



THE UU-LINK

February 2018

NEWSLETTER OF THE UNITARIAN UNIVERSALIST CHURCH OF THE LEHIGH VALLEY

February Services

February 4

The Long Haul

Rev. Don Garrett

How do we marshal our energies to achieve long-term goals?

February 11

Celebration, Prayer, & Transformation: A Journey Through Selected Contemporary Spiritual Music

Karen West

Come and bring your voices to a service highlighting diverse hymns from the teal hymnal. We'll ask how music transforms us as listeners, singers, chanters and hummers.

February 18

What is Success?

Rev. Don Garrett

How do we know when we get there?

February 25

Senior High Service

Details TBA

DonSense – by Rev. Don Garrett

February: What Does It Mean to Be a People of Perseverance?

“People cry not because they are weak. It’s because they’ve been strong too long.”
- Shane Koyczan

“This morning I have been pondering a nearly forgotten lesson I learned in high school music. Sometimes in band or choir, music requires players or singers to hold a note longer than they actually can hold a note. In those cases, we were taught to mindfully stagger when we took a breath so the sound appeared uninterrupted. Everyone got to breathe, and the music stayed strong and vibrant... So let’s remember the advice of music: Take a breath. The rest of the chorus will sing. The rest of the band will play. Rejoin so others can breathe. Together, we can sustain a very long, beautiful song for a very, very long time. You don’t have to do it all, but you must add your voice to the song.” - Michael Moore

So, have you been strong too long?

It’s not the usual question when tackling the topic of perseverance. Most often, we’re asked, “Are you ready to be strong?” The standard recipe is well known: Buck up! Grin and bear it! Keep pushing! Keep moving forward! Dig deep; you are stronger than you know! But maybe Koyczan is right. Maybe this typical roadmap isn’t the path to perseverance; maybe it’s just the path to breakdown.

And when we combine Koyczan’s quote with Moore’s invitation to breathe, we suddenly see that balance plays a bigger role in perseverance than we often assume. As a people of perseverance, we are being called not just to grit and strong wills, but to gentleness and self-care. Constantly pushing ourselves without also giving ourselves the gift of pause gets us nowhere. Digging deeper without making time to deepen and fill our wells is a recipe for self-inflicted pain.

All of which is to say that maybe vulnerability is the real secret to perseverance. Maybe admitting you’re tired and asking for help is the real strength that gets us through. That dominant myth of Sisyphus pushing his rock up that endless hill hasn’t done us any favors. We assume that Sisyphus is suffering because his work is endless, but maybe it’s his isolation and lack of a place to rest that is his true torment.

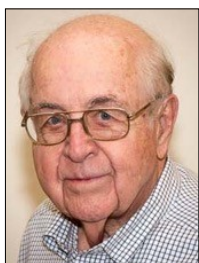
So, friends, this month, let’s not torment ourselves. We don’t have to give up those pep talks about digging deep and being stronger than we know. But right alongside that, let’s make sure we’re also doing the more tender work of propping each other up and reminding each other to breathe.

See you in church.

– Don

FROM THE PRESIDENT

WELCOME - PART II



Again, I'm drawing from *The Growing Church* about bringing new people into our church.

Usually visitors have already scoped out our church through our web site and think we might be the church for them. Our most important mission is to welcome

and absorb them into our community as outlined below:

- Have them create relationships immediately. The first few minutes are important. How they feel when they first walk in is critical. They should receive at least three warm greetings in the first ten minutes. I think our Greeters do a great job in this area.
- Feed their souls. People stay because of "community". The hunger to connect is so powerful today that we need to be intentional about immediately involving new people. Music, fellowship dinners, educational events, pot lucks, our service, community conversation, etc. are all ways to involve new people. More should be done.
- Nurture the connections. We know that the best predictor of whether someone will become a long time member is the number of friendships formed in the first six months. This simply can't be left to chance. Someone has to nurture relationships and help each new person find his or her place. Again, this needs to be addressed.
- Put them to work. They want to contribute. They need to understand the opportunities available and encouraged to participate.

