



October 18, 2009 -  
November 1, 2009

## Calendar

### Sunday, October 18

9:00 Worship Service  
11:00 Worship Service  
12:30 Social Action Forum  
12:30 Sisters in War - Book Talk  
12:30 New UU Class  
5:00 Yoga

### Monday, October 19

\*\*\*\*\* Zen (Call office for time)  
9:00 Newsletter Deadline  
10:00 Planned Giving Mailing

### Tuesday, October 20

12:00 Staff Lunch  
7:00 Board Meeting

### Wednesday, October 21

9:00 Staff Meeting  
7:00 Choir Rehearsal

### Thursday, October 22

9:00 Newsletter Crew  
5:20 UUBF Zen Meditation

### Friday, October 23

6:30 AA Men's Group

### Saturday, October 24

6:00 Youth Group Overnight

### Sunday, October 25

9:00 Worship Service  
11:00 Worship Service  
12:30 Estate Planning Workshop  
1:30 Didgeridoo Workshop

### Monday, October 26

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

### Tuesday, October 27

12:00 Staff Lunch  
5:00 Celebration Committee  
7:00 Planned Giving Committee

### Wednesday, October 28

9:00 Staff Meeting  
7:00 Choir Rehearsal

### Thursday, October 29

5:20 UUBF Zen Meditation

### Friday, October 30

6:30 AA Men's Group

### Saturday, October 31

### Sunday, November 1

9:00 Worship Service  
11:00 Worship Service  
12:30 UU World Discussion  
12:30 Planned Giving Program  
3:00 Beatrix Potter Revisited  
7:00 Dialogue on Class

## Newsletter News

The next deadline is Monday, October 19, 2009 @9am covering events from November 1 - November 15, 2009. Articles welcome before this date and time!

## Current Notes

Imagine the following, if you will: You are sitting in the Sanctuary on Sunday morning, enjoying the feeling of being at home with others in the congregation as the musician finishes a beautiful, contemplative piece of music. You are filled with peace. Your meditation and contentment are just beginning to deepen in the few seconds of silence following the final notes, but the peace is abruptly shattered by the sound of applause. All at once, the Sanctuary seems more like a concert hall than a sacred space, the service leaders have become performers, and the congregation has been transformed into an audience.

An audience is a group of people who have paid to see a performance. Generally, an audience may be passive; they have no responsibility other than to be attentive. They are different from the performers, who are the "actors." An audience expects a certain caliber of performance; if the performance is poor, they may withhold their applause. If they choose never to return, it is likely no one will notice. Applause indicates that a certain standard has been met, and the audience has enjoyed the performance.

In our Society, we are not divided into audience and actors. The essence of a Sunday service is found in the sense of beloved community which is created when we are all together. We have a unique standard: we gather in a spirit of service to the greater good, however we may conceive it. We are not there to be entertained, though we may be entertained, and we are not there to be critical, though we may be moved to thoughtfulness. We come to feed our souls, gain insight, find a quiet time in a safe place, rededicate ourselves to what is meaningful, organize, delve deep, and lift our spirits. Everyone - the folks in the balcony, the people in the far back pews, the ministers, musicians, and greeters at the door - every person is essential to "making it happen" when we gather. All contribute their energy, and together, we comprise the congregation.

Do I feel strongly about the appropriateness, or inappropriateness, of applause in services? Yes! I love it when people clap along with a rousing hymn. I am encouraged by the occasional "All right!" or even the rare "Amen!" from folks moved to voice their agreement during or after spoken words. I'm comfortable with appreciation expressed through silent means - rubbing hands together, or waving them in the air. But applause - thanks, but no thanks. Let silent gratitude, for all we are together, ring freely!

What do you think?

Blessings,

**Elaine**

## Upcoming Sundays

**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 25, 9am & 11am

Inspired by our monthly theme of diversity, we've invited didgeridoo artist Phil Jones to FUUSB for a morning of blissful music. Having shared his music in many UU, Unity and Congregational sanctuaries, Phil comes to us with accolades for his heart-opening music, sensitivity and breadth of knowledge from sacred traditions. He'll lead a workshop for all ages after the service, please see article within.

