



October 19, 2008 -  
November 1, 2008

## Calendar

- Sunday, October 19**  
8:00 District Youth Con Ends  
9:00 Worship Service  
10:00 Women's Spirituality Group  
11:00 Worship Service  
12:30 Forum: Economic Guide for the Perplexed  
5:30 Young Adult Potluck
- Monday, October 20**  
\*\*\*\*\* Zen (Call office for time)  
9:00 Newsletter deadline  
6:30 Administrator Relations Com.
- Tuesday, October 21**  
12:00 Staff Lunch  
7:00 Board Meeting
- Wednesday, October 22**  
\*\*\*\* Zen (Call office for time.)  
9:00 Staff Meeting  
7:00 Choir Rehearsal
- Thursday, October 23**  
9:00 Newsletter Crew  
10:00 Trust Fund Committee  
12:00 Menu for the Future
- Friday, October 24**  
6:30 AA Men's Group
- Saturday, October 25**  
9:00 New UU Class  
6:00 YUUth Group Overnight
- Sunday, October 26**  
9:00 Worship Service  
11:00 Worship Service  
12:30 VIA LOC Meeting  
12:30 SGM Kick-Off  
6:00 Young Adult Movie Night
- Monday, October 27**  
\*\*\*\*\* Zen (Call office for time.)  
7:00 Speaker: Sally Bigham
- Tuesday, October 28**  
12:00 Staff Lunch
- Wednesday, October 29**  
\*\*\*\* Zen (Call office for time.)  
9:00 Staff Meeting  
7:00 Choir Rehearsal
- Thursday, October 30**  
12:00 Menu for the Future
- Friday, October 31**  
6:30 AA Men's Group
- Saturday, November 1**

## Young Adult Potluck

Are you between the ages of 18 and 35? Would you like to meet other young adults in our congregation? Gary is organizing a get-acquainted potluck for Sunday evening, October 19th at 5:30 p.m. in the Sophia Fahs Community Room downstairs. Please plan to bring a dish to share. Friends welcome. Vegetarian fare is especially appreciated.

## Current Notes

The morning after the Vice Presidential debate, I awoke thinking about Sarah Palin and Joe Biden. This was the first time I had ever experienced a political hangover: heart racing, head buzzing, "What if...?" scenarios played out on the ceiling as I lay there staring up. Several deep cleansing breaths later, I mustered the wherewithal to rise and shine.

It's been a long political season. Last fall in New Hampshire, I received recorded phone messages from Hillary and Bill, Obama, McCain - even Mike Huckabee gave me a jingle. Pollsters called wanting to know which way I'd vote. Every day political flyers filled my mailbox; my daughter even appeared on one of them, standing next to a candidate whose appeal for youth was reflected in her hopeful face (Mom saved and framed the photo, of course!). Now in these final weeks, every day I surf the net religiously for the latest polls and news. I watch everything from FOX to Moyers, to the Daily Show. I receive and send factual and facetious e-mails to buddies. And of course there is the Sunday New York Times.

Does this sound familiar? Perhaps you, too, are experiencing election obsession and saturation. It's an exciting time, but also anxiety-producing. If you have family and friends who don't share your views, there is the added pressure of negotiating those relationships. I've come up with the following suggestions and observations to help keep politics in perspective as we come down to the wire:

a) Enjoy some pictures from the Hubble Space Telescope.  
<http://hubblesite.org/gallery/album/>  
In our vast universe, Sarah Palin, Joe Biden, your brother, mother, neighbor, or (G-d help you) your spouse whose politics are antithetical to your own, that sneering commentator, you, and me - we're all infinitesimal in the big picture.

b) In a recent Rasmussen poll, buried among the political questions was the query "How will you spend time this weekend?" 67% of adults said it is likely they will take a long walk, and 40% said it is very likely. Whether Americans are devoutly blue or red, a heartening majority of us love long walks through the Autumn colors.

c) Take a tried and true tip from Gandhi: imagine politicians wearing only their underwear. When Gandhi visited Europe, he told the politicians, "You in your country wear plus-fours, but I prefer minus-fours."

d) No matter what happens, no matter how it turns out, everything still changes. Breathe into this awareness. Then have a piece of chocolate (or your delectable of choice).

e) Keep hope alive!

