



September 21, 2008 -  
October 4, 2008

## Calendar

### Sunday, September 21

9:00 Worship Service  
11:00 Worship Service  
12:00 Artist Reception  
12:30 Ware Lecture Video

### Monday, September 22

\*\*\*\*\* Zen (Call office for time)  
9:00 Newsletter deadline

### Tuesday, September 23

### Wednesday, September 24

\*\*\*\* Zen (Call office for time.)  
9:00 Staff Meeting

### Thursday, September 25

9:00 Newsletter Crew

### Friday, September 26

6:30 AA Men's Group

### Saturday, September 27

8:30 RE Committee Retreat

### Sunday, September 28

9:00 Worship Service  
11:00 Worship Service  
7:00 Film & Discussion:  
Lessons For the End of Life

### Monday, September 29

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

### Tuesday, September 30

7:00 American Humanist Assoc.

### Wednesday, October 1

\*\*\*\* Zen (Call office for time.)  
9:00 Staff Meeting

6:30 RE Committee Meeting

### Thursday, October 2

12:00 Book Discussion:  
Menu for the Future

### Friday, October 3

10:00 Women's Alliance Meeting

6:30 AA Men's Group

### Saturday, October 4

## Women's Alliance

Attention members of Women's Alliance. Our first meeting will be on Friday, October 3 at 10:00am. It is important that you all attend so that we may discuss how we will function this coming year. We must also think about the Holiday Bazaar. Bring a sandwich and we will try to figure it out. Dessert and coffee will be provided. *Rita Bortz, Secretary*

## Silver Bay Weekend

Regional UU fun weekend at Lake George's Silver Bay YMCA camp is October 17 to 19 this year. Contact Rita/Adam Bortz 864-3516 for information or see display on our bulletin boards.

## Current Notes

One of the unexpected things I have discovered that I like about living in Burlington is the fact that most evenings, I hear a train whistle sounding from the direction of Winooski. I surmise it is a freight train heading out for a night run; the exact identity and destination of the train remains to be discovered. The notes of the train whistle - any train's whistle - resonate deep with me. I was not born into a Catholic family, or a Jewish family; I was not born a Unitarian or a Universalist. I was born into a Railroad family. When the trains are running, I feel something is right and as it should be. That "lonesome whistle" in the late evening says "I am on my way, I'm about my business and I will carry this load safely through the night."

My great grandfather was a cabinet maker for the railroad. He and his family lived near the tracks in Memphis. Their house was known by the hobos who rode the rails because my great grandmother would always give them food when they knocked on her kitchen door. She said "When you give something away, it comes back to you threefold." I am proud that my great grandmother was trusted by the hobos. She gave me something to live up to. I have faith in her threefold-return wisdom and try to follow it.

My grandfather was a railroad man too, starting out as a fireman on the Denver and Rio Grande Railroad; he traveled the treacherous and beautiful gorges across the Divide, working in all weathers - sometimes getting out of the train to shovel the snow packed onto the plow of the narrow gauge engine. His stamina, courage and love of the mountains inspire me still. Later, when he was an engineer for the Southern Pacific, he broke the rules and let the hobos ride his train. At the end of the line, he would take them to a restaurant. "Never give a hobo money," he said. "Buy him a meal, and then sit down and eat with him." I think of this when I dole out the City Market vouchers we keep in the church office to give to folks in need. "Support the Unions" was another of our inherited tenets. Cross a picket line? Not if you want to eat at the family table!

These railroad truths and family stories, and many others, come back to me in the sound of the train whistle. Nights of riding in the top bunk of the sleeper, rocking to that clickity clack rhythm; french toast in the diner - the best breakfast in the world; days of traveling cross country, everything I needed carried with me, everything I longed for somewhere ahead of me; my grandmother's voice saying "If you are in trouble, look for a train person...." All these things come to me in the train whistle. Here in Burlington, my new home, it is a note full of familiar grace.