### Sunday, November 1 9am & 11am

**"All Saints and All Souls"** Now is the time when "the veil is thin." The natural rhythm of the seasons creates a timely opportunity for us to remember and reconnect with those we love who have died. Reverend Elaine reflects upon death as an aspect of living.

### Sunday, November 8, 9am & 11am

**"This I Believe"** This is an annual Lay service.

## UU Families Brown Bag Lunch Series

Parents and caregivers of UU children and youth are invited to Monday lunches with Reverend Elaine at the Society. We'll discuss unique opportunities and challenges UU offspring experience, share home rituals we find meaningful, do a rapid run-through of UU values, explore family resources in the liberal tradition, ponder questions and answers which come to light through children, and swap stories. We'll begin when we gather a quorum; please contact Elaine if you are interested, 862-5630 x25 or [elaine@uusociety.org](mailto:elaine@uusociety.org).



## Message from Martha



Halloween, the cross-quarter day between the fall equinox and the winter solstice, is approaching. Though its roots reach back 2,000 years to the Celts in Europe, I've watched this holiday shift and change in just my own lifetime. When I was really little, I was asked more than once to perform a trick before getting my treat, a throwback to the ritual begging which is part of Halloween's roots. I carried a Unicef box, and folks were ready for me with a bowl of coins next to the candy. After I reached my teens, there was the sad period when you could no longer trust homemade treats because some mean people had given out tainted popcorn balls. Then, a time came when few kids went trick-or-treating at all; the trend was to have Halloween parties to keep kids safe that night.

In the last few years, Halloween has changed even more. I know a household that's visited by The Halloween Spirit, who swaps candies that the children are allergic to, with toy treasures. And there's a growing movement among dentists to buy "unwanted" candy from kids (or is it their parents?!). And sadly, these days I see few-to-no children bearing Unicef boxes, but my coins are ready for them!

Perhaps the most inspiring twist on Halloween is the phenomenon of "Reverse Trick-or-Treating" which is a movement with several educational objectives: to end poverty among cocoa farmers; to end abusive child labor in the cocoa industry; to promote fair trade of cocoa products; and to protect the environment. The reverse twist is that the costumed child at your door gives YOU a piece of fair trade chocolate, along with a little fact card about the harsh realities of the worldwide cocoa industry. The Unitarian Universalist Service Committee has kits and information for those interested in Reverse Trick-or-Treating at: [uusc.org/halloween2009](http://uusc.org/halloween2009).

If we welcome and celebrate diversity, we shouldn't be surprised at the diverse array of Halloween-spawned activities on and around October 31<sup>st</sup>. And no doubt, this time of year we will still feel something old in our bones, and in the dark, soft, uncertain fear that touches us gently on Halloween night: The harvest is over. The cold returns. The darkest days are yet to come.

Whatever meaning you draw from it, I bid you a "Happy Halloween!"

Martha Dallas,  
Director of Religious Education

## Call to Artists

The UU Society has an artistic face in our upstairs gallery. The members and friends have the opportunity to exhibit, price and sell our work. It is on a First come, first serve basis and each show hangs for at least two months, often three. Contact Mary Ellen: [memanock@mac.com](mailto:memanock@mac.com) or 863-6627.

## Domestic Violence Awareness Event

A Candle-lit Vigil, Awareness Walk and Survivor Speak out is scheduled for Thursday, October 22, at 5:30 pm. This is a chance to honor victims and survivors. It is also an opportunity to share your story and create awareness through real life experience. Concerned citizens will gather in front of Burlington City Hall and walk in unity to One Main Street Landing.

