

May/June 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*

May 5: YouGiveGoods

Patrick O'Neill

YouGiveGoods is owned and operated by a group of people who strongly believe in the importance of helping others in need. In today's economic environment, we understand that times are tough for everyone—for the millions of Americans who are currently food insecure, these challenges are even more pronounced. Patrick O'Neill is responsible for the management of YouGiveGoods' daily operations and will share more about the organization.

May 12: Flower Communion: A Service of Celebration

Josh Galster

The Flower communion service was originally created in 1923 by Unitarian minister Norbert Capek, who founded the Unitarian Church in Czechoslovakia. The service was later brought to the United States by his wife, Maya.

May 19: The Origins of the Serenity Prayer

Rev. Robin Capoor

I have been spending some time looking at spiritual things that we seem to take for granted in our world today. More specifically, I will look at how the Serenity Prayer: where it came from, and why it could be important to us as Unitarian Universalists.

May 26: The Wonders of Terracycle

Renee Paddock

This intergenerational service will explore the unique company Terracycle and describe how Skylands Fellowship is contributing to its mission to reduce our impact on the Earth.

June 2: Children's Service

Anne Kager and Jennifer Palmer

The children of the Fellowship will share what they have been learning in their Religious Education classes this year. Come help us celebrate their achievements in one of the funniest services of the year.

Sunday, June 9th:

Annual End-of-Year Picnic at Jennifer Palmer's

12 noon to 5 pm at Jennifer Palmer's house.

Provided: Lemonade, ice tea juice, water, traditional baked beans, hotdogs and mac and cheese - please bring a salad, side dish or dessert to share. Grill provided if you want to BBQ something from home. Coolers with ice provided if you bring other beverages. There is a pond for fishing, boating, and swimming for the brave. The lawn is squishy by the pond - wear old shoes or sandals if you plan to use the pond.

RSVP/questions/directions: Jennifer Palmer

1st Sunday potluck! – We will be having a potluck the 1st Sunday of each month after service. Bring your favorite dish for the May 5 and June 2 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 7:30 pm at the Fellowship. Our next meeting will be Thursday, May 9, and Thursday, June 13.

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

Skylands Fellowship Turns 50 This Fall—

Did you know our Fellowship is turning 50 this October? Leading up to our Fall Celebration, we will be publicizing some of the history of our journey. Below are

reflections our own Bill Montfort has authored and shared with us on some of our milestones and memories.

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

The History of Skylands Unitarian Universalist Fellowship

Delivered by Bill Montfort at the Building Dedication on May 3, 2009
and updated August, 2011

My talk today is on the history of this fellowship. It is based on my wife Sue's and my memories since 1969 when we joined, plus the memories of Karl and Virginia Brecheisen who made a cassette tape in 1993 about the fellowship. Also I have used some documents: membership lists and newsletters. Unfortunately, some other documents were accidentally thrown out about 25 years ago when we were renting space at the Washington Twp Historical Society.

We are no longer in contact with any of the original members because they have passed away or moved, but having know some of them in the late 1960's we can assume they established the fellowship known as the Unitarian Fellowship of Hackettstown as a place to search for answers for themselves and society. Incidentally, several of the Unitarian Universalist Fellowships in northern NJ were established about the same time, including Morristown Unitarian Fellowship.

The 1965 Certificate of Incorporation lists the trustees as Robert Olsen and Frances Olsen of Long Valley, William Lloyd of Dover, and from Hackettstown Frieda Sabin, Elizabeth Lipman, Ruth Smith, and Frank Jeffers. Two of the names in early documents were people who had marched in Selma, AL – Clark Olson who was the first minister at the Morristown Fellowship and Gabe Williamson, a member at MUF. When we moved to this area in 1969 and joined, it was clear that Bob Olsen was the person who was the real leader in terms of services, discussions, and vision. Bob had a strong interest in ethical and spiritual issues. At the first meeting that Sue and I attended, Bob gave a talk about the spirituality of wine, and the refreshments afterwards included tasting some of the wine that he had made. In the mid 1970s, Bob and Fran retired to Cape Cod and attended the Nauset Fellowship in Eastham, MA.

