



THE UU-LINK

October 2016

NEWSLETTER OF THE UNITARIAN UNIVERSALIST CHURCH OF THE LEHIGH VALLEY

October Services

October 2

Days of Awe

Rev. Don Garrett
and Worship Associates

We'll share in honoring the Jewish tradition of Yom Kippur with a liturgical service of forgiveness and new beginnings.

October 9

Blessing of the Animals

Rev. Don Garrett

This intergenerational service will feature music, stories, and everyone's favorite animal friends. Well-behaved pets are welcome.

October 16

NO CHURCH

The Runner's World Half-Marathon will again close the streets of Bethlehem on Sunday morning.

October 23

Healing

Rev. Don Garrett

We'll explore our monthly theme – physical, emotional, relational, communal, and spiritual healing of all kinds.

October 30

The Wheel Has Turned, The Veil Has Thinned

Rev. Robin Capoor

Join us as we honor the Celtic New Year, Samhain and reflect on what we can learn from it.

DonSense – by Rev. Don Garrett

Our Theme for October:

What Does It Mean to Be Congregation of Healing?

Healing can take many forms. When it comes to physical healing, whether of illness or injury, the ancient sage, Paracelsus, reminds us that “The art of healing comes from nature, not the physician. Therefore the physician must start from nature, with an open mind.” Sometimes we get distracted and think that doctors heal us, while they can only help us marshal our natural resources.

I think this is true of many kinds of healing as well – beyond the physical, to emotional and spiritual health. We can make things more complicated than they need to be and get in the way of our natural healing energies. So much of healing is negative – removing impediments to healing rather than taking some action to “make it happen.”

This can be difficult in our culture, dominated as it is by all kinds of “making it happen.” As has often been said, we tend toward living as “human doings” rather than “human beings.” Making this distinction and moving toward a being-based health program is the natural work of true religion.

My sabbatical, for example, was less focused on learning or accomplishing new things, than it was on a piece of advice I received during my internship, years ago: “Clarity of mind is a minister's most valuable asset.” My time hiking and climbing in the Rocky Mountains was a wonderful opportunity to get in touch with the awe-inspiring majesty of nature and observe how my tendency to focus on “doing” rather than “being” could get in the way of my clarity of mind. And, as I reported last month, the great thing is that it worked – I have a renewed and revitalized clarity of how best to serve our Beloved Community.

And one of the ways to do that is to get out of the way and let others lead when appropriate. And our Committee on Ministry, along with the Board and others, is in the process of moving toward a more vitalized state of congregational health. They are beginning a multi-year program so ambitious that the one thing that is clear is that it will take patience to wait on the “doing” until we can understand ourselves, our patterns, our covenant, direction, and aspirations with crystal clarity. But once we are ready for the “doing,” I have faith that we can complete our transformation into an even more wonderful – and fully functional – Beloved Community.

See you in church.

– Don

FROM THE PRESIDENT

Du Unto Others



This morning at the service, I read a blog post about our actions and reactions in relationships. In the reading, a news reporter urges people to practice “emotional correctness” – essentially, treating others as you would like to be

treated. The piece concludes by noting the similarity to Jesus’ words which we call The Golden Rule: “In all things, do to others as you would have them do to you.”

The next time you’re at church, if someone is in the office, go in and look at the poster on Kate’s wall. The poster is a large circle cut into 13 pieces. Each piece is titled with the name of a faith of the world:

- Buddhism
- Confucianism
- Taoism
- Sikhism
- Christianity
- Unitarianism
- Native Spirituality
- Zoroastrianism
- Jainism
- Judaism
- Islam
- Baha’I Faith
- Hinduism

In each piece, under the name of the faith, is the single, defining tenet of that faith. I was profoundly struck by the overwhelming similarity. The words are different, but the essence of every one of the 13 is the same: Do unto others as you would have them do unto you. The words are not just the Golden Rule of Jesus. They are the Golden Rule of Humanity...of all faiths, in all places, all over the world.

We are one with ALL of our brothers and sisters in the goal of living our lives in peace. Those words...those ideas are the key to living in harmony on this earth. Yet is hard...oh, so hard...to practice the rule...to see it and live it in its plain, simple form. Islam, currently, is suffering from the radical, fervent misinterpretation of its loving, peaceful teachings. Some would call the Crusades a misinterpretation of Christianity. Let us all call our Spirit of Life to heal the wounds of any efforts to twist the basic teachings of peace within the world’s faiths. As noted in this morning’s reading, then we have a shot at finding common ground.

