



November 2009

Volume 54, No. 11

News

Reaching In . . .
Reaching Out

From the Minister...

CONTACT WITH NEW PLACES, people and experiences has the power to upset our expectations and to open up our imaginations. All of a sudden, something or someone we had never thought of or encountered before might become an integral part of our lives. The opposite is also possible - through our encounter with "a new other" the value we place on a current experience with something or someone could be lessened. Anaïs Nin put it this way, "Each friend represents a world in us, a world possibly not born until they arrive, and it is only by this meeting that a new world is born."



In addition to input from the congregation, the Strategic Planning Task Force will look outside of ourselves in order to increase our imagination about what is possible for the developing a five-year plan. We could look at the shifting demographics in our county and interview people in the wider community from these rising demographics about what they might be seeking. We could find out which congregations in our area are experiencing growth, whether they are Unitarian Universalist or from another faith, and ask them to what they attribute their success. We can take this outside input, see where it aligns with what our members have told us, and suggest some possible directions - building on something we are already doing well, or deciding to make a change.

I am currently participating in a two-year collegial study group, called "Dreaming Big," that is focused on learning as much as we can about how to grow Unitarian Universalist congregations in terms of numbers, programs and impact. One of the most valuable aspects of this program has been the opportunity to have an onsite visit at six of our larger congregations. In many ways, this has felt like meeting new friends who are as passionate as we are about offering a progressive religious voice in their area of the country. The following is a snapshot of some new ideas that I have encountered in congregations in Concord, MA, St. Paul, MN, Albuquerque, NM, and Portland, OR.

- A Center of Renewal and Education located down the street that serves adult members and a significant portion of the wider community
 - Two sessions of children's RE offering different programs with alternative ways of offering worship and the classroom experience so families have choices
 - Varying liturgical options surrounding the same sermon - worship teams created a more traditional option with a setup for hundreds; a contemporary & experimental option with a similarly large setup, and a small group option that attracted a handful of devotees
 - Purchased surrounding properties and became landlords of families/nonprofits allowing them to eventually expand into the surrounding area as they grew
 - Starting every social justice meeting and project with extended spiritual reflection and a commitment to take on only projects that lead to impactful change
- We might be inspired by one of these or by something entirely different. The important thing is to open up our imaginations to what is possible.

In fellowship,

Alison's office hours are Tuesday-Thursday & Sunday by appointment.

| IN THIS ISSUE | |
|---|----|
| From the Minister | 1 |
| Deeds Well Done | 2 |
| President's Corner, Kitchen Patrol Needed | 3 |
| Faith Developments, Getting to Know UU, Holiday Party | 4 |
| Budget Rebalanced, What's Our Name?, Meditation | 5 |
| Upcoming Events | 6 |
| Planning Our Future, Concerts Begin, Green Cleaning | 7 |
| Social Justice Council | 8 |
| Taichi Light, Photo Exhibit, Financial Health | 9 |
| Joys and Concerns | 10 |
| Upcoming Events Calendar, Shift to Green Energy | 11 |
| Sunday Services | 12 |

Morristown Unitarian Fellowship

21 Normandy Heights Road
Morristown, New Jersey 07960-4611
President: Gary Kunz
Minister: Rev. Alison B. Miller
Summer Minister: Rev. Allen Wells
Director of Religious Education: Karen Brown
Music Director: Jim Blanton
Editor, Layout and Graphics Design: Pat Baxter
(melodylingers@verizon.net)



Sunday Services: 9 and 11 a.m.
Religious Education Classes: 9 a.m.

Office Hours:
Monday, Tuesday, Thursday: 10 a.m.-5 p.m.
Wednesday: 10 a.m.-7 p.m.
Friday: 10 a.m.-2 p.m.
Tel: 973-540-1177, ext. 201
Fax: 973-539-8218

www.mUuf.org

Mission and Covenant Statement

WE, the members of the **Morristown Unitarian Fellowship**, mindful of the rich diversity and essential oneness of human experience, covenant to weave the fabric of community from the strands of our separate lives.

This is our pledge:

- To create for ourselves and our children a spiritual home which will nurture, challenge and offer us renewal.
- To seek what is true even as we celebrate the mystery of existence.
- To reach out to all who share our liberal religious values and participate in the broader Unitarian-Universalist movement.
- To work for social justice and the well-being of our planet Earth.

***Please E-Mail All NEWSLETTER Articles
—both print and online versions—***

to editor **PAT BAXTER** at
melodylingers@verizon.net

by the 15th of the month
preceding the one in which they will appear.

