



May 10, 2009 -
May 23, 2009

Calendar

Sunday, May 10

- 9:00 Worship Service
- 10:00 Women's Spirituality Group
- 11:00 Worship Service
- 12:30 Small Group Ministry
- 7:00 Yuuth Group Evening Meeting

Monday, May 11

- ***** Zen (Call office for time)
- 9:00 Newsletter Deadline
- 5:00 All Committee Night
- 6:00 Consolations & Congratulations
- 6:30 Yoga!

Tuesday, May 12

- 10:00 Wisdom Wanderers
- 12:00 Staff Lunch
- 12:30 Library Committee Meeting
- 5:30 Property Committee
- 6:00 Assistant Minister Relations Committee
- 7:00 Book Disc. Group (off-site)
- 7:00 Personnel Committee

Wednesday, May 13

- 9:00 Staff Meeting
- 5:00 DRE Relations Committee
- 6:15 Music Committee Meeting
- 7:00 Choir Rehearsal

Thursday, May 14

- ***** Zen (Call office for time)
- 9:00 Newsletter Crew
- 10:00 SGM Steering Committee

Friday, May 15

- 6:00 Book Reception for Pat Allen
- 6:30 AA Men's Group

Saturday, May 16

Sunday, May 17

- 9:00 Worship Service
- 9:30 Care Network Ministry
- 10:00 Peter Morales Event
- 10:00 Women's Spirituality Group
- 11:00 Worship Service
- 12:15 Peter Morales Event
- 7:00 Young Adult Group

Monday, May 18

- ***** Zen (Call office for time)
- 6:00 Anti-Racism Action Com.
- 6:30 Yoga!

Tuesday, May 19

- 12:00 Staff Lunch
- 7:00 Board Meeting

Wednesday, May 20

- 9:00 Staff Meeting
- 3:00 Photo Directory Session
- 7:00 Choir Rehearsal

Thursday, May 21

- ***** Zen (Call office for time)
- 3:00 Photo Directory Session

Friday, May 22

- 3:00 Photo Directory Session
- 6:30 AA Men's Group

Saturday, May 23

Current Notes

I was very moved by recent announcements in Sunday services and e-mails on the Chase Mill Forum regarding the lack of accessibility at Edmunds school in downtown Burlington. Any student, teacher, parent, grandparent, or caregiver who can't make it up flights of stairs is physically barred from this building, which is a focal location for public meetings and events, as well as for education. This is obviously unfair.

Sometimes forms of exclusion are more subtle or unconscious. For example, I was grateful to the parishioner who pointed out to me that when I said "Let's stand and sing the hymn," my invitation did not include those who cannot or do not wish to stand. She suggested saying "Let us stand in body or spirit," which I have adopted. I am continually learning to be more inclusive - I think most of us are!

As I see it now, there are two main reasons to increase accessibility for all, in both obvious and subtle ways:
(1) It is clearly a question of justice and respect for every person.
(2) Inclusion makes life more interesting and beautiful.
I hear many excellent arguments for (1), and so I will just say a word about (2).

One of my most dear friends is confined to a wheelchair. She has also been one of my greatest teachers. Over the years, I have been gratified many times when I could offer her support - both bodily as she has challenged herself to use a walker, and soul support when one thing or another has weighed her down. She has given me needed encouragement and sustaining insight too, as friends do. I have seen how she has to fight to gain accessibility in this world, for everything from putting a hand bar in the bathroom of the local health club, to plowing her way through the health care system, to getting people to speak to her personally, instead of to the "able" person pushing her chair. I think of how greatly my life would be diminished without her.

I believe everyone's life - whatever our circumstances - is immeasurably richer when folks of diverse dispositions are included. One may join in the struggle for accessibility thinking you are working on behalf of others, only to find you are working on behalf of your own quality of life. Differently-abled people have valuable wisdom, humor, life-skills and simple presence to share. We all need everybody to make it through. As I see it, this is the "heart" motivation in the ongoing struggle for accessibility.