Peace and Love,
Bob

HOSPITALITY REPORT

Hospitality for the month of October will be provided by the West group led by Sarah Carlson. If you live in zip codes 18011, 18053, 18078, 18102, 18103, 18104, 18106, 18106, or 18109, please sign up to be a greeter, usher, flower provider or snack provider. All snacks are welcome, both homemade and store bought alike. Your invitation to participate will be arriving in your email soon. Thank you for helping to make our Sunday mornings welcoming for members and visitors.

Exciting October hospitality events are our New Member Potluck on the 23rd and Ice Cream Sunday on the 30th. Any questions can be directed to hospitality_west@uuclvpa.org.

“WHY THIS CHURCH? WHY THIS FAITH?” CLASS

“Why this church/Why this faith” (formerly New UU) is a class for anyone who wants to learn more about the UUCLV and the Unitarian Universalist faith. If you are considering becoming a member, or just want to learn more and meet some of our folks, this is the class for you!

The class is on **Sunday, October 9, 2016** at noon following coffee hour. It will last no more than 90 minutes and includes lunch! Questions? Stop by the Welcome Table after service.

THE UU-LINK

The UU-Link is published and mailed monthly, and is also available on our website.

The Unitarian Universalist Church of the Lehigh Valley

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Sunday Bulletin & OOS: sunday@uuclvpa.org

The eNews: uuclvnews@uuclvpa.org

We’re on the web at www.uuclvpa.org

2016 FOURTH FRIDAY FILM SERIES

The 2016 Fourth Friday Film (FFF) Series is presented by the UUCLV Social Action Committee at 7:15 PM in our community room!

The series has a strong emphasis on promoting the common good as it relates to saving our environment, reversing economic inequality, and repairing our democracy so it works for everyone. The Website for the film series is www.FFFInfo.blogspot.com.

We invite groups/organizations to join us in this important endeavor by co-sponsoring one or more of the presentations (publicize event, add expertise to the discussion). We also hope that local college and university professors and their students will connect with FFF programs that align with their curricula and/or interest. Please contact **Tom Ulrich** at 610-882-1136 or tomulrich41@gmail.com for more information.

October 28

New documentary on 'Cost of pharmaceuticals and money in politics' from local executive producer Richard Master and local producer/director Vince Mondillo who brought you *Fix It: Healthcare at the Tipping Point*.

November 11 (2nd Friday)

Annual Women's Forum: 'Legacy of Women in the 2016 Election'

A panel discussion and short clips from election coverage. Panelists include:
[Joanne Jackson](#) - Candidate for State Rep, 131th District
[Megan E. Diskin Monahan](#) - Assistant Professor, Department of History, Cedar Crest College
[Sharon A. Brown](#) - Faculty Associate, Women's Center, East Stroudsburg University

December

No film in December.

JOIN THE UU-LINK PIZZA PARTY!

Consider yourself invited to join us for the monthly UU-Link Mailing Party! Every month, volunteers meet in the FM kitchen at 12 noon on the 2nd Wednesday after the 3rd Sunday of the month for Link-folding, labeling, socializing and fresh, delicious pizza from Lehigh Pizza. The next Link Pizza Party will be on **Wednesday, October 26**. If you'd like to join in the fun and help out, just RSVP to the UUCLV office at uuclv@uuclvpa.org.

OCTOBER BREAKFAST FORUM

October 2

What Does it Mean to be a Community of Healing?

Rev. Don Garrett, Facilitator

A brief presentation will be followed by a small-group discussion format and a reuniting to share what we've learned on the topic of "What does it mean to be a Community of Healing?" Join in this adventure in speaking, listening, thinking, reflecting and sharing together in a new way; another way to live our values of compassion, nurture, and justice in our beloved community.

October 9

An Austrian Journey: Visiting the Mauthausen Concentration Camp Memorial

Tom Repasch, Presenter

The Nazi camp at Mauthausen, Austria operated from 1938 until its liberation by American forces in 1945. Many of its 190,000 prisoners died while they were subjected to extreme cruelty working in the nearby granite quarry. Tom will tell about his recent visit to the site and present video clips of the camp and the memorials that surround it today.

