail.com)

## Fall Common Read

*The Righteous Mind: Why Good People Are Divided by Politics and Religion* by Jonathan Haidt

Discussion led by Mary Carol Day and Liz deBeer,  
Saturday, Nov. 4, 10am-12n.

As America descends into polarization and paralysis, social psychologist Jonathan Haidt has done the seemingly impossible—challenged conventional thinking about morality, politics, and religion in a way that speaks to everyone on the political spectrum. He shows why we have such different intuitions about right and wrong, and he shows why each side is actually right about many of its central concerns. In his book, Haidt gives you the key to understanding the miracle of human cooperation, as well as the curse of our eternal divisions and conflicts. If you're ready to trade in anger for understanding, read this book!

## Denominational Affairs

Why do we do what we do here at UUCMC in the name of social justice? "Justice is at the core of our faith. Our congregations are called to make a positive difference in our wider communities. We work to serve, to raise awareness, and to support and partner with people who face injustice. We advocate, organize, and act for justice to live out the values of our faith." (UUA website)

The UUA/UUSC have expanded the concept of "sanctuary" and have called congregations to act. "Love Resists is guided by three powerful principles: expand sanctuary, grow solidarity, and raise our voices." Check out the Social Justice Committee's column for details of how the UUCMC is showing solidarity with our threatened communities and how we plan to raise our voices in an upcoming "Love Resists" rally (see below).

Check out [uua.org/action](http://uua.org/action) for the many ways the UUA supports our social justice work.

### From the Racial Justice Task Force:

**#Love Resists** is designed to counter the polarization and despair that many of us are feeling. The **Love Resists Community Rally and Information Fair** is an opportunity to take stock of how you can live your values more fully and to feel supported in your exploration. It will be held on **Oct. 29, 2pm**.

People of faith and conscience know now is the time grow relationships of solidarity between those who are being targeted because of their identities and those who identify as their allies. This solidarity is most effective when we listen to and make central the leadership, insights, and experiences of people who are most threatened by a history of injustice and the current political climate. Local representatives from Black Lives Matter, Planned Parenthood, Dreamers, the LGBTQ, Latino, Muslim, and Jewish communities will be participating through words and music. Representatives of various local organizations will be available to speak with you and will share opportunities to act.

We are asking the congregation for donations of water and snacks to have available during the rally.

**The Wi\$dom Path: Money, Spirit and Life** led by Joan Farkas, Stacey Abate & Rev. Virginia Jarocha-Ernst  
Saturdays 10am - Noon at UUCMC

Join us for 3 sermons and a workshop series exploring the meaning of money. In the workshops, participants will build awareness of their own "money story" and explore their own attitudes and experiences with money and the ways in which money connects us with others, including issues of classism and economic justice. We'll examine money issues in congregational life, delving into ways to align our faith and values with our financial ways of being.

#### Workshops:

Money and Self - October 21

Money and Society - November 11

Money, Spirit and Life - December 9

**Coordinating sermons** will occur in Sunday services prior to each workshop: Oct. 15, Nov. 5 and Dec. 3.

### 37<sup>th</sup> annual Red Bank CROP Walk

Sunday, **October 15** at 2pm (Registration begins at 1)

#### ***DID YOU KNOW...***

CROP monies collected last year are **already** helping with hurricane relief, and this year's donations will continue to assist those affected by Harvey and Irma. **YOU** can help end hunger locally and around the world! Of the 1,200 CROP Walks held in the U.S., Red Bank's ranks **#5** in funds raised thanks to **YOUR** continued support.

#### **How to walk and/or donate online:**

Join us for an easy 5 miles through neighborhoods and downtown Red Bank. Pick up your sponsor envelope at coffee hour. At [www.crophungerwalk.org/redbanknj](http://www.crophungerwalk.org/redbanknj), scroll to the bottom and search "**UUCMC**" to register. If you can't walk, you can still donate at coffee hour or by clicking "Donate" on the website and then "Donate to a Team" Our team name is **UUCMC**.