Thank you!

Deeds Well Done

The Fellowship board recognizes and thanks the following members and friends for their work at MUF and in the community:

Janine Torsiello for her work producing Comedy Night.

Ally Becker, Dennis Luken, Tom Murphy and others for handling the kids' portion of the Imagine Sessions.

Joe Uhrhane, Michelle Kunz, Marjorie Wormser, Carol Todd and George Hayes for pitching in and facilitating the Imagine Sessions.

Marjorie Wormser, for helping on three Fridays in a row to copy and collate the Order of Service, doing some much-needed filing, and doing all-around office help.



Upcoming Board and Network Meetings

Meetings are at 7 p.m. and open to all Fellowship members. This month's meetings are scheduled on:

| | |
|---------------------------------|-------------|
| Board of Trustees | November 11 |
| Administrative/Program Networks | November 18 |

Meeting Minutes

Minutes from the most recent meetings have been approved and are posted on the bulletin board in Room 100 and on the website. (Go to the Members Area and scroll down to the "Board of Trustees"; or from the homepage, click on "Congregational Leaders" and then scroll down to the Board and click on "Board Meeting Minutes.")

Be a knowledgeable member of your Fellowship!

The President's Corner



Reaching Out

One of the areas that our community, the Morristown Unitarian Fellowship, views as important, and that the Board has chosen as a priority for this year, is "Reaching out beyond our walls." It is always important for MUF

to be a force for spirituality, social action and social justice in our community. How we live our values in our community is very important to our growth, our success and our worth as a congregation. Building on this theme, I thought this would be a good time to highlight some of the ways we already contribute and some of the opportunities that lie ahead this year for our congregation and for each of us individually.

Ongoing efforts

Across most UUA congregations, the **Standing on the Side of Love** campaign (SSL) offers an opportunity for us to speak out collectively and as individuals. Our Rev. Alison Miller recently devoted a service to highlighting this campaign and how it is an effort that has impact in our own congregation, as well as locally and nationally. Alison is serving on the SSL congregational advisory council, which is a group that is advising the UUA how it can be most helpful to congregations involved with public witness. She was also invited to be one of the spokespeople for the campaign and attended a daylong media training on September 10.

Standing on the Side of Love is a public advocacy campaign that seeks to harness love's power to stop oppression. It is sponsored by the Unitarian Universalist Association and all are welcome to join. In public debates over immigration, LGBT rights, and more, religious people stand on the side of love and call for respect, inclusion and compassion. The Standing on the Side of Love campaign elevates compassionate religious voices to influence public attitudes and public policy. For more information visit www.standingonthesideoflove.org.

Locally, Alison, along with Stu Sendell and Karen Burns Rutigliano and other members and friends of MUF, have been working on the "**Pathways to Work**" Task Force that has successfully created a safe place and process for connecting day laborers and employment opportunities. They recently had a meeting with the Democratic Morristown mayoral candidate and a meeting with United Way about

funding, and are seeing a steady increase in the ability to connect people with temporary work.

On a regional basis, Toby Tyler has been representing MUF at the **UU Legislative Ministry of New Jersey (UULMNJ)**. We have committed as a community to supporting this effort financially, and Toby has been providing a strong presence for us. The UULMNJ was formed to advocate for social justice in the public arena based on UU principles.

Various members of our congregation and the Strategic Planning Task Force have been involved with the NY Metro districtwide **Partners for Sacred Places** program. Partners for Sacred Places is a national, nonsectarian, nonprofit organization dedicated to the sound stewardship and community use of older religious properties. Partners provides assistance to the people who care for sacred places while promoting a new understanding of how these places sustain communities. MUF is participating in a 5-part program that will help us understand the value of what we do in the community and in our own congregation to support outreach efforts.

These are just a few of the ways in which the MUF community reaches out to the world around us. Our treasurer, Susan Lausell, has an excellent summary in her Newsletter article (p. 5) on some of the financial gifts we have distributed recently. The Morristown Unitarian Fellowship community has a lot to be proud of in the many ways it reaches out beyond its walls to help others. It is my pleasure this month to remind you of those efforts and to say thank you. You are a blessing.

Gary

Gary Kunz, President

HELP WANTED! Kitchen Patrol

Do you have a free hour after a Sunday service, or before a meeting at MUF? Your help is needed to patrol the countertops, cabinets and drawers in the kitchen and put everything in the right place. The KP will also try to determine who left things behind at the last event and arrange for pickup. If you're willing to take on this behind-the-scenes task, get more details from Maggie in the MUF office, 973-540-1177, X203 or Maggie@muuf.org
Thanks to all those who stepped up at the Volunteer Fair sponsored by the Administrative Network!