October 16

No Breakfast Forum

The Foot Race in downtown Bethlehem will block ready access to the church.

October 23

Superorganism

Frank Stone, Presenter

The 20th century focused on the genome and the defeat of contagious diseases. In the 21st century scientists are coming to realize they must consider not only the genome, but the epigenome, the microbiome, the virome, and the parasites in and on the organism. This has necessitated a new medical view that considers not only communicable diseases but also NCDs, non-communicable diseases in which the organism's body seems at war with itself.

October 30

ACES: The Paradigm-Shifting Study You've (probably) Never Heard About

Salli Wood, Presenter

ACES are Adverse Childhood Experiences that profoundly impact long-term health and well-being. How do resilience and trauma informed practices help to overcome the consequences of ACES? How are communities coming together to help?



FROM THE LIFESPAN EDUCATION COORDINATOR

RELIGIOUS EDUCATION (RE) FOR CHILDREN AND YOUTH

When I married my Jewish wife 20+ years ago, I didn't know that her religion would help me to deepen my Unitarian Universalist faith. For quite a few years, we belonged to both the UU church in Devon, Pa and a Reconstructionist congregation in Philadelphia, Mishkan Shalom (who for several years rented MLUC for their holiday services). I came to appreciate and look forward to the High Holy holidays between Rosh Hashanah and Yom Kippur for several reasons. I am drawn to the practice of atonement - reviewing the past year and listing times when I "missed the mark" or came short of my goals or ideals, and making amends with the people to whom I misbehaved. I can't claim to have ever gone through the process in a deep way, but the practice has affected my way of being. Atonement is more than simply apologizing for our sins. It is about making things right with the person to whom we have mistreated, and it is about changing our behavior so that we don't make the same mistake. At the end of the holidays, if we have made amends for our mistakes, the "slate" is wiped clean and we can start the next year unburdened by our past misdeeds.

Another of my favorite traditions is the practice of carrying two slips of paper during the holy days, one in each pocket. On one slip of paper is written "For my sake, the world was created". On the other slip is written "I am but dust and ashes". The first message tells me it is important that I make a difference in the world. I have power and a responsibility to exercise my power and to use it to make the world a better place. The second message tells me that my life is temporary and that I am no more important or deserving than anyone else. Although these statements seem to conflict, I find them to be compelling words to live by. They tell me to get moving, but not to get to full of myself. May it be so.

In faith,

Jansen Wendell, Director of Lifespan Religious Education
(lec@uuclvpa.org)

ADULT RELIGIOUS EXPLORATION :

SPIRIT OF LIFE DISCUSSION GROUP:

Sunday mornings at 8:45 in the RE library (through room 208). Child care available (upon request) in room 208.

Spirit of Life is a nine session adult faith development workshop co-led by Reverend Robin Capoor and DLRE Jansen Wendell. It is based on the song of the same name that we sing every Sunday after we share our joys and concerns. To quote the description from the introduction:

Many Unitarian Universalists find the song deeply meaningful. Its imagery is beautiful. Its words are inclusive of Unitarian Universalists all along our theological spectrum. Its tune grows on its singers and listeners, and many use the song to help themselves grow... Barbara Hamilton-Holway's Spirit of Life program seeks to be like the song from which it derives its name and bring meaning, beauty, inclusivity, and growth to Unitarian Universalist adults as they deepen their spiritual awareness and connections.

During each session, participants examine a phrase of the song. Session 1, Spirit of Life, introduces the group to each other and explores what our spiritual practices are. Workshop 2, Sing in My heart, is about celebrations and rituals. Workshop 3, The Stirrings of Compassion, is about Caring for One Another, and so on as we work our way through the phrases of the song.

MINDFULNESS PRACTICE GROUP

led by Reverend Don Garrett and Janice Lovegrove
(Tuesday evenings, 7:00 – 8:30, the Community Room)

With the help of conscious breathing we are able to touch and be nourished by the peace and joy that are available within and around us, in the here and now. We meet most weeks to learn, practice, and enjoy the benefits of mindfulness in our lives, our relationships, and in the larger communities of which we are a part. Contact Rev. Garrett at minister@uuclvpa.org for info.