**Elaine**

## Upcoming Sundays

### September Worship Theme:

#### Education

*How do we educate the heart as well as the intellect? Where do we look for wisdom as well as information? What lessons has life been teaching you, and which have been hardest to learn? "The secret of education lies in respecting the student." Ralph Waldo Emerson*

### Sunday, September 21, 9 am & 11 am "Equinox Lessons"

Nature is a much-beloved teacher in Unitarian Universalist faith. Nature is also "feared," or experienced with awe and wonder. Our assistant minister Rev. Elaine Bomford writes, "the Autumn Equinox provides opportunity to appreciate, celebrate and reflect upon ways in which nature educates and sustains us in our living."

### Sunday, September 28, 11:00 am

**"Family Matters"** A very popular theory holds that children absorb their values from peers, not parents. This morning Gary reflects on how kids grow and the difference parents, families, friends and congregations make in their moral and maturational development. This is a Sunday when we introduce new members. Please speak to Gary, Elaine or Martha if you're interested in joining our Society.

### 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 5, 11 am

**"Blessing of the Animals"** Dogs, kitties, tortoises and two legged creatures of all ages are invited to this multi-species, intergenerational celebration. Please be sure your companion animals are house-trained as well as leashed or crated and under your control for the safety and enjoyment of all. **Note: There is no service at 9:00 am.**



## Message from Martha



Lucy and I have two cats who live with us in our home in the Old North End. Buttonup is 15; he's long-limbed and white with big black spots. Dandy Lion is a 3-year-old stocky, black and tan tiger. This time of year, they love to spend a lot of time outside. The front porch is a favorite spot for both boys; Buttonup will snooze for hours on the grungy cushion of a wicker chair; Dandy Lion sits on the porch railing where he can keep tabs on everyone in the neighborhood.

Sometimes, of course, they ask to come in. Sometimes one waltzes in while the other saunters out. Sometimes they ask to come in and when I open the door, they just sit there, leaning in to rub their cheek on the door jam. Sometimes, as soon as they've come in, they turn around and sit by the door till I let them out. If you know cats, you know this in-out routine all too well. We argue out loud with them: "You *just* asked to go out. Now you want to come in. Which is it?! Make up your mind!" Cats' fickle behavior can threaten to drive us nuts!

Well, ye who are fed up, fret no more! I've imagined and accepted the following fret-free understanding of a cat's world: There is no *in* without *out*. *In* is meaningless outside of its relationship to *out*. Each is part of the same *whole* of existence. *In* and *out* are like *Yin* and *Yang*. They fit together and flow into each other. Together, *in* and *out* comprise a balance of experience. It is not unreasonable in one moment to want to come in, and then to ask to go out in the next. Those are two different, but related moments and cats have no trouble living in the moment!

I think, in other words, that cats exhibit an organic understanding of our Seventh Principle: *Respect for the interdependent web of all existence of which we are a part*. Cats are part of *being in*; cats are part of *being out*. *Being in* is part of *being out*. Now *in* is part of *just a moment ago*. And *doors*, and *people who can turn door handles* are part of the whole of existence too.

This Seventh Principle exists because it's so easy to disrespect this interdependent web of existence. It's easier to be exasperated with our cats than it is to accept that if *doors* are part of the existence of *in* and *out*, that *people's assistance* with opening them must be, too. It's easy to forget to respect the links and relations across time, across space, across matter, species, people... across everything! Buttonup and Dandy Lion remind me these connections exist. When I remember to respect the *all* of which I am a part, it's a whole lot easier to find myself at peace. My cats taught me that!

Martha

## Want To Be A Member?

If you feel at home in our community and want to build a deeper relationship with other members of the Society, why not make it official? Becoming a member makes you a stakeholder here and joins you with others on diverse spiritual paths. It implies a mutual responsibility to uphold our common values and support our programs and principles. See Gary, Elaine or Martha if you'd like to learn more. They'd be happy to answer your questions and welcome you to membership.

