



THE UU-LINK

May 2017

NEWSLETTER OF THE UNITARIAN UNIVERSALIST CHURCH OF THE LEHIGH VALLEY

May Services

May 7

Shadow Dancing

Rev. Don Garrett

All lights cast shadows. We'll explore what the reveal and what they conceal.

May 14

Mother's Day

Rev. Don Garrett

A service of gratitude for those who nurtured us.

May 21

Embodiment

Rev. Don Garrett

We'll explore how to make friends with our bodies through gentle practice and insight

May 28

Spirit of Life

Sue Weber

We'll share the rich history of one of our favorite hymns.

Don Sense – by Rev. Don Garrett

Our Theme for May:

What Does It Mean to be a Community of Embodiment?

Let's face it, folks. We UU's have a tendency – a somewhat famous tendency – to live in our heads. We think and read and talk and debate and think, almost as though that was what life was all about.

There's even a story about UU's in the "afterlife." Upon arrival, they see two signs. One says "this way to heaven," and the other says, "this way to a discussion group about heaven." And the UU's choose the discussion group.

But embodiment asks us to move out of our heads and notice – even appreciate – our bodies. Much has been made of the body-mind connection, but I'd like to suggest that there's no such thing! They were never truly separate. Our bodies influence our minds all the time. Have you ever noticed that when your body feels pained or ill or otherwise uncomfortable, that you tend to be grouchy or impatient? Or have you ever noticed how happy you feel when your body is pain-free and full of energy? The connection is there. We are our bodies and the brain is part of our body.

This becomes more critical when things happen that we don't like – the many routine traumas of daily life. We get hurt, disappointed, frustrated, or sad. We want to get over it so we close off the little part of our mind where that experience is stored. It's called repression and everybody does it. But what we don't often realize is that every experience – especially emotional experiences – has a physical counterpart somewhere in the body. So when we repress a trauma we tend to close ourselves off from a portion of our own physical embodiment.

Bessel van der Kolk, M.D., the author of, *The Body Keeps the Score*, says that "Recovery from trauma involves learning how to restore a sense of visceral safety, and reclaiming a loving relationship with one's self, one's entire organism."

How might you pursue deep healing this month by restoring that kind of deep feeling of safety; how can we cultivate or reclaim a loving relationship with our full embodiment? Let's spend this month finding out!

See you in church.

– Don

FROM THE PRESIDENT



Yesterday, I spent a warm, loving Easter dinner with family. I hope you all did, as well. After a bit of rain, I went outside and saw a vivid rainbow...and I saw our Beloved Congregation. The colors of the rainbow drape the front of our sanctuary. The rainbow is the symbol of our commitment to the

rights of the LGBTQ community.

As I studied and appreciated the Wonder of Nature in front of me, I remembered that each individual color has been given unique significance. I did a little research and found that, of course, each color has several different meanings. However, each of those colors has at least one meaning that is focused in our teachings and values.

Red, specifically light red, symbolizes love...the essential ingredient to a healthy life that we share with our immediate family and, hopefully, with our church family.

Orange combines energy, another meaning of red, with happiness, one of the meanings of yellow. We all expend our energy for the good of the church. The church, in turn, brings us the happiness of a meaningful spiritual life.

Yellow is the color of sunshine, associated with joy, happiness, intellect, and energy. Yellow produces a warming effect and arouses cheerfulness.

Green is the color of nature and symbolizes growth, harmony, and freshness. Green is also ascribed great healing power.

Blue, the color of the sky and sea, symbolizes trust, wisdom, intelligence, faith, and truth. Blue slows metabolism and produces a calming effect.

Purple combines the stability of blue and the energy of red. Purple is associated with wisdom, dignity, creativity, and mystery.

I have presented just some of the color meanings, certainly not all. As I reviewed the list, I was struck by the fact that every one of the characteristics above is a noble and desired goal for our Beloved Congregation. I believe we won't achieve the growth, wisdom, happiness, stability, dignity and all the other traits without the love we find at the top of the rainbow.