## The Magnificence of Old

This is the idea: Getting together eight or ten old people - singles, couples, male, female - to come to my apartment once a week for an hour to meditate for 15 to 20 minutes as we silently repeat the mantra, "I am old. I am magnificent." We'll also do some very gentle stretching. For the remaining time we will talk. What will we talk about? Well, we might swap stories or share thoughts about the fun and frustrations of being old, its fears, its fantasies, whatever pops into our heads. Just have a friendly, confidential good old time exchanging thoughts. This is an experiment I am eager to start, hoping there will be others equally eager to join me. My apartment is downtown, opposite the library. My phone number is 863-7962. Please let me hear from you. You may also contact Rev. Elaine if you are interested (862-5630 x25). Thank you, *Carol Winfield*

## Book Group

Please join us on Tuesday, November 10 at 7:00 p.m. at the UU as we discuss [Tearing the Silence: On Being German in America](#), by Ursula Hegi. Ms. Hegi moved to the United States from Germany when she was 18. As she grew older and raised a family, questions about her native land haunted her. In [Tearing the Silence](#), she brings together fascinating interviews with dozens of German born Americans and their confrontations with the taboo of the Holocaust. Attitudes from repression and silence to guilt and responsibility are explored. "Powerful oral history." (Available from Amazon from \$2.00 plus \$4.00 shipping if not in the libraries.) Please call Gerry Quinlan with questions, 893-7587.

## UU World Discussion

Have you ever wanted to discuss one or several articles appearing in a current UU World? If so, the Denominational Affairs Committee invites you to a series of discussions this year facilitated by our own Rev. Elaine Bomford. On Sunday, November 1, our first discussion at 12:30 PM will center on the Fall 2009 issue of UU World. If you didn't get a copy of this issue, it is available online at [www.uuworld.org](http://www.uuworld.org).

On November 1st we will focus on the provocative cover article, "The Gospel of Inclusion: A black Pentecostal bishop embraces Universalism, befriends a Unitarian minister, and shakes up the largest congregation in the UUA" by Kimberly French. We may also talk about Mary Pipher's fine article, "Be Present: There is no more important task before us, nor anything that could bring us more love and joy." You may have read other articles in the current issue that you would like to talk about, so please come and bring them up.

Join Rev. Elaine and others on Sunday, November 1, at 12:30pm. Childcare will be available and refreshments served. If you have questions, please contact Dave Conrad at [dconrad@uvm.edu](mailto:dconrad@uvm.edu) or 658-1047.

## Beatrix Potter Revisited

The UU Women's Alliance is pleased that Helene Lang, retired UVM professor of literature, will entrance the audience with her program about author Beatrix Potter on Sunday, November 1, at 3pm in the Parlors. The presentation is supported by a grant from the Vermont Humanities Council. Using books, props and her own enormous knowledge about Miss Potter, Helene Lang highlights Potter's artistic and writing talent, as she takes us from Potter's Victorian childhood through the years of her books, to her years of farming in England's Lake District. This is not a program for children, but childcare is available. Refreshments served. Free and open to the public. Please bring a friend.

## 2009-2010 Society Directories

The first printing of this year's directory is complete. You can find copies in the back of the Sanctuary, in the Parlors, and downstairs on the RE Welcome Table. Please help yourself.

**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,  
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)

## Didgeridoo Workshop

On Sunday, October 25, at 1:00, (following his morning worship services in our Sanctuary), Australian sound therapist Phil Jones will teach an interactive workshop on how to play the didgeridoo. Together we will explore the sacred power of breath and sound, and increase lung capacity with healing oxygen; shallow breathers, asthmatics and smokers particularly benefit. Phil has travelled the world with his music, has studied bhakta yoga, and given workshops at hospitals, universities, wellness centers and churches; he comes highly- recommended by fellow UUs. Rev. Charles Davis, of the UU Fellowship in Winston-Salem, NC says: "Phil Jones is a talented musician....He revealed a knowledge of Hinduism, feminine spirituality, psychology and physiology....My 12-year-old grandson was fascinated and engaged." Rev. Wayne Robinson from Ft. Myers, FL comments: "He is an absolutely top quality musician....He is a pro! He made everyone - old, young, musical or not - feel included. He had instruments for all." Tickets for the 2-hour workshop are \$15 in advance and may be bought from Reverend Elaine, or \$20 at the door.

## Coming Out On Class

Are you poor, working class, middle class, upper class? Gary Kowalski and Ricardo Johnson invite you to join them for an exploration of the social and economic class structure of American society--how it affects us personally, manifests in our First UU Society, and shapes our interactions with each other. Ricardo is the author of *Resilience: Queer Professors from the Working Class* (State University of New York Press, 2008), on the UVM faculty and a longtime member of our congregation. Rather than depending on a text, we'll be sharing our own histories and experiences of how the interplay of class, race, and gender mold our opportunities and tilt life's playing field. Three Sunday evenings, November 1, November 8, November 15, 7-9 p.m. Please contact [gary@uusociety.org](mailto:gary@uusociety.org) or sign up on the bulletin board if you'd like to participate so that we'll know how many to expect.