Elaine

Upcoming Sundays

May Theme: The Senses

In spring's "lusty month of May," nature invites us to come fully into our senses and join in the revelry of new life. We open up the windows, peel off layers, and dig into the soil. In the midst of spring activity, questions arise: "What does it mean to be present through our senses? How can we be balanced sensual beings? How can we open up and increase sensitivity?" Rainer Maria Rilke wrote: "Be the mystery at the crossroads of your senses, the meaning discovered there." Starting at the crossroads, we'll explore the meaning to be discovered.

Sunday, May 10, 9am & 11am

"Choir Sunday" Come celebrate music-making and the Society's music programs for our annual Choir Sunday.

Sunday, May 17, 9am and 11am

"Sense #6" How many senses are there? Five, or six? Beam up with Reverend Elaine, who will lead a foray into the realm of sense number six - controversial, mind-bending, and assuredly fascinating.

Sunday, May 24, 9am & 11am

"Working Up a Spiritual Sweat" As Burlington hosts thousands of runners for its annual marathon, we invite Becky Peterson and Andrew Mack to explore the inherent connection between physical and spiritual practices. This reflection on sweat and spirituality is presented by the Worship Committee.

Sunday, May 31, 9am & 11am

"The Sense of Wonder" Where do you find a sense of wonder? What puzzles and perplexes you most about our world? Continuing our monthly theme of "the senses," Gary suggests our capacity for curiosity is a gift that needs to be cultivated and nurtured.

Child Dedication

Please contact Gary if you would like your family to be included in the Mother's Day Child Dedication on Sunday, May 10. This is our Unitarian Universalist ritual for honoring parents, welcoming children and celebrating the young life in our community.



Message From Martha



When I watch a local TV channel, sometimes a news story or an ad comes on that includes an image of First UU. Once, at O'Hare International Airport, I checked the departures board to make my connection to Burlington, and the icon used to depict my home city was an image of our Meetinghouse. When I see First UU depicted in such a public way, I am proud to call it mine in a way most others will never know or understand. First UU is MY congregation. When I host guests and take them on a local tour, there are few places in town that I call mine. City Hall is just City Hall. Church Street Marketplace is just Church Street Marketplace. Fletcher Free Library, to me is *the* Library. Perhaps if I borrowed books more regularly, it would be *my* Library. City Market, because I shop there almost exclusively, comes close to being *my* Market, but it's still really just City Market.

First UU, on the other hand, is *my* church, *my* congregation. It's mine in a way that *my* house is mine. An essential part of me and my life happens here. Claiming First UU as *mine* acknowledges that here is something that *belongs to me*, which is also - I know in my heart - a place where *I* belong. Calling this place mine speaks of my connection, investment, commitment, and care towards it. This place is where incredible people who inspire me gather together and - in so many ways - boldly create needed good to give out to the world.

I call First UU mine because of the liveliness YOU bring to it. I am thinking ahead to next year and imagining all that we can be for our children, our youth, and the wider world. This month, the Religious Education Committee and I ask you to consider the role you will play in *your* UU Religious Education Cooperative next year! If you are an RE parent, please complete a lime green registration form which includes a section about RE Stewardship (these have been mailed home and are available around the Meetinghouse). If you will be an RE Steward who doesn't have children participating in the program, please fill out a lavender "RE Stewardship Opportunities" brochure which can be found in the pew racks. And of course, anyone may call me with any questions about getting involved in RE!

First UU is *yours*; First UU is *ours*. Show that First UU is more than just a place where you go. If it has found its way into your heart, pour your heart into it. Allow its RE Program to lead you along new parts of your spiritual path, while knowing that your very participation enhances the distinct flavor of Unitarian Universalism in the city of Burlington.

Blessed Be!

Martha Dallas,
Director of Religious Education

DRE Professional Education

Congratulations to Martha Dallas, who recently completed her fifth "Renaissance" module from the UUA, bringing her to a total of 75 hours of continuing education in the areas of UU History, UU Identity, Worship for All Ages, Teacher Development, and Curriculum. (All in addition to her Masters of Arts in Education & Theological Studies from Union Theological Seminary). That truly makes Martha a Renaissance Woman!