Most of the people visiting us share our values, share our outlook and want to be involved. Open our hearts to these visitors, reach out and engage them.

And as I've noted before, join a committee and have some fun.

- Cease



WE WANT TO HEAR FROM YOU, ONE AND ALL!

CONGREGATIONAL SURVEY IN FEBRUARY

OPINIONS and IDEAS: We all have them and want to express them. Sometimes we feel we aren't heard. The UUCLV wants to know what's on your mind about all aspects of our church. And at a perfect time: as we begin a new year together AND celebrate the 70th anniversary of our congregation!

The Church Planning Committee has designed a questionnaire that will invite you to consider both present and future — from what's most important to you in our worship service to how you might imagine UUCLV becoming all that we can be in the next three to five years. Whether you are a member or a friend, we hope you will complete this survey promptly, assessing how we're doing now and presenting new ideas for tomorrow. Your input is critical, since it will become one part of the foundation for our long-range – transformational – planning. Let your voice be heard!

If you have questions, feel free to ask any member of the Design Team: Janice Lovegrove, Tom Zimmerman, Sharon Beckhard, Cease Blocker, or me, Barbara Diamant.

PASTORAL CARE UPDATE

As a community, we make a commitment to be there for one another when things don't always go as planned. One of the ways we fill this commitment is through Pastoral Care. Rev. Don and Rev. Robin are available to make hospital or home visits, to assist in planning for the future or just to be a compassionate listener. They have set up a dedicated phone number: **484-408-4099** that Rev. Robin has with her. Call with any concern you may have. All calls are confidential.

THE UU-LINK

The UU-Link is published and mailed monthly, and is also available on our website.

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We're on the web at www.uucvpa.org

THE CENTER & WALL STREET JOURNAL

2017-18 Fiscal Year, Half-way Report

This will summarize our financial situation as of December 31, 2017, half-way through the current fiscal year (July 2017 through June 2018).

Compared to recent history, year-to-date income and expense relative to the annual budget are:

- Pledge income - slightly lower than expected
- Total income - about as expected
- Expense - a few percent higher than expected
- Net income - significantly positive, although a few percent lower than expected.

Selected specifics are tabulated below.

In addition, an unusually large amount of bequest money has been received. A large portion of this money has been added to our Endowment Fund (with the UUA); disposition of the remainder has been under consideration by our Board. (Bequest money is not considered as income unless designated for normal expense purposes.) Consequently, cash flow remains very robust.

Please keep up with or stay ahead of your pledge payment schedule for 2017-18. If you're uncertain about your remaining pledge "balance," please contact me or Assistant Treasurer Don Davis.

	Actual \$ July-Dec 2017	Budget \$ Year 2017-18	Actual \$ July-Dec 3-yr average
Income <i>(excluding transfer from Reserves)</i>			
Pledges	151,500	223,100	147,000
Rentals	19,800	43,400	
Fundraising	20,000	24,000	
Plate	5,500	10,000	
Other	9,000	17,400	
Total	205,800	317,900	205,100
Expenses	164,900	317,900	156,400
Net Income	40,900	0	48,700

Fund Balances \$ as of December 31	
Operating	30,500
Reserves	57,000
Capital	77,900
Endowment	144,000

Please contact me if there are any questions.

Respectfully submitted,
Jan Phillips, UUCLV Treasurer

FEBRUARY BREAKFAST FORUM

February 4

Perseverance - What Does it Mean to be a People of Perseverance

Rev. Don Garrett, Presenter

Join us for a small group themed discussion on what it means to be a people of perseverance.

February 11

Humanism 1880 - 1950

Joanna Herren, Presenter

Joanna will cover the fundamental precepts of humanism along with the influential humanists and their shared beliefs with Unitarian Universalism.

February 18

The Story of God with Morgan Freeman

Cease Blocker, Presenter

"Creation" - Various early creation stories are explored, as well as the source of their beliefs including the Bull culture of Catalhoyuk, the Garden of Eden, Jerusalem's birth myths, Australian aborigines, ancient and current Mayans, Hindu and modern creation beliefs including Creationism and, of course, the Big Bang theory.

