

March/April 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*

March 3: Your Grandmother's Cupboard

Linda Scerbo

Your Grandmother's Cupboard is a non-profit organization established by people who recognize the needs of the homeless and working poor in our communities. The Cupboard was established to provide some of these basic needs through local donations. Linda Scerbo will explain the mission of the organization.

March 10: Guest Sermon

Reverend Allen Wells

March 17: Issues with Depression and Bipolar

Geoff Lampell

Geoff Lampell discusses some of the issues involved with depression and bipolar.

March 24: Music Therapy

Christa Orefice

Christa Orefice explains the wonders of music therapy and how it works.

March 31: The Music of Sting

Tony Van der Mude

Sting has been one of the most thoughtful musicians of his generation, bringing a literacy to his lyrics that deal with the whole range of human emotions from love and religion to justice. Tony will present a variety of songs that cover his work both with the Police and in his solo work

April 7: TBA

April 14: To Hear an Oriole Sing

Helen Kaar

The service will be Earth-centered and will address the most radical and practical thing we can do for Earth.

April 21: Racism-Our Inheritance and our Legacy

Reverend Carol Haag

17 years ago I preached a sermon on racism, focusing largely on our personal attitudes about race. Last month I read *The New Jim Crow* by Michelle Alexander and I was stunned, appalled and challenged to the core. What have we inherited of race relations from the past? Together we will explore contemporary racism and the response it calls from us and ask “What kind of legacy can we leave?”

April 28 TBA

1st Sunday potluck! – We will be having a potluck the 1st Sunday of each month after service. Bring your favorite dish for the **March 3 and April 7th** gatherings

Annual Pot Luck Seder will be held Sat. March 30, 6 PM.

We need a lot of volunteers to help co-ordinate this popular event. Ginny Mills is taking over for Joan as organizer. Please see her for recipes for Kosher dishes, or to donate other items. There will be a dinner fee to help cover costs.

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, March 14, and Thursday, April 11.

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



President's Message

The Book Of Changes

In March of 2011, Reverend Phil Passantino was a visiting minister for our Sunday service entitled “I Ching: Lessons form the World’s Operating System”. Originating in China centuries ago, the I Ching is an old and wise book regarded as the foundation text of Chinese wisdom and philosophy. It was instrumental to sages such as Confucius, whose education and teachings were formed by it. The I Ching (pronounced EE Ching) is referred to by author Brian Browne Walker as “a living, breathing oracle, a patient and all seeing teacher who can be relied upon for flawless advice at every turning point of our lives”. I was immediately drawn to the I Ching after that service and consult it regularly in my own life.

SUUF is coming upon a significant milestone in the life of our fellowship. This fall we will celebrate 50 years as a congregation. The road that this fellowship has travelled in these 50 years is one of joy and hardship. This fellowship has had a nomadic journey and has written its own book of changes. SUUF has a rich history with many people who have shepherded us to where we are now. Over the next several months we want to share this history and the memories of the past. (Please see Ken’s announcement and request within the newsletter)

As I read the article in the UU World this month entitled “Farewell, 25 Beacon St” I was struck by the symbolic meaning of the UUA presence on Boston’s Beacon Hill for 140 years and a line from President Morales jumped out at me. He said, “25 Beacon is a symbol of our past not our future”. It made me think about the many people who have been beacons for SUUF over the years and it also prompted me to ask the question of us now. We have 50 years of foundation in this fellowship. Now with our feet firmly planted at 1811 Rout 57, what is our future? What will we add to this rich history over the next 50 years?

Well, I decided to turn to the I Ching for sage advice at this milestone in the life of our fellowship and for guidance going forward. What came from the I Ching was the hexagram earth over water. In the I Ching this translates to Sheng/Pushing Upward. And the message of the I Ching is this.

“It is a time when great progress can be made through effort of will. However, it is essential that all of your activity be characterized by humility, conscientiousness and adaptability. Progress as a tree does, bending around obstacles rather than confronting them, pushing upward steadily but gently.

There is nothing to be feared from others now. Feel free to ask for help from those in a position to give it. Be neither subservient nor forceful with those you encounter, simply meet everyone with tolerance and gentle good will. Those who look for the good in others find it there. If fear or doubts intrude, remain quietly focused on the activity at hand. Cultivate inner independence and trust the leadership of the Sage. The time is ripe for progress if you put forth an effort that is innocent, sincere and balanced. Activity grounded in truth brings progress and good fortune”.

Thanks for listening.

Maureen

Skylands Fellowship Turns 50 This Fall—Help us Tell Our Story

Did you know our Fellowship is turning 50 this October? Thanks to Ginny Mills for this important heads up! We need your ideas and help in celebrating and telling our history, leading up to a special event this Fall.

