



September 20, 2009 -  
October 4, 2009

## Calendar

### Sunday, September 20

9:00 Worship Service  
9:30 Care Network Ministry  
11:00 Worship Service  
12:15 OWL Parent Orientation  
7:30 Religion in an Age of Science

### Monday, September 21

\*\*\*\*\* Zen (Call office for time)  
9:00 Newsletter Deadline  
5:00 Celebration Committee

### Tuesday, September 22

12:00 Staff Lunch  
7:00 Planned Giving Committee

### Wednesday, September 23

9:00 Staff Meeting  
6:30 OWL Parent Orientation  
7:00 Choir Rehearsal

### Thursday, September 24

9:00 Newsletter Crew  
5:20 UUBF Zen Meditation

### Friday, September 25

6:30 AA Men's Group

### Saturday, September 26

### Sunday, September 27

9:00 Worship Service  
11:00 Worship Service  
12:30 SGM Kick-off  
7:30 Religion in an Age of Science

### Monday, September 28

\*\*\*\*\* Zen (Call office for time)

### Tuesday, September 29

12:00 Staff Lunch

### Wednesday, September 30

9:00 Staff Meeting  
7:30 Choir Rehearsal

### Thursday, October 1

5:20 UUBF Zen Meditation

### Friday, October 2

6:30 AA Men's Group

### Saturday, October 3

### Sunday, October 4

9:00 Worship Service  
11:00 Worship Service  
12:15 Diogenes & Doggie Wisdom  
5:00 Yoga  
7:30 Religion in an Age of Science

## Newsletter News

The next deadline is Monday, September 21, 2009 @9am covering events from October 4- October 18, 2009. Articles submitted before that time are welcome!

## Current Notes

September is a season for goodbyes. Warmth and light are waning; chevrons of geese fly south; golds, reds and purples steadily overtake the fullness of summer's green. Many of us who are parents and caregivers find ourselves saying goodbye to our children this time of year as well.

A few evenings past, my daughter Johanna Hope and I drove up to Montreal, where she boarded a plane for Paris. Up and away into the night sky she went - to study, explore a marvelous city, and to discover herself. I drove home solo. The white disc of the full moon shone on us both as we traveled our separate ways.

It's a difficult and beautiful event in the lives of parents and young people when we say "goodbye" at such times. Of course it is inevitable. Even as we watch them take their first steps, we know there will come a time when our children will walk wholly on their own. All our love and care is tending toward that day when they will step out as adults - eager, curious and strong, fully engaged. We try our best to prepare them for a life journey that will take them far beyond where we ourselves can go. That seems to be the way of the generations.

When Johanna was born, I felt like I had received all the gifts life had to give in one moment, one being. Now I feel I have given my best gift to the world, with a prayer she will be dealt with kindly, and loving confidence she will be able to handle it when life is harsh. This is the faithful prayer of mothers, fathers and caregivers.

There's a UU fellowship in Paris. I imagine Johanna may put in an appearance there some Sunday when she finds herself longing for the familiar in a foreign land. She has been raised among UUs who have offered her respect, encouragement, love, and the gift of genuine interest. I am reassured to know there are kind, like-minded souls congregating there should she be moved to seek them out.

I think of the young people who come to our services. They may be students, or perhaps they have come here to Burlington for their first jobs away from home. They may be from other countries, or from small towns, or the left coast. Each of them seeks to be recognized, welcomed, appreciated, loved. Every one of them is somebody's child, their parents' shining gift to the world. I don't think I quite realized this with the poignancy I feel now. Having said my own "Goodbye," I'm more deeply resolved to offer a heartfelt "Hello" to every one of those beautiful, gifted young people the Universe sends our way. Blessings,

**Elaine**

## Upcoming Sundays

### September Worship Theme: Home

The spiritual quest is the search for new mothers and fathers, wider family, deeper kinship, and a more lasting sense of home. Where do you find shelter from life's storms, and at what points in your journey have you felt rootless? What qualities do we seek to nurture in the congregation that is our spiritual home? *"I long, as does every human being, to be at home wherever I find myself."* Maya Angelou

### Sunday, Sept. 20, 9:00 am & 11:00 am

"At Home in the Stars" The biography of 19th century Unitarian astronomer Maria Mitchell is Gary's springboard for thoughts on the 40th anniversary of the moon landing, Star Trek, and our faith's contributions to cosmic spirituality. Later the same day, at 7:30 pm, Gary presents a public lecture on "Religion in an Age of Science," kicking off a four week adult study course on where religion fits into a universe of quarks, black holes, and evolutionary change.

