



March Services

March 4

Caring for Ourselves, Each Other, and Our Community

Rev. Don Garrett

We'll open our Stewardship season by considering the depths of our interdependence.

March 11

Duality

Rev. Don Garrett

Our language structure is based on the interplay of opposites. Sometimes this is useful, and sometimes not.

March 18

RE Sunday

Jansen Wendell

March 25

Springtime

Rev. Don Garrett

We'll celebrate the season in worship and song

DonSense – by Rev. Don Garrett

March: What Does It Mean to Be a People of Balance?

When we talk of balance, it's natural for calm and rest to be the first things that come to mind. Striving and stress have become the badges we wear to prove that we are of worth. So, yes, we long for rest. We want less to manage and juggle. We long for a balance that takes us to a place of peace and calm. And yet, peace and calm is not all that balance is about.

We need to bear in mind that being a "people of balance" is often the opposite of keeping things calm. In order to move toward a balance of justice, we have to upset the current state of things. Oppressive systems need challenged and toppled. We may need to sacrifice our calm and comfort, and instead "go all in." Achieving balance may call us to be purposefully off-balance with our culture, or, as Martin Luther King Jr. said, we need people who are "maladjusted." Being out of sync with "the way things are" can be the first step toward a better balance for all.

In this light, balance is not simply a destination, but also a place of invitation. It's not a static space of peace, as much as a still point on which we pivot and turn to something new. It's not just about rest, but about resting up *for a journey*. Yes, balance allows us to catch our breath, but it's also about finding our center so we can end our aimless wandering. One image of balance may be symbolized by the Buddha sitting peacefully under a tree, but balance is also the image of a diver balancing way up there on the diving board, pausing to re-gain composure and courage to make the grand leap possible.

But, as we imagine forgoing a kind balance that is restful peace and consider, instead, balance as the image of a dynamic pivot to a new direction, let's not lose sight of balance as equanimity. Finding the still point within can help make it possible to embrace life's challenges with a mindfulness that limits the degree to which our own emotions tip the scales and change the trajectory of the kind of healing changes we long for.

Equanimity is not necessarily peace or peaceful; it is a state characterized by dynamic balance. We're neither pulled one way or another, even as we enter in the fray. As we sing in *Spirit of Life*, "Sing in my heart all the stirrings of compassion . . . roots hold me close, wings set me free; Spirit of Life, come to me."

See you in church.

– Don

FROM THE PRESIDENT



POTPOURRI

There are so many things going on in our church, it's hard to know where to start, but here goes.

Church Survey - Your completion of the church survey is very important to the future direction of our church. We want to know what you think. It's super important to help the Action Planning Team decide which actions to take concerning ministry, programs, governance, our mission and goals, etc.

Action Planning Team - The team selection is complete and they will be working with our consultant, reviewing the church survey and canvasses of the congregation, to determine the direction of our church. Your input is critical in determining this future.

Church Visits - The Long Range Planning Committee visited churches in Media, PA and Summit, NJ, both of which have been designated by the UUA as "breakthrough" congregations. During our visit, we spoke extensively with their congregational leaders about how their activities have resulted in significant growth in their membership, funding and overall congregational "spirit".

We strongly urge you to read the two reports about these visits, posted on the UUCLV DropBox under "Church visit reports 2017". To access these reports, review the recent letter posted in our church media. Some of the interesting changes they have made include:

Name Change - The Summit Congregation changed their name from "Church" to "Congregation". They found that many people, especially younger families, have been scared by their church experience and don't like the word "church" and Jewish members find it offensive.

Membership - Both congregations are concentrating on bringing younger families into membership. Media places special emphasis on young family groups with monthly pot lucks and special group meetings. Both congregations attribute much of their growth to their emphasis on young families. It only makes sense. Our membership is getting older so we must bring in younger families to energize us.

Stewardship - Both congregations have healthy fund raising programs. The Media congregation is emphasizing a "5 to Thrive" funding program. They are asking for a 5% of income pledge. They are not there yet but over the last two years, their pledge results

have increased substantially due to this campaign. Summit has a different approach with similar results.

Governance - Both congregations have much different structure than ours. Theirs is less structured, much more flexible and quicker to respond to issues as they arise. We might consider some changes to become more flexible such as a reducing the size of the Board, combining committees, simplifying our by-laws, etc.