Do you have some memories or history you can contribute? The Skylands UUnilog will be featuring a different slant on this in our next three issues, leading up to our October birthday. Please contact your editor Ken if you have something you can share.

What do you know about our journey that that could be shared with others?

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

Courageous Acts of Love Awards

At our Share the Love celebration of the Thirty Days of Love campaign on Sunday 2/17/13, we awarded 10 Courageous Acts of Love awards. These recipients were submitted by members and friends of our fellowship. The criteria was someone who has demonstrated in word and deed that they stand on the side of love in an effort to heal broken lives, a broken world and make this a better place for all. Those recipients who do not attend our fellowship were mailed their certificates along with a letter from the president of the board.

Nicholas Kristof, a Nobel Peace prize winner for his passionate work entitled *Half the Sky*. “*Half the Sky* is a passionate and persuasive plea to all of us to rise up and say ‘No more!’ to the seventeenth-century abuses to girls and women in the twenty-first-century world. This is a book that will pierce your heart and arouse your conscience.” Tom Brokaw

Trinity United Methodist Church in Hackettstown for their continuous presence and outreach to our community. Trinity offered a warm, dry place during the aftermath of hurricane Sandy, organized the bucket brigade that SUUF participated in (Thanks to Anne Kager) and they provide ongoing services such as the food pantry, ESL classes and a thrift shop. Their website says, “Trinity is in the heart of the Hackettstown community and it has a large heart for the people of Hackettstown”. They do stand on the side of love for our community.

Michael Ciavatta for his outreach and support of the LBGT community. Michael initiated the “Beautiful Project” here at SUUF and it has grown and continues to support and educate. The Beautiful Project, a performance of original music, poetry and word, which recognizes and celebrates the beauty in each person has been performed at Washington Theater, Blairstown Historic Theater, Hackettstown High School and several smaller venues around town.

Reverend Trish Woods is an ordained minister and a psychic medium whose mission and life’s purpose is to act from a place of love by helping those in need and bringing messages of love from the other side to those in grief. A life’s work that is often not understood, frequently criticized, and open to harsh judgment in order to be present to others. Trish has helped countless people who feel oppressed and many in grief. Stepping out to the world as a medium and extending her gifts of love is a courageous act of standing on the side of love.

Philip Garber Jr. for speaking out for his rights and the rights of others who suffer from disabilities. Philip has become a role model for many people throughout the world who have read his story of courage and viewed his You Tube videos. Phillip has brought the rights and struggles of a stutterer to the attention of many and has given strength and motivation to others who suffer from this disability.

Renee and Clark Paddock for their unselfish work in bringing about two benefit concerts here at SUUF. One benefit was for the victims of the earthquake in Haiti and most recently the Sky to Shore Concert for the victims of hurricane Sandy. Renee and Clark donated their time, talent, connections and finances to bring these about and gave others the opportunity to also stand on the side of love through participation.

Linda Bonk has repeatedly stood on the side of love making numerous trips to Trenton to advocate for the rights of LGBT persons to marry whom they choose, encouraging friends and members of our UU congregation to join her, organizing writing and calling campaigns to our political representatives. She has consistently paid close attention to the work of human rights efforts. Linda has also been helpful with individuals who have special needs including assisting a member to organize a “Quilts of Valor”.

Sue Montfort and Maureen Bonner for their work on the Welcoming Congregation Committee. Sue and Maureen led our fellowship in acquiring our Welcoming Congregation status. They provided us with opportunities to learn more about the LGBT community by facilitating educational workshops, panel presentations by gay, lesbian and transgendered participants, providing resource materials and a small library of LGBT media and of course the movie nights with popcorn and meaningful discussions.

Thanks to everyone who participated in the Thirty Days of Love campaign. A special thanks and congratulations to the recipients of the Courageous Acts of Love Awards for all that you do in making this a better place to live by standing on the side of love.

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Skylands Fellowship mission statement
adopted November 20, 2005



Religious Education

Despite the cold and darkness, our classes have been quite sunny and lively with a chorus of children singing, coloring, pondering, meditating, writing and dancing in our classrooms. As more daylight begins to re-appear, we will begin to open our doors to more social action, flora and fauna and celebrations of renewal. Our two older groups have been learning about our 7 principles and how they can utilize them in their lives while our youngest group is gaining an understanding of how the principles unite and support us. Our amazing teaching staff has been tremendously supportive and continues to work hard to ensure our children receive not only education but nourishment for the soul.

Our Secret Pal event is in full swing thanks to the unwavering dedication of Linda Bonk with children and adults delighting in the receipt of their letters from one another. I'll be honest in saying I still don't know who my secret pal is but we share a favorite color! Did I give my secret away? I hope not! By publishing time we should all know who our special friends are. I can't wait!