We must invest our time, our emotions, our energy, our money, and whatever else we can give in order to

make our Beloved Congregation both beloved and a congregation. I believe that all of our resources working together will give back to us more than we put in; a type of spiritual synergy.

So the next time you see a rainbow – in the sky or in the sanctuary – please take a moment to think about all that you give to the congregation...and all that you get from the congregation. I think most of us will find that we get more than we give...and that we will all benefit from giving just a little bit more.

Happy Spring!

-- Peace and Love, **Bob**

FOURTH FRIDAY FILM SERIES

The 2017 FFF Series is presented by the UUCLV Social Action Committee at 7:15 PM in our community room! FFF promotes the common good as it relates to saving our environment, reversing economic inequality, and repairing our democracy so it works for everyone. The website is www.FFFInfo.blogspot.com.

We invite organizations to join us by co-sponsoring one or more of the presentations (publicize event, add expertise to the discussion). We hope local educators will connect with FFF programs that align with their curricula and/or interest. Contact **Tom Ulrich** at 610-882-1136 or tomulrich@gmail.com for more information.

May 26, 7:15 PM

Program on Gender Equality and Women's Issues

June 23, 7:15 PM

Minimizing Money's Role in our political system.

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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The eNews: uucvnews@uucvpa.org
Sunday Bulletin & OOS: sunday@uucvpa.org

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

MAY HOSPITALITY

Hospitality needs your help! We are searching for a neighborhood facilitator for the West group. Free, on the job training provided by the current committee. Comfort using the computer and email a plus, but not required. If you would like to join our team and serve the congregation in this capacity, please email hospitality@uuclvpa.org or talk with Kerri Finkle.

May 7th will be the new member potluck. Please bring a dish to share that would serve 6-8 people. Homemade and store bought items are all welcome. If you forget, please still join us to help welcome our newest members.

May Hospitality will be provided by the Central group led by Cecilia Eberhard, Jean Davis and Sarah Johnson. If you live in zip codes 18015 or 18018 please sign up to be a greeter, usher, donate flowers or provide some snacks when the invitation arrives in your in box from SignUp.com. We welcome your children to join you to greet or "ush." Snacks do not need to be homemade, store bought is just fine. Thank you for helping to make our Sunday morning welcoming for members and visitors. Please direct any questions to hospitality_central@uuclvpa.org

MAY BOOK DISCUSSION

Please join the UUCLV book discussion group which meets Sunday, May 14th. The book for our May discussion is **We Are Called To Rise**, by Laura McBride. This is a story about families – the ones we have and the ones we make. It is about America today, where so many cultures and points of view both collide and coexist.

We will meet in the RE Library at 12:00 noon on Sunday, May 14th. Please contact us at bookdiscussion@uuclvpa.org for more information.

BOB COHEN MEMORIAL DVD

Amy Miller Cohen has asked us to help her clear up some confusion. It seems some folks thought that the DVD that Amy gave out at Bob Cohen's recent memorial service here at the UUCLV was a CD, and were somewhat frustrated that they couldn't play it. Just a reminder that the disc is actually a DVD, not a CD.

MAY BREAKFAST FORUM

May 7

Black Lives of UU Teach-In

Sharon Brown, MA and Karen Hicks, PhD, Facilitators

UUCLV is joining nearly 500 congregations nationwide that have responded to Black Lives of UU's call to action to look critically at ourselves and our faith community, explore how the culture of white privilege may live within our own walls, and how we can commit to resisting it. Facilitators are Sharon Brown, MA, Faculty Coordinator, Women's Center, East Stroudsburg University, and Karen Hicks, PhD, Adjunct Prof of Sociology & Health Care (Retired). Please join us with an open heart and open mind.

May 14

American Unitarianism 1620-1860

Cease Blocker, Facilitator

This film explores the development of Unitarianism in colonial America. Key players advancing the bible-centered roots to social justice issues especially the abolition of slavery include William Ellery Channing, Ralph Waldo Emerson and Theodore Parker. Part 3 of 6 DVD Series.