## P&J Center Film Screening

On Wednesday, October 28, 2009 the Peace & Justice Center will present a screening of "Black Gold" filmed, directed and produced by Marc and Nick Francis. As westerners revel in designer lattes and cappuccinos, impoverished Ethiopian coffee growers suffer the bitter taste of injustice. In this eye-opening expose of the multi-billion dollar industry, Black Gold traces one man's fight for a fair price. The film will be shown at 7pm on the 28th in the Film House at the Lake & College Building on the Burlington Waterfront. A discussion will follow. \$5 suggested donation. Please visit the PJC website for more information: [www.pjcv.org](http://www.pjcv.org).

## UU Animal Ministry

A group of UU children and adults are forming around our shared love and compassion for animals. We believe in the inherent worth and dignity of all sentient beings, are concerned about the way animals are treated in our society, and want to alleviate their suffering. If you have similar feelings and would like to join us, please contact Rosanne Greco at 497-0711 or [rosanne499@aol.com](mailto:rosanne499@aol.com).

## Building Hours

Just a reminder that due to budget cuts, our building is now closed on Thursday evenings and Saturday evenings (except for 2nd Saturday Potluck). Please keep this in mind as you schedule your events. Please contact Christina at [xina@uusociety.org](mailto:xina@uusociety.org) or 862-5630 ext. 22 for assistance in scheduling events.

## Renfrew Center Foundation Opportunity

Dear Friends,  
I am currently training to run the Marine Corps Marathon in Washington, D.C. on October 25, 2009. Like many women in our society I have struggled with a negative body image and in numerous ways my dislike of my body has defined how I feel about who I am. When I run the Marine Corps Marathon, I will be running with the intention of taking back my fear of imperfection and embracing my own potential to move. I will also be running to help other women and girls do the same, through running to raise money for the Renfrew Center Foundation, a non-profit that provides education and training, works in advocacy, raises awareness, and provides assistance for women and girls struggling with eating disorders. Please consider helping me run for Renfrew by donating to the Renfrew Center Foundation. You can give a check made out to the Renfrew Center Foundation to me in person or send it to me at 23 Bayberry Lane, South Burlington, Vermont 05403. I can provide donation envelopes upon request. Feel free to call me with questions at 802-951-1646. I appreciate your generosity and your willingness to celebrate movement, growth, and change with me. *Julia Kimball*

## Revised Blue Books Now Available!

If you are the chairperson or co-chairperson of a committee this year, there is a 2009-2010 blue 3-ring binder for you in the copier room waiting to be picked up! It contains the latest and greatest of information from instructions on how to reserve space for a meeting, to lists of Board and Council members, and tips/guidelines on how to work with the Administrative staff. Please remember to return it in June for annual updating.

## UU General Assembly Children's Choir

Children who will be 10, 11, or 12 before next UU General Assembly (late June) are invited to audition for the UU Children's Choir, formed of young singers from across the country. The choir will sing at G.A. 2010 in Minneapolis, Minnesota. The application deadline is October 20<sup>th</sup>. You do not need to be a member of First UU's Children's Choir to apply, but you do need to be active in a school or community music program. For an application form and more information, go to <http://www.uucc2010.com/uucc2010/home.html>. Note: Martha Dallas is considering going to G.A. next year, and Gary Kowalski is going, so if you're seriously interested, you would not be the only one from this congregation there!

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

---

Non-Profit  
Organization  
US POSTAGE  
PAID  
Permit No. 119  
Burlington, VT

---

**RETURN SERVICE REQUESTED**

## **Dining for Dollars (D4\$) and Services for Sale (S4\$) Silent Auction**

The Fundraising Committee is continuing to solicit donations of all types of Services and Dining/Social experiences for the Silent Auction on November 8th, 15th and 22nd.

