

September/October 2012



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!*

September 2: No Service on Labor Day weekend

September 9: "Welcome Back and Water Service" **Josh Galster**
Please bring a small container of water for the service from a favorite body of water (or just tap water as a substitute).

September 16: "Words and Deeds of prophetic men and women" = The second source of our faith – who were those people anyway? **Suzanne Henshaw M.Div**
Suzanne is the Chaplain of Compassionate Care Hospice.

September 23: "Autumn Equinox Celebration" **Julie Lange Groth**
Julie will lead us in a talk and meditation on the Autumn Equinox, a time when we offer thanks for the harvest and celebrate the balance and harmony of the natural cycles. We will be working with the Medicine Wheel as a foundation of Native American spirituality.

September 30: The New Jersey Self-Help Group Clearinghouse **Michael Reale**
Michael will speak about this group which has been helping people to find and form support groups for over 30 years. This presentation will talk about what a support group is, how groups are structured, how support groups help people cope with various issues and how to connect with a support group and more.

October 7: "Immigration as a Moral Issue - Part II"

Ginny Mills

Myths & facts, brain drain, detention, & humane immigration reform.

October 14: "Three voices"

Three local writers

Julie Maloney, Jane Ebihara, and Carol Tremper share their written work in poetry and prose. All three women are active writers and have a rich portfolio of published works, books, and teaching credits.

October 21: sermon title TBD

Rev. Mary Tiebout

Reverend Tiebout is the minister of the Unitarian Fellowship in Sussex County and a frequent contributor to programs at Skylands

October 28: "Sitting with the Ancestors"

Renee Paddock

Pagan/wiccan tradition holds that at "Samhain" (Halloween) the "veil is thin between the worlds" and we may receive messages or inspiration from our beloved dead. We will honor our collective family of dead and learn some of the symbols and traditions of this time of remembering.

November 4: "Celebrating the Dodge Poetry Festival"

Tony Van der Mude

The Dodge Poetry Biennial is the premiere poetry event. It is attended of some of the best poets in America. This year they will feature Jane Hirshfield, Nikky Finney, Amiri Baraka and Philip Levine, among others. Tony Van der Mude will present some of the latest poetry from the best poets writing today as presented at the festival. You are invited to bring your favorite poetry, past, present and poets who are yet to be recognized. Together we will have a festival of our own.

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

Bring your favorite dish for the first one on **October 7th**.

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 help carry this to the van? (see Maureen's Presidents Message)

SUUF Board meets on the 2nd Wednesday of the month at 7:30 pm at the Fellowship. Our next meeting will be Wednesday, 9/12.

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

“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



President's Message

What Will You Carry To the Van?

As I made the 10th trip up my two flights of stairs carrying camping gear to the van last Friday in between thundershowers, I asked myself, whose idea was this? Then I remembered. A long camping weekend with my 9 year old grandson, Patrick, was his choice for our alone (meaning without his brother and sister) weekend together. Packed top to bottom with an empty spot for Patrick and just enough room for his bike, the van was ready to roll. Fast forward to setting up camp. Ahh-- tent up, gazebo over the table, dry fire wood in the van. Check off stove, propane, lighter, garbage bags, pots, clothing, food, cooler, ice, chairs, beach stuff, fishing rods and tackle box, towels, sleeping bags, water, jugs, cards, paddle ball, marshmallows and chocolate of course and ALL the other little things needed to ensure we had a great weekend. As I sat by the fire Saturday night (before another thunder and lightning storm) I looked around and was quite pleased. Seemed like I remembered everything and Patrick and I were off to a great start of our 3 day camping trip together.

Breaking camp on Monday I thought about how much work it was for just 3 days. I realized that it didn't matter whether it was 3 days or 3 weeks, except for food all the other stuff we brought added to the success and enjoyment of our weekend. I thought of all the magical moments Patrick and I shared during those 3 days. I knew that every minute of packing, setting and breaking camp, the aching bones and tired body were all worth it.

Believe it or not it made me think of our fellowship. It was the perfect analogy. It doesn't matter whether we have an attendance of 30 families and friends or 300 families and friends; we still need and want all of the "things" that make for a meaningful and satisfying fellowship life. We need a place to gather that is peaceful, inviting, practical, clean and cared for. We still want services that will speak to our hearts and minds each Sunday and scattered throughout the evenings. We still need vibrant religious education classes for our children. We still want occasions to gather to refresh socially around music or a picnic. We still need fund raisers to supplement our operating budget. And sometimes, like packing my camping gear, there are too few hands carrying the load and experiencing those achy bodies and minds.