May 21

Proposing a Central Fund for Released Inmates

Tom Grabe & Nancy Anderson, Presenters

Members of The Coalition Against Mass Incarceration (better known as CAMI) a multi-faith outreach group of the Unitarian Society of Germantown, they are sharing their work advocating for providing basic support such as housing, clothing, food and transportation to those returning from prison.

May 28

Beliefs & Structure of Islam Religion as it Impacts 21st Century Society

Dr. Walead Mosaad, Presenter

Dr. Mosaad is a local Islamic Studies scholar who has taught and lectured on various Islamic topics nationally and internationally. Q & A will follow.



FROM THE LIFESPAN EDUCATION COORDINATOR

RELIGIOUS EDUCATION (RE) FOR CHILDREN & YOUTH

As we wind up the RE year this month, I would like to thank the members of the religious education committee for their dedication to the children and the program, and their cooperative and positive spirit: Tara Stephenson, Anthony Gazzillo, outgoing member Jen Wanisko, and incoming members Jeremiah Lormand and Dezso Nyitray. I especially want to thank co-chairwomen Laura Elmore and Jeannie Burd. This congregation is truly blessed to have this group of people leading such a core ministry. Thanks to the teachers, advisors and assistants for their work. You often sacrifice your own needs to provide for our children's religious needs. Also thanks to the people who stepped up to be part of our volunteer staff next fall. Your contribution lightens the task of the rest of the team.

It has been 6 and a half years since I became your religious educator. In that time, the program has stabilized and grown:

- We started a family choir that became the children's choir that sings about four times a year.
- The youth group moved into a new, larger and better lit room.
- The congregation was acknowledged by the district for being supportive of our youth
- Spirit Play was introduced into our 1-4 grade class.
- Karen Berry and I rewrote the Safe Congregation policy to comply with a host of new child protection state laws.
- A new method for conducting background checks was rolled out.
- We introduced a children's worship service that occurs 3 or 4 times a year.
- We have had times of growing and shrinking RE enrollment. Program participation is about the same as it was 6 years ago, despite increased competition with activities such as children's sports.

I look forward to continuing this work here in the coming year.

In faith, **Jansen Wendell**,
Director of Lifespan Religious Education
(lec@uuclvpa.org)

ADULT RELIGIOUS EDUCATION:

SUNDAY MORNING FAITH EXPLORATION CLASS

Our 9 AM Sunday Adult Religious Education Class has completed its last session for the 2016-2017 season. We have reflected on "Spirit of Life", the hymn we sing every Sunday. We have examined what role ethics plays in our Unitarian Universalist beliefs and practices through the UU Tapestry of Faith Curriculum, "What We Choose".

Over the summer, we are creating an adult version of one of our favorite youth curriculum, "Neighboring Faiths". We will be starting early in September 2017. Our goal is to examine the religious beliefs of people living right here in the Lehigh Valley. It will provide an opportunity to learn about faiths that developed in China, India, Egypt, and the Middle East that are still practiced today. It will also be an opportunity to visit our religious neighbors and share their faith experience. It will be a chance to learn about the values we share as religious people.

Interested in joining the class? Contact Rev. Robin Capoor at robin Kapoor@msn.com or Jansen Wendell, LRED at lec@uuclvpa.org.

MINDFULNESS PRACTICE GROUP

(Tuesday evenings, 7:00 – 8:30pm, 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. Contact Rev. Don Garrett at minister@uuclvpa.org, or Janice Lovegrove, co-leader 610-882-1136, for more information.

LONG STRANGE TRIP:

2000 YEARS OF UNITARIAN UNIVERSALIST HISTORY

This set of 6 DVDs is available for loan (limit 2 discs at a time). It traces the history and evolution of Unitarianism, Universalism, and the merger of the two faiths into today's Unitarian Universalism. Find out about how our "Uncommon Denomination", from its roots in the Reformation to the American Revolution to the Civil War to the Transcendentalist Movement to the present. Contact Jansen Wendell to arrange to borrow one of them

ADULT RELIGIOUS EDUCATION CLASS

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Interested in joining the class? Contact Rev. Robin Capoor at robincapoor@msn.com or Jansen Wendell, LRED at lec@uuclvpa.org.