### Sunday, September 27, 9am & 11am

**"Home is Where the Heart Is"** What constitutes the sense of being "at home" in a place, with others, and with ourselves? What does it mean to recognize we have outgrown a place, or persons, and are ready to move on? How may we reconcile ourselves to feelings of love, disappointment, fulfillment and longing for the various "homes" we experience in our lifetimes? Reverend Elaine offers her reflections.

### Worship Theme for October: Diversity

Unitarian Universalists celebrate diversity. But do we also embody it? When does difference enrich the fabric of community, and when do we perceive it as a threat? Can diversity serve as a connecting principle, or do we need to affirm a core of values and aspiration that all people share? *"If we are to achieve a richer culture, rich in contrasting values, we must recognize the whole gamut of human potentialities, and so weave a less arbitrary social fabric, one in which each diverse human gift will find a fitting place."* Margaret Mead

### Sunday, October 4, 11am

**"Blessing of the Animals"** A celebration for animals and their people. Two-legged, four-legged, winged and finned beings of all ages are invited! Please be sure your companion animals are well-mannered and under your control for the safety and enjoyment of all. **Note: There is no service at 9:00 am.**



## Message from Martha



Many years ago, during a guided meditation, I had an insight about what it means to take a deep breath. I was focusing on my breathing – on drawing each breath into my body, and then consciously allowing it to go out again. It struck me that a deep breath did not mean a big, full breath that stretched my rib cage out in every direction and created an uncomfortable almost-bursting feeling in my lungs. Instead, taking a deep breath had to do with the placement of the breath. If I drew it deliberately to the *bottom* of my lungs; if I intentionally placed it in that deep place, I was breathing deeply. A deep breath then, was not about *quantity*, but about *quality* and *depth*.

It occurs to me now that a *deep breath* is like a *deep life*. And like our breath, we can be mistaken about how to live a life that's deep, focusing on *fullness* of life, rather than *depth*.

I think of the people I know who acknowledge they are somewhere in their concluding years. I think, too, of the wisdom imparted by so many in the waning months and weeks of a terminal illness. One of death's greatest gifts – both for the dying and for the friends and family – is a reminder to appreciate life in every moment we live it. Death's approach can present us with pure opportunities to practice forgiveness, express courage, extend generosity, accept gratitude, and embody love. These opportunities, if we take them, teach us not about how to live *fully*, but how to live *deeply*.

I invite you to look about your life and notice whether death – either yours or someone else's – is present somehow. If fear comes up and you'd rather not go there, know that you're in good company! But also know that fear can serve to hint at an opening for growth, for new depth of meaning in your life.

A life that's deeply authentic becomes ever so with courage and with practice. Every breath we draw measures a moment of our lives. May we seek to live not so much a full life, measured by a volume of accomplishments, acquisitions, adventures, and accolades, but one that, with each and every breath we take, goes true and deep.

May it be so.

Martha Dallas,  
Director of Religious Education

## Small Group Ministry

Are you new to the Society and wonder how you can come to feel more at home here? Are you a long time member who often feels bewildered at the many names and faces who remain strangers to you? Small Group Ministry offers to bridge the gap for both groups.

Small Group Ministry is a national movement that swept through the UUA about twelve years ago. Members of a congregation join a small group (8 to 10 people) which meets for two hours about twice a month. There is a commitment by members to make all meetings, except in unanticipated circumstances. The goal of these meetings is twofold: to get to know members on a deeper level and to deepen personal spirituality. This goal is reached through group discussion, where all members have the unique opportunity to be witnessed.

Presently, the UU of Burlington has ten such groups. For more information about Small Group Ministry come to a brief orientation after the second service (12:30 PM) on September 27. Questions will be answered by members of these groups.

*Barbara Heeter*

## Help Needed

I am looking for a volunteer to assist me once or twice a month with grocery shopping and short errands. I am an independent person who happens to be blind, living in Essex. Please note also that I do have a Guide Dog who travels with me at all times. If anyone is interested in helping, please call me at 879-2706. *Gwendolyn Evans*

## "Gone to the Dogs: Philosophy for Every Man, Woman and Child"

Professor Mark Usher, head of UVM's Classics Department, is the author of delightful books for young readers, introducing the great philosophers of ancient Greece in whimsical ways. On Sunday, Oct. 4 at 12:15 in the Susan B. Anthony Room, Mark will talk about his newly published title *Diogenes*, which School Library Journal calls a colorfully illustrated look at "humans' desire for prestige and material goods and how to overcome them." Mark's previous book, on Socrates, was titled *Wise Guy*. Bring the whole family to meet the author, who will be selling and signing books (in ancient Greek) if desired. *Gary Kowalski*

## From the Membership Committee

Welcome to anyone interested in learning about membership in the First Unitarian Universalist Society of Burlington (FUUSB). Our Society's website ([www.uusociety.org](http://www.uusociety.org)) and the general website of the national UU organization (<http://www.uua.org/>) provide valuable general information.

