



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!*

Mar. 4: "Celebrate the Children"

Monica Osgood

Monica is the founder and director of Celebrate the Children, a school with campuses in Wharton and Dover, serving children on the autism spectrum and with other kinds of differences. Celebrate the Children is the only school in New Jersey licensed to use a strategy known as DIR, floortime, a truly revolutionary approach to working with people on the autism spectrum.

Mar. 11: "Justice Sunday"

Josh Galster

This year's Justice Sunday theme — "Justice Is the Human Right to Water" — focuses on how UUSC upholds the inherent worth and dignity of every person through our Environmental Justice Program, specifically through protecting the human right to water.

Mar. 18: "Rites of Spring"

Bill Montfort & Susan Laffler

This is our annual service when we share our thoughts and readings about spring and new beginnings. Everyone is encouraged to bring something to share with the congregation.

Mar. 25: "Mathematics and Theology"

Tony Van der Mude

This talk will try to answer these four questions:

1) Why does $1+1=2$?, 2) What does Anslem's Ontological Argument say about the nature of God, and what can mathematics add?, 3) Are science and mysticism compatible?, 4) What is the nature of consciousness?

Apr. 1: "Looking at Jesus: What UU's Can Do"

Rev. Linda Goonewardene

Once we step outside of traditional Christianity, Jesus becomes someone and something different. Let's explore some of those variations together.

Apr. 8: Easter Service

Debbie Santucci

The service will be intergenerational, for adults and children together. We will enjoy stories told by Debbie Santucci, a member of the New Jersey Storytelling Network.

Apr. 15: "Spirit Communication"

Rev. Trish Woods

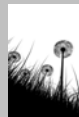
Trish Woods is an ordained medium who has been working locally and internationally for over 20 years. She is the director of The Lippincott Center for Well Being in Somerville, NJ. Today Trish will talk about how mediumship works through God's divine grace. She will then give a demonstration of this communication for those in attendance.

Apr. 22: "Earth Day"

To recognize Earth Day we will have a service which emphasizes the 7th principle of Unitarian Universalism-: "respect for the interdependent web of all existence of which we are a part". We have asked several people in our congregation to talk about their work with the natural world and invite others to also contribute to the service. Some of the speakers are yet to be confirmed but will be announced closer to the date of the service.

April 29: TBA

Carol Haag



Member News

1st Sunday potluck! - We're having a potluck the 1st Sunday of each month after service. Bring your favorite dish on **March 4th** and **April 1st**.

Blood Drive- March 18th at SUUF from 11 - 3. Please contact Rob Ingenito for more information.

Annual Pot-Luck Seder – April 14th Please join us for our annual event, the Passover Seder. For those who may not be familiar with this holiday, the word seder means "order". The seder is the order of the ritual; we will read from a Hagaddah (which means "the telling") the story of the exodus of the Jews from bondage in Egypt. Everyone, especially the children, are invited to participate.

Traditional foods are served; we have many recipes from which you may choose. For non-cooks there are items that may be purchased such as wine, juice/sparkling cider, desserts and candies, etc. Donations to offset additional expenses would be welcome. Also, volunteers are needed for planning, making phone calls, set up and clean up, etc.

This is a wonderful event for the whole family. Please let us know as soon as possible if you plan to attend and, if you have children, their ages/sex. Feel free to invite friends and family but as space is limited, reservations are necessary. Please call Joan Sullivan at 908 475-5515 or email stratadvance@yahoo.com. Hope you can come! ~Joan Sullivan

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 for face value. You aren't paying any extra but we are making a little money. We earn 5% from this fundraiser, generally a few thousand dollars a year. In the past we usually got cards worth \$100 to offer members and friends, if you prefer a different denomination, please let Tara O'Connell know and on the next order she will do her best to accommodate you. To buy cards, just see Tara before or after service on Sunday or she can mail some to you.

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



Community News

Local food pantry needs for March and April: dish detergent, laundry detergent, bathroom cleaner, glass cleaner



President's Message

I Want A Sunday Kind of Love

“...when we opened ourselves and made paying attention to newcomers a spiritual practice, we transformed ourselves. The very practice of reaching out made us more open, more sensitive. Spiritual practices, do that. They change us”.

This was a message from Peter Morales, UUA President in his letter in this Spring's UU World. His article was addressing the hospitality, or rather lack of hospitality, that many visitors experience when visiting our UU congregations. He shared stories he had heard from others as well as his personal experiences. When serving as a parish minister, his membership committee decided to observe what visitors experienced. He said often their guests were not warmly greeted and often stood awkwardly alone at coffee hour. His committee was appalled and embarrassed at what they observed.

I smugly thought, well he hasn't visited SUUF! I visualized the visitors to our fellowship. I could not picture anyone coming to our service on a Sunday and not having someone engage them after the service. More likely there are several people making their way to the newcomer to welcome them. But the more I thought about it, I realized that some of the same people are often the ones that reach out and make sure our guests feel accepted and welcome. Perhaps hospitality is a practice we should all try to embrace. Many people are seeking religious homes and we at SUUF have been blessed to have “spiritual seekers” give us a try each week. We want them to return. As Morales states, “They want to be accepted, to be engaged, to be loved”. We can each do this with a smile and a simple hello.

And let's not forget that it isn't just the newcomer that needs this friendly greeting and someone to reach out to them. Maybe we take it for granted that other members of our fellowship are feeling comfortable and accepted. I had to stop and ask myself, do I initiate conversations with someone new at coffee hour or just seek out those I feel most comfortable with? Do I look around for those that might be standing alone or may be looking a bit awkward? Do I try to get to know new people? Do I let people get to know me? Does my fellowship “buddy” need a call from me?