RELIGIOUS EDUCATION CALENDAR: MAY & JUNE 2017

May 7: Story for all ages followed by regular RE classes

May 14: Multi-generational Mother's Day Service

May 21: Story for all ages followed by regular RE classes

May 28: RE Festival

June 4: RE volunteer appreciation breakfast; end of year RE party in the gym.

June 11: Multigenerational Worship Service and Flower Communion

June 18: Summer RE begins for preK – 6th grade: room 208.

June 25: Summer RE continues

SPRING FORWARD TO UUMAC

Wondering where to go this summer for a respite from the chaos? Come to the UU Mid-Atlantic Community to recharge and relax with UUs from New Jersey, Maryland, Pennsylvania, and beyond. Spend a week on a beautiful university campus in southeast PA, July 9-15, 2017.

Whether you are an empty-nester, family with young children, single or couple – we would love to see your smiling face! Try something new this summer in a small-scale community (~150 of us) and get an Early Bird discount AND newcomer discount if you register before April 1st. For more details, see uumac.org, or call Doug Belling 202-420-1969, UUMAC Board Member.



Thank YOU!

The Second Sunday Concert Series committee would like to express its appreciation to the UUCLV congregation for all the support you have given to the series over the past seven (!) years.

Each year we have met our goals of providing classical and jazz music for the community; providing visibility for the UUCLV; featuring the UUCLV's concert piano; showcasing local and regional artists; and raising funds for the UUCLV. We are ever grateful for the artistic contributions of Larry Lipkis.

Our success would not have been possible without the help and contributions of many of you. In addition to thanking all who contributed their time and culinary specialties to our distinctive post-concert receptions, we would especially like to thank those who made financial contributions – Ellen Bell and Phil Reiss, Karen and Bill Berry, Rich and Julie Brooks, Bob and Amy Cohen, Jean and Don Davis, Barbara and John Diamant, Barbara Forry, Pat Herring, Peggy Hobbs, Linda and Harold Kreithen, Larry and Linda Lipkis, Jan and Sue Phillips, Mary and Steve VanSciver, Frank and Joan Stone, Stafford Wavrek, and Allen and Ilse Zinnes.

Our appreciation is also extended to Kerry Jones, Renae Orban, and the eNews folks for their technical assistance, and to our church administrator, Kate Scuffle, for producing our programs. The concert series would not have been the success it has been without all of you!

We hope to be able to confirm our line-up of artists for the 2017-18 season very shortly – stay tuned! Again - many thanks for your terrific support and enthusiasm for the series, and we will look forward to and really appreciate - your continuing the same for the upcoming season!

The Second Sunday Concert Series committee:
Ellen Bell, Barbara Forry, John Diamant, Pat Herring,
Larry Lipkis, Jan and Sue Phillips, Allen and Ilse Zinnes



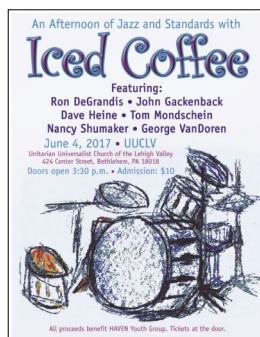
HAVEN TO HOST 14TH ANNUAL PRIZM PROM

HAVEN, the Lehigh Valley's only youth group for gay, lesbian, bisexual, transgender, questioning, intersex, and allied youth, is hosting its 14th annual Prizm Prom, cosponsored by Pride of the Greater Lehigh Valley, from 7 to 11 PM on Saturday, May 13, 2017, at the Banana Factory, 25 West Third Street, Bethlehem. This year's theme is "The Force of Youth Awakens." Tickets for the evening are \$15 per person at the door.

All gay, lesbian, bisexual, transgender, questioning, intersex, and allied youth and their friends, ages 14-20, are welcome at this gala affair. DJ Ali will provide music and Simply Smooth will cater the event. Adults from the community and from Pride, along with HAVEN Facilitators, will chaperone the festivities.

For more information about HAVEN: uuclvpa.org/haven.php, havenyouthgroup@hotmail.com or on Facebook at Prizm Prom by Haven. To volunteer contact HAVEN at 610-868-2153.

