

January/February 2013



Skylands Unitarian Universalist Fellowship
1811 Route 57, PO Box 7110, Hackettstown, NJ 07840

www.skylandsuu.org
908-684-4040



Sunday Program Schedule

*Skylands UUF Meetings are held from 10:15 - 11:45 am, Sundays, September-June.
Religious Education is offered for children of all ages. Visitors are always welcome*

January 6: “Quaker Expectant Waiting—Learning to Listen to that Small Still Voice” **Michael Reale**

Michael Reale will discuss Quakerism, its message and meaning and the congregation will explore a brief time of Silent Worship, or more appropriately called Expectant Waiting.

January 13: “From There to Here: Personal Stories of our Journey to SUUF” **Josh Galster**

2-3 members will share parts of their personal journeys about how they became involved with UU and SUUF. Discussion to follow.

January 20: “Bearing Witness to Modern Slavery” **Lay Led**

In honor of Martin Luther King weekend, a multimedia presentation from a TED conference will be shown. For the past two years, photographer Lisa Kristine has traveled the world, documenting the unbearably harsh realities of modern-day slavery. She shares hauntingly beautiful images -- miners in the Congo, brick layers in Nepal -- illuminating the plight of the 27 million souls enslaved worldwide. Discussion will follow.

January 27: “How to Start and Effective Self-Help Group” **Michael Reale**

Michael Reale will discuss the “nuts and bolts” of starting any type of support group. He will also discuss the benefits and dynamics of self-help groups to help facilitators

better meet members' needs as well as provide the basic "how-to(s)" of publicizing ones group.

February 3: "America's Grow-A-Row"

Leena Waite

Leena Waite is the Director of Volunteer Management and Educational Programming for America's Grow-a-Row, a non-profit that uses donated space on farms and volunteer labor to grow food for local food pantries. She will explain Grow-a-Row, and then move into an interactive lesson about the state of health in NJ counties. With time, lessons about nutrition, world hunger, and food and the environment may be discussed.

February 10: "Independent Sacramental Movement" Reverend David Dismas

The Rev. David Dismas will explain and discuss the Independent Sacramental Movement, a collection of Christians who are not part of a historic Christian denomination. Rev. Dismas is a minister from the International Council of Community Churches.

February 17: "Thirty Days of Love"

Lay Led

This service will celebrate National Standing on the Side of Love, a culmination of the Thirty Days of Love which starts with MLK Day and ends with Valentine's Day. The Thirty Days is a wonderful, focused time to connect more deeply with others who are committed to standing on the side of love and to the calls of love and justice.

February 24: "TBA"

New Members

Welcome to new members Jamie Morgan and Mike Allen, along with their daughter Eyja! Jamie and Mike are familiar to many of us because they have been friends of the fellowship for several years already, contributing their energies to activities like summer picnics and Sunday programs. And welcome also to David and Shasha Buhanan and sons Charlie and Willie, who found their way to Skylands just this past autumn. We are happy to have all of you officially on board!

Secret Pals!

Open to any member or friend of the fellowship, "Secret Pals" gives each of us a chance to connect by mail with one of our congregation's children for a short period this winter. Your commitment would be to write four notes to a child over the course of a month, with the child responding to each one. Neither of you will know each other's identity until the end of the project, when all will be revealed one Sunday morning. If you would like, you can be given general information which might be helpful, such as the age of

your pal. Please contact Linda Bonk if you would like to participate in this fun, short-term project and make new connections within the congregation!

1st Sunday potluck! – We will be having a potluck the 1st Sunday of each month after service.

Bring your favorite dish for the **January 6 and February 3rd** gatherings

Kitchen Help—We need more help with kitchen support for refreshments each week, as Ginny will be gone every other weekend for a while. Please see Ginny if you can help with this.

Refreshments sign up – There is a calendar on the kitchen door where you can sign up to provide refreshments for the coffee hour after service. Please sign up so we're sure to have goodies to munch on while we all catch up with each other!

Lets-Get-Together Dinners – These dinners are groups of 8-10 people who meet a few times a year at a member's house for dinner. Each person brings something to share. This provides an opportunity for people to get to know each other better, as people usually don't have time after Sunday services. Diane Dowd has kindly organized these in the past but would like to pass this on to a new person. Can you volunteer to step into her place?