JOSEPH CAMPBELL VIDEO SERIES – THE POWER OF MYTHS

(2nd and 4th Wednesdays of each month Room 304)

In lively, expansive dialogues, inspirational scholar Joseph Campbell discusses how myths hold the key to understanding human experience. They may vary

superficially from culture to culture, but at their deepest level they all reveal the path to self-fulfillment, social integration, and ultimately, transcendence. Discussion will follow. 16 sessions, lasting about 1 1/2 hour. Contact Cease Blocker at 610-866-3714 or blocker@rcn.com.

LONG STRANGE TRIP: 2000 YEARS OF UNITARIAN UNIVERSALIST HISTORY (DVD series):

This set of 6 DVDs, available for loan, trace the history and evolution of Unitarianism, Universalism, and the merger of the two into today's Unitarian Universalism. If you want to find out about how our "Uncommon Denomination" came to be what it is today, from its roots in the Reformation to the American Revolution to the Civil War to the Transcendentalist Movement to the present, these movies are entertaining and captivating. Contact Jansen Wendell to arrange to borrow DVD's.



Pictures from the UUCLV Spirit Play class

RELIGIOUS EDUCATION CALENDAR: OCTOBER & NOVEMBER

Oct 2: Story for All Ages and regular RE classes

Oct 9: Multi-generational Worship Service and Blessing of the Animals; RE Committee meets at 9:00 am

Oct 15: Sat Evening Multigenerational Worship Service

Oct 16: No Church or RE due to the Bethlehem half-marathon

Oct 23: Story for All Ages and regular RE classes

Oct 30: Story for All Ages and regular RE classes

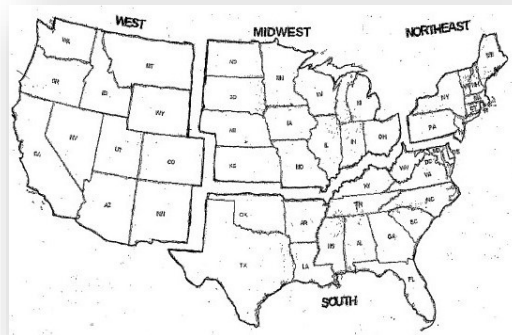
Nov 6: Story for All Ages and regular RE classes

Nov 13: Story for All Ages and regular RE classes

Nov 20: Story for All Ages and regular RE classes

Nov 27: Story for All Ages and regular RE classes

UUCLV 2016 SERVICE AUCTION: TASTES OF THE STATES, SPECIAL ITEMS & FUN DATES ...NOVEMBER 19, 2016



Please join us for our 2016 service auction. We're calling it "Tastes of the States, Special Items & Fun Dates". Our potluck meal will start with a happy hour at 4:30pm featuring appetizers, beer, wine, special bar drinks and soft drinks. **Then** take the culinary journey as we make our way across the United States with the potluck meal. And well as a vast selection of desserts.

Be prepared to bid on many treasures offered at the auctions as you enjoy a most memorable evening. Be sure to taste it all – The Food, The Silent, The Signups, and The Live Auction.

We are bringing back our "theme baskets" raffle. No silent sign-up for these, just buy your tickets and choose your baskets you would like to take a chance on to win. Each basket will have a retail value of \$100-\$150.

Admission: \$10.00 per person (or \$5.00 with a food dish from one of our US regional areas (West, Midwest, Northeast, South) for the potluck meal. Children are free and childcare is available with activities for the kids.

What could YOU offer at the auction? If you are planning a specific event, please set a date so people can plan. If the event is for a specific number of people, please tell us. All kinds of offerings and goods are appreciated; such as pet sitting, artwork, create workshop, chauffeuring, helping someone for the day and more.

See UUCLV church website to fill out a service offer form and to view the service auction catalog. For more details contact auction@uuclvpa.org or see Dora Davenport at church.



SECOND SUNDAY CONCERT SERIES

The first concert of the seventh season of the **Second Sunday Concert Series** is Sunday, Oct. 9 at 3:00 pm with a program titled *From Vienna to Prague*. The featured artists, Inna Eyzerovich, violin, and Holly Roadfeldt, piano, will present an afternoon of favorite sonatas by Beethoven, Poulenc and Franck.

More specifically, the works are Beethoven's *Sonata in E flat Major, op.12, #3*; Poulenc's *Sonata for violin and piano*; and Franck's *Sonata in A Major for violin and piano*. These sonatas all have interesting backgrounds – come to the concert and hear all about them!