If you are interested in learning more about our Society and UU in general, and meeting some folks and asking some questions, we will be holding a 2-part "New U" session at 12:30 pm on October 11 and 18 at the First UU Society. Please watch the bulletin boards in the lobby for more information - and please sign up so that we can plan appropriately. Additional New U sessions will be planned for winter and spring.

If you have any questions about membership, or the Membership Committee, please contact Doug Facey (Chair of Membership Committee) at [dfacey@smcvt.edu](mailto:dfacey@smcvt.edu). Thanks.

## For Rent

Are you a small business owner, non-profit organization, social justice group or an individual looking to rent office space with like minded people in a very cool space? At RU12? Community Center we have great downtown Burlington office space for rent. RU12? is Vermont's LGBT community center and advocacy organization for adults, located at 34 Elmwood Avenue across from the post office.

We have two upstairs offices for rent in our homey Victorian building: \$575 for 325 sq. ft. and \$425 for 265 sq. ft. Rent negotiable. Utilities and internet included. Use of copier, fax, common spaces (meeting rooms, reception/waiting area, computer lab) and full kitchen included. Available now, please call or email Kara at [thecenter@ru12.org](mailto:thecenter@ru12.org), 802 - 860 - 7812 with questions or to take a look.

## Run for the ONE

...to Benefit JUMP, Inc.  
September 26, 2009  
*Run for the ONE (Old North End)* returns for the 12th year with the hope of raising \$6000 in support of direct services at the Joint Urban Ministry Project. Look for a brochure on the poster on the UU bulletin boards that describe how to participate in this fund raiser for our downtown crisis ministry.

Contact Suzie Crews at [slcrews1@msn.com](mailto:slcrews1@msn.com) if you'd like to volunteer for the event. More information about JUMP is available at [www.jumpvt.org](http://www.jumpvt.org).

Let's make it bigger than ever!

**First Unitarian Universalist  
Society  
862-5630**

*Gary Kowalski, Minister*

*Elaine Bomford,  
Assistant Minister*

*Linda Gross,  
Board President*

*Martha Dallas, Director  
of Religious Education*

*David McFeeters,  
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## The Flu and You and Everyone Else

With all the talk about Swine Flu, we thought we'd give you some tips on how to stay healthy. And if you can't stay healthy, how to keep from spreading the flu to others. 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. *Christina Fulton*

## Silver Bay

Silver Bay Regional UU weekend on Lake George this year is October 16 thru 18. Feel free to ask Adam & Rita Bortz (864-3516) about how much fun it is, especially for families. You can register at the Albany UU web site - [www.fuusalbany.org](http://www.fuusalbany.org). Note that early registration reduces the costs. Applications are available in the main office.

## Religion in an Age of Science

Where does faith enter into a universe governed by quantum theory and relativity, where truth emerges from atom smashers and human values seem adrift amid the light years? Gary Kowalski leads a four week study course based on his book *Science and the Search for God* (Lantern, 2003), starting with a public lecture on Sunday, September 20 at 7:30 p.m. and continuing with discussions based on chapters in the book. The \$15 dollar registration fee includes the cover price of the text. Just show up on the 20th to join in the dialogue.

## OWL Parent Orientation

If your child will be participating in OWL this coming year, you must attend our OWL Parent Orientation in order for your child to participate. If there are two custodial parents, both parents must attend. This orientation will be offered twice for your convenience (note slight time change in evening option!): 12 – 2 PM Sunday, Sept. 20th and 6:30-8:30 PM Wednesday, Sept. 23rd. Also, please be sure that your child is registered in RE and signed up for OWL; we are expecting a large class this year, and may have to limit enrollment. Questions? Contact Martha Dallas at 862-5630 x 28 or [Martha@uusociety.org](mailto:Martha@uusociety.org).

