



May 24, 2009 -  
June 6, 2009

**Calendar**

- Sunday, May 24**  
 9:00 Worship Service  
 10:00 Women's Spirituality Group  
 10:00 Laurel Hallman UUA  
 Presidential Forum  
 11:00 Worship Service  
 12:15 Laurel Hallman UUA  
 Presidential Forum  
 12:30 Small Group Ministry  
 7:00 Yuuth Group Evening Meeting
- Monday, May 25**  
 \*\*\*\*\* Zen (Call office for time)  
 9:00 Newsletter Deadline  
 6:30 Yoga!
- Tuesday, May 26**  
 10:00 Wisdom Wanderers  
 12:00 Staff Lunch  
 7:00 Planned Giving Committee
- Wednesday, May 27**  
 9:00 Staff Meeting  
 6:15 Film: "End of Suburbia"  
 7:00 Choir Rehearsal
- Thursday, May 28**  
 \*\*\*\*\* Zen (Call office for time)  
 9:00 Newsletter Crew  
 11:30 Weekday Steward Luncheon
- Friday, May 29**  
 6:30 The Floods of Rhythm  
 6:30 AA Men's Group
- Saturday, May 30**
- Sunday, May 31**  
 9:00 Worship Service  
 10:00 Meet the Budget  
 11:00 Worship Service  
 12:15 Meet the Budget  
 12:30 Meet YUUTH Group Potluck  
 12:30 De-Bunking Eco-Terror  
 7:00 Young Adult Group
- Monday, June 1**  
 \*\*\*\*\* Zen (Call office for time)  
 4:30 Celebration Committee  
 7:00 Advanced Directives  
 Workshop
- Tuesday, June 2**  
 12:00 Staff Lunch  
 7:00 Executive Board Meeting
- Wednesday, June 3**  
 9:00 Staff Meeting  
 6:30 RE Committee Meeting  
 7:00 Choir Rehearsal
- Thursday, June 4**  
 \*\*\*\*\* Zen (Call office for time)  
 3:00 Photo Directory Session
- Friday, June 5**  
 3:00 Photo Directory Session  
 6:30 AA Men's Group
- Saturday, June 6**  
 10:00 Photo Directory Session

**On My Mind**

Our potatoes went in Saturday, two rows, right next to the pea fence. It's a short season in Vermont, so while conventional wisdom holds that Memorial Day is the last frost, root crops get planted earlier. A month from now, we'll be hilling those potatoes, and barring disasters, harvesting enough next September to see us through the winter.

It's not cheaper or easier to grow your own. Dori and I spent a couple of hours weeding our plot, which had been sown in buckwheat to build nitrogen the year before. Rain was falling before we finished, so we were soaked and muddy by the time the trenches were dug and the taters in.

The vegetables do taste better and they're organic. But I think the real reason we garden is for a satisfaction that goes beyond the nutritional. Call it aesthetic, or spiritual, or primal, but for me, it's a way of staying in touch with soil, sunshine, and all the elemental forces of our being.

And I think that's the reason I also prefer to grow my own faith, as a Unitarian Universalist. It's hard work defining your own beliefs. Easier in many ways to subsist as a gourmand or consumer in the religious cafeterias, where the food has been processed and readied for purchase. But I like the garden, even one that's fallen and full of toil. I may do battle with deer that nibble my broccoli in the night, and with a variety of voracious bugs, but at least these are real enemies—not metaphysical heresies or other imagined foes. And while I may exult in temporary victories, I know that co-existence is the only option.

Like our Transcendental forbears, I cherish self-reliance. And like them, I'm a nature worshiper. So my spiritual practice is set for the next three months.

Genuflecting along each row, picking Colorado Potato Beetles ... the only place you're likely to find me on my knees.

**Gary**

**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 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.

**Sunday, June 7, 9am**  
**"Meeting Ground"** Reflections on life in community with Reverend Elaine preceding the Society's Annual Meeting.

**Sunday, June 14, 11am**  
**"Wheel of Life"**

**Memorial Garden News**

Dr. Paul Young and family of Salt Lake City, Utah have made a generous donation to our Memorial Garden in memory of his wife, Linda.

**Author, Author!**

Gary Kowalski's new book *Earth Day: An Alphabet Book* with illustrations by Rocco Baviera is now out from the UUA's Skinner House publishing arm. Copies are available from the UUA Bookstore, [www.uuabookstore.org](http://www.uuabookstore.org), (800)215-9076.