Get transformed! Get to know someone new at your next coffee hour and let them get to know you.

Thanks for listening!

Maureen



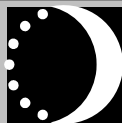
Religious Education

Spring is upon us...although, in some ways, it seems it has never left. After a decade of brutal winters and an unusual Fall (to put it mildly) we have been fortunate to have one of the mildest winters in a very long time with some blooms arriving in late January. I, along with, I am sure, the rest of you are looking forward to the warmer weather and yet more renewal. In the fall, our youngest class planted many, many bulbs and we are anxious to see the beautiful colors that will appear on our grounds and greet us on Sunday mornings.

This is just one of many projects our classes have embarked on. From collecting penny donations for those less fortunate to planting bulbs, our children are learning that they can make a wonderful change in the lives of others . This, to me, is the greatest benefit of our RE program...making our world a better place.

Classes are going well as we start to near the end of our program and, thanks to the generosity of our volunteers, have enough ample coverage. We are forever grateful for the service of our volunteers.

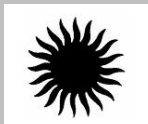
We ask only of our congregation to provide snacks when possible. We have quite the hungry crew and juice boxes along with crackers, Goldfish, Animal and cheese crackers are a hot commodity. Please consider donating. Our children are far more productive with sustenance!



Women's Circle

Women's Circle generally meets on the 3rd Thursday of the month at the Fellowship at 7:30 pm. The next circle will be the last Thursday of the month, March 29th: Chakra Energies – Chakras of Relationships. April 15th will be the following circle. All are welcome.

For information and/or to have your name added to the mailing list, please contact Maureen Bonner



Also at Skylands

The following public events will be taking place at Skylands under the auspices of independent professionals. Fees are set by the individual facilitators. Please contact them for further information.

Tuesday Series Continues!

Skylands will continue to offer something special on Tuesdays.

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

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.



March 24th Mef Gannon

April 28th Anne Mironchik

Singer Songwriter & Open Mic Venue at SUUF

Come strut your stuff at RRR! Sign up at 6:30 for the open mic - Open mic runs 7-8 so spots are limited and given on a first-come basis. And, after a brief intermission we will enjoy the talents of the main act! Admission is a donation at the door. Refreshments are available for purchase during intermission. Call (908) 684-4040 for more information.

We have continually been blown away by the quality of our open mic participants. We welcome you all to join us on the 4th Saturdays of March and April and hear, not only our fabulous feature guests, but also the "opening acts" from our local neighborhoods.

March 24th - Mef Gannon

A life-long resident of Northwest NJ, Mef Gannon has been in love with music all of her life. Being introduced to the Beatles at a young and impressionable age, her parents had no idea it would "ruin" her chances of having a normal adult life!

Having experienced all forms of musical formations, her most notable success was with The Partners. The band was a local favorite during the 90s and released 4 critically acclaimed CDs. After the band dissolved in late 97, Mef embarked on a solo career. She captured the Northwest New Jersey Friends of Music Award for Best Female Vocalist in 1998.

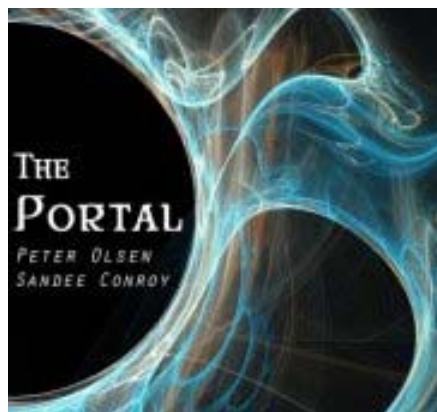
Mef continues to write and refine songs which "tell it like it is" whether heart wrenching or provocative or thoughtful ponderings. She performs solo and with other talented musicians who sit-in with her from time-to-time. She is also a very talented artist in all sorts of media.

April 28th - Anne Mironchik

Anne is more than just a gifted jazz vocalist and pianist. She's a composer and lyricist with roots in rock, blues, R&B and country who touches your heart & soul.

Anne's shows include a toe-tappin' mix of well-known jazz standards and her original, crowd-pleasing and critically acclaimed songs. Like "Carole King, with some extra swing!", Anne's tasty new album, *Cookin' in the Kitchen* is a well-seasoned collection of her original material, including the

sizzling title track. Her toe-tappin' and touching songs reach back and forge ahead. She will melt your heart and satisfy your appetite for great new music.



March 30th at 7:30pm

The Portal is a sonic experience where the tones of the Crystal Singing Bowls captivate the mind and body, bringing one to a state of relaxation, heightened awareness, and beyond. Sandee Conroy and Peter Olsen summon the tones and harmonics inherent to nine different bowls. The arrangement of tones are akin to a 'sound language', a communication, seeking to activate or wake-up areas of the brain. The Portal can accompany: yoga, meditation, massage therapy, hypnosis, journeying...

There is a \$20 cover charge.

http://www.arcadiasongs.com/ArcadiaSongs/The_Portal.html



Area Events

DISCOVER AND DISCUSS SOLUTIONS TO ENVIRONMENTAL ISSUES

The Washington Township Public Library hosts an inspiring film series, one each month from January through May. Each one addresses a different environmental crisis facing humankind. But even more important, the emphasis in this series is on inspiring action and projecting our collective gaze ahead toward creative solutions.

Feb 28: *Dirt!*

Mar 27: *The Economics of Happiness*

Apr 24: *Fresh*

May 22: *The Future of Food*

All of the events begin at 6:30pm and will be followed by a discussion.

The Washington Township Public Library is located at 37 East Springtown Road, Long Valley, NJ 07853

For additional information about the film series, please contact Laura Knipmeyer.

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.

“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