Faith Developments

ON OCTOBER 4, OUR GRADES 1 THROUGH 6

children spent time in Chalice Chapel thinking about what they wanted their faith community to look like in the next five years. In many if not most cases, our children were trying to meet their own needs right here and right now. Of course this is developmentally appropriate.



I did a similar visioning several years ago with children in a worship circle. I remember one child saying that he thought kids should decide everything and that there shouldn't be any teachers. It took awhile to get the kids back on task. They LOVED the idea. (There is some wisdom here if we are paying attention.)

So with that experience in the back of my brain, it took me awhile to decide to do it again here at MUF. But I learned a lot from the exercise and subsequent analysis. Please form your own decision about the outcome of the visioning.

Lots of Ideas from the Kids

Two children wanted a better playground. I was surprised that more children didn't articulate this want! One child wanted more "hands-on stuff." One child wanted more pillows and cushions. I think this idea came from a 6th grader who was used to the small room up on the third floor last year where pillows

replaced chairs because of space issues. I like pillows and cushions also! I am empathetic to the needs of this child.

In the eating category, we had a child who wanted a congregation where s/he could get all s/he could eat! One child wanted more dessert in the Coffee Hour. This is a child who frequents Coffee Hour as a supplement to his or her in-class snack of Goldfish and Pretzels. Food is important to kids.

Love, Peace and Justice

Our spirit-focused kids - four in all - wanted more love and peace. One child wanted more justice and one child wanted a big happy family. We had children who focused in on the material aspects of the visioning process in terms of a bigger Fellowship, more teachers and more classrooms.

We had a request for video games in the future, larger "stuff" than before, and a small gym where dodgeball could be played. I love this one: "Not a lot of heat on cold days." I resonate with this child's visioning. Sometimes the heat on the second and third floor gets way too hot! Here comes my favorite: "We could experience learning outside. Maybe we could make it less boring." I love an honest child.

The following affirmation is a perfect way to end our children's visioning: "I love you, MUF. You are the best church in the world." I love this child's spirit. May we all be blessed with Love.

Karen

Getting to Know UU

Tuesdays, November 10, 17, & 24, 6:30-8:30 p.m.

Led by the Rev. Alison Miller

Join our minister for this opportunity to learn about Unitarian Universalist history and ideas, to explore ways to get involved in this congregation, and to meet other newcomers in a smaller group. A light meal will be served (salad and pizza or a hearty soup), so when you register, please let us know if you have any dietary restrictions. As with all adult programs, childcare will be provided upon advance request. *The class size is limited, so please register through the MUF office by Thursday, November 5.* For more information, contact Rev. Alison Miller at 973-540-1177, ext. 204, or amiller@muuf.org.


MUF's Annual Holiday Party!
Sunday, December 6, 3-5:30 p.m.

Come one, come all, to our annual party, at which children and adults will decorate the Fellowship, participate in an interactive reading/holiday play, and go caroling in the neighborhood. Plus (of course) lots of goodies to eat, and more holiday fun!



Special Meeting to Be Slated in Early December for a Vote on Rebalanced Budget

Our Dollars at Work YTD (since July 1)

Sunday SJ Collection - from ½ of the Sunday plate we have provided operational support for:

| | |
|---|--------------|
| Children on the Green | \$600 |
| Pathways to Work | \$275 |
| Wind of the Spirit | \$275 |
| UU-UNO | \$675 |
| NORWESCAP | \$300 |
| Planned Parenthood PGNNJ | \$200 |
| Interfaith Food Pantry | \$450 |
| Neighborhood House | \$275 |
| Sunday Special Collection, Soup Kitchen | <u>\$800</u> |
| Total | \$3,850 |



The Board is revisiting the budget to balance it. Large discrepancies are:

| | |
|--|----------|
| We overestimated pledge commitments | \$25,000 |
| Our medical benefits costs rose more than we anticipated | \$ 9,000 |
| We still owe on the \$20,000 we borrowed in the spring | \$10,000 |

Among areas we'll revisit are:

| | |
|---|------------------|
| Personal outreach to members and friends who have not pledged | \$12,000 maximum |
| Our administrative assistant resigned in September. If we don't replace her | \$10,000 |
| Reduction in personnel expenses | ? |
| Deferring or not making our UUA and Metro dues payments, 10% of dues equals | \$ 2,576 |
| Refinancing existing mortgage, 2 ^d mortgage, and line of credit | ? |

We will soon announce the date of a special congregational meeting for your approval of this balanced budget.