## Message From Martha



My cat, Buttonup, is nearly 16 years old. Two days into my first "real" job, teaching Religious Studies at a college prep school, I announced to the Universe, "Okay, I'm ready for a cat." And the Universe responded with 10-week-old "cow kitty" (because he looks somewhat like a Holstein). Buttonup's name is randomly derived from the classic cow name, "Buttercup."

Anyway, in my job as a young teacher, I assigned an end-of-year paper to write a response to the question, "Who Am I?". After a year of learning adventure and discovery of the human experience, it was a fascinating treat to read the students' conclusions. But this question is a valuable one for all of us, no matter our age.

For me, Who I Am as an adult and as a professional, is woven inextricably with my relationship with - and love for - my dear Buttonup. In his advanced age, I hold and love him with a frequent awareness of his physical impermanence in my life. Likely, I will survive his death and not vice versa. While smuggling him recently, it occurred to me (or he taught me!) that one of the reasons we fear or dread the loss of a loved one, is because *their death will change who we are*. Yes, we will miss them terribly. Yes, there will be a hole that they once filled. *But we will change too*. The more integral to our lives they are, the bigger the change in our future identity. And we can't anticipate the *nature* of that change. Acknowledging that the change is inevitable is a helpful awareness, but there remains fear, anxiety, even dread in the *not knowing who we will become* when they're gone.

It's destabilizing and disorienting to suddenly feel you're someone you don't know very well. Because in a very real way, *who we are* is the *sum-plus-"je-ne sais-quois"* of the relationships we're part of. Whether it's with people, animals, plants, land, food, belongings, work, hobbies, appointments, activities... change any of these, and we become changed.

I've heard it argued that a more meaningful articulation of the question, "Who Am I?" would be, "*Whose Am I?*", implying an essential ground of relationship and accountability in who we are.

I'll venture that since you're reading this, to answer *that* question (Whose Am I?), that, among other things, you are First UU's. And that, also, you are First UUs! Who (and whose!) we'll become in the future is separated from who (and whose) we are *now*, by *change*. The nature of that change is partly out of your hands, but also powerfully *in them*. What changes do you wish for? *Be them*, and be *theirs*, in the life you live at First UU.

And Buttonup? He's mine. And he's the springtime sun-splashed, violet-speckled, dandelion-blessed, green-grass'd yard's...

Martha Dallas,  
Director of Religious Education

## Update on Stewardship Campaign

As of Monday, May 11, we are pleased to report that \$401,142 has been pledged toward the ongoing work of the Society. This compares to last year's \$386,360, a significant increase. So far this year, 343 pledges have been received, out of 735 potential pledges. This compares to last year's 350 out of 619 potential. This year, 123 pledges have been increased, 64 by 20% or more. We have yet to hear from 71 pledging units who pledged last year but not so far this year. Some of these folks are not able to pledge this year for reasons that we all can understand. We want to assure them that they remain valuable members and friends of the Society, and our thoughts are with them now.

We have the potential to achieve a goal that will maintain our programs of ministry, religious education, music, community outreach, and facility maintenance. This ambitious goal, resulting in large part from the decrease in return from our trust funds, has been pegged by the finance committee at \$460,000. We believe this attainable, but it will need everyone to stretch. Your Stewardship Committee is encouraged by the results so far, and continues to work to reach our target.

To those who have pledged so far, thank you for your demonstrated commitment. To those who have yet to commit, please take a moment to return your pledge card, or call our Administrator, Christina Fulton, at 862-5630 extension 22 to let her know if you will be pledging this year. This information is valuable to our planning for the coming year. *Woody Fulton and Your Stewardship Committee*

## Baby Food Needed for JUMP

On June 7 there will be a special summer baby food collection for JUMP. As always, Infant Baby Formula (Isomil w/iron) or Similac powder (w/iron), Baby Food Stages 1 and 2 and cereal is always greatly appreciated. Because formula is expensive, you might want to share the cost with a friend. Many thanks for your generosity.

*Lois Holbrook*

## The Floods of Rhythm!

This drumming circle will be led by Dawna Hammers on Friday, May 29th from 7-9 pm. at the First UU Society of Burlington. Cost is \$10 per person, \$15 per family. All welcome. No experience necessary. Some drums and many fun percussion instruments will be provided. For more information, please call (802) 236-2528.

## Host Families Needed

Do you want to change the world? Have you ever been interested in hosting an international exchange student? American Councils for International Education is currently accepting applications for host families for 2009-2010 school year. American Councils works with students from 14 different countries such as Afghanistan, Georgia, Ukraine, and Russia. This is an incredible opportunity to change the life of a future world leader. Please contact Local Coordinator, Alexa Hart at alexajhart@gmail.com with interest or questions. Barbara Benton and Rich St. Gelais of our congregation have been a host family this year and would love to tell you of their experiences and answer any questions you may have about the experience also (878-6786). They say: "This was one of the best things we have ever done in our lives!"