February 25

An Introduction to Native American Spirituality, Values and Customs

Dar Khabbaz, Presenter

Dar Khabbaz, is very knowledgeable of Cherokee spirituality, values and customs and has extensively studied Lakota customs, values and traditions particularly in South Dakota. He and his mother have presented weekend retreats to students at the School of Sacred Ministries, an Interfaith Studies School, in Doylestown for over 15 years.



FROM THE LIFESPAN EDUCATION COORDINATOR

RELIGIOUS EDUCATION (RE)

FOR CHILDREN & YOUTH

It has been a goal of mine since my third year as a DRE, in 2008 to become a credentialed religious educator. I am almost there. At the time of this publication, I will have nearly completed the writing requirements to submit to the Religious Education Credentialing Committee in Boston. I have to demonstrate my competency in nine areas: *Administration, Human and Faith Development, Multigenerational Program Planning, Right Relations and Professional Ethics, Sexual Health, Six Sources of UU Inspiration, Systems and Conflict, UU Foundations and Worship*. In April, I will travel to Boston to be interviewed by the committee to determine if I am qualified to be credentialed. This is my thirteenth year in this profession and I feel blessed to have had the opportunity to spend most of those years here at UUCLV. I have learned so much here – how to choose and tell a good story; how to create and run a worship service, both for adults and for children; how to be in communication with parents, children and teachers and how to administer an RE program.

On January 21-23, I attended a retreat at Murray Grove Retreat & Renewal Center with my colleagues from the New York Metro Chapter of the Liberal Religious Educators Association (LREDA). We gathered to worship and share comradery, fellowship, and successes and challenges. I even got to watch the second half of the Eagles Vikings game at a nearby Applebee's! Murray Grove is the site of the first Universalist sermon in the United States by John Murray. The story of how the English born Murray came to preach at a little chapel in Lanoka Harbor, NJ is, if not magical, at least an example of synchronicity. You can read more about the story on the Murray Grove web site.

Attending the retreat was a great boost to my efforts to complete me writing. Being surrounded by men and women who have accomplished so much in the field of religious education was inspiring. I was able to meet with my credentialing mentor, Michelle Kreech, to create a plan for completion of the portfolio. I will let you all know how it goes in April. Wish me luck!

In faith, **Jansen Wendell**,
Director of Lifespan Religious Education
lec@uucvpa.org

ADULT RELIGIOUS EDUCATION:

UU HISTORY CLASS

Joanna Herren is leading an adult RE class covering 500 years of Unitarian, Universalist and UU history, from the heretics of the reformation to the Council of Nicea to the Transcendentalism to the 21st century. The class will be able to take a broader view than the Long Strange Trip film series and go into more depth about the religious underpinnings of the various movements. The plan is to create a timeline to display on one of the hallways. For location dates and times, Joanna at Herren2@aol.com

INSPIRING OUR ETHICAL AND SPIRITUAL LIFE: AN EXAMINATION OF WORLD RELIGIONS

During our 2017-2018 year, we will examine the world religions that give us inspiration to build our ethical and spiritual lives. This class will explore the traditions of Egypt, Iran, India, China, Israel, Arabia and European Christianity. Loosely based on Neighboring Faiths, a UUA curriculum for 5th & 6th graders, Rev. Robin Capoor will present new material from all of these areas. There will be speakers from many faith traditions and field trips to their worship services within the Lehigh Valley. The class begins **Sunday Sept 17th** at 9am, in the RE Library. Tell Jansen Wendell (lec@uucvpa.org) or Rev. Robin Capoor (robincaoor@msn.com) if you're interested.

MINDFULNESS PRACTICE GROUP

(Tuesday evenings, 7:00 – 8:15pm, the Community Room)

With the help of conscious breathing, we are able to touch and be nourished by the peace and joy that are available within and around us, in the here and now. With continued practice, we shall touch and understand the roots of the pain that lie deep within us, such as fear, anger, despair, thus making transformation and healing possible. For more information, contact Rev. Don Garret at minister@uucvpa.org or Janice Lovegrove at lvjspirit@aol.com.