Gary Kowalski

UU Leadership Award

Ann Livingston will be honored at this year's Northern New England District meeting with a Congregational Leadership Award. Ann has been a member of our Society since 1975. She is a respected and gracious active presence; her wry sense of humor is complemented by kindness, insight, and generous dedication. Ann has served as Secretary and President of the Society's governing Board, as a member of the Care Committee, the Senior Minister's Ministerial Relations Committee, and the Bicentennial Committee. As Chair of the Design Committee in the 1990s, she led the congregation through the planning and execution of our successful building expansion. As a member of the Personnel Committee, Ann helped draw up Personnel Guidelines for staff, providing structure and definition for Society employees. Recently, Ann has chosen to devote time to organizing and maintaining our historical archives, and faithfully comes into the office weekly to help prepare Sunday Orders of Service. Ann has already been issued a one-of-a-kind "Lifetime Parking Pass" for the Society's lot. We welcome this opportunity to offer her a more decorous appreciation for her invaluable contributions of time, energy, and character.

Reverend Elaine Bomford

We Want YOU in the Photo Directory!

Contact Olan Mills directly at 1-800-845-1157 to schedule or change your appointment for a free portrait and inclusion in the directory. Dates are coming up fast: May 20, 21, 22 and June 4, 5, 6. Valerie Wood-Lewis (859-0049) can answer questions but scheduling is out of our hands now. If you did not sign up yet, you will receive a call from Olan Mills asking you to do so - we hope you will!

New Member

Jean Rook, wife, mother, grandma, friend, sailor, scuba diver, skier, traveler, teacher, reader. By strange coincidence, my great grandfather was minister of the Methodist Church on So. WInoski Avenue in 1903.

Help Make Edmunds School Accessible

Did you know that Burlington schools are segregated? Kids and adults in wheelchairs are not allowed inside Edmunds school. They know they are not welcome to partake in the daily use of the building for school, community drama, sports, clubs, public meetings, First Night, voting, etc.

We can change all this right now. We can make Edmunds, which is the most prominent public school building in the State of Vermont, accessible to all of us.

A group of largely UU parents, students and supporting professionals are working on this big challenge and WE NEED YOUR HELP NOW. Our community must convince the school board that making Edmunds accessible is a top priority, and we also must convince the Governor and Vermont legislature to support this project with federal stimulus funds.

Please take all of these steps (or at least one!) this week! Contact information and details:
<http://tr.im/EMSaccessNOW>

1. Contact Burlington school board members and convey your opinion on this matter.
2. Request stimulus funds from Gov. Douglas for "Edmunds School accessibility."
3. Contact your state reps. and state senators and ask for stimulus money and other support for this project.
4. Ask your friends to get informed and take these steps as well... immediately! Time's running out on the stimulus funding opportunity.

Vermonters have found ways to make other large old buildings accessible... City Hall, the Flynn Theatre, our own UU Sanctuary. Join us in finally fixing Edmunds too. Yes we can!

Michael Wood-Lewis

General Assembly 2009

The General Assembly of Unitarian Universalists will be held in Salt Lake City June 24-28. Would you like to attend? In addition to workshops, UU hoopla and camaraderie, issues to be addressed include a Statement of Conscience on Peacemaking, proposed revisions of the Principles and Sources, and election of our next UUA President. If you are interested in learning more or attending as a representative of FUUSB, visit www.uua.org and/or speak with Reverend Elaine.

Next Newsletter Deadline

Monday, May 11, 2009 @9am covering May 24 - June 6, 2009. Articles gladly accepted before this deadline! You can view the newsletter and current year schedule on our website: www.uusociety.org.