SUUF Board meets on the 2nd Thursday of the month at 7:00 pm at the Fellowship. Our next meeting will be Thursday, January 10th, and Thursday, February 14th.

Mark your calendars: <http://skylandsuu.org/calendar> for the full schedule of SUUF events



President's Message

Dear Friends,

I thought about what I could possibly say in a letter this month that would be worth the time to read. Over the last several weeks so much has happened affecting the lives of so many and much has been said and shared about human nature, acts of kindness, moments of grief and horror, angry words spewed, tears shed over losses of every kind and extraordinary comfort, sacrifices and outreach given.

Many others have shared such beautiful thoughts; I particularly appreciated these words from Marin Martin--thank you.

“I think that we need to be universally kinder to each other....to those whose opinions are abhorrent to us.....to those we think are different than we are.....to those we believe we have nothing in common with. Somehow, as a society, we have failed in our responsibility to keep our children safe. Perhaps we can begin to make this a safer world by gentler conversation, by avoiding disparaging comments about the "other guys", by cleaning up our violent language and our vitriol. It's easy to be kind to our "birds of a feather". Let's try and move to the next step....for the children”.

I want to do the things and be the person that Marin has challenged us to be. “Let there be peace on earth and let it begin with ME”. Not always easy. But where else can it begin. I have to find that place in me that believes these lyrics and believes what Marin says is the right way to consciously move forward to make changes happen. Lifelong lessons that every one of us and every generation has had opportunities to learn from. "Every defeat, every heartbreak, every loss, contains its own seed, its own lesson on how to improve your performance the next time." I reach back to an author who wrote many inspiring books including *The Greatest Miracle in the World* and *The Greatest Salesman in the World*, Og Mandino, and offer some reflection as we prepare to welcome in a new year. I hope you find inspiration, comfort, motivation or maybe just an *aha* moment from something you read below.

This month we will be participating in the Thirty Days of Love campaign sponsored by the UUA's Standing on the Side of Love. Standing on the Side of Love is a community of people compelled to speak out against oppression, united in the common belief that love is the ultimate guiding force of our world. The Thirty Days of Love is a period for intentional action, service, education, and reflection. These 30 days kick off on Sunday January 20th and conclude on Sunday February 17th. We begin our Thirty Days with a commitment to motivating ourselves to sustained action and service, anchored in our commemoration of Rev. Dr. Martin Luther King, Jr.'s birthday. Everyone is invited to take the Thirty Days of Love pledge. Please take a moment to look at the website and decide to what extent you would like to be a part of this spiritual journey for social justice. What a perfect opportunity to consciously begin to make changes in our society one person at a time, one gentler word at a time, one action at a time.

<http://www.standingonthesideoflove.org/30daysoflove/>

Happy New Year!

Thanks for listening.

Maureen

"Beginning today, treat everyone you meet as if they were going to be dead by midnight. Extend to them all the care, kindness and understanding you can muster, and do so with no thought of any reward. Your life will never be the same again."

— Og Mandino

"I will live this day as if it is my last. ...I will waste not a moment mourning yesterday's misfortunes, yesterday's defeats, yesterday's aches of the heart, for why should I throw good after bad? I will live this day as if it is my last. This day is all I have and these hours are now my eternity. I greet this sunrise with cries of joy as a prisoner who is reprieved from death. I lift mine arms with thanks for this priceless gift of a new day. So too, I will beat upon my heart with gratitude as I consider all who greeted yesterday's sunrise who are no longer with the living today. I am indeed a fortunate man and today's hours are but a bonus, undeserved. Why have I been allowed to live this extra day when others, far better than I, have departed? Is it that they have accomplished their purpose while mine is yet to be achieved? Is this another opportunity for me to become the man I know I can be?"

— Og Mandino (The Greatest Salesman In The World)

"Remind thyself, in the darkest moments, that every failure is only a step toward success, every detection of what is false directs you toward what is true, every trial exhausts some tempting form of error, and every adversity will only hide, for a time, your path to peace and fulfillment. "

— Og Mandino

"I will love the light for it shows me the way, yet I will endure the darkness for it shows me the stars."