*Barbara St Gelais*

## Last Newsletter Deadline for This Year!

Monday, May 25, 2009 @9am covering June 7, 2009 - Entire Summer. Articles gladly accepted before this deadline! You can view the newsletter and publication schedule on our website: [www.uusociety.org](http://www.uusociety.org).

## Advance Directives for Healthcare Workshop

On June 1, 2009 from 7- 8:30 pm, an Advance Directives for Healthcare Workshop will be presented by Dorothy Seale-Brown at the First UU Society. This is an opportunity, to create documents that direct your family and medical providers with your clear directions about your medical care and care related to your death. On June 8, from 7-8:30 pm Dorothy will be available to assist with the required legal witnessing of your document. Your document must be witnessed by people not related to you. Please sign up if you plan to attend either or both of these events. *Sponsored by the Care Network Ministry.*

## Summer Services

Summer Services will begin on June 21 with our annual Father's Day Service. Would you like to share fathering experiences you've had with your children or your father? We'll celebrate Summer on July 12 with Summer Music and Poetry. Have you written a poem or short prose piece you'd like to share? How about reading one of your favorite summer poems? Do you play a musical instrument or sing? Welcome summer by sharing your writing, reading or musical talent. Look for the complete list of Summer Services in the next newsletter. If you'd like to coordinate a Summer Service, (we need coordinators!!!), contact Bridget 879-5409 or email [bmeyer1038@aol.com](mailto:bmeyer1038@aol.com).

**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](mailto:wayne.schneider@uvm.edu)

*Christina Fulton,  
Society Administrator*

*Kathleen Kemp,  
Administrative Assistant*

Email: [office@uusociety.org](mailto:office@uusociety.org)  
Web Page: [www.uusociety.org](http://www.uusociety.org)

## 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

## "Transforming Our Health Care System"

Senator Bernie Sanders hosts renowned author T.R. Reid who produced the award winning "Frontline" documentary "Sick Around the World", to discuss what we can learn from other countries who have developed cost effective universal health care systems. This event will be held on Monday, June 1<sup>st</sup> @7pm in the First Unitarian Universalist Society Sanctuary located at 152 Pearl Street, Burlington, VT. The meeting is free and open to the public. Contact Bernie's Office for more information: 1-800-339-9834 or go to his Webpage: [www.sanders.senate.gov](http://www.sanders.senate.gov).

## HomeShare Vermont

HomeShare Vermont is seeking a vibrant person who can provide some support for about 10-12 hours/week in exchange for a place to live! Share an apartment for no rent—just \$75/month in utilities—with a delightful young woman. Your role would be to provide occasional help grocery shopping, an overnight presence, some problem-solving/companionship, and share the housekeeping responsibilities. Share a comfortable, sunny 2-bedroom apartment a quick walk from downtown Burlington. This could be a great experience for a student or someone working during the day that has a little time to share and would like to save money on rent. No smoking. Contact Amy at 863-0274 to find out more about this unique opportunity and have an application sent to you. Thanks for your consideration! *Ali Fogel, AmeriCorps Member, HomeShare VT, (802) 863-5625, [www.homesharevermont.org](http://www.homesharevermont.org)*

## Time to Register Children for 2009-10 Religious Education Classes

It's hard to believe, but there are only a few more weeks left of the current religious education year. As activities wind down in the classroom however, things are only starting to gear up for the RE staff and the RE committee. Now is the time when we start forming fall classes, make sure that each class has a full complement of stewards, and assign a suitable classroom to each group. This work is made much easier when we receive registration forms well in advance of September. All currently registered families have been sent a lime green 09-10 registration form. Please take a few minutes to sign up your children and indicate your first and second choices for a stewardship role. We depend on the participation of each family to make our RE cooperative run smoothly and getting your form in ASAP will help us avoid a September "scramble". If you have any questions or are new to the society and want to learn more about the RE program, please contact Martha Dallas, RE Director, [Martha@uusociety.org](mailto:Martha@uusociety.org), 862-5630 x 28.