**First Unitarian Universalist
Society**
862-5630

Rev. Gary Kowalski, Minister

*Rev. Elaine Bomford,
Assistant Minister*

*Jerrold Packard,
Board President*

*Martha Dallas, Director
of Religious Education*

*David McFeeters,
Facilities Manager*

*Wayne Schneider,
Music Director*
wayne.schneider@uvm.edu

*Christina Fulton,
Society Administrator*

*Kathleen Kemp,
Administrative Assistant*

Email: office@uusociety.org
Web Page: www.uusociety.org

Visit to Partner Church

Your Partner Church Committee would like to plan a trip in the spring of 2010 to visit our partner church in Lupeny Romania. We think such a trip might handle up to ten or twelve participants. Some of you spoke to me about the possibility, so we would like to get the names of those interested to put together a planning meeting after we check out timing with Zoli, our partner minister. Please email me at wosuiter@comcast.net or Bill Klock at klockhollow@netzero.net to get on the tentative list. Thanks, *Bill Suiter*

Clarence Darrow and the Search for Justice

Mark your calendar for Saturday, June 13, 7:00-9:00 p.m., when actor Gary Anderson of American Legend Theater Works takes the audience back to the times and life of famed defense attorney Clarence Darrow. Best known for his role in the Scopes "monkey trial," Darrow was a crusader for civil liberties and the rights of labor, fighting racial hatred and capital punishment. He was also the son of a Unitarian minister with lifelong links to our liberal faith. Advance tickets will be available Sunday mornings for \$10, or at the door for \$12. This is intended as a fund raiser for our Society—please plan to attend and support a great cause! *Gary Kowalski*

De-Bunking Eco-Terror

Lori Kettler, a grad of Vermont Law School, has been on the legal staff of PETA (People for the Ethical Treatment of Animals) for three years, filing Freedom of Information Act disclosures against the FDA and U.S. Fish & Wildlife agencies to learn how taxpayer dollars are used in wildlife management and animal research. On Sunday, May 31, at 12:30 p.m., Lori will update us on the so-called "Animal Enterprise Terrorism Act," a bill passed in the wake of 9/11 that is being used to re-define environmentalists and animal activists as "terrorists" subject to the harshest federal criminal penalties. Come learn and be educated to protect free speech and legitimate dissent. Sponsored by UU's for Ethical Treatment of Animals.

Gary Kowalski

Book Club

You are invited to join us on Tuesday, May 12, at 6:00 p.m. for our third annual poetry meeting. Please bring your favorite 2 or 3 poems to read and/or discuss. Original poetry welcome! We will meet at Alison and Bud Etherton's house. As this is our last meeting of the year, we will celebrate our most enjoyable season by having a pot luck dinner. Please call Alison or Bud, 658-4126, to let them know you are coming and what you can bring. Call early to ensure your place!

Attention UU Book Lovers

The UU Book Cart is having a clearance sale! The book cart makes an appearance and offers books for sale twice a month. Proceeds benefit the Society. We need to clear out some titles to make room for new books, and that's good news for you! On May 17th in the Community Room, stop by the cart and find some great deals: selected books of UU interest for 30% off or more! Stock up on your spring and summer reading now.

Elaine Sopchak

Food Shelf Sunday Supper Help Needed!

There are two dates to cover in May, 5/10 & 5/17. Our biggest challenge is 5/10 since it's Mother's Day. Also, as was reported in this week's Free Press, the dishwasher broke and they have been washing dishes by hand or using paper plates. We will need more donated casseroles as this will cut down on the amount of pots and pans that need to be washed. So if you can't come to physically help, please donate food! Contact Suzie DeBrosse, sdebrosse1@gmail.com or 658-1677.

Next year: Religious Education News!

All currently registered families should have recently received a mailing from the R.E. office with a 2009-2010 Registration Form enclosed. Please do your part to help plan for next year by returning the form to the R.E. office this month! Registering your children means participating in our Religious Education Cooperative. Families who have been participating for six months or more (whether or not you are an actual member of First UU) are asked to indicate their first and second choice stewardship roles, so we can best match interests with program needs. If you have any questions about registration or your family's participation, contact Martha Dallas, Director of Religious Education, at Martha@uusociety.org or 862-5630 x 28.