Well enough for now. Please complete the survey and check out the Church Visit reports. And remember to join a committee and have some fun.

- Cease

CHURCH VISITS REPORTS

On two Sundays last Fall, we visited the UU churches in Media, PA, and Summit, NJ, both of which had been designated by the UUA as "breakthrough" congregations. During each visit, we attended a Sunday service and spoke extensively with congregation leaders about how things were done in their congregation. Our hope was to bring some worthwhile ideas back to the UUCLV as we embark on Transformational Planning.

For each visit, we have prepared a report of our observations and conclusions. The reports address a wide range of subjects including Governance/Leadership, Membership Growth, Worship, Religious Education, Outreach, Small Group Ministry, Young People's Involvement, Pastoral Care, Communications, and Finances/Stewardship/Fundraising, and notably extend to Mission Statement and Congregational Name.

THE UU-LINK

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

The Unitarian Universalist Church of the Lehigh Valley

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

We strongly urge all groups and committees to review the reports in the belief that some of the procedures and practices employed at the Media or Summit churches might be beneficially implemented or tested at UUCLV. We invite individual members to read the reports, also. The two reports may be viewed or obtained from the UUCLV DropBox, in the folder "Church visit reports 2017." To access the folder, click on <https://www.dropbox.com/sh/iliwo6ks2any268/AAAHN02bwVUGUo-X-mlRmb40a?dl=0>.

In faith,

Cease Blocker, Barbara Diamant, Diana Lormand, Jan Phillips, Tom Repasch, Tom Zimmerman

WHAT'S ON YOUR MIND? WE WANT TO KNOW!

The Congregational Survey has been launched. Let your voice be heard by following these three easy steps:

1. Contact the church office if you did not yet receive a survey by e-mail or request one by regular mail.
2. Complete + submit your survey by the stated deadline.
3. Enter the Sunday drawings- instructions can be found on the survey -for some fun UU prizes!

Remember that the survey is for both friends and members of the UUCLV. Please be part of this important tool for assessing our church's needs and aspirations.

THE UUCLV "70 YEARS = 70 REASONS TO GIVE" CAMPAIGN

The "70 Years = 70 Reasons to Give" pledge campaign has begun! Please consider pledging generously, either online (see our website for directions) or by filling out a pledge card in March.

A Canvass Volunteer has graciously offered to help secure your promise of support, so please be hospitable to that volunteer and give until it feels good!

Preliminary budgeting indicates that we have many ambitious projects and exciting program ideas to fund, so please consider increasing your pledge this year.

MARCH BREAKFAST FORUM

March 4

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

Rev. Don Garrett, Presenter

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

March 11

Africa - Past and Present

Jim Powers, Presenter

Jim Powers who worked as a bush pilot for many years on the African continent, will discuss the indelible colonial legacy and its role shaping many of the issues African states now face.

March 18

Resilient and Trauma-Informed

Salli Wood, Presenter

Around the world and in the Lehigh Valley, people are using trauma-informed practices to reduce the impact of Adverse Childhood Experiences (ACEs). We'll discuss specific approaches individuals and organizations can use to build resilience and to promote healing.

March 25

Not Your Ordinary Bedcover: A Pictorial History of Quilting Through the Lens of Social Protest

Nancy Weston, Presenter

Inspired by the "Threads of Resistance" exhibit at the New England Quilt Museum in Lowell, MA, mounted 8 months after Trump's inauguration, this presentation will surprise attendees who think of quilts as just a way to keep warm.



FROM THE LIFESPAN EDUCATION COORDINATOR

RELIGIOUS EDUCATION (RE) FOR CHILDREN & YOUTH

In the last 10 to 15 years, mainstream churches, and particularly religious education programs, have experienced rapid change, and UUCLV is no exception. We face new challenges: demands on parents' time, money and energy are higher than ever. Households where both parents hold a full-time job are the standard, so they have less time to devote to volunteer activities. There are more children whose parents are separated or divorced. Shared custody can mean a divided religious life for the children. Sports participation has increased and expanded to include girls. That is a good thing. Commercialism causes us to focus more on the material world and less on the spiritual. Our society's focus on individualism means people are less likely to join a house of worship. People say they are less interested in religion but more interested in spirituality. People are no longer worried about going to hell if they don't attend church. The consumer mentality is stronger – people can choose the church, how often they attend and how much support they give it. The church is forced to market itself like any commercial service.