Susan Lausell, Treasurer

Meditations on Loving-kindness

Mondays, November 2, 9, 16, 23, at 7:30-9:30 p.m.

We will study and practice four meditations: loving-kindness, appreciative joy, compassion and equanimity. They are referred to in the Pali language of The Buddha as the "divine abidings," and in the Tibetan tradition as the "four immeasurables." The Buddha taught these as the path to complete freedom, healing our intimate relationships and bringing peace into the world. They represent the way of the heart and complement the Insight (way of wisdom) Meditation Practices taught in previous courses.

For those considering meditation for the first time, these will be a good first step. For those who have attend previous sessions on insight meditation, these will complement that practice. Please try to attend the first session, even if you will have to miss others, because there we will lay out the overall practice.

If you have questions or would like a reference for advance reading, please call Rev. Allen Wells. He is MUF's Affiliated Community Minister, and has been practicing and teaching Insight and Loving-kindness Meditations for 15 years.

Upcoming Events

Hope Rises from the Ashes of My Lai **Wednesday, November 4, 7:30-9 p.m.**



Seeds of Peace will present Mike Boehm of Madison (Wisconsin) Quakers, Inc., with a slide presentation and discussion of a series of current peace and reconciliation projects they created in Vietnam.

The Vietnam veteran has been working in My Lai and elsewhere in Vietnam since 1992, when he first returned to help build a medical clinic. Boehm has traveled to Vietnam 23 times since then to facilitate these projects. The program is free and open to the public; donations appreciated. Info: Jo@sippie.com.

Job-Finding Workshop

Thursdays, Nov. 5, 12, 19 & December 3, 10 a.m.

Times are tough, but we can get even tougher. Join us for a job-seeking, skill development workshop using your own resources and those of the community to secure a worthwhile, meaningful career. Bring a resume if you have one and any materials you would like us to discuss. Any questions, contact Jackie Mulcey at jackiemulcey@yahoo.com.

Blood Drive

Sunday, November 8, 8 a.m.-12:30 p.m.

You are not eligible for this drive if you have donated blood elsewhere since September 11. More information from Zella Geltman.

Monday Night Book Group

Monday, November 9, 7 p.m.

We will discuss *Desert Queen*, by Janet Wallach, the Extraordinary Life of Gertrude Bell: Adventurer, Adviser to Kings, Ally to Lawrence of Arabia. Please note that we will meet in Room 208 on the SECOND Monday until further notice. On December 14, we will discuss *Freakonomics* by Steven D. Levitt and Stephen J. Dubner; on January 11, *The Guernsey Literary and Potato Peel Pie Society*, by Mary Ann Shaffer and Annie Barrows. For information, contact Nancy Lee McLure at nlmclure@msn.com.

WOMEN'S RETREAT – Absorbing the Magnificence and Appreciating Our Bounty

Friday, November 13, to Sunday, November 15

Coordinated by Beverly Hays, Karen Burns and others

Our weekend retreat will be located at the

Farmhouse at Kirkridge on the beautiful Kittatinny Ridge of eastern Pennsylvania (www.kirkridge.org/building-rentals/building-descriptions/the-farmhouse-36-147.html).

Cost will be \$230 per person for two nights, six meals. Register with the office at 973-540-1177 or office@muuf.org by **November 2**. For further info contact beverly.hays@verizon.net.

Suzuki Speaks

Wednesday, November 18, 7 p.m.

This is the concluding film of the spiritual summer series. Physicist, environmentalist, TV host David Suzuki eloquently and with very entertaining graphics explains philosophies to live by and the results of our choices on the environment. RSVP to Joan Alebras at jalebras@hotmail.com.

Men's Consciousness Raising Group

Thursdays, November 19 & 26 and December 3

We will be holding open sessions for interested new members on these dates. Share concerns, feelings and happenings with other men in a nonjudgmental, accepting and empathetic setting. Contact Don Price at donprice@alumni.neu.edu.

Annual Fall Cleanup

Saturday, November 21, 9 a.m.-12 noon

The MUF Beautification and Preservation Committee is looking for YOU! Our building and grounds cleanup is a perfect time to show our thankfulness for having such a lovely home to clean and prepare for the winter. Come help us make those preparations and socialize with other members and friends. Bring gloves and rakes if the weather is nice. Bring along the kids and we'll give them kid-sized work to make them proud, too. We'll work until lunchtime. B&P will even spring for some pizza if you make it all the way till noon!