— Og Mandino

"Realize that true happiness lies within you. Waste no time and effort searching for peace and contentment and joy in the world outside. Remember that there is no happiness in having or in getting, but only in giving. Reach out. Share. Smile. Hug. Happiness is a perfume you cannot pour on others without getting a few drops on yourself."

— Og Mandino

"Weak is he who permits his thoughts to control his actions; strong is he who forces his actions to control his thoughts."

— Og Mandino

"I am here for a purpose and that purpose is to grow into a mountain, not to shrink to a grain of sand. Henceforth will I apply ALL my efforts to become the highest mountain of all and I will strain my potential until it cries for mercy. "

— Og Mandino (The Greatest Salesman in the World)

"Sooner or later all mankind will realize that the greatest cure for all the ills and wrongs, the cares, the sorrow and crimes of humanity rests solely in acts of love. Love is the greatest gift from God. It is the divine spark that everywhere produces and restores life. To each and every one of us, love gives us the power to work miracles with your own life and those we touch."

— Og Mandino (The Christ Commission)

Committees at SUUF	Chair Person
Aesthetics	Mary Van der Mude
Archives	Dennis Sullivan
Building	Rob O'Connell
Caring	Open
Capital Campaign	Josh Galster
Choir	Bill Montfort
Community Outreach	Ginny Mills
Denominational Affairs	Dennis Sullivan
Finance	Clark Paddock
Flowers	Mary Van de Mude
Fundraising	OPEN
Grounds	Gretchen Fowles
Hospitality	Ginny Mills
Let's Get Together Dinners	OPEN
Membership	Linda Bonk
Newsletter	Ken Knipmeyer
Program	Josh Galster
Publicity	Peggy Robinson
Recycling	Renee Paddock
Religious Education	Anne Kager
Seder	Joan Sullivan
Supermarket Cards	Rob Ingenito
Tuesday Series	Tara O'Connell
Welcoming Congregation	Sue Montfort
Women's Circle	Maureen Bonner

“We are a spiritual and intellectual community that embraces each child and adult in close fellowship, encourages the open exchange of ideas, provides religious education for all, and serves the larger community.”

Skylands Fellowship mission statement
adopted November 20, 2005



Religious Education

As we enter 2013, we are looking forward to longer days and classes filled with children learning about such diverse and complex subjects such as right and wrong, life choices, forgiveness, acceptance and how all of these concepts tie into our 7 principles. We have a truly amazing group of children who contemplate subjects on such a very deep level and work together in a mutually accepting and safe environment. Enrichment, as well as enlightenment is found and shared on both sides of the table from teachers to students, students to students and from students to teachers.

If not familiar with the program or not directly engaged, consider visiting us and sharing your personal experiences and/or knowledge. We can assure you that you will benefit from the experience as much as the children.

On December 2nd, we held our first Social Action Sunday by filling buckets with cleaning supplies for shore residents devastated by Hurricane Sandy. I am happy to say that while we didn't fill 50, we filled almost half and have quite a few supplies left over to forward to Trinity Church's on-going collection. Our next Social Action Sunday will be held sometime in February and the children will be collecting and sorting for our teracycle program. On the agenda for the spring is 'Grow-A-Row'.

We are still in need for volunteers here and there to help the teachers. If you are interested, please contact either Jennifer Palmer or Anne Kager for more details. Its time, as well, to clean up our cupboards and re-stock with snacks and drinks to keep our most important members nourished while they learn. Please consider donating. Wishing everyone a happy and safe holiday and New Year!

Sincerely,
Religious Chairs: Anne Kager & Jennifer Palmer

Riverside Rhythm
at Skylands
the middle of its
The monthly
open-mic and
regional indie
family-friendly



and Rhyme Singer/Songwriter Series
Unitarian Universalist Fellowship is in
exciting 3rd season!
Songwriter and spoken-word focused
performance series features local or
(independent) singer/songwriters in a
environment.

Come join us at Riverside Rhythm & Rhyme for our Songwriters & Spoken Word Acoustic open mic! Strut your stuff at RRR! Signups begin at 6:30 and the spots go from 7-8 so spots are limited and given on a first-come basis. After a brief intermission we will enjoy the talents of a regional indie Songwriter. Admission is by donations at the door.