We welcome our new nursery staff member, **Eileen Rolwood**, an early Childhood Education student at Moravian College. Eileen is excited to be here and we are thankful to have her on the UUCLV staff!

RE CALENDAR: DECEMBER / JANUARY

Sunday, Feb 4: story for all ages / regular RE classes

Sunday, Feb 11: Children's worship service for preK-6, regular class for 7-8 and 9-12

Saturday, Feb 17: 6pm/gym: Barn Dance & pot luck

Sunday Feb 18: story for all ages /regular RE classes

Sunday, Feb 25: Multi-generational Youth-led service

Sunday, Mar 4: story for all ages / regular RE classes

Sunday, Mar 11: each class prepares for RE Sunday; Coming of Age & Sr. Youth meet for regular classes

Sunday, Mar 18: Religious Education Sunday multigenerational service

Sunday, Mar 25: story for all ages/regular RE classes

FEBRUARY SHARED PLATE:

Southern Poverty Law Center was founded in 1971 to ensure civil rights becomes reality. It is dedicated to fighting hate and bigotry and seeking equal justice through litigation, exposing hate groups and teaching tolerance.

LEHIGH CONFERENCE OF CHURCHES UPDATE

A small but enthusiast crowd attended the Lehigh Conference of Churches' celebration of the Puerto Ricans in the Lehigh Valley and those still living on the island at its January 21 service for Christian Unity.

Rev. Dr. Larry Pickens of the Conference, addressed the paradox of Christianity in the Caribbean. "On one hand, the Bible was used by colonizers as justification for the subjugation of the original inhabitants of these lands, along with others who were transported from Africa, India and China. Many people suffered extermination, were put in chains and enslaved, and were subjected to unjust labor conditions. On the other hand, the Bible became a source of consolation and liberation for many who suffered at the hands of the colonizers. . . . As the chains of enslavement fall from our hands, a new human bond of love and communion emerges in the human family, expressing the unity prayed for by our Christian communities," he said. Bishop Juan Garcia, Administrative Bishop of the Church of God, questioned how various faiths can become one, adding we are only as strong as our weakest member.

The UUCLV is a member of the Conference and our delegates are Elizabeth Griner and Shana Johannessen.

ACTION PLANNING TEAM IS HERE!

The Action Planning Team (APT) has formed and will begin its work in February. This steering committee will guide us through our transformational planning efforts this year. The Board is very pleased to present (and thank) its members:

Sarah Carlson	David Shields
Barbara Diamant	Beth Taylor
Seth Finkle	Chuck West
Diana Lormand	Salli Wood
Amy Nyberg	Tom Zimmerman

BOOK DISCUSSION GROUP

Our February book is a novel entitled Homegoing by Yaa Gyasi. The title is taken from an old African American belief that death allowed an enslaved person's spirit to travel back to Africa. The author was born in Ghana and raised in Alabama. We will meet on Sunday, February 11th at 12:00 noon in the RE Library. For further information contact bookdiscussion@uuclvpa.org.

ADDITIONAL HYMNALS NOW IN THE SANCTUARY

Thanks to the generosity of the following people, we now have an ample supply of gray and teal hymnals in the sanctuary. Check out the bookplate in the front of each hymnal to see the donor. The donors of our new hymnals are José A. Abud, Karen Berry, Cease Blocker, Fred Bomberger, Donald Bortz, Robin G. Brumfield, Amy Miller Cohen, Dora Davenport, Don and Jean Davis, Margie and Bob Ensminger, Pat Herring, Peggy Hobbs, George and Gloria Just, Shana and Chris Johannessen, The Keister Family, Dave and Lib Kiefer, Bobbie J. Knudson and family, Gwin M. Krouse, Nancy Light, Rory Maruschak, Tim and Rachel Moeller, Jan and Sue Phillips, Carol and Darold Silkwood, Steve and Mary Van Sciver, Cris Walthier, Nancy Weston, Lyle and Vicky Woodard, Tom Zimmerman, Allen Zinnes and Ilse Stoll.