We cannot just hope these trends will go away – they are here to stay. How we adapt to this new environment is perhaps the biggest challenge to our congregation and denomination. In some ways, we UU's are better positioned to attract people who are shopping around for a spiritual home, especially liberal parents of young children. They may have rejected the church of their childhood, but they know that their children need some religious education, preferable a non-doctrinal one that reflects their values. They are looking for a program that teaches love and acceptance, social justice and care for the environment – values at the core of our faith. Our job is to let the people of the Lehigh Valley know that we provide a fun, safe, spiritually open, values-directed program. In my capacity as the religious educator, I will be focusing this coming year on how to make our RE program more available on other days of the week and finding ways to get the word out about our faith. If anyone is interested in joining me in this effort, I welcome your contributions.

In faith, **Jansen Wendell**,
Dir 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

We will examine the world religions that give us inspiration to build our ethical and spiritual lives. This class explores 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 Valley. Class begins **Sunday, Sept 17th**, 2017 at 9am, in the RE Library. Tell Jansen (lec@uucvpa.org) or Rev. Capoor (robincaoor@msn.com) if 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 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.

RE CALENDAR:

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

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

Sunday, March 18: Religious Education Sunday multi-generational service

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

Sunday, April 1: Multi-generational Easter service

Sunday, April 8: story for all ages / regular RE classes

Sunday, April 15: story for all ages / regular RE classes

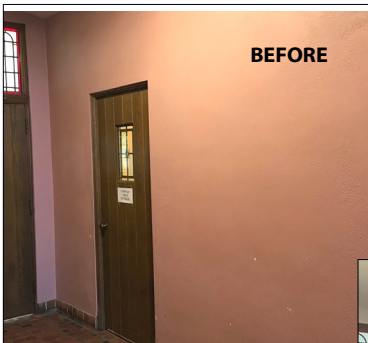
Sunday, April 22: Children's Earth Day worship service

Sunday, April 29: Multi-generational Coming of Age recognition service

I GOT WHAT I WANTED (AKA I WANT WHAT I WANT)

Those who attended the service auction know that a new category was introduced called "I Want What I Want". A few of our members made known their wants, and by January 2018, three of the Wants were fulfilled.

Cecilia Eberhard wanted someone to repair and paint the inner part of the vestibule area of the Center



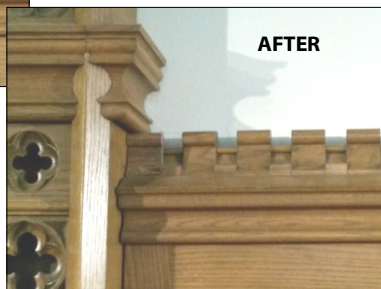
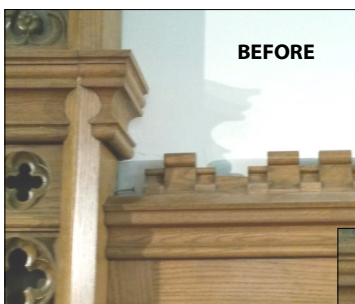
Street foyer with a nice clean bright coat of paint, to enhance the area where we welcome



members and visitors. Karen West signed up and completed the task. Please take notice next time you enter the Center Street lobby! Cecilia is very satisfied that her \$100 went to the church

for Karen's painting skills. Thank you to Cecilia for the "ask" and to Karen for the "task".

Margo Dixon wanted someone to repair the altar woodwork dentition that been broken/missing for many years. Many others had also noticed, but thought that nothing could be done. For many that was a distraction. Our skillful craftsman - congregant,



John Williamson, signed up for the job. The task is completed! We now have a beautifully crafted full set of teeth or "dentition" along the back wall of the altar. Margo is very satisfied that her \$100 "ask" donation went to the church for John's "task" of skillful

workmanship. Please take notice the next time you are worshipping in the sanctuary. Thank You, Margo and John.