**Elaine**

## Upcoming Sundays

### October Worship Theme:

#### Blessing

The story of Jacob holds that blessing is related to struggle. Hymns like "Amazing Grace" suggest wholeness flows within the "dangers, toils and snares" we encounter. What are the blessings in your life, and what challenges offer unexpected rewards? *"The hardest arithmetic to master is that which enables us to count our blessings."* Eric Hoffer

### Sunday, October 19, 9 am & 11 am

**"United Nations Sunday"** This morning members of Burlington's refugee community will be telling their stories, as Gary reflects on building a world big enough for everyone. This is also our annual "Association Sunday." Last year, 626 participating congregations representing over 128,000 Unitarian Universalists raised over 1.4 million for outreach programs (including TIME magazine ads) and diversity initiatives. This year's offering supports Lay Theological Education and scholarships for seminarians, with special funding to recruit and retain ministers of color. Thanks to all who support this effort.

### Sunday, October 26, 9 am & 11 am

**"The Beatitudes"** The Beatitudes, or blessings, found in the New Testament gospels of Matthew and Luke are thought by many scholars to be authentic teachings of the historical Jesus. Reflections upon these blessings as they were first spoken in Aramaic will be offered, as well as appreciation of how they have resonated with spiritual people through the centuries and still carry meaning in our own time.

### Sunday, November 2, 9am & 11:00am "Lay Service & Membership Sunday"

## Economic Guide For The Perplexed

Why are markets in a tailspin? Will a bailout work? What's behind the sub-prime crisis? Where's your money safe? Tom Hartshorne, Vice President of Benefit Investment Advisors (and a member of our First UU Trust Fund Committee) fields questions for the merely curious and seriously worried on Sunday, October 19, 12:30-1:30 p.m.



## Message from Martha



On my sixth birthday, when my father came home from work, he called me into the kitchen because he had a surprise for me. Dad was wearing a trench coat, and as I begged to know what the surprise was, a fuzzy, little orange head popped up from under the lapels of Dads' coat... a kitten! And even more special and amazing than that, it was a *boy* kitten! As a six-year-old, you see, I believed most cats were girls and understood boy cats to be very, very rare.

Looking back, I understand in part, why I believed this about cats. As a Kindergartner, I was a growing reader, progressing steadily through books in the *Dick and Jane* series. The content in those books clearly implied an association of *boys* and *masculinity* with dogs: Dick's buddy was Spot, the dog. Conversely, I learned to associate *girls* and *femininity* with cats, since Jane played primarily with Puff, the kitty. I therefore inferred that most dogs were male, and most cats were female.

*Dick and Jane* taught me rigid, confining messages about being a boy or a girl. Knowing the power inherent in stories to teach children gender roles, I try to be aware of when a story does (or does not) align with the values I want to impart. Twice this year, when preparing for worship, I was working with a story which only had male characters in it. Both times, I took the liberty to change the gender of a key character from male to female, to bring a greater balance of gender representation to the story. In fact, one of those characters was a dog. I turned him female! In both cases, by bringing a female presence into the story, I inserted an implied message that both boys and girls need to hear: that girls, too, play an important part in stories that matter.

While I'm grateful the *Dick and Jane* stories are a thing of the past, I question whether it's any easier nowadays to be whatever kind of girl or boy one wants to be. It is therefore our sacred responsibility to teach our children, explicitly and implicitly; by our words, and by our example – what we believe to be true and liberating about being a boy or girl in the world. We have an opportunity to realize dreams of gender equality with every story we tell our children. This can mean not only changing some stories, and the gender of some characters, but further: telling the children what we're changing and why.

May we all find the courage, again and again, to speak the changes that will liberate every girl and every boy to be their truest and brightest selves! May it be so.