The Flu and You and Everyone Else

With all the talk about Swine Flu we thought we'd give you some tips on how stay healthy. And if you can't stay healthy, how to keep from spreading the flu to others. There is no vaccine available right now to protect against swine flu, but there are everyday actions that can help prevent the spread of germs that cause respiratory illnesses like influenza. Take these everyday steps to protect your health:

- 1) Cover your nose and mouth with a tissue when you cough or sneeze and throw the tissue in the trash after you use it.
- 2) Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners are also effective.
- 3) Avoid touching your eyes, nose or mouth. Germs spread this way.
- 4) Try to avoid close contact with sick people.
- 5) If you contract the flu, STAY HOME from work, school and church, and limit contact with others to keep from infecting them.

Fresh Air Fund

Share two weeks of your summer with a child, and reap the rich rewards of adventure and newfound friendship. As a host family with The Fresh Air Fund, you will help a child experience the freedom of playing outdoors and the simple pleasures of life in your community. By hosting a Fresh Air Fund child, you are answering a call made back in 1877 when Reverend Willard Parsons asked the families of his congregation to give children living in New York City tenements a brief respite. This tradition of caring continues today through The Fresh Air Fund's Friendly Town Program.

If you are interested in becoming a volunteer host family, please contact your local Fresh Air Fund Representative, Karen Allen, at (802) 372-5324 or by e-mail at karen@hvt.org. You may also call The Fresh Air Fund at 1-800-367-0003 or visit the Web site at www.freshair.org.

First Unitarian Universalist Society
152 Pearl Street
Burlington, VT 05401
(802)862-5630
www.uusociety.org

Non-Profit
Organization
US POSTAGE
PAID
Permit No. 119

RETURN SERVICE REQUESTED

UUA Presidential Election

This year, as current UUA President Rev. Bill Sinkford steps down, we Unitarian Universalists will choose between two excellent candidates who are poised to serve the next term. The Society is awarded approximately 12 ballots. At the Annual Meeting on June 7, we will vote to determine how those ballots will be apportioned, and send them to be counted at the General Assembly. Representatives from both campaigns are coming to Burlington to familiarize congregants with the candidates and present their respective visions. Messages from each follow: On Sunday, May 17, following both services, Rev. Charlie Boothby, former Northeast District President, will be here on behalf of Rev. Peter Morales. The Rev. Peter Morales is the senior minister at Jefferson Unitarian Church in Golden, Colorado, one of our movement's largest and fastest growing congregations. During his ministry, Peter spent two years with the UUA in Boston as Director for District Services and is a former member of the UUA Board of Trustees. Peter served on the UUMA Executive Committee as the first person to carry the new anti-racism, anti-oppression, multiculturalism portfolio. He came to the ministry after an interesting life that included being a Fulbright lecturer in Spain, a newspaper editor and publisher in Oregon, a Knight International Press Fellow in Peru and a regional manager in California state government. Peter and his ardent supporters now believe his best work lies ahead as president of the UUA. On Sunday May 24 Rev. Olivia Holmes, Interim Minister of the Concord, NH UU church will be presenting a workshop after each service on the candidacy of Rev. Laurel Hallman for President of the UUA. Join her to learn of the gifts Laurel will bring to lead our religious movement if she is the successful candidate.

Reverend Elaine Bomford

Yoga is Back at the First UU of Burlington!

- Mondays 6:30PM - May 11 through June 15 (No class on June 1st)
- Wear comfy clothing (no jeans, belts, jewelry)
- Bring your own mat (email me for suggestions on where to find a cheap mat) & a towel
- Beginner/Gentle (All levels welcome)
- Cost: Free/Suggested Donation \$4 - All proceeds go directly back to Burlington UU church.