January 19 we welcome:

Chuck Schaeffer (originally from Whitehouse Station, NJ), a sucker for late-night nachos and sushi deluxe platters, grew up listening to obscure one-hit wonders, country tunes, Jimmy Buffett and folk music on the jukebox at his grandparent's bar.

Chuck doesn't believe in cookie-cutter almost-country music, so he's determined to create his own style.....

Creating songs with just heart, a good time, and a little wisdom for good measure, Chuck is a man of determination and endurance. He invites us on his road of personal discovery, and it appears to be a trip where the songwriter is actively pulling all of these influences and ideas out of the atmosphere surrounding him, and with grit and guts, molds them into a legacy of cool delivery, a breath of fresh air, and a couple of nods to nostalgia.

Don't be mistaken.... this ain't like no country you've ever heard of before!

February 23 we welcome:

Lelica (pronounced Laleesa) is a singer/songwriter from northern NJ. She began playing the piano at age 5 and by age 7 was writing her own songs. At 19 she was working in recording studios as a session singer and around this time was cast in the lead of an off-Broadway opera based on the life of Amelia Earhart and recorded all of the character parts for that CD entitled 'Reflections of the Watermoon'. She was later cast as the lead for the stage production of "Beauty and the Beast" at the Grange Theater House in Hope NJ. In 2007 she was discovered by Marinetti Productions and Green Chapel Records who quickly signed her and produced her first outing entitled "Not a Moment Too Late." The track 'Come Away' was even featured on ABC Family's "Make it or Break It" and "The Lying Game".

Lelica left Green Chapel records in 2011 to self-release her latest effort "Without a Warning." She is currently playing venues in the NYC & Tri-State area as well as some

across the country including performances at The Bitter End, Strand Theater, Roxy Theater, Waterloo Music Festival, Skylands Art & Music Festival, the Ohio State Fair Main Street Stage and has opened up for the likes of Chris Barron (Spin Doctors) and Christine Martucci.

'Without a Warning' showcases Lelica's growing maturity as a writer as well as her impressive versatile vocal range and control and is her most honest and personal writing to date.

"Long Valley native Lelica Palecco has something to say, and she says it in song. A victim of bullying in high school, Lelica, now sings about her experiences with the goal of healing — both herself and her audience."

Bill Nutt - Daily Record



Community News

The Church of the Larger Fellowship (CLF), along with the Center for Ethical Living & Social Justice Renewal (CELSJR), is organizing a **New Orleans relief effort**.

Martin Luther King Weekend (**January 18 – 21, 2013**) – Revised itinerary
Noon, Friday, January 18 through late night Monday, January 21. Fly home on Tuesday.

If you can't arrive early enough Friday to gather at noon, please come in Thursday night! No extra charge for a bed.

Anyone aged 16 and up is welcome. People between ages 16-18 need a parent or guardian present.

Details at CLF Website: <http://www.clfuu.org/unite-in-service/>



Environment & You

Environment & You resumes on the first Tuesdays, February-May. Laura Knipmeyer will bring movies, speakers, book-shares, and discussion on Local Living and Environmental topics. See details of these and other interesting get-togethers on <http://www.meetup.com/nj-green/>

February 5th at 7 pm features “Your Personal Carbon Footprint - Workshop & Discussion”

Get past the questions like “Paper or plastic?” and determine for yourself which daily living choices have the greatest impact on the environment. Your personal carbon footprint calculator is a measuring tool. No higher math is required! We will step through examples together and you can work on your own worksheet to take home. You will emerge with concrete ideas of what you can--and want-- to improve. Find out which changes make a greater impact. If you have ever wondered what greenhouse gas (GHG) emissions have to do with you, your wallet, or your neighborhood, this Meetup is for you. No shame, no blame, no politics.

[Note: this workshop is re-scheduled from its original date of November 6, 2012 due to Hurricane Sandy.]

Got a subject that you would like to recommend and explore? Let Laura know at 973-727-7962, or send an email to laura@knipmeyer.net.