FOURTH FRIDAY FILMS

February 23, 7 PM "**BIG PHARMA: MARKET FAILURE**" a documentary by Vince Mondillo and Richard Master on the problems with the pharmaceutical industry and what to do about it.



FEBRUARY CONCERT & MARCH PREVIEW!

The Second Sunday Concert series kicks off 2018 with a performance by perennial favorite, SATORI on Sunday, February 11 – that's the weekend before Valentine's Day, hint, hint! Treat your special someone(s) to an afternoon of wonderful music by Nora Suggs (flute), Cheryl Bishkoff (oboe) and Martha Schrempel (piano). Works by Telemann, Poulenc, Tann, William Grant Still, and more, are on the program.

On March 11, Martin Soderberg, winner of several International Piano Competitions and frequent guest soloist with orchestras world-wide, will present a program titled *A Musical Journey Through Spain and Latin America*. More on this concert in next month's *UU-Link*.

As usual, you can meet the artists at our wonderful post-concert receptions. Tickets are \$17; **students are free**. Sunday, February 11 and March 11, 3:00 p.m. in the sanctuary. Tickets available at the door, on-line at www.concertseries.uuclvpa.org, and after the service on February 4 and 11. We are pleased to partner with WDIY 88.1FM community radio for the 2017-18 concert series..

THINGS TO DO WITH FELLOW UU'S IN FEBRUARY & MARCH

There are a few fun and get-together events with slots open in February/March 2018. If you are interested in joining-in, contact Dora Davenport at doradavenport@msn.com, or: 201-247-2427, or tell her at church.

LIGHT LUNCH – Feb 11th, NOON - \$20/pp – Home of Jean & Don Davis – 3 seats available

Enjoy a wonderful lunch before February's Second Sunday concert. Menu includes avocado toast bar and gypsy soup. Meet at the Davis' after church service. The price does not include ticket to concert.

New date: MANGLED MYTHS – Feb 14th – 7pm – \$10/pp 10 seats available

Join us for a hilarious evening of puppet for adults "Mangled Myths" (impromptu puppetry from classic myths) at the new Book & Puppet Co store located at 466 Northampton St, Easton. Refreshments served.

SOUPS, SALADS, SWEETS & WINE TOO - Feb 17th – 6pm – Home of Jan & Sue Phillips - \$10/pp 10 seats
Enjoy a wonderful evening with great foods and drink along with great conversation at the Phillips' Allentown home. Pet cat in the house.

JEWELRY MAKING NIGHT/WORKSHOP – Feb 26th – 7pm – \$15/pp FM Kitchen -2 available

Join Jeanne Burd & Salli Wood, both expert jewelry makers, on a Monday night in the FM kitchen . Make your own set of earrings, necklace and bracelet. All materials will be supplied. .

LET THE GAMES BEGIN – March 3rd – 4pm - \$25/pp Home of Amy & Bill Nyberg – 6 available

This will be a fun & enjoyable evening of games, food and beverages in the Nyberg's game room. Games of billiard, pinball and cribbage round robin include fun prizes. Don't miss this fun and relaxing evening with UU friends. Pet cat & bunny in the house.

New Date: MID-WINTER MUSICAL HOUSE PARTY – March 11th – 3pm \$20/pp – Home of Tom Church & Sheila Gallagher – 8 available

A musical party by the river, performed by Singer/Songwriter Tom Church & Friends, presenting an afternoon concert of originals and covers from Bluegrass & Country to Pop & Motown; Ralph Stanley & Hank Williams to Marvin Gaye & James Taylor. A laid-back listening experience with Sheila's great munchies. Pet in house.

FUNNY STORIES DINNER – March 13th – 6pm - \$25/pp – Home of Andie Silhanek – 1 available

Join Andie as she serves delicious foods, and over dinner you can share a funny story or stories from your life. But none about aches, pains or meds. Cat in house.

INTERESTED IN JOINING OR LEARNING MORE ABOUT UUCLV?