## New in RE! Tapestry of Faith Curricula!

This year, our Religious Education program is introducing three new curricula. They are part of a series of curricula written for many age groups, called, "Tapestry of Faith," all of which have been written in the last five years or so. The ones we've chosen to integrate will be offered to our 2nd, 3rd, 4th, & 5th graders. The titles we've chosen are: "Moral Tales" (First Service 2nd grade), "Faithful Journeys" (First Service 3rd grade & Second Service 2nd-3rd), and "Toolbox of Faith" (4th & 5th at both services). All of the Tapestry of Faith curricula address four areas: ethical development, spiritual development, Unitarian Universalist identity, and faith development. All in the series are available online and free to download. For more information, check out [uua.org](http://uua.org) and search on "Tapestry of Faith." We look forward to our experience sharing these with the children! *Martha Dallas*

## UU Women and Religion Fall Retreat

"Celebrate Samhain" at the UU Women and Religion Fall Retreat in Sebago Lake, Maine, October 30th through November 1st. We will be honoring the sacredness of Samhain and celebrating the playfulness of Halloween at our semi-annual retreat. For more information view our blog: [www.uuwomenandreligion.blogspot.com](http://www.uuwomenandreligion.blogspot.com) or contact Leslie Bayers at [lifedancer1968@yahoo.com](mailto:lifedancer1968@yahoo.com) 207-284-3394.

## Nurturing Our Community with Friends and Funds

The Fundraising Committee is planning a Silent Auction for this Fall. There will be two categories at this auction: "Dining for Dollars" and "Services for Sale".

What is Dining for Dollars (D4\$)? Members and friends of the society host dinner and other events in their homes or elsewhere and other members and friends bid silent auction style to attend. Example D4\$ events might include: a pie tasting party, family game and pizza night, brunch on the deck, afternoon tea, an ethnic meal, etc. Creativity and uniqueness are a plus!

What is Services for Sale (S4S)? Members and friends donate services such as snowplowing, massage, yard work, child care, fitness consultation, to name a few, and other members and friends bid silent auction style to reap the rewards.

We are looking for events to be held from December 2009 to May 2010. Please be thinking about what you might offer in either of these two categories as we gather event ideas in September and October.

We, the Fundraising Committee, are Barbara Benton, Carolyn Munger, Hope Swanson, Kristen Kany and Sarah Forbes. Any phone or email inquiries can be directed to: Carolyn Munger 652-4609/ [carolynellis@juno.com](mailto:carolynellis@juno.com) or Hope Swanson 862-0928/ [hope.swanson@myfairpoint.net](mailto:hope.swanson@myfairpoint.net).

**First Unitarian Universalist Society**  
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## **Small Group Ministry Facilitator Training**

**Saturday, September 19, 2009, 9 AM to 4:15 PM**

**Registration & Coffee at 8:30**

**Hosted by the Unitarian Church of Montpelier, VT**

People come to our churches looking for an opportunity for friendship and spiritual growth. Many congregations have found that a strong Small Group Ministry (SGM) Program is an excellent way to address these pressing needs of both new and long-term members. A key to maintaining a strong SGM Program is on-going support and training for facilitators. The Unitarian Church of Montpelier is pleased to host this specialized Small Group Ministry or Covenant Group workshop tailored to the needs of aspiring and current group facilitators. Topics will include the power and purpose of Small Group Ministry; the essential components of a strong Small Group Ministry program; developing shared leadership within a small group; dealing with group challenges, and developing your confidence as a facilitator. There will be two actual group experiences focused on topics of concern for 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.

## **Unitarian Universalist Heritage Tour: Travel to Boston October 24-25**

In a lead-up to our bicentennial, Gary Kowalski will chauffeur up to twelve adults, leaving Saturday morning at 8 am and returning Sunday evening at 8 pm. The itinerary includes: *Tours of Emerson's home and Orchard House (the Alcott homestead), Multimedia show at the N. P.S. Lexington/Concord Battle Heritage Site, Sunday Worship at William Ellery Channing's Arlington Street Church, Fly-by of Augustus Saint-Gaudens' memorial to the Massachusetts 54<sup>th</sup>, Genuflection at 25 Beacon Street (UUA Headquarters), Memorials to religious freedom martyrs Mary Dyer and Anne Hutchinson, See Park Street Church (designed by Peter Banner, the architect who designed our own meetinghouse), Visit to King's Chapel, America's first Unitarian church, an evening of conversation with Professor Dan McKanan, the newly appointed Emerson Chair of UU History at Harvard Divinity School.*

Total cost is \$200 per person, which includes travel, lodging at the ecumenical Walker Retreat Center in Newton, a Saturday picnic in Concord, Saturday dinner, Sunday continental breakfast, and all tours and admission fees. Participants will be responsible for purchasing their own lunch and dinner on Sunday.

To reserve your spot, give a check to Gary payable to First UU Society, marked "Boston Trip." Sorry, but in the event you are unable to travel or your plans change, there will be no refunds.

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