Karen Berry wanted help with leaf raking at her property along Dartmouth Drive. Dora Davenport signed up for the job, which is now complete, with a leaf-free, clean cut front and back yard. Karen and Bill are happy with the look of their property. Karen is very satisfied that her \$50 went to the church for Dora's services, and Dora is very pleased that she was able to help the Berry's. Thank you Karen and Dora!

There are other "I Wants" that will be "I Got" fulfilled over the next few months when the weather breaks. We believe that this new category will open our eyes to what is needed in repairs, in updates, and in improvements to our beloved church facility, around your place of business or your home. Please note your findings and inform the service auction chair or any property committee member to record your findings.

The photos were taken before and after each of the two church projects were completed.

GETTING THE WORD OUT!

Sharing information is very important to our church family. That's why it is so important to know where to send your announcements. Please follow these guidelines when submitting your information.
Information sent to the wrong place won't be re-routed.

THE LINK

Send all material to thelink@uucvpa.org
 Deadline is the **3rd Sunday of the prior month.**

THE ENEWS

Send info to uucvnews@uucvpa.org by **7pm Tuesday**.
 The eNews is published once a week on Wednesday or Thursday, with an occasional weekend/special reminder.

ORDER OF SERVICE & SUNDAY BULLETIN

Send all announcements and info to sunday@uucvpa.org.
 Deadline is **Thursday at noon.**

Remember, use **only** the email addresses above. Following these simple guidelines makes it possible for staff & volunteers to get your announcements and articles to the congregation in a timely and accurate manner. Thank you for all you do!



MARCH CONCERT AND APRIL PREVIEW!

On March 11, the Second Sunday Concert series is excited to welcome **Martin Soderberg**, winner of several International Piano Competitions and frequent guest soloist with orchestras world-wide. He will present a program titled *A Musical Journey Through Spain and Latin America*, featuring the works of Villa-Lobos, Albeniz, Soler, Granados and others.

We end the season with a performance on April 8 by the well-known local favorite, **The Dave Roper Trio**. More on this concert in next month's edition of *The Link*.

As usual, you will have an opportunity to meet the artist at our wonderful post-concert receptions.

\$17 general admission; **students are free**. Sunday, March 11 and April 11 at 3:00 p.m. in the sanctuary. Tickets will be available at the door, or may be purchased on-line at www.concertseries.uuclvpa.org. They will also be available to purchase after the service March 4 and 11.

We are pleased to partner with WDIY88.1 FM community radio for the 2017-18 concert series.

OUR NEW HYMNALS ARE IN THE SANCTUARY!

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 and dedication.

Many thanks to our generous donors: 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.

- The Worship Committee

BOOK DISCUSSION GROUP

We are reading **The Underground Railroad** by Colson Whitehead, a novel chronicling a young slave's adventures as she makes a desperate bid for freedom in the antebellum South. We meet in the RE Library at 12:00 noon on March 11th. On March 6th author, Colson Whitehead will be speaking at Zoellner at 7:30pm. It will be a great opportunity to hear an author after recently reading one of their books. For further information, please contact us at bookdiscussion@uuclvpa.org.

KING ANNIVERSARY IN DC

The Lehigh Conference of Churches is sponsoring a bus departure from the Lehigh Valley to events taking place April 4 in Washington, DC, on the 50th anniversary of the assassination of the Rev. Dr. Martin Luther King, Jr. The cost is \$60 per person, with meals on your own. We need 55 people registered by March 15 to make this possible. Please contact Rev. Larry Pickens, Ecumenical Director, The Lehigh Conference of Churches at 610-433-6421 or lpickens@lehighchurches.org with questions.

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.

UUCLV MEN'S GROUP

The March meeting of the UUCLV Men's Group will be 6:30 pm. Monday, March 5 in the FM kitchen. Our topic will center around the transition the church is undertaking. Take away all programs, services, committees, worship protocols, etc. What would you put back? What would you modify? What new programs/services, etc. would you like to see? The Men's Group is open to all members and friends of the UUCLV high school age or older regardless of gender. Please bring food and/or beverage to share. For more information, Men@uuclvpa.org or Frank Claps at 610-346-7629.

THINGS TO DO WITH UU'S: MARCH / APRIL

There are a few fun and get-together events with slots open for you to join in during March and April 2018. If you are interested in joining-in, please contact Dora Davenport per email at doradavenport@msn.com, or call cell: 201-247-2427, or tell her at church.