Concert guests are invited to meet the artists at a post-concert reception. \$15 general admission; **students are free**. Sunday, Oct. 9, 3:00 p.m. Tickets will be available at the door, or may be purchased on-line at www.concertseries.uuclvpa.org.

BOOK DISCUSSION GROUP

The book for October is *The Miniaturist* by Jessie Burton. Set in the seventeenth century Amsterdam – a city ruled by glittering wealth and oppressive religion – a young wife tries to fit in with her new family which has a lot of secrets. We will meet on Sunday, October 9th at 12:00 noon in the RE Library.

For more information, please contact us at bookdiscussion@uuclvpa.org. Our book for November will be *The Giver* by Lois Lowery.

SHARED PLATE FOR OCTOBER

The shared plate recipient for October is the Lehigh Conference of Churches.

For over 50 years the Lehigh Conference of Churches has brought together area congregations in responding to the most needy among us by providing funding and support for many programs such as soup kitchens, housing and emotional support.

ADOPT-A-WINDOW PROJECT - A BIG SUCCESS!

We are ecstatic! The UUCLV community has responded generously to the Adopt-a-Window proposal to fund professional painting of the exterior window frames and trim this fall. The project was born from concerns about both the building's appearance and its integrity.

As of this writing (to meet the The UU-Link's upcoming deadline), the painting had started on September 14th. The lower Wall Street windows, the back gym doors and windows, and the garage are all completed. And by the time you receive this October UU-Link issue, the whole Adopt-A-Window Project will be completely done; the building looking fresh and new!

We extend a big "thank you" to Allen and Ilse (Stoll) Zinnes, Peggy Hobbs, Dave & Lib Kiefer, Don & Jean Davis, Barbara & John Diamant, Fran & Judy Claps, Nancy Light, Pat Herring, Richard & Julie Brooks, Molly Trimble, Ann Peaslee, Lyle & Vicky Woodard, and Karen & Bill Berry, Robert Garvin, Pradeep Ghia, Cease Blocker, Jordan & Melissa Sonnenblick, Bernie and Lorraine Bujnowski, Dora Davenport and Robin Capoor, Dorothy Cockrell, Cecilia Collura-Eberhard, Christine Davis, Ellen Bell & Phil Reiss, Chuck & Karen West, Dave Roper and Brenda Barton, Donald Bortz, Michael & Jane Benning, Win & Marie Tweed, Judy Wright, Robin Brumfield, Jan & Sue Phillips, Dan Poresky and Mary Larkin.

Join Us for a Celebration for the Successful Adopt-A-Window Project on October 9!

The painting is almost done, the windows & trim of our church are fresh and looking beautiful. Everyone is invited to celebrate with the Property Committee as we are having a cookout of grilled hot dogs & roasted corn on the cob during coffee hour on October 9th. Please join us. Thanks to All!

*From the Window's Team of the Property Committee—
Pat Herring, Judy Wright, Karen Berry, and Dora Davenport.*

**Photos opposite page:
courtesy of Dora Davenport.**



The UUCLV Adopt-A-Window Project



UUCLV

The Unitarian Universalist Church of the Lehigh Valley

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Bethlehem, PA 18018

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Today	<	>	October 2016	Day	Week	Month	4 Days	Agenda	More ▾	⚙
Sun	Mon	Tue	Wed	Thu	Fri	Sat				
25 8:45 Adult RE Spirit of Life: 9 Breakfast Forum-CR 10:30 Sunday Service 11:45 Town Hall-CR 12:10p Hospitality: FM/Brid 4p Yoga: 310	26 10 Yoga: 310 6p Yoga: 310 7p LRP: RE Lib	27 4p Mu Do Kan: Gym 5:45p Yoga: 310 7p Mindfulness Practice: C	28 12p Link Mailing Party-CR 2p Conicelli: Kitchen 6p Yoga: 310 7p HAVEN: Rm 100/CR 7p J Campbell Series:304 7:15p Beacon Choir: Sanct	29 12p Zuzu: Kitchen 3p Stimpff: Kitchen 4p Mu Do Kan: Gym 7p Comm on Ministry: RE L	30	Oct 1 10 Yoga: 310 4p Fayres: Gym TBD 4p Schaeffer Party: CR				
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