If you are considering becoming a member of our church, or just want to learn more about our Unitarian Universalist faith, this is the class for you! We have two winter classes titled "Why this Church? Why this Faith?" Class I is **February 4** and Class II is **February 18**, both in room 306, 12:15-2:00. Light lunch/childcare is provided.

Ceremony to become members is on **March 4** during church service with a potluck lunch to follow. For more information and sign up, stop by the Welcome Table during coffee hour or email: membership@uuclvpa.org .

A YEAR IN REVIEW: 2017

THE PROPERTY COMMITTEE

As we start moving into 2018, the property committee is looking back at improvements that have been completed within the walls and grounds of our beloved church building. The committee was headed by Dora Davenport and Pat Herring with strong members Karen Berry, Ilse Zinnes, Rich Taylor, Judy Wright and our Sexton Jansen Wendell.

Our 2017 completed projects included the gym kitchen floor. Have you seen it? It's is a beautiful heavy duty grey vinyl covering, placed evenly from wall to wall. The kitchen cabinets are freshly painted in a darker grey that works well in the color scheme with the flooring, thanks to many of our members with their painting brushes. The project still needs to be finished. Any interest in the painting of the orange kitchen window frames?

Outside projects: getting the sanctuary gutters cleaned out of debris. Now the rain water is flowing freely with no backup or leakage into the sanctuary roof & walls. Then came the trimming of tree branches away from our roof and building. Another project was getting the window wells cleaned out and free from catching and storing rain water. They are all finally dry.

Have you noticed the outer building entrances are well lighted? If you enter the church at night, now you can see where the steps, door handle and railings are along the property.

Once you step inside our community room, take notice of the wrapped heating pipes. It was a very hot July day when we decided to cover the pipes with a thick decorative rope. This project cleaned up the room nicely.

For those using the women's room off the Center Street foyer, which desperately needed an upgrade, you will notice it is completed with newly fresh painted window frames, cleaner & brighter window curtains, larger mirrors, a new waste basket and (thanks to some members with their paint brushes), the bathroom stalls were painted with a clean white paint. And both the handicapped and women's bathroom now have new baby changing tables.

Have you noticed the one improved and repaired stained glass ventilator window on the south side of the sanctuary showing "Loving Hearts, Open Mind"? There are others showing wear; approximately four will need

to be repaired, as funding comes in.

Keep a watch on the larger stained glass window facing Center Street. This is the three upper sections of stained glass that are in desperate need of repair. We are currently getting estimates and information on repairing its condition.

Smaller jobs accomplished over the past year consist of repairing a broken pew, getting rid of broken furniture, repairing a crack in a plexiglass window, replacing some slate on the garage roof, cleaning out closets as we were getting ready for a new elevator installation.

We had several church wide work days where outdoor yard cleaning was involved. Leaves were raked up and hauled away, the arborvitaes were trimmed back allowing the use of the alley sidewalk. We installed and removed the winter storm windows, and also removed the basketball hoops from the gym walls.

As we are now into the 2018 year, your property committee is focused on projects such as getting the Center Street stained glass window repaired, replacing the Wall Street door, repairing some broken cement sidewalks areas, replacing some ceiling light fixtures, painting the FM kitchen walls that were water damaged, and wrapping those pipes with decorative rope. As the year progress there will be many more repairs and just general upkeep of our beloved church building.



Our UUCLV Property Committee 2017-18

Look around, if you notice any building area that could use an upgrade, repair, or just some "TLC", please tell one of our members. We understand that our church building is old and needs continuous repairs. We can get the job done with your help and within our means.

UUCLV

The Unitarian Universalist Church of the Lehigh Valley

424 Center Street

Bethlehem, PA 18018

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LEHIGH VALLEY
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Barn Dance

Saturday, February 17, 2018

featuring the calling of

John Krumm

and the music of the

Firefly Gals

~ Pot luck dinner 6:00 - 7:00 pm ~

~ Dance from 7:00 - 9:30 pm ~

Unitarian Universalist Church of the Lehigh Valley

424 Center St., Bethlehem, Pa 18018

For more information, contact Jansen Wendell at
lec@uuclypa.org or 610-866-7652