Whether for a few or for many we need people to plan our Sunday services, teach our children, care for the building and the grounds. People to reach out to our members who are in need, offer special activities in the evening, serve a term on our governing board, be a greeter, be part of the recycling program, help or plan a fund raiser, bring food to share after services and pot luck Sundays, submit

something to the newsletter and many, many more things that contribute to the life, growth, pleasure and enjoyment of our Skylands Unitarian Universalist Fellowship.

As we begin a new service year I invite each of us to “look around” and see what you can carry “to the van”. If you can find a little time to share sporadically or regularly, please reach out to the committee chair people listed below and volunteer some of your precious time, and yes we all know how precious time is. When you look back and see the magical moments you help to create for our fellowship you too will know that it was all worthwhile.

Welcome back everyone!!!!

Thanks for listening.
Maureen

Below are our Committees. We thank Diane for her work with organizing the Let’s Get Together Dinners, and are looking for a volunteer to take her place. Please let me know if you can help.

Committees At SUUF

Aesthetics
Archives
Building
Caring
Capital Campaign
Choir
Community Outreach
Denominational Affairs
Finance
Flowers
Fundraising
Grounds
Hospitality
Let’s Get Together Dinners
Membership
Newsletter
Program
Publicity
Recycling
Religious Education
Sedar
Supermarket Cards
Tuesday Series
Welcoming Congregation
Women’s Circle

Chair Person

Mary Van der Mude
Dennis Sullivan
Rob O’Connell
OPEN
Josh Galster
Bill Montfort
Ginny Mills
Dennis Sullivan
Clark Paddock
Mary Van de Mude
OPEN
Gretchen Fowles
Ginny Mills
OPEN (this could be you!)
Linda Bonk
Ken Knipmeyer
Josh Galster
Peggy Robinson
Renee Paddock
Anne Kager
Joan Sullivan
Rob Ingenito
Tara O’Connell
Sue Montfort
Maureen Bonner



Religious Education

As the hot summer days start to wind down and we approach September, much thought is now being put into our Religious Education program for the 2012-2013 year. We have been fortunate to be able to utilize 'Tapestry of Faith' for one more year. The benefit is that it is an excellent program that costs nothing and can be viewed online so that parents/guardians may share in the experience with their children.

Enrollment has been positive and somewhat stable allowing us to consider continuing our nursery along with Pre-K thru 1st grade, 2nd thru 4th and Middle school grades 5th and above. We will have quite full classrooms in the 2nd thru 4th and Middle School grades as many of our students are moving up into new classrooms this year. A suggestion has been put forth to potentially combine the younger two classrooms. Should the need arise due to lack of attendance on the part of the pre-K thru 1st group and the amount of children moving into our older group, we will be sure to make accommodations that will be positive for all students involved.

The curriculum (as of August) for the upcoming year being considered is:

Pre-k thru 1st: 'Love Surrounds Us', and can be found at:

<http://www.uua.org/re/tapestry/children/lovesurrounds/index.shtml>

2nd thru 4th Grade: 'Faithful Journeys' and can be found at:

<http://www.uua.org/re/tapestry/children/journeys/index.shtml>

5th and above: 'Amazing Grace' and can be found at:

<http://www.uua.org/re/tapestry/children/grace/index.shtml>

We have a wonderful group of volunteer teachers who will be returning but are still in need of additional help either as a teacher or helper, particularly for our larger groups. If you can dedicate the time, we promise you won't regret your experience nor will the children who are such a very important part of who we are. Please inquire with either Jennifer Palmer or Anne Kager for more information.

We are requesting again that all parents/guardians contribute to our program by providing snacks.

Items desired include bottled water, juice boxes, pouches and snacks such as pretzels, animal crackers, Goldfish, and any other healthy snacks that can be provided. Our little ones get quite hungry on Sunday mornings!

Finally, we encourage all parents /guardians to fill out registration forms and re-read our policy on transitioning the children from classrooms to their respective guardians during coffee hour. Safety is of utmost importance to us and is crucial for the success of our program.

We look forward to seeing all of you in September!