Martha

## Special Collection for Knoxville Church

On Sunday, September 14th, our congregation had a special collection to assist the Knoxville, TN congregation who suffered a shooting this past July. We collected \$1,113.50 that Sunday and sent it, along with 50 "Be Guided By Your Faith and Not Your Fear" bumper stickers, to the Knoxville church. I received this note from Jenny, the Administrator in Knoxville:

"This has been a real godsend -- the finance chair and I agreed that we could spend it on the two additional workstations we are needing to handle all this activity. So we ordered two computers today (already have monitors donated), and we will overhaul the whole workroom next week to set them up. I have a volunteer bookkeeper who wants to help, but we had nowhere to put her. And it just seems like there is always someone needing a place to work, so that I say things like "Oh, here, let me just go to lunch (at 10:30) and you can use my machine....". So this will facilitate all that energy and help us make the most of the help that is coming our way. It seems strange that we are still so overloaded. Even simple things like nametags are backed up because attendance went through the roof with all the publicity. It will be great to have a place where volunteers can just plop down and do their work without having to get on a staff computer. So thank you, thank you, thank you. I'm sure you could have used that money very well at your own church, so thank you, thank you, thank you for this generous act."

Thank you all for your generous spirits!  
*Christina Fulton*

## Sutherland Lecture

Saint Michael's College presents Dr. Akbar Ahmed giving the annual Sutherland Lecture, this year on "Islam in America and Abroad: Current Challenges and Opportunities," on October 20, at 7 p.m. in the McCarthy Arts Center. Dr. Ahmed, the Ibn Khaldun Chair of Islamic Studies at American University, is considered one of the world's leading authorities on contemporary Islam. He is former High Commissioner of Pakistan to Great Britain. His numerous books, films and documentaries have won prestigious awards and his books have been translated into several languages, including Chinese and Indonesian. Professor Ahmed's most recent book, *Journey into Islam: The Crisis of Globalization*, is published by the Brookings Institution Press. He is currently also a Visiting Fellow at the Brookings Institute. Free and open to the public.

## Ride to Services

Gwen Evans and her guide dog are looking for rides to 11am Sunday services. If anyone in the Essex area is able and willing to offer rides, please call Gwen at 879-2706.

## "Can Faith Save the Climate?"

The Reverend Canon Sally Grover Bingham, chair of the Episcopal Diocesan Commission for the Environment, has been active in the environmental community for twenty-five years. She is Founder and President of The Regeneration Project, parent of Interfaith Power and Light (IPL), a national network of 4,000 congregations with affiliated programs in 28 states. She has brought widespread recognition to the link between faith and the environment, and, as one of the first faith leaders to fully recognize global warming as a moral issue, she has mobilized thousands of religious people to put their faith into action through energy stewardship and advocacy.

Sally serves on both the National Board of the Environmental Defense Fund and the Environmental Working Group, as well as the national advisory board for the Union of Concerned Scientists. She was recently voted Leading Religious Environmentalist in the nation by Grist Magazine.

The work of the Vermont chapter of Interfaith Power and Light (VTIPL) is well represented in the life of our UU society, both through the donation of a free, thorough and expert energy audit of the main church building in 2006-- which has led to the Society's reducing energy-costs significantly, implemented by Facilities Manager, David McFeeters—and through the formation of 7 Low Carbon Diet EcoTeams, in which households in the congregation are reducing their household energy-use, thus shrinking their 'carbon footprint,' substantially. As the result of this initiative at the UU, the Low Carbon Diet has spread to several other area churches and has now been adopted by Mayor Kiss as the key tool of a citywide campaign: "The Kitchen Table Collaborative...Coming Together to Cut Carbon."

Reverend Sally Bingham will give her talk on October 27th at 7:00 p.m. in the First UU Society Sanctuary. There will be an opportunity after the talk for questions and comments. Free and open to the public. Please spread the word about this rare opportunity to hear from a nationally renowned expert on this urgent 7th Principle challenge.

Wes Sanders,  
*Social Action Committee member*

## Election Day Food Drive

Organize a Food Drive for Election Day! It's easy, rewarding and very much needed. Just send out emails to schools, churches & businesses, post flyers and call your town's Public Works department to transport the food collected. Contact Suzie DeBrosse at [sdebrosse@verizon.net](mailto:sdebrosse@verizon.net) or 658-1677 for more details.