Terracycle Update (with changes in red)

Personal Care and Beauty Brigade accepted waste:lipstick cases, mascara tubes, eye shadow cases, shampoo bottles, conditioner bottles, bronzer cases, foundation packaging, body wash containers, soap tubes, soap dispensers, lotion dispensers, shaving foam tubes, powder cases, lotion bottles, chapstick tubes, lotion tubes, face soap dispensers, face soap tubes, face lotion bottles, face lotion jars, eyeliner cases, eyeliner pencils, eye shadow tubes, concealer tubes, concealer sticks, lip liner pencils, hand lotion tubes, hair gel tubes, hair paste jars.

Dairy Tub Brigade accepted waste: all cream cheese tubs and lids, all sour cream tubs and lids, all cheese tubs and lids, **all yogurt tubs** and lids, all butter tubs and lids, all margarine tubs and lids, **any other dairy product tub, foil tops, plastic tub tops, any other type of packaging on all dairy tubs.**

Solo Cup Brigade accepted waste: #6 rigid cups, polystyrene cups, rigid polystyrene cups, plastic cup packaging. NO FOAM.

Cleaner Packaging Brigade accepted waste: pumps, triggers, pouches, and flexible cleaner product packaging

The following types of waste can be collected through the Colgate Oral Care Brigade: toothpaste tubes, toothpaste caps, toothbrushes, floss containers

The following types of waste can be collected through the Chip Bag Brigade: Chip Bags, Tortilla Chip Bags, Pretzel Bags, Pita Chip Bags, Bagel Chip Bags, Soy Crisp Bags, Salty Snack Bags.

****shipments must now be 8lb or more to qualify for funds**

Cheese Packaging Brigade accepted waste: string cheeses packages, individual singles wrappers, singles packages, shredded cheeses packages, all cheese wrappers.

The following types of waste can be collected through the Candy Wrapper Brigade: Individual Candy Wrappers, Large Candy Bags, and Multi-Pack Candy Bags.

Energy Bar Brigade accepted waste: Foil lined energy bar wrappers, foil lined granola bar wrappers, foil lined meal replacement bar wrappers, foil lined protein bar wrappers, foil lined diet bar wrappers. Clif SHOT wrappers, Clif Twisted Fruit Wrappers, Clif Roks Wrappers, Clif Bloks Wrappers, Clif Gels Wrappers.

****Please note that the cookie packaging brigade has been discontinued – we will ship 1- 2 more boxes but will no longer be collecting packaging after that.**



Also at Skylands

!

Grocery Cards-

Our congregation participates in a fundraiser involving grocery cards. We buy grocery cards at Shop Rite, A&P, and Weis in bulk for a discounted price. We sell the cards to you at face value. You aren't paying any extra but we are making a little money. We earn 5% from this fundraiser. In the past we usually got cards worth \$100 to offer to members and friends, if you prefer a different denomination, please let Tara or Rob I know and on the next order we will do our best to accommodate you. To buy cards, just see Rob I or Tara after service on Sunday.

Tuesday Series Continues!

Skylands will continue to offer something special every Tuesday of the month.
First Tuesdays at 7:30: Environment and You with Laura Knipmeyer
Second Tuesdays at 7:30: Belly Dancing with Anne Kager
Third Tuesdays at 7:30: Tai Chi and Qi Gong with Ginny Mills
Fourth Tuesdays at 7:00: Shamanic Journey Circle with Julie Lange Groth
Fifth Tuesdays at 7:00: Singing Bowl Meditation with Sandee Conroy

All activities are open to the public. We will pass a basket for free-will donations at the conclusion of each activity, with no minimum donation required for participation.

Note to readers of the UUnilog on the web: In order to protect the privacy of our members, we no longer include their personal contact info in the web version of this newsletter. If you would like to know more about the activities mentioned here, please leave a message on our answering machine at 908-684-4040 or send an email to info@skylandsuu.org.

And you can now find us on Facebook! Look for Skylands Unitarian Universalist Fellowship.

Executive Board Meetings

If you have an issue you would like to bring to the board's attention, please contact any board member to request that your item be placed on the agenda for an upcoming meeting.

Minutes are available in the Board notebook in the office.



UUNILOG deadline: 15th of the month

Please submit items to UUnilog editor Ken Knipmeyer at knip@knipmeyer.net.