For more info, contact Vanessa Merhi  
[732-772-0863](tel:732-772-0863), [vanessamerhi@gmail.com](mailto:vanessamerhi@gmail.com),  
or **come to the CROP table during coffee hour.**

### It's not too late to join a **Covenant Circle!**

Covenant Circles are small groups that meet once a month starting in October to talk about the monthly theme. It's a great way to get to know others at UUCMC. Sign up at: [www.surveymonkey.com/r/27NWPLS](http://www.surveymonkey.com/r/27NWPLS) or contact Lisa Arcoleo ([lisa@uucmc.org](mailto:lisa@uucmc.org)) directly.

### Paintings by Marleni

Colorful paintings in the Earth Room this autumn are by Marleni. If you admire Gauguin, Matisse and Modigliani then you will be delighted by her work. For more info, see the ART folders at the rear of the Earth Room.

### Community Life Committee

Have you signed up for a Sunday or two? Coffee Hour needs 2 volunteers every week! It is easy and fun and you will meet lots of people. Please stop by the kitchen and talk to anyone there Or call Heidi: 732-895-5432 Or go to <http://vols.pt/mCXNgA> to see which Sundays need volunteers.



### MUSIC! MUSIC! MUSIC!

Our UUCMC Pick Up Band will perform October 8th! This is an opportunity for anyone who plays an instrument to participate in an eclectic ensemble for one day! Instrumentalists of all ages are welcome. We will meet at 9:45 am to practice, and perform the prelude in the service at 10:30 am. Music is available in advance. Contact Louise ([music@uucmc.org](mailto:music@uucmc.org)) with any questions.

**Louise Chernosky, Music Director** ~  
[music@uucmc.org](mailto:music@uucmc.org)

### Amahl and The Night Visitors by Gian Carlo Menotti

A Holiday opera in our Earth Room  
December 9, 7pm - December 10, 7:30pm

Amahl, a young disabled boy, and his mother, live an impoverished existence. One night, they are visited by 3 kings needing a place to rest for the evening. Mother invites a group of townsfolk to help feed this royal trio. While she is gone, Amahl asks the kings all kinds of interesting questions. This is a miracle play sung with pathos, humor, and charm. An intergenerational event!

HOLD A DATE!! Tickets to go on sale in November.

PROP REQUESTS (if you have anything like this?!)  
-A bird cage, about 1-2' high, with a 'not' live bird! -Bales of hay (as people discard them after the fall decorations)  
-A fancy box with at least 2 drawers about 2'x2' or there about...jewelry box, silverware box?  
-Lantern with a handle to carry (we put a non-candle in it)  
-Persian or oriental runner (or just colorful, not too heavy)

### Earth Room Concerts

Kipyn Martin and Annika Bennett  
Saturday, November 18, 7:30pm



**Kipyn Martin** is an emerging Indie Folk singer-songwriter whose roots sink deep into the banks of the Shenandoah River.

Singer/songwriter and multi-instrumentalist **Annika Bennett's** music captures a unique blend of pop melodies, with folk/singer-songwriter lyrics.

Tickets are available at [earthroomconcerts.org](http://earthroomconcerts.org) and after services.

### Membership Committee

#### Did you know...

The UUCMC has an online photo directory, available to view on your computer and mobile device and is a fabulous tool to help you get in touch with your fellow UUCMC members!

Our **Instant Church Directory**, the program we use to build our directory, can be accessed with your computer or free app for download on our phones. Go to your app store and search for "**Instant Church Directory**".

To view the directory online, go to [members.InstantChurchDirectory.com](http://members.InstantChurchDirectory.com)

In order to access the directory, enter your email address as it's listed in our directory. (If your email isn't listed in the directory, let Betsy Sunada or Lisa Arcoleo know so it can be added.) Once you enter your email, follow the directions to complete the login process. After you log in, you can search for members of the congregation and staff. If you use your cell phone, you will be able to call, email and text right from the app!

This fall, the Membership Committee will be hosting an occasional **Online Directory Help Desk** during Coffee Hour after services. Stop by with your questions! We will also be able to help you upload your picture to the directory!

**Monmouth Unitarian Universalist**

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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](mailto: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](http://www.uucmc.org). Click on News and then Newsletter. Copies are available without charge in the foyer.*

Tai Chi for Beginners  
 Mondays, 6:30 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. Email Dan Ciaglia: [danciaglia@gmail.com](mailto:danciaglia@gmail.com).