The Unitarian Fellowship of Hackettstown originally met at the Hackettstown VFW Hall, but by the late 1960's when we first attended, it had changed its name to West Morris Unitarian Universalist Fellowship and was meeting in the Bartley Chapel on Bartley Road in Flanders, now the Church of the Mystic Light. It had a big room on the main floor and 3 basement rooms with hanging light bulbs and an outhouse. Due to heating problems and lack of indoor plumbing, we moved to Long Valley Middle School where we met in the library—always sitting in a circle of perhaps 15-20 people,

with RE for the children in classrooms. For about 15 years we rented rooms at Long Valley Middle School or Old Farmers Road School, where we met in the art room. When rental costs became prohibitive, we rented space in various places: Washington Twp Historical Society, Schooleys Mountain Fire House, Port Murray United Methodist Church, the Washington Township Library Community Room, St James Episcopal Church in Hackettstown (in the Parish Hall from 4:30 to 6 pm), Classic Ballroom in Hastings Square (where the reflections in the corner mirrors gave the illusion that we had quadrupled our membership), and most recently for the past 10 years in the Mini-Mall in Hackettstown.

Until 1999, this fellowship had been lay-led. Services when we first joined had very little structure, and no singing. In the mid 1970s the candle and chalice were introduced, we made a songbook, and we sang with me playing the guitar. RE was essentially the one-room school concept.

Through the years we had a wide variety of speakers and discussed many topics—I will mention just a few here:

1970s- – Values Clarification, Amnesty, the Casino Gambling Referendum in NJ- its moral and social implications, Perspectives on Amnesty, Parent Effectiveness Training(PET), The Invisible Minority (homosexuals), and an energy sharing workshops with George Prehmus and Luis Cavallone, Thoughts from George Bernard Shaw, Living with Dying

1980s – Freezing the Nuclear Arms Race, Self Image/Self Esteem with Sue Montfort, the “Building Your Own Theology” curriculum, Common Cause, Building Your Own Theology, Differences That Unite Us, Rev. Allen Wells

1990s-ACLU, Aging Issues, Incineration, Planned Growth in Morris County (Don Palmer), Yoruba Religion of West Africa, Paul Callendar (from Newton UUF) and Rich Balzer on Zorastrianism

Various special activities began in the 1970s, including: a Thanksgiving Sunday service with special foods, gingerbread house making at Christmas, Rites of Spring in March, retreats, potluck dinners, and more recently, the Seder (introduced to the fellowship by Joan and Denis Sullivan)

Religious Education - In 1969 we don't remember any RE programs for the kids, but by the mid 1970s there was a dedicated core of parents who worked hard to have an interesting RE program. We had many self-generated RE activities, and we used some of the UUA materials- “Haunting House” and “Man the Cultural Builder”, and the Quaker Creative Response to Conflict Resolution, with a strong emphasis on art projects and nature, due to the interests of the adults who took turns doing RE. We all wanted RE to be a home and an extended family for the children, free of imposed religious dogma, but there were frequent debates about whether the emphasis should be on content or on social skills.

The women's group was started in the early 90s, with Cakes for the Queen of Heaven, and it continues to be an important part of our fellowship life today.

It is interesting to note that when several members of our Fellowship moved away, they established Unitarian Universalist Fellowships in their new home areas:

Cis and George Prehmus moved to Prescott AZ and established the Prescott UUF.
Karl & Virginia Brecheisen and Art & Sally Friedman moved to Stroudsburg, Pennsylvania, and established the Pocono UUF.

I mentioned that the first singing in our services began in the late 1970's, from a songbook that we all put together. In the 1990s, we were given some copies of "Singing the Living Tradition" by the Unitarian Universalist Church in Cherry Hill, NJ. Recently, we have added additional copies through a generous donation from the family of Richard Balzer... we appreciate those hymnals very much and are pleased that Balzer family is here with us today.

One of the issues that was discussed at various times through the years was how to increase our membership—in the 1970s we grew mainly by "word of mouth". It wasn't until the mid 1990s with the leadership of Joan and Denis Sullivan, Jim Hall, and others that we changed our name to Skylands Unitarian Universalist Fellowship to broaden our geographical area and then we advertised our fellowship more actively, especially through the Internet.

Another issue that was discussed at various times through the years was whether we should have a minister, and whether we could afford one. In 1999 we hired our first part-time minister: Ron Sala followed by Rosemary Bray McNatt, Allen Wells, Linda Goonewardene, and Julie Newhall.

In addition, we have been fortunate to have various Unitarian Universalist ministers come to lead our Sunday morning services. I am pleased to see that some of these ministers are here today.