LET THE GAMES BEGIN – March 3rd – 4:00 pm - \$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 will include fun prizes. 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.

HIKE THE DELAWARE & LEHIGH TRAIL - April 14th – 9:00 am – \$35/pp Sue & Jan Phillips – 2 available

Sue and Jan will take you on a hike of the Delaware & Lehigh Trail from Easton, through Hugh Moore Park, to the boat launch near Route 33, about 5.2 miles total, easy walking. This is a morning hike "wake-up" with coffee/donuts; lunch also provided. Rain date: April 21st

***SUNDAES AT THE MOVIES – April 15th 2:00 pm - \$15/pp – UUCLV Community Room – 6 available**

Join Robin and Dora on Sunday afternoon, April 15th in the for Sundaes and a good movie. Many flavors of ice cream and many toppings will be offered to create your favorite ice cream sundae. Then sit back to enjoy a new release (TBD) movie on tax day.

***INTERPLAY WORKSHOP – April 29th – 2:00pm – \$10/pp - UUCLV Community Room – 8 available**

Sarah Carlson's InterPlay workshop is an active, creative way to unlock the wisdom of the body. It is based in a series of incremental "forms" that lead participants to movement and stories, silence and song, ease and amusement. In the process, we discover the wisdom in ourselves and our communities. InterPlay is devoted to be fun. It teaches the language and ethic of play in a deep and powerful way. If you would like to become a "recovering serious person", then InterPlay might be for you!

THE MARCH SHARED PLATE: SANDY HOOK PROMISE

Sandy Hook Promise is a national non-profit organization founded and led by several family members whose loved ones were killed at Sandy Hook Elementary School in 2012. They intend to honor all victims of gun violence by providing programs and practices that will stop the trauma and tragic loss of children's lives.

UUCLV OFFICE NOTES

The submission deadline for the **April issue** of The UU-Link is the 3rd Sunday of the month: **March 18**. Please submit all articles and text info as Word files to thelink@uucvpa.org. Submissions may be edited for length, format, content, etc.

Please share your **changes in address/contact info** with Membership at membership@uucvpa.org, and copy the office at uucvpa@uucvpa.org. This insures that our Church Windows database is up to date.

JOIN US FOR A LINK PIZZA PARTY!

Consider yourself invited to join us for the monthly UU-Link Pizza & Mailing Party! Every month, UUCLV volunteers meet in the FM kitchen at 12 noon on the 2nd Wednesday after the 3rd Sunday of the month for Link-folding, labeling, socializing and fresh, delicious pizza from Bethlehem's own Lehigh Pizza. The next UU Link mailing party is on **Wednesday, March 28**. If you'd like to join in the fun, **please RSVP** to the office at uucvpa@uucvpa.org.

UUCLV
 The Unitarian Universalist Church of the Lehigh Valley
 424 Center Street
 Bethlehem, PA 18018

Address Service Requested

TODAY < > March 2018 🔍 Month ⚙️ 📅 📌 🗓️

Sun 25	Mon 26	Tue 27	Wed 28	Thu Mar 1	Fri 2	Sat 3
<ul style="list-style-type: none"> 9am Breakfast Forum-CR 10:30am Sunday Service 11:45am Town Hall-CR 12pm Hospitality: Brides Room 2 more	<ul style="list-style-type: none"> 6pm Yoga: 310 7pm Church Planning: 304 7pm Comm on Ministry: RE Lib 7pm Jewelry Making: FM 	<ul style="list-style-type: none"> 9am Yoga: 310 6pm Yoga: 310 7pm Mindfulness Practice: CR 	<ul style="list-style-type: none"> 12pm Link Mailing Party-CR 3pm Pastoral Care: RE Lib 6pm Yoga: 310 7pm HAVEN: CR, Rm 100 	<ul style="list-style-type: none"> 11:30am Yoga: 310 6pm Yoga: 310 7pm Board Mtg: CR 	<ul style="list-style-type: none"> 1:30pm Yoga: 310 	<ul style="list-style-type: none"> 9am Action Planning Team: CR 9:30am Yoga: 310 11:15am Yoga: 310 2pm Jerri Wood memorial: CR/Sanctuary 4pm LV Pagans: 312
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