Crafting Group

Friday, November 27, 7:30 p.m.

Coordinated by Donna Becker & Cintra Fricke

Please register by contacting either Cintra Fricke (cintrafricke@gmail.com) or Tina Demottie (demottie@optonline.net).

Who do we want to be?

What do we want to do?

IMAGINE

What do we need to do it?

Planning the Future of the Fellowship: The Next Steps

The Congregational Strategic Planning Conversations on October 3 and 4 were a rousing success! With nearly 150 people participating, the Strategic Planning Task Force received valuable input from a broad and representative sample of the congregation which will help them begin drafting a 5-Year Plan for the Fellowship. Please continue in the process with us by participating in the *Next Steps*:

Here's What We Heard - Sunday, November 15 **10:00 to 11:00 a.m. (between services)**

Join us as we broadcast what our community said during the Congregational Conversations. We'll share the results and our initial analysis.

Continuing the Dialogue - Sunday, November 22 **10:00 to 11:00 a.m. (between services)**

Second chance to see a summary of what was said in the Congregational Conversations.

12:00 to 1:00 (after the second service)

Plan to attend an informal interactive Strategic Planning dialogue. Participate as we bring our collective passions and imaginations together to shape the future of the Morristown Unitarian Fellowship.

Monsters, Outlaws and Nosey Neighbors! *Saturday, November 21, 7:30 p.m.*

"There once was a strange man who lived in a castle. He shunned the Countess's parties, he yawned at town meetings, he did not go to church on Sundays! . . ."

Find out what happens to the strange man in the castle when the Morris Consort, MUF Youth and Children's Choirs and instrumental ensemble present Menotti's "The Unicorn," a medieval tale of monsters, nonconformists and nose neighbors for singers, instrumentalists and dancers on **Saturday, November 21 at 7:30 p.m.**

The work is filled with humor, colorful characters, symbolism and poignancy, and will be engaging for all ages. Tickets are available at the box office at \$15, \$20 at the door and \$5 for youth 18 and under. See Dr. Jim for more details. Remaining concerts will be **Saturday, March 27 at 7 p.m.**, **Saturday, May 22 at 7:30 p.m.** and **Sunday, July 18 at 3 p.m.**

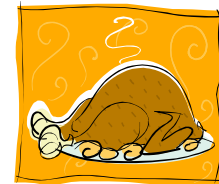
For more information, see the online September Newsletter at www.muuf.org, p. 13. To get involved, contact Dr. Jim at music@muuf.org or 845-858-9895.

How to Clean Green

There's nothing like a clean house. We all enjoy living in clean surroundings, but a good number of the cleaning products on the market are petroleum-based and may actually be making our homes and offices more hazardous. Many petroleum-based cleaners contain neurotoxins, poisons and carcinogens which are released into the air and settle on surfaces and can make their way into our bodies when we breathe and touch contaminated surfaces. These toxins also make their way into the environment as they are washed down drains causing harm to plants and animals.

There are environmentally friendly cleaning products on the market, such as the Method and Seventh Generation brands, and a good deal of household cleaning can be done with natural cleaners and disinfectants such as vinegar, lemon juice, baking soda and tea tree oil. For more information on green cleaning and the hazards of conventional cleaners you can visit "planet green" on the internet at <http://planetgreen.discovery.com/go-green/green-cleaning/>. If you want to learn more about making your own green cleaning kit you can visit "care2" on the internet at www.care2.com/greenliving/make-your-own-non-toxic-cleaning-kit.html. *Hazel Bell, member of Green Earth Ministry*

Social Justice Council - November 2009 Update
Helping Neighbors in Need



MUF Thanksgiving "Sharing Our Bounty" - 2 Ways For You/Your Family To Reach Out
"MUF Harvest Day"- Sunday, November 22 – Decorate/Pack Thanksgiving Baskets for the
 Interfaith Food Pantry of Morris County

Bring an "extra" Thanksgiving Dish for Wind of the Spirit's Thanksgiving Dinner, Thursday, November 26

MUF Harvest Day 2009 – Sunday, Nov. 22- 10:30-12:15 p.m. Terrace Room – All Religious Ed Kids/Parents & all other adult MUF members/friends are invited! Beforehand: Every Sunday up to and including November 22, bring food items from home for the Food Collection Box—they can be "staple canned, boxed goods" (i.e., cereals, canned soups, stews, peanut butter, tuna fish, macaroni & cheese boxes, pasta, etc.) or "Thanksgiving Dinner Fixings" (nonperishable...canned vegetables, stuffing mix, boxed potatoes, gravy, cranberry sauce, yams, soups, muffin/brownie mix, etc. At 10:30 we will decorate bags and boxes with Thanksgiving themes/create a card from MUF to recipient and pack bags/boxes with items brought and bought. Goal: MUF packs/decorate 60 boxes/bags. Drivers still needed for delivery to Pantry on Monday morning!