**UU Buddhist Meditation**

The Earth Sangha meets to sit and walk meditation **Thursday evenings, 5-6:30** in the East Room or Earth Room.

The Monmouth Zen Circle (Edgewood House, **Saturdays 9:45-12**) is more demanding: three 30-minute periods of meditation, two 10-minute periods of walking meditation, followed by a Buddhist service of chanting and bowing. Teacher Kotatsu John Bailes joins us the first weekend of the month for talks and private conversations.

To learn about both sanghas and/or to get our emails, contact Elaine Held [evdplate@gmail.com](mailto:evdplate@gmail.com) /732-682-1059. **All are welcome!**

**LINCROFT ZEN SANGHA**

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*. **Wednesday evenings, 7pm in the Earth Room**, we sit zazen for three 25-minute periods, with a short walking meditation between periods. Beginning instruction is offered at **6:30 pm**.

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](mailto:info@lincroftzen.org)

**Adjunct Group**

**Monmouth Center for World Religions & Ethical Thought**

Eighteenth Annual Shanti (Peace) Program

**Science and Ethics: How Modern Science Informs Ethics and Peace**

by Dr. Mark Lupisella of NASA

**Sunday, October 8, 3-4:30pm**

This talk will explore bridges between science, philosophy, ethics and peace. Starting with biological evolution, we will explore an evolutionary understanding for human ethics and how it can inform philosophical and ethical deliberations to help build a more peaceful world. Drawing from a book to be published next year, we will explore how modern science supports a relational philosophical framework, including a cosmological perspective that can provide a context for value theory, ethics, and the pursuit of peace. *Refreshments and the opportunity for further discussion will follow.*

[www.interfaith-mcwret.org](http://www.interfaith-mcwret.org)

Joe Ritacco (MCWRET) [jritacco@comcast.net](mailto:jritacco@comcast.net) or

Kristine Binaco (UUCMC & MCWRET) [uubooklover@verizon.net](mailto:uubooklover@verizon.net)

## Get Involved!

### WAGO (We Are Getting Older)

Wednesdays in October, 12n in the Community Room

Bring your lunch, and invite others to come.

We provide juice and fruit and a presentation followed by a discussion.

**Oct. 4** - Inventions Cause Obsolescence – Before and After ~ Liz Spellman Dean, Lone Arranger

**Oct. 11** - The Equifax Hack: Did it include you? What to do now? ~ Richard Angelo, attorney at Zager Fuchs

**Oct. 18** - Musical Memories from Ludwig, Clara, and George ~ Elaine Held, pianist

**Oct. 25** - Preparing a Memorial Service ~ Rev. Virginia Jarocho-Ernst, our minister

### Indigenous People Day

October 7, 10–12n, Community Room

Two programs to honor Indigenous People, one for adults with a separate one for children. We are honoring the history of this contentious day.

- Adult RE, SisterCircle and a Covenant Circle



See p. 7

Join our series of classes to **learn more Unitarian Universalism** and UUCMC with others who are seeking. All classes are 12n-1pm. Sign up on the office door or email Lisa ([lisa@uucmc.org](mailto:lisa@uucmc.org)). Please let us know ASAP if you need childcare.

Welcome	10/8	Room 6/7
Grow	10/22	Room 6/7
Participate	10/29	East Room
Serve	11/12	Room 6/7

### Social Action Film Series:

#### Chasing Coral

Sunday October 15th, 6pm, Community Room

With extensive underwater photography, Chasing Coral documents the beauty of coral reefs and the tragedy of their loss from areas around the world. UUCMC Member Lynn Dash will speak briefly on "what to do" as a representative of our Climate Action Team, Citizens' Climate Lobby, etc. For details, email Dan Ciaglia, [danciaglia@gmail.com](mailto:danciaglia@gmail.com).



## The Monmouth Unitarian Universalist

Unitarian Universalist Congregation  
of Monmouth County  
1475 West Front Street  
Lincroft, New Jersey 07738



Address Correction Requested