As always, our doors are always open to those parents and/or congregants who may have something to share with our children whether it be a hobby, special skill, passion or...all of the above.

Finally...A reminder that we are once again in need of snacks as well as juice packs. Children need nourishment of the body as well as nourishment of the soul!

February Twilight

by Sara Teasdale

I stood beside a hill
Smooth with new-laid snow,
A single star looked out
From the cold evening glow.

There was no other creature
That saw what I could see --
I stood and watched the evening star
As long as it watched me.

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.

March 23 we welcome: Plus One

The musical collaboration of singer/songwriters Robin O'Reilly and Dennis Paradise.
Their combined efforts have created well crafted songs with memorable lyrics and
melodies. These veteran performers present a mix of original material along with crowd
pleasing covers delivered with tight harmonies and confident showmanship.

April 27 - TBA



Community News

Daily Compass Now offers audio

For members of our fellowship who would enjoy daily UU thoughts, the Church of the Larger Fellowship offers Daily Compass. The Daily Compass offers words and images to inspire spiritual reflection and encourage the creation of a more loving, inclusive and just world. Produced by *The Church of the Larger Fellowship, the Unitarian Universalist Congregation Without Walls*

The [Daily Compass](#) now offers an audio version with an audio response. In addition to reading and listening, you are now invited to comment on the podcasts and respond to others' comments. Inspiration for your spiritual expedition!

Unitarian Universalist Author publishes first book

Amy Wright Glenn is pleased to announce the publication of her first book *Birth, Breath, and Death ---Meditations on Motherhood, Chaplaincy, and Life as a Doula*. Amy draws upon stories of growing up Mormon and finding Unitarian Universalism. She details how her UU faith supported her through hospital chaplaincy training. Amy also writes about working as a birth doula, a yoga and meditation teacher, and her profound transformation as a mother. Her book is now available in print on Amazon. It will be available on Kindle later this month. Let us celebrate and support this new UU author.

We are born, we die, and in between these irrevocable facts of human existence the breath weaves all moments together. "Birth, Breath, and Death" entwines story, philosophy, and poetic reflection into transforming narratives that are full of grace.

Amy Wright Glenn earned her MA in Religion and Education from Teachers College, Columbia University. She taught in The Religion and Philosophy Department at The Lawrenceville School in New Jersey for over a decade. While at Lawrenceville, Amy was the recipient of the Dunbar Abston Jr. Chair for Teaching Excellence. She is a Kripalu Yoga teacher, a DONA certified birth doula, and a hospital chaplain. Her work has appeared in *International Doula*.



Environment & You

Environment & You on the first Tuesdays, March-May.

March 5th at 7 pm features the Inspiring Film “The last Mountain”

This gripping documentary follows ordinary citizens in West Virginia's Coal River Valley as they wage a campaign to prevent the infamous Massey Energy Company from expanding ruinous mountaintop removal mining operations in their community.

This film is inspiring for its coverage of real people working to make a difference, for the health of their families and homes at the local level, and the broader impact of their work on the region and the country. Whether or not you find concerns about the coal-based generation of electricity, this is a compelling first-hand look at the relationships within a small community and the resources they draw upon to make both an energy corporation and their government accountable to its people.

Film is 95 minutes with discussion to follow.

Skylands hosts events on the Environment & You on the first Tuesday of the month from October through May. For these and other events, see <http://www.skylandsuu.org/>.

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.

Musconetcong 2013 Spring Clean-up Saturday, April 13

From Lake Hopatcong to the Delaware River, the Musconetcong Watershed Association (MWA) is seeking volunteers to help with its **Annual Spring Clean-up Saturday, April 13th, from 9:00 a.m. until 12:00 noon.**

Skylands has offered to clean up the area of the Musconetcong across from the Fellowship. MWA will provide us with t-shirts, work gloves, bags, snacks and water.

Please save the date and come join the clean-up effort!

Terracycle Update (with changes in green)

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!

Tuesday Series Continues!

Skylands will continue to offer something special every Tuesday of the month.

First Tuesdays at 7:00: 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.

Free Firewood!

We still have some firewood available for the taking from the downed trees at the back of the church property. It needs splitting but is good for burning or carving-- cherry and maple.

Easter Donations for Families Easter donations for food pantry families will be collected until **March 17th**. This year they are requesting only gift cards from Shop Rite (for adults) or fast food/pizza (for teens). St. Lukes provides Easter baskets for the younger children. The ICOWTA food pantry "coffee can" will be passed around during services for monetary donations. Gift cards may be given directly to Ginny Mills (SUUF representative to ICOWTA - Interfaith Coalition of Washington Twp. Area). Trinity Church in Hackettstown and ICOWTA food pantries assist each other when needed.

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.

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.

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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.