## Growing up Digital

Kids, Commercialism & New Media Culture, conference for parents and educators, Friday, September 26th at the Rock Point Conference Center in Burlington. Josh Golin of the Campaign for a Commercial Free Childhood will provide the keynote address "Reclaiming Childhood from Corporate Marketers". For a complete list of workshops, registration and a conference schedule please visit [www.acmevermont.org](http://www.acmevermont.org). \* Just announced: Sneak Preview of the new film, "Consuming Kids" Thursday night 9/25 @ 7:00 p.m. [www.mediaed.org](http://www.mediaed.org) for film summary. *Suzie DeBrosse*

## UUA Ware Lecture

Can you imagine a more dynamic, funnier and more visionary Obama? Hear Van Jones, Director of the Ella Baker Center for Human Rights, share his dynamic vision of a green, global, multi-cultural future, Sunday, September 21, at 12:30 p.m. *Gary*

## Art and Spirits

The artwork of Gwen Evans is now hanging upstairs in the gallery. Please come view this work. Also, a reception will be held upstairs on September 21, at 12:15. Cookies will be served. *Gwen*

## Book Discussion Group

You are invited to join us on Tuesday, October 14, as we discuss [Stones from the River](#) by *Ursula Hegi*. Beautifully written by a native German, the story centers on Trudi's experience of "being different" as she grows up in Nazi Germany. We will meet at 7pm at the First UU Society. Please call Gerry Quinlan at 893-7587 with questions.

## Ride to Services Needed

Gwen Evans and her guide dog are looking for rides to the 11:00 Sunday services. If anyone in the Essex area is able and willing to offer rides, please call Gwen at 879-2706.

## Women & Religion Fall Retreat

Ladies: Mark your calendars. The 2008 UU Women and Religion Fall Retreat will be held October 24-26 at Rockcraft Retreat Center in Sebago, Maine. Please visit our website for more information:

[www.uuwomenandreligion.blogspot.com](http://www.uuwomenandreligion.blogspot.com) or if you don't have internet access, call Leslie Bayers at 207-284-3394 for a registration brochure. See brochures on FUUSB bulletin boards. Registration deadline is September 26th.

## Nametags

As a newcomer to FUUSB, I have been generously welcomed. There is one thing, however, that folks could do that would make my welcome complete: Wear a name tag on Sunday mornings! Somewhere along the way I missed that class on "How to remember names." I'm terrible at it! However, I am not alone; I've heard folks hereabouts in this large and growing congregation confess with chagrin that they don't know peoples' names either. For the sake of those who are newcomers, "name-challenged," or just wanting to reach out and make a connection, I sincerely hope you will remember to practice this genuine, simple act of kindness next Sunday, and every Sunday – don your name tag! Thank you.

*Elaine Bomford*

## Menu for the Future

Dr Rajendra Pachauri, chair of the United Nations Intergovernmental Panel on Climate Change, which last year earned a joint share of the Nobel Peace Prize, said this September that people should be prepared to modify their diets to stop global warming, especially reducing consumption of meat. Gary Kowalski leads a study of how what we eat affects the earth, human health and other living creatures starting Thursday, October 2, noon-1:00 p.m. Anyone can participate. Please obtain a copy of the Northwest Earth Institute's "Menu for the Future" from the UU Office (cost \$20, low income subsidies available) and read the first session prior to our lunchtime meeting.

## Lessons from the End of Life

What can those at the journey's end teach us about living with grace and gratitude? Three documentary films help us explore together: *Fierce Grace* with Ram Dass, *Lessons for Living* with Morrie Schwartz and Ted Koppel, and *The Man Who Learned To Fall* with Phillip Simmons. Each film is 60-90 minutes long, followed by discussion, starting Sunday, September 28, from 7-9 p.m. Gary Kowalski facilitates the dialogue.

**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,  
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)

## The Inner Workings

Fall is time for gearing up and picking up the pace. I'm sure you are all busy getting into the rhythm of the season. The same is true for our staff here at the First UU Society. Committees are scheduling their meetings, newsletter articles are flowing in, classroom furniture needs to be put back in place, etc., etc., etc. Our staff loves this time of year! It's great fun to see friends that we haven't seen all summer and to catch up on the events of the past few months. Truly, we love this part of our jobs!