Through the years there are some features that I think have been consistent here at the fellowship:

- 1. A place where people could express themselves and test their ideas in an accepting atmosphere**
- 2. A place where people could search for meaning and would accept the fact that people were in different places, from different religious backgrounds, and could agree to disagree.**
- 3. A place where people valued justice and were concerned about social issues**
- 4. A place where people were supportive of each other, where people would reach out and try to help when members were having difficulty.**

So these are some of my thought about our 45 year history.... And it is wonderful to be here today to celebrate in **this building**.

Some new activities since May, 2009—now that we have our own building:

Annual Christmas Eve service for congregation and community

Film series

Concerts – Lew Gelfond and Andy Goessling

Riverside Rhythm and Rhyme – Coffee house 4th Saturday of each month – open mic plus featured performers

Tuesday evening series: Tai Chi, Belly Dancing, Shamanic Journey, Singing Bowls

Welcoming Congregation activities-- speakers, discussions, workshops, films

“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

Spring is finally here, I think? Our 2012-2013 year is now wrapping up with just 4 weeks of regular class left. On May 26th, there will be an Intergenerational Service. June 2nd will be Religious Education Sunday and on June 7th, we will hold our annual picnic at the Palmer residence.

It is time to start thinking about the 2013-2014 year. In the last three years we have utilized 'Tapestry of Faith' which is an online curriculum provided by the UUA, with much success. It was not only a well -designed educational program but it was provided free to all congregations. Since we have exhausted this resource, we will now be returning to what we refer to are our 'classics'; lessons that teach of our Judeo-Christian heritage along with the exploration of other faiths.

While our student base has not grown as quickly as it did in the previous year, we still have a significant number of students ranging in age from 3 to 17 who require education. Unfortunately, our volunteer teacher pool has shrunk considerably. In the past year we managed primarily with 7 teachers for 3 classes over almost 40 weeks. While we tremendously appreciate all the help that they do, it was quite taxing and unrealistic for long term sustainability. We are reaching out to the congregation at this time to encourage more volunteers for our education program. One does not need teaching experience, only a desire to work with the children in a patient, non - judgmental environment and follow a lesson plan in a secular format. We also welcome those who can either teach special skills or head off social action projects. Without help we may have to sadly reduce the amount of classrooms with children having to learn in environments with age ranges of 6 years +. This is not only difficult for teachers to work with but non beneficial for the children. I know many have the thought that because their children only come once in a while, there is no need for volunteering but whether once in a while or on a regular basis, we are required to have staff present who have set aside their own busy schedule. Others may feel that because they don't have children, there is no need for involvement as well but the long term sustainability of not just religious education but our Congregation depends on an environment that can support and nurture young families as they are our future. If RE failed to exist, so would Skylands. I know I would not have come myself if an education program wasn't in place and I am eternally grateful for those who sustained it so that my own children could have the experience. Please consider helping in some way, even just one Sunday helps greatly.

We are in discussion currently about sending out a survey to see just how well we are doing. It's an opportunity for parents and caregivers to give honest feedback anonymously. We will keep the congregation posted for future details.

Finally, we hope all of you, whether parent or not, will come and support RE Sunday as well as our annual picnic. If the children are supported while they are young, they will support us when they become young adults and hopefully decide to join our congregation!

Sincerely,

Re Chairs: Jennifer Palmer and Anne Kager

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.

Riverside Rhythm and Rhyme will be doing an **"Open Mic All-Stars" session on May 25**. Extended slots will be available to regular open mic performers and regular spots for newcomers. As usual - open mic signups will be available starting at 6:30pm and the show will start at 7.

Come and hear some of the wonderful musicians we are graced with each month! As usual - we will discontinue RRR for the summer as our space gets very warm!! We'll see you in September with the talents of John Beacher!



Fellowship Activities

Skylands Grounds Greening First Sundays Starting May 5

Sprucing up the grounds! We are going to have a grounds work party on every 1st Sunday as weather permits going forward. The first one will be this Sunday, 5/5 immediately following the potluck to put together a new flower bed where the spruce came down during Sandy. An email will be sent out beforehand describing the particular project planned and tools that would be helpful to bring. Contact Gretchen with any questions or if you would like to make a donation for needed materials such as mulch, flower bed borders, etc.

Fellowship Yard Sale Saturday May 4 9am to 3pm

Books, videos, furniture, toys, knick-knacks, odds and ends, tools, electronics, etc. (No clothes please) Please let Anne Kager or Bill Montfort know if you can help-- with set-up before 9 am, with sales for an hour or two 9 to 3, or with clean-up afterwards.



Environment & You

Skylands hosts free monthly events on the Environment & You on the first Tuesday of the month from October through May.