Class Offered

I am offering a Beginner/Gentle (All levels welcome) Hatha yoga class – 5 sessions lasting for 45-60 minutes. We will be focusing on learning postures that relieve stress in our bodies, mainly our hips, lower backs, and legs as well as gently learning to engage our muscles (specifically core strength) to eventually eliminate any stress or pain in these areas. This class is perfect for anybody who has ever been intimidated by a yoga class or studio. It is also perfect for anybody who has thought, "I can't do yoga. I can't even reach my toes!" Through variations/modifications of poses, any level, any body type, any age can practice yoga. I invite any and all that are interested- please do not hesitate to contact me with any questions.
gabriellegoldberg@hotmail.com

A Little About the Instructor - Gabrielle Goldberg

The first time I tried hatha yoga (postures) was at school when a friend was teaching a free class in the chapel and suggested it for relief of hip tightness from snowboarding. Just a few months later, I volunteered at Kripalu Center for Health & Yoga as a Seva (worked in exchange for food, bed, & loads of yoga) for a total of 7 weeks. I also stumbled across the Integral Yoga Institute, which truly wove together my UU roots with my new found passion for the cleansing practice of Yoga. I received my 200 HR Yoga Teacher Training certificate thru Yoga Vermont. I want to offer this opportunity thru the UU church because I am a UU- I have been heavily involved in YRUU and Young Adult UU community since 1998. Throughout college, I worked at Star Island in a variety of positions. Teaching this beginner series is one way I am able to give back to a community (in this case a new UU community) which I love and adore!

Loose Plate for Charity

On March 29th and April 5th we collected for the Burlington Parks and Rec Summer Nutrition Program and will be sending them a check for \$648. On April 12th and April 19th we collected \$1,579.20 for Center City Little League. We will be sending them a check for half of that, or \$789.60. We can all be proud of the difference we're making in our own community. Which agencies are next on our list? On May 10th we will be collecting for our own Choir's Sheet Music Fund. On May 17th and May 24th we will be collecting for Outright Vermont. Please come prepared to be generous!

Loose Plate for Charity collections go to non-profit agencies that serve residents of the Old North End. If you would like to nominate an agency, please contact Christina at 862-5630 ext. 22 or email at xina@uusociety.org.

First Unitarian Universalist Society of Burlington Planned Giving Survey

In celebration of our first 200 years, this fall the First Unitarian Universalist Society of Burlington will kick off a Bicentennial Planned Giving Campaign to seek bequests and other planned gifts from members and friends of our Society and from the community at large. Our purpose is to increase the endowment funds to preserve and protect the historic building and serve the needs of the Society in its third century.

Your participation in this survey will go a long way in shaping that campaign. We will use your responses to plan workshops on wills and estate planning, to reach out to potential donors, and to recognize other areas of interest.

Your responses will be kept confidential. All survey participants will be entered into a drawing for First UU memorabilia.

Thanks for helping your Society.

Do you currently have a will or estate plan?

Yes No

Have you already made provisions to include the First UU Society in your will or estate plan?

Yes No

Would you be interested in learning more about estate planning to include the First UU Society?

Yes No

If we offered workshops on planned giving, what topics would be of interest to you?

(check all that apply)

Wills

General estate planning

Charitable income annuities

Other _____

It would help us to understand your priorities for long-term support of our society and its work. Please place a 1 by your first priority, a 2 by your second, and so forth, down to 6 for your lowest priority.

Historic building and grounds

Ministry

Children & youth ministries (RE)

Music

Staff salaries & church management

Social outreach

Are there other areas you feel it would be important to support with endowment funds?

If you would like further information, please let us know how we can get in touch with you.

Name & contact information _____

Thanks for placing your completed questionnaire in one of the boxes marked "Planned Giving Survey" at the back of the sanctuary following services on May 10 & 17 or by mailing them to:

Bicentennial Planned Giving Survey
First Unitarian Universality Society of Burlington
1152 Pearl Street
Burlington, VT 05401

Bicentennial Planned Giving Committee:

Sally Conrad (Chair)

Pat Allen

Gary De Carolis

Nick Nixon

Jonathan Sands

Jan Abbott

Dave Conrad

Marla Emery

Tom Porter

Peggy Owen Sands