But with all the work gearing up and flowing in, this is also the time of the year we have the least time to chat. Like everyone, we are always trying to find that perfect balance of work and socializing. What makes it difficult here is that there are over 600 of you and less than 10 of us. I think for the most part we balance this pretty well, but there are certainly times when the stress of deadlines gets the best of us.

So please forgive us if we occasionally need to cut you short a bit. We may need to remind you that we have a task that just can't wait. This is just as hard for us to say as it is for you to hear; because we really want to find out how your summer went and what your plans are for this coming church year. Each of you is what makes working here so amazing! We thank you all for your generous spirits and forgiving hearts!

*Christina Fulton*

## Sing for Peace

On September 27th at 7:00 pm, Governor Madeleine Kunin will welcome you to the First UU Society in Burlington and introduce an historic concert: seven Vermont choruses, one hundred and forty strong, will *Sing for Peace*. Come join Bella Voce, Sounding Joy, Syrinx, Pumpkin Hill Singers, Maple Jam, Social Band and Counterpoint. Hear each of these outstanding choruses sing pieces from its own repertoire. You will feel the power of song when you add your voice to ours and we all sing *We Shall Overcome*. The sound will echo down Church Street and out across the waters of Lake Champlain.

At the close of this free concert, when our voices join together and the quiet and prayerful strength of *Dona Nobis Pacem* spreads over the city, gather with us in the community room for fresh apple cider and delicious desserts -- made for you from the favorite recipes of our singers.

Leonard Bernstein once said: Our response to violence will be to make music more intensely, more beautifully and more devotedly than ever before.

So we shall.

*Amity Baker  
Director, Social Band*

## Wanted: Fairy Godmother, Genie, Santa Clause

or any other person capable of making dreams come true. The Music Committee is in need of a digital recorder for the Sanctuary. Each Sunday we make cassette tape recordings of the service and then a volunteer brings the tape home and transfers it onto the computer to save it in a format that we can then make a CD. These CD's are then mailed to members who cannot make it into church on Sundays and are also available for loan to anyone who maybe missed the service or just wants to hear it again. The time it takes to make these CD's could be reduced by about 90% with a digital recorder. The expected cost of the recorder is about \$800 - \$1,000. If there is anyone who could make this dream come true for the Music Committee, please contact Woody Fulton at [jwfulton63@alummi.cmu.edu](mailto:jwfulton63@alummi.cmu.edu) or 802-399-2643.

## Second Saturday Potluck

Need an inexpensive night out? The 2nd Saturday Potluck dinners will begin on October 18. See the next newsletter for more information and yes, I realize that 10/18 is the third Saturday. *Shirley McLane*

## New England Fall Conference

Join hundreds of other UUs in Worcester, Massachusetts, October 11-18 to revitalize your faith. UUA Presidential Candidates Peter Morales and Laurel Hallman will speak, along with our current prez Bill Sinkford. The event also features a full range of workshops, from governance and administration to worship arts and small group ministry. For full information, lodging and registration details, visit [www.newenglanduus.org](http://www.newenglanduus.org). Gary

## Religion and the Arts

Christ Church, Presbyterian on the Redstone Campus at the University of Vermont will present a concert of organ music and Gregorian Chant on Sunday, September 28, 2008 at 3:00 PM. The concert "Exploring Diversity Through Organ and Chant: J. S. Bach to Joe Utterback" is part of the *Red Chair Series on Religion and the Arts at CCP*.

The organist, Dr. William Tortolano, Professor Emeritus of Fine Arts and Music at Saint Michael's College, will explore the diversity of musical styles of J.S. Bach, Brahms, Froberger, and Buxtehude, as well as music by jazz pianist George Shearing. He will also perform *My Hope is Built*, a jazz gospel for organ by New Jersey composer Joe Utterback. The one manual 4-stop organ was built by Robert Rowland of Ossining, NY for the acoustically fine chapel where the concert will be held.