Wind of the Spirit – Immigrant Support Group – Annual Thanksgiving Dinner, at Morristown's St. Margaret of Scotland R.C. Church (located at intersection of Sussex/ Speedwell Avenues). Make an extra pie, cooked turkey, soup, dish of mashed potatoes, gravy, vegetables, et al., and drop off at St. Margaret's Parish Hall (just off parking lot) anytime from 1:30-3 p.m. (If you need to drop off earlier, leave at outside door of hall, securely wrapped.) Some 100+ guests will enjoy Thanksgiving together being glad for each other's friendship and our welcoming gestures. This is the spirit of Thanksgiving made manifest. You are also welcome to attend their dinner, too! at 4 p.m.

Two (2) Eric Johnson House Monthly Dinners – Wednesdays, November 4 and November 25, 5:45-7:15 – MUF is meeting two monthly commitments to this greater Morristown community of recovering AIDS/HIV neighbors. Your friendly self ...and/or your good cooking needed. Contact Zella Geltman.

Morristown Soup Kitchen – Help is needed for Tuesday, November 10 serving. We need casseroles, soup, chili, hot dogs and beans. More cooks are needed to prepare food in advance to serve 200 people. Helpers are needed to serve and shop day before for fresh items. Please step up...Contact Michelle Kunz at mbkunz@gmail.com to let her know you are cooking or willing to help!

Morris Homeless Solutions Monthly Dinner – Saturday, November 14, 4:45-7 p.m. – Help prepare our monthly MUF cheeseburger & birthday cake dinner for homeless shelter residents. "Table talk" is also where your natural self can be of great friendly help. Contact judyoneil@verizon.net.

MUF Social Justice Council Monthly Meeting – Thursday, November 19, 7:30-9 p.m. You are always welcome to join the Social Justice Council and help us promote social justice at MUF in 3 ways: supporting MUF Social Action Groups and two Study/ Action Groups, planning MUF- wide seasonal/ad hoc activities, and allocating our plate donations to charities in the MUF congregation's name. Contact Chris Reynolds at Reynolds@nac.net.

Looking Forward... a Place to Shop for "Gifts of Conscience"

The Social Justice Council is planning the 6th Annual MUF Alternative Holiday Gift Fair...to run one weekend - Friday, Saturday, Sunday, December 4,5,6. Featuring large selection of crafts/handmade items from 3rd world artisans offered by "Ten Thousand Villages," Grupo Cajola Women's Coop in Guatemala, Gifts of support for women and orphans in Nicaragua, Heifer International income-producing animals/gift shares.... lots of tables for local charities support – gift certificates and symbolic items.

This is a unique MUF holiday activity that shows our Unitarian values and our commitment to making the world a better place! Make Your Gift List! WE WILL NEED VOLUNTEERS TO HELP US RUN THE FAIR! Contact karenburns@casaessex.org if you'd like to help out.

Metro NY Minute – Upcoming Meetings and Workshops and Action Alerts

The **Standing on the Side of Love** campaign and UUA staff are holding weekly, 45-minute **webcast conference calls** to share resources and best practices with people coordinating Standing on the Side of Love activism in their congregations. Calls are scheduled for each Friday at 1 pm. For call-in information:

www.standingonthesideoflove.org/fridaycalls.

The **Green Sanctuary Program** has mailed to each congregation a copy of *Renewal*, a documentary film composed of eight stories of various faith communities engaging in environmental work inspired by their faith.

Spiritual Practices to Sustain Us in Our UU Path, an all-day workshop on Saturday, November 14, at the UU Congregation at Shelter Rock (Manhasset, NY), will be led by the Rev. Lilia Cuervo, Affiliate Minister. Participants will receive a variety of tools to inspire and open their minds and nurture their spirits. For more information, contact the Rev. Cuervo at cuervouu@peoplepc.com.

More information on the above can be obtained on the UU Metro NY website: <http://uumetrony.org>. From this link you can get news from the district, the UUA's