JAZZ FUNDRAISER FOR HAVEN



The jazz group Iced Coffee will perform tunes from the American Songbook, jazz standards, and more at the UUCLV on Sunday, June 4th. Doors open at 3:30 P.M., and admission is \$10 at the door. All proceeds go to HAVEN, the Lehigh Valley's only youth group for gay, lesbian, bisexual, transgender, questioning, intersex,

and allied youth. The Iced Coffee ensemble features Ron DeGrandis on bass, John Gackenbach on drums, Dave Heine on reeds, Tom Mondschein on guitar, Nancy Shumaker on keyboard, and George VanDoren on trumpet and flugelhorn.

SHARED PLATE FOR MAY

We are sharing May's offering with the new Bradbury-Sullivan LGBT Community Center located in Allentown. It provides arts & culture and health promotion programs and services to strengthen and support the LGBT community across the Greater Lehigh Valley.

MARK YOUR CALENDARS FOR THE NATIVE PLANT SALE!

Want to get those mother day plants? Want to replace last year's non-natives with natives? Did you know that native plants need a lot less watering?

The spring native perennial plant sale will be this year on Saturdays and Sundays May 6th and 7th and May 13th and 14th from 10am to 3pm at 424 Center Street Bethlehem, the UU church side yard. Come early for best selection.

-- **The Green Committee:** nativeplants@uuclvpa.org

SANCTUARY STAINED GLASS WINDOW - REFURBISHED!



Photo: Chuck West

The refurbished part of the sanctuary stained glass window has been installed. Dora Davenport oversaw the project. It looks wonderful, and has

our own special wording. The glass pieces were literally falling out of the window before. We want to caution people that the top latch on the ventilator does not close properly because the upper window is bowed. The window is in tight, though, because the bottom latch works. The main thing is not to force the upper latch so as not to break our new, expensive glass work. We hope to continue with other stained glass windows repairs (5 to go) when finances are available.

- **The Property Committee**

JOIN US FOR A LINK PIZZA PARTY!

Consider yourself invited to join us for the monthly UU-Link Pizza & Mailing Party on Wednesday, May 31st! Every month, 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 Lehigh Pizza. If you'd like to join in the fun and help out, just RSVP to the office at uuclv@uuclvpa.org.

HIDDEN UU TALENT SEARCH

We are fortunate to have many musicians in the UU family who are willing to share their talents with the congregation during church events, including Sunday services.

A recent poll of members revealed that some members would prefer a more diverse musical menu for church. If you play an instrument, sing solo or participate in a group and would like to offer your services on a Sunday morning, please contact Larry Lipkis, Music Director, at lalipkis@morvian.edu or Janice Galassi, Music Committee Chair at janicegalassi@gmail.com. Please share your name, instrument or vocal part, and what kind of music you perform.

Our Music Director and/or members of the music committee will be happy to hear you or your group and fit you into an appropriate service. Instrumentalists and/or vocalists typically perform prelude, introit and postlude. Hymn accompaniment is sometimes included. We look forward to hearing from you.

MAY MEN'S GROUP

The May meeting of the UUCLV Men's Group will be at 6:30 p.m. Monday, May 1 in the FM kitchen. Our topic will be tax reform. What deductions should we eliminate? Should any be added?

The UUCLV Men's Group is open to all members and friends of the UUCLV, high school age and older, regardless of gender. Please remember to bring food and/or beverage to be shared. For information, contact men@uuclvpa.org or Frank Claps at 610-346-7629.

UUCLV OFFICE NOTES

The deadline for the June issue of The UU-Link is the 3rd Sunday of the month: May 21. Please submit all materials to thelink@uuclvpa.org by Sunday evening. Submissions may be edited for length, format, etc.

Please remember to share your changes in address, contact info, etc with the Membership Committee at membership@uuclvpa.org, and to copy the office at uuclv@uuclvpa.org.

Presenting

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A compassionate community nurturing personal growth and working for justice.