The film *Mother: Caring for 7 Billion* will be shown on May 5th at 7:00 pm. Mother brings to light an issue that silently fuels our most pressing environmental, humanitarian and social crises - population growth. Grounded in the theories of social scientist Riane Eisler, the film strives not to blame but to educate, to highlight a different path for humanity. View the trailer here: <http://www.youtube.com/watch?v=tnw4QOrO8cg>

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.

SUUF TERRACYCLES!

Terracycle is a company that makes usable products out of things we normally throw away. They collect their raw materials from organizations like us, schools, businesses and individuals who ship their “garbage” to them. Terracycle pays for the shipping, and pays our congregation a small fee for each item collected.

Please drop off your terracycling items at the left of the bottom of the steps to the coffee area – behind the curtain.

Terracycle is also committed to education and has a curriculum available on their website: <http://www.terracycle.net/curriculums/overview> “In Nature garbage doesn’t exist, but it does in the human system. The Terracycle curriculum series focuses on how we can solve this problem.”

For more information on Terracycle and to find where you can buy the products that terracycle makes using our garbage, go to: www.terracycle.net or find them on Facebook.

Attached is a list you can hang on your refrigerator to remind you about the packaging we recycle.

SUUF BRIGADES:

Candy Wrapper Brigade

Candy Wrapper Brigade FAQ’s: We accept any brand/size of CANDY WRAPPERS. NO BOXES! NO GUM WRAPPERS!

Chip (salty snack) Bag Brigade

Chip Bag Brigade FAQ’s: We accept any brand/size of Chip/Snack BAGS and Multi pack outer bags.

Energy Bar Wrapper Brigade

Energy Bar Wrapper Brigade FAQ’s: We accept any brand/size of foil lined Energy Bar/Snack Bar/Granola Bar/ Meal Replacement Bar wrappers.

Dairy Tub Brigade

Spreads Brigade FAQ's: Yogurt tubs and lids, Sour cream tubs and lids, Cheese tubs and lids, Cream cheese tubs and lids, Butter and margarine tubs and lids, Plastic ice cream tubs and lids, Whipped topping tubs and lids, Pudding tubs and lids, Foil tops and plastic seals.

Drink Pouch Brigade

Drink Pouch Brigade FAQ's: We accept any kind or brand of drink pouches. We do not accept juice boxes. (Must send 1000 per mailing to receive credit)

Scotch Tape Brigade

Scotch Tape Brigade Page FAQ's : any brand tape dispenser and cores.

Hummus Container Brigade

Hummus accepted waste: Hummus containers and tubs, Hummus container lids, Hummus container foil tops and plastic film, Hummus container outer plastic seals and other plastic packaging

Colgate Oral Care Brigade

Oral Care accepted waste: Toothpaste tubes and caps, Toothbrushes, Toothbrush and toothpaste tube outer packaging, Floss containers

MOM Brands® Cereal Bag Brigade

MOM Brands Cereal Bag Brigade accepted waste: **Plastic cereal bags, Plastic cereal bag liners**

Solo® Cup Brigade - ONLY #6 rigid plastic cups

Cleaner Packaging Brigade

Cleaner Packaging Brigade accepted waste: Pumps and caps, Triggers, Pouches, Flexible cleaner product packaging

Personal Care and Beauty Brigade

1. **Hair care packaging** such as shampoo bottles and caps, conditioner bottles and caps, hair gel tubes and caps, hair spray bottles and triggers, and hair paste plastic jars and caps
2. **Skin care packaging** such as lip balm tubes, face soap dispensers and tubes, face lotion bottles, tubes and plastic jars, body wash containers, soap tubes and

dispensers, body lotion dispensers and bottles, shaving foam tubes (no cans), and hand lotion bottles and tubes

3. **Cosmetics packaging** such as lipstick cases, lip gloss tubes, mascara tubes, eye shadow cases, bronzer cases, foundation packaging and bottles, powder cases, eyeliner cases, eyeliner pencils, eye shadow tubes, concealer tubes, concealer sticks, and lip liner pencils

Cheese Packaging Brigade

1. Large flexible cheese packaging, such as shredded cheese packaging, string cheese packaging, individual slices outer packaging, solid cheese block packaging, Kraft Fresh Takes packaging, deli-style sliced cheese packaging and other large cheese packaging
2. Individual cheese packaging such as individual slices packaging, individual string cheese packaging, and other individual cheese packaging
3. Foil cheese packaging



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 (ending May 7)

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.

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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