**First Unitarian Universalist  
Society**  
862-5630

*Gary Kowalski, Minister*

*Elaine Bomford,  
Assistant Minister*

*Jerrold Packard,  
Board President*

*Martha Dallas, Director  
of Religious Education*

*David McFeeters,  
Facilities Manager*

*Wayne Schneider,  
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*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)

## New SGM forming: "Consolations and Congratulations"

For folks who are going through or who have recently gone through a divorce or separation. Together we will practice speaking our truths, reconstituting the confidence to listen, laughing!, crying, and mining for spiritual gold to be found in the muck of transition. Facilitated by Reverend Elaine, who has been there and got the T-shirt. If you would like to learn more or participate in this group, please e-mail [elaine@uusociety.org](mailto:elaine@uusociety.org) or call her at the church; please include in your message several possible times that you would be able to meet.

## UU Artists and Authors

Enjoy Amber DeLaurentis and Bill Cleary in song and poetry celebrating the release of a new CD and book "Hey Sadie" by Amber, Evolutionary Prayers by Bill. Event to be held at Phoenix Bookstore Café (Essex Outlet Mall, in the armpit of Brooks Brothers; across the mall from Essex Cinema where Route 15 meets thruway 295 on Saturday, October 25, 5 to 7pm (no charge). Come ask for your favorite songs, hear the miracle of Evolution, have a beer or glass of wine and explore a wonderful new bookstore.

## Book Discussion

## Group

You are invited to join us on Tuesday, November 11, as we discuss The Tortilla Curtain, by T. Coraghessan Boyle. This book concerns two couples in Southern California, one a pair of wealthy suburbanites, the other illegal immigrants from Mexico. A highly engaging story in which the lives of these couples are interwoven, provoking questions concerning immigration, unemployment, discrimination and social responsibility. We meet at 7pm at the First UU Society. Please call Gerry Quinlan at 893 7587 with questions.

## Dancing for Dollars

Come see some church members dance in the 5th Annual Camp TaKumTa Benefit Dance at 7:30 PM on Saturday, October 25th at the Elley Long Music Center at St Michael's College. Camp TaKumTa is a camp for children with cancer. Tickets are \$20. Call Rosanne Greco at 497-0711, for tickets, or visit [www.firststepdance.com](http://www.firststepdance.com) for more details.

## Join Burlington UU on NING!

You've heard of FaceBook, MySpace, and the Front Porch Forum. All are ways of connecting friends and neighbors online. Now there's a social networking community especially for members and friends of our congregation—a way to share your passions and find people with similar interests. Need a ride to services or want a pet sitter? Advertise your request on [uusociety.ning.com](http://uusociety.ning.com). Want to start a discussion group on feminist theology? Start your own chat room at [uusociety.ning.com](http://uusociety.ning.com). When you sign in, you'll have a chance to post a personal photo and if you like share a little information about yourself. Create a blog. Invite your friends. Join an existing group (e.g. "Choir") or start your own. Just type [uusociety.ning.com](http://uusociety.ning.com) into the address bar of your computer and follow the prompts. We'll look forward to seeing you—online. *Gary Kowalski*

## Happy Birthday!

Congratulations to Lorraine Dwyer who turns 95 on October 18th. Lorraine is an active member of the Women's Alliance and a resident of Converse Home. Lorraine was born in 1913, and may be our oldest member!

*Gary Kowalski*

## Newsletter News

The next deadline is Monday, October 20th @9am sharp. It covers the time period from November 2 - November 15, 2008. Articles gratefully accepted before this deadline! By the way, did you know that we mailed 837 copies of the newsletter at the last printing? Want to help spread the UU word? Join the crew that meets every other Thursday morning @9am. See our website for the schedule or give the office a call, 862-5630.

## Transgender Day of Remembrance

Are you interested in being a part of TDOR this year? The committee has started meeting and is always looking for new members. Contact [Brenda@ru12.org](mailto:Brenda@ru12.org) for more information and to find out about the next meeting time!

## New UU Class

Want to know more about Unitarian Universalism? If you are a new comer or even an "old" comer – the key is that you have lots of questions - we have such a deal for you! Come to the New UU class on October 25, 9am – 12 noon, and we will strive to fill you up with information about the UU movement and First UU Society of Burlington, in particular. There will be activities for children at this program and, for the very young, child care will be available. Please be sure to sign up on the bulletin board. Questions? Contact Gail Beck at 862-3540 or [beckfamilytx@gmail.com](mailto:beckfamilytx@gmail.com).