Submissions received already include: a Flatwater Canoe Experience, Emergency Home Repair, Knitting Lessons, a Holiday Brunch, Fine Dining on French Cuisine, the delivery of a Dinner of soup, salad and bread, a Pie Tasting Party, and a Wine Tasting Party with abundant appetizers!

Do you have a service or skill that you could contribute? Or do you enjoy cooking and/or entertaining for others? Can you join forces with other UUers to come up with an offering? Let your imagination run wild! Your participation in D4\$ and S4\$ will not only help raise much needed funds for our society but will build community and friendships. Please consider what you can do to make this a grand success!

Sign-up sheets will be available in the Parlors after services, or can be emailed directly to you. You may also indicate your willingness to participate by adding your name to the Silent Auction poster on the bulletin board.

### **DEADLINE for submissions is Thursday, October 22.**

If you have questions, contact Sarah Forbes at 872-8743, or [sarahforbesdesign@comcast.net](mailto:sarahforbesdesign@comcast.net).

For a submission form in pdf, contact Hope Swanson at [epochs@myfairpoint.net](mailto:epochs@myfairpoint.net).

Other fundraising committee members eager to assist you include: Barbara Benton, Carolyn Munger and Kristin Kany. We look forward to hearing from you!

*Dining for Dollars (D4\$): Members sign up to host a dining event, the size type and date is their choice - then other members bid to buy a "place at the table" for that particular event. Services for Sale (S4\$): Members sign up to offer a service of any type - then other members bid to win that service offered.*

## **Loose Plate For Charity**

On September 13th and 20th, our congregation pledged to contribute 50% of our Sunday Loose Plate Collection to Run for the O.N.E.. I am proud to report that our congregation will be sending a check to Run for the O.N.E. for \$535.17.

On September 27th and October 4th, we pledged to contribute 50% of the loose plate collection to the Chittenden Emergency Food Shelf. On these two dates we collected a total of \$1,246.86, and we will be sending the Food Shelf a check for \$623.43.

On October 25th and November 1st we will be collecting for Vermont Refugee Resettlement. Please come prepared to be generous!

Our Loose Plate for charity program benefits non-profit agencies that are located in or serve residents of the Old North End of Burlington. If you would like to nominate an agency to receive our collection, please contact Christina Fulton at [xina@uusociety.org](mailto:xina@uusociety.org) or 862-5630 ext. 22.

---



**\*\*HAPPY 200<sup>th</sup> BIRTHDAY  
TO FIRST UU OF BURLINGTON\*\***  
**1810-2010**

**2010 – Founding of First UU Legacy Society**

**HELP CELEBRATE OUR FIRST UU TWO-HUNDREDTH BIRTHDAY!!** Two hundred years of struggle for peace, justice, and equality. Two hundred years of striving for religious freedom, love to neighbor, and commitment to a more just and compassionate tomorrow. Celebrate our First UU Bicentennial and your own values by considering how you can help perpetuate our liberal denomination in an illiberal age! How to start? Begin by attending one, two, or all three of the Planned Giving Workshops sponsored by the First UU of Burlington Planned Giving Committee during October and November. All at the UU Meetinghouse.

- Workshop I                      “Legacy Planning – You Don’t Have to Be Rich”  
  
Presented by Jason N. Cadwell, CPA/PFS, CFP
- Sunday, October 25, 12:30 PM to 1:30 PM  
  
UU Host: Tom Porter, First UU Planned Giving Committee  
  
Childcare and Refreshments
- Workshop II                      “Gift Annuities, Retirement Trusts and Your Future ”  
  
Presented by Thomas W. Smith, CFP, Senior Philanthropic  
Advisor, Vermont Community Fund
- Sunday, November 1, 12:30 PM to 1:30 PM  
  
UU Host: Marla Emery, First UU Planned Giving Committee  
  
Childcare and Refreshments
- Workshop III                      “Our Children -- Wills, Codicils, and the Future”  
  
Presented by Sarah Gentry Tischler, Esq., Langrock, Sperry &  
Wool, LLP, Attorney specializing in estate planning
- Sunday, November 22, 10 AM to 11 AM  
  
UU Host: Debby Bergh, UU Member  
  
Childcare and Refreshments