~ RE Chairs: Anne Kager & Jennifer Palmer

Riverside Rhythm
at Skylands
getting ready for an
The monthly
open-mic and
regional indie
family-friendly
We produce live



and Rhyme Singer/Songwriter Series
Unitarian Universalist Fellowship is
exciting 3rd season!

Songwriter and spoken-word focused
performance series features local or
(independent) singer/songwriters in a
environment.

shows generally once a month with an

opening hour Songwriter Acoustic "open mic" and then.

Renee & Clark Paddock of Mountain Ledge Music have been busy working on this
year's lineup and have the following exciting shows to announce:

September 22 we'll be entertained by Chelsea Carlson & John Graham, local up and
coming songwriters who performed at this year's Groove in the Grove.

Chelsea and John are an acoustic rock duo from Morris County NJ. This duo brings a
new and edgy dimension to acoustic music; Chelsea's powerful voice blends seamlessly
with John's gritty guitar riffs, resulting in an exciting performance, once you've heard
them you will be hooked!

October 27 we welcome Morning Door the eclectic pairing of Mingo Lodge (Aka Big
Boss Sausage) & Deb D'Anne - Mingo Lodge & Deb D'Anne featuring acoustic guitars,
mandolin, octave mandolin and gourd piano. They cover a wide spectrum of music
spanning the obscure to the classic to the foot-stomping. A little big bluegrass ...a little
bit rock-n-roll.

Doors open at 6:30 for Open mic sign-ups with the open mic running from 7-8 there is
then a short break for refreshments before the monthly featured performer 8:15-9:30.
For ongoing information about Riverside Rhythm and Rhyme or Mountain Ledge Music
please "Like" us on facebook:

<https://www.facebook.com/RiversideRhythmAndRhyme>

<https://www.facebook.com/MountainLedgeMusic>

2012-2013 Schedule:

Sept 22 - Chelsea Carlson & John Graham - Acoustic Rock

Oct 27 - Morning Door (Mingo Lodge & Deb D'Anne) – Eclectic

Nov 17 - Chaz DePaulo – Rock/Blues

Dec 15 – TBA

Jan 19 – TBA

Feb 23 – TBA

Mar 23 - Chuck Schaeffer – Alt Country

Apr 27 – TBA



Community News

Congratulations, Len!

We send congratulations and best wishes to friend of the fellowship Len De Roche, who has accepted a position as interim minister of the [Unitarian Universalist Church of Amherst](http://www.uuamherst.org/) near Buffalo, NY. Len has served as guest minister at Skylands a couple of times a year since we moved to Beattystown, and we will miss his contributions to our Sunday programs. More info: <http://www.uuamherst.org/>

Murray Grove Retreat and Renewal Center: The Only UU Retreat Center in the Mid-Atlantic Region Open year-round for your UU gatherings and family retreats. Copies of our 8-minute DVD are now available.

The Dreaming Mind and Our Collective Journey Toward Wholeness: Intensive Dream Work led by the internationally known **Rev. Jeremy Taylor**, UU minister and honorary Doctor of Sacred Theology from Starr King School for the Ministry. Co-sponsored by the UU Ocean County Congregation and Murray Grove Retreat and Renewal Center. Call for more information!

For information:

Murray Grove Retreat and Renewal Center

PO Box 246, Lanoka Harbor, NJ 08734

609-693-5558

murraygrove@murraygrove.org

www.murraygrove.org

Take a Mindful Journey with UUs to Argentina Buenos Aires and moonlight at Iguazu Falls! We leave time for serendipity to happen, take time to soak it in, and be mindful of what we are experiencing. February 23 - March 3, 2013. www.nuuc.ca

Beverly Carr, beverlzcarr@gmail.com

Neighbourhood UU Congregation's journey for UUs everywhere.

Toronto, Canada



Environment and You

The first Tuesday program on Environment & You will resume on October 9th. Laura Knipmeyer will bring movies, speakers, book-shares, and discussion on Local Living and Environmental topics. Got a subject that you would like to recommend and explore? Let Laura know at 973-727-7962, or send a email to laura@knipmeyer.net.

(You may also enjoy the films Laura is showing at the Washington Township library, starting the week before each First Tuesday program, September through April.)

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 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: Tai Chi and Qi Gong with Ginny Mills

Third Tuesdays at 7:30: Belly Dancing with Anne Kager

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.