Gregorian chant will be sung by members of the Vermont Gregorian Chant Schola in residence at Saint Michael's College. The men's voices will alternate with the organ for the Magnificat by Michael Haydn and settings from the Clavierbung by Bach that incorporate the chant. The Chant Schola will also sing the setting of the Gregorian Requiem Mass.

Dr. Tortolano has been teaching at Saint Michael's College for 48 years. A graduate of Boston University, the New England conservatory of Music and L'Universite de Montreal, he was also a conducting Fellow at the Berkshire Music Center/Tanglewood. Tortolano also held a Fellowship in Medieval Music at Yale University, and was Visiting Fellow at Kings and Trinity Colleges, Cambridge, England.

The Vermont Gregorian Chant Schola was organized in 1998 by Dr. Tortolano. The purpose of the Schola, or school, is to continue a great musical heritage. The group prepares concerts and sings Masses during the year in the monastic men's tradition.

For reservations: contact 862-1898 or [secretary@christchurchburlington.org](mailto:secretary@christchurchburlington.org)  
Suggested Donation: \$15.00

# First Unitarian Universalist Society

152 Pearl Street

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(802)862-5630

[www.uusociety.org](http://www.uusociety.org)

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CHANGE SERVICE REQUESTED

## Seeking Teachers

RE seeks teachers for Preschool classes and Sixth grade UU History class!

Why consider it?

1. You're always in the classroom with another adult who can support you;
2. Support-people known as "RE Angels" will check in with you each Sunday to offer help;
3. With UU History, Martha will provide lots of fun activity suggestions so that you can learn more about UU while the kids have fun;
4. With Preschool, the curricula are very user-friendly: they tell you exactly what to do;
5. With two services, you can teach one service and attend worship the other!

Be part of the strength, the growth, and the future of UUism! Contact Martha (862-5630 x 28 or [martha@uusociety.org](mailto:martha@uusociety.org)) or fill out a lavender RE Stewardship Opportunities brochure (copies available in the pews). Thank You!

## Because you are excited about our Bicentennial celebration...

What: [Envisioning Our Future!](#) This will be a goal-setting retreat for the First UU Society of Burlington to plan the next five years!!

When: Saturday, October 11th : whole day event (8:30am to 4:00pm)

Where: Charlotte Senior Center, Charlotte, VT

Who: We will have Robin Scheu, a professional facilitator from our UU District, to assist us.

What else: Food, fun, child care, community building activities, some hard work, and some serious celebration!

Mark your calendars and be sure to save the day!!

Your RSVP is important to plan food and childcare!!

RSVP to: Dave McFeeters at (863-5630x23) or [david@uusociety.org](mailto:david@uusociety.org).

Questions? Contact any of the following: *Linda Gross (872-9167)*, *Sharon Leach (879-9981)*, or *George Rutherford (951-2571)*, *Brian Haas (658-4747)*.

## Newsletter Schedule and Plea for the Fall!

Deadline Date	Period Covered	Date Volunteer Crew Meets
August 25, 2008	September 7, 2008 - September 20, 2008	Thursday, August 28, 2008
September 8, 2008	September 21, 2008 - October 4, 2008	Thursday, September 11, 2008
September 22, 2008	October 5, 2008 - October 18, 2008	Thursday, September 25, 2008
October 6, 2008	October 19, 2008 - November 1, 2008	Thursday, October 9, 2008
October 20, 2008	November 2, 2008 - November 15, 2008	Thursday, October 23, 2008
November 3, 2008	November 16, 2008 - November 29, 2008	Thursday, November 6, 2008
November 17, 2008	November 30, 2008 - December 13, 2008	Thursday, November 20, 2008
December 1, 2008	December 14, 2008 - December 27, 2008	Thursday, December 4, 2008
December 15, 2008	December 28, 2008 - January 17, 2009	Thursday, December 18, 2008 <b>(3 week NL)</b>

Please consider giving of your time on the day that the crew meets. Make new friends! Enjoy a snack! Get a sneak preview of the newsletter! Find your stewardship niche! You are welcome to join in at any time on any meeting date(s) convenient to you and your schedule. *Kathleen Kemp, Administrative Assistant*

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