## TV Ministry?

Gary will be the featured guest on Vermont Public Television's "Vermont Profile" on Monday, October 27 at 7:30 p.m. as host Fran Stoddard explores his Okie roots and many books. The show will be repeated on Sunday, November 2, at 1:30 p.m.

## Second Saturday Potluck

The potluck dinner is in the First UU Parlors on Saturday, October 18. We gather at 6pm for wine, appetizers, conversation, and the option of singing along with Bill Cleary. At 6:30, the music stops, we help ourselves to the great food that has shown up, and the conversation continues. If this sounds like a good evening for you, we'd love to have you join us. Please call Shirley McLane at 862-0543 and leave a message. Questions I need answered: Are you bringing an appetizer, salad, main dish, or dessert? Do you need child care? How many adults? You may call up to the last minute, unless you need child care. We ask for a \$2 donation to cover the cost of the beverages (wine, cider, soda, coffee). Hope to see you there.

*Shirley McLane*

## Cooking, Collaboration & Community!

Please join our team of UUs who shop, cook, serve and clean, as we assist the UVM students with their Sunday suppers at the Food Shelf. Dates that the students need us to cover are November 23 & 30, December 21 & 28, and January 4 & 11. It's a fun and rewarding opportunity for stewardship right here in the Old North End. Contact Aimee at [ALHutchins@aol.com](mailto:ALHutchins@aol.com) or Suzie at [sdebrosse@verizon.net](mailto:sdebrosse@verizon.net) or sign up on the bulletin board.

**First Unitarian Universalist Society**  
**152 Pearl Street**  
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**www.uusociety.org**

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**CHANGE SERVICE REQUESTED**

## **Loose Plate for Charity**

On September 7th and September 14th, our congregation pledged to contribute 50% of our Sunday Loose Plate Collection to Bike Recycle Vermont. I am proud to report that our congregation will be sending a check to Bike Recycle Vermont for \$721.23. On September 21st and September 28th, we collected for the Run for the ONE, on those two Sundays we collected \$1432.83; 50% of that will go directly to that organization. We can all be proud of the difference we're making in our community.

On October 5th and 12th, we will be collecting for the Noyana Singers; and on October 19th and 26th Vermont Refugee Resettlement will be the beneficiary. 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 [xina@uusociety.org](mailto:xina@uusociety.org).

## **Small Group Ministry Introduction & Facilitator Training**

The Introductory Session for those new to SGM is on Friday, October 24, 2008 6:30-8:30pm. By attending this intro, you're welcome to attend the Saturday workshop.

The Facilitator Training is scheduled for Saturday, October 25, 2008, 9-4:30. It is hosted by the First Church Universalist in Barre, 19 Church Street, Barre, VT. Directions -- The church is at the corner of South Main and Church Streets (corner of Route 302 and Route 14). It is the only white church bordering the city park in the center of town, and the only church with a clock in its steeple.

The First Church Universalist in Barre, VT is delighted to host this specialized Small Group Ministry or Covenant Group workshop. The Saturday workshop for those with some prior exposure to Small Group Ministry who want to focus on developing their understanding of and skill in group facilitation. It is open to both new and experienced facilitators. Those who are new to SGM and attend the Intro Session on Friday evening are then welcome to attend the Saturday workshop. Topics will include facilitation as a spiritual practice, developmental stages of facilitators and of groups, dealing with group challenges and the values and theological assumptions underlying facilitation. There will be two actual group experiences focused on topics of concern for developing facilitators.

Leader: Rev. Dr. M'ellen Kennedy is a Small Group Ministry Consultant and co-founder of the SGM Network. She is a UU community minister and community psychologist who has been working with lay-led small groups for over 25 years. She has offered facilitator training to hundreds of lay and professional leaders and feedback on her workshops has been excellent. The following is a quote from a participant at a workshop offered by Rev. Kennedy in New Hampshire last year. *"The workshop was utterly amazing -- informative, helpful, and inspiring! I am so grateful to you for offering the workshop, and look forward to spreading the word and the concepts. SGM has such great potential to strengthen, and deepen, the relationships and spirituality in our congregation. Thank you, thank you, many times over."*

For more info, contact Rev. M'ellen Kennedy at [mellenken@aol.com](mailto:mellenken@aol.com) or 802-453-5469.

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