*Peg Rosenau,  
Religious Education Committee*

## Vermont Escape

Join us for the fifteenth annual B&B weekend offered by the UU Church of Rutland, VT, October 9-11, 2009. Enjoy the beauty of Vermont, UU hospitality, and a choice of guided activities: hiking, nature walk, kayaking, bicycling, antiques/arts, cider making historic tour, soaring tour, touring historic sites and quaint towns, and much more. Registration by August 15, \$275 (single) and \$475 (double). After August 15, \$325 (single bed) and \$525 (double bed). For more information contact [uufoliagevermont@yahoo.com](mailto:uufoliagevermont@yahoo.com) or (802) 353-7969. <http://fallweekend.wordpress.com/> (for brochure/registration) [www.rutlanduu.org](http://www.rutlanduu.org) (UU Church of Rutland website)

## 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](mailto: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!

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

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## **Celebrating 200 Years**

The Bicentennial Committee and the Celebration Committee are busy planning events for our 200th birthday year. On January 29, 1810 the UU Society of Burlington became the seed from which we have grown. It is only fitting that we remember our birth by celebrating with speakers and events to remind us of what we were, what we are and what we can become.

Many events are still in the planning stages but we would like you to know what some of those plans entail during the months between January and June 2010:

- ★ A kick off party of wine and nibbles on January 29th.
- ★ Sermons and speakers discussing the history of the times and our role in them.
- ★ Special music
- ★ Tours of our historic building.
- ★ Possible re-enactments of events.
- ★ Neighborhood "fireside chat" pot luck parties.

Why not think of ways that you could be involved? Help us celebrate. For more information, contact Susan Raimy, Bridget Meyer, Mary Silverman, or Judy Brook.

## **Clarence Darrow's Search for Justice: LIVE on STAGE**

Saturday, June 13 at 7 pm  
First Unitarian Universalist Society of Burlington  
Tickets: \$10 in advance or \$12 at the door  
Rated PG - 13

An award winning member of the Screen Actors Guild who has appeared on shows like "America's Most Wanted" and starred in PBS documentaries, Gary L. Anderson is the country's renowned portrayer of *Clarence Darrow*, the most celebrated attorney in American history. Darrow was famous for defending John Scopes in the "Monkey Trial." He fought against the death penalty, social injustice, racism, conspiracy laws, and civil liberties violations.

Not much has changed on our national landscape since his death in 1938. Creationism versus Darwinism in our schools, celebrity murder trials, civil liberty concerns during times of national fear, racial hate crimes, the death penalty and more—all these were representative of Darrow's cases between 1894-1925, cases which addressed both scandalous and national issues that captured the media on radio and won front page stories and headlines. This is not a dry lecture, but history come alive on stage, where the audience becomes the jury in every case.

**This is a fund raiser for our Society—one half of ticket sales support our own congregation's ministries.** One performance only, with seating limited to first 550 sold. [Note: This program is on track to be approved for Continuing Legal Education Credit for members of the Vermont Bar!]

*"Holds the audience spellbound." San Leandro Times. "In the same league as Holbrook's Mark Twain." Eureka Times Standard. "One of the most moving experiences in the life of our church." Brian Griffin, DRE, Tennessee Valley UU Church (Knoxville)*

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# Annual Meeting 2009

The members of the First Unitarian Universalist Society of Burlington are hereby warned of the Annual Meeting to be held at the meeting house on Sunday, June 7, 2009.

Member Registration: 8:30 am to 9:00 am

Worship Service: 9:00 am to 10:00 am

(note: Only one worship service will be held this day.)

Annual Meeting begins at 10:15 am sharp,  
Social Hour to follow

## **Agenda:**

1. Call to order. Dedication of Annual Report
  2. Opening
  3. Approval of minutes from 2008 Annual Meeting
  4. Introduction of board members
  5. Annual report of the minister – Gary Kowalski
  6. Annual report of the board president – Jerrold Packard
  7. Nominating Committee – committee's nominations; floor nominations; discussion; voting.
  8. Treasurer—presentation of FY 2009-2010 budget; discussion; voting
  9. Other business that may be presented by membership
  10. Closing
  11. Adjournment
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"The End of Suburbia" takes us on a journey of discovery, a sobering yet vital and ultimately positive exploration of what the second half of the Oil Age has in store for us. Through personal stories and interviews, the film examines how declining world oil production has already begun to affect modern life in North America. Expert scientific opinion is balanced with "on the street" portraits from an emerging global movement of citizen's groups who are confronting the challenges of Peak Oil in extraordinary ways.

The Green Sanctuary Committee  
Presents

# "The End of Suburbia"

Oil Depletion And The End Of The  
American Dream

Wednesday, May 27, 6:45 PM

First Unitarian Universalist  
Society

Community Room

152 Pearl Street, Burlington

**This information is quite shocking. I think many people  
who thought they had sufficient information concerning  
the energy crisis will be left in a rethinking  
mode. - Jim, California**

Discussion to follow about the future of  
community, solar, wind, bio-mass, gardening,  
bartering, transportation, recycling, composting  
and more.

Free Admission

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