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The Unitarian Universalist Church of the Lehigh Valley

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Today < > May 2017							Day	Week	Month	4 Days	Agenda	More
Sun	Mon	Tue	Wed	Thu	Fri	Sat						
30 9 Breakfast Forum-CR 10:30 Sunday Service 12p New UU Class 2: 304 12:10p Hospitality: FMBrides	May 1 12p Buy The Farm: Kitchen 6:30p Men's Group: FM	2 10 Buy The Farm: Kitchen 4p Mu Do Kan: Gym 7p Mindfulness Practice: CR	3 5p Social Action / Web: FM 7p HAVEN: Rm 100/CR 7:15p Finance: RE Lib 7:15p Beacon Choir: Sanctuary	4 12p Zuzu: Kitchen 1:15p Community Listeners: FM 4p Catalalos: Kitchen 4p Mu Do Kan: Gym 7p Board Mtg: CR	5 4p Catalalos: Kitchen	6 10 Native Plant Sale: side yard 4p L'NUP: 312 6p Sober City/sleepover: CR/FM306						
7 9 Breakfast Forum-CR 10 Native Plant Sale: side yard 10:30 New Member Book Signing 10:30 Sunday Service 11:30 New Member Potluck: CR 2:30p Blackthorn: 308	8 12p Buy The Farm: Kitchen 7:15p Social Action: FM	9 10 Buy The Farm: Kitchen 4p Mu Do Kan: Gym 7p Mindfulness Practice: CR	10 7p HAVEN: Rm 100/CR 7:15p Beacon Choir: Sanctuary	11 12p Zuzu: Kitchen 4p Catalalos: Kitchen 4p Mu Do Kan: Gym 7p ACLU: FM 7p Worship: RE Lib	12 4p Catalalos: Kitchen	13 10 Native Plant Sale: side yard 3p Contra Dance: Gym 3p Maree Party: CR						
14 9 Breakfast Forum-CR 10 Native Plant Sale: side yard 10:30 Sunday Service 12p Cook Discussion: RE Lib 12:15p Membership: Rm 100 5p Almanzar Party: CR	15 12p Buy The Farm: Kitchen 7p Program Council: CR	16 10 Buy The Farm: Kitchen 4p Mu Do Kan: Gym 7p Mindfulness Practice: CR	17 7p HAVEN: Rm 100/CR 7:15p Beacon Choir: Sanctuary	18 12p Zuzu: Kitchen 4p Catalalos: Kitchen 4p Mu Do Kan: Gym	19 4p Catalalos: Kitchen	20 11 Tao Study: RE Library 3:30p Varela Wedding: Sanctuary 4p L'NUP: 312						
21 9 Breakfast Forum-CR 10:30 New Member book signing and intro 10:30 Sunday Service 12p Property: RE Lib 5p The UU-Link: deadline	22 12p Buy The Farm: Kitchen 6:30p FIERCE: CR 7p Comm on Ministry: RE Lib 7p LRP: 308	23 10 Buy The Farm: Kitchen 4p Mu Do Kan: Gym 7p Mindfulness Practice: CR	24 7p HAVEN: Rm 100/CR 7:15p Beacon Choir: Sanctuary	25 12p Zuzu: Kitchen 4p Catalalos: Kitchen 4p Mu Do Kan: Gym	26 4p Catalalos: Kitchen 7p 4th Friday Films: CR	27 3p Contra Dance: Gym						
28 9 Breakfast Forum-CR 10:30 Sunday Service 11:45 Town Hall-CR 12:10p Hospitality: FMBrides	29 12p Buy The Farm: Kitchen	30 10 Buy The Farm: Kitchen 4p Mu Do Kan: Gym 7p Mindfulness Practice: CR	31 12p Link Mailing Party-CR 7p HAVEN: Rm 100/CR 7:15p Beacon Choir: Sanctuary	Jun 1 12p Zuzu: Kitchen 1:15p Community Listeners: FM 4p Catalalos: Kitchen 4p Mu Do Kan: Gym 7p Board Mtg: CR	2 4p Catalalos: Kitchen 5p Brown party: CR	3 4p Cruz party: Gym 4p Santans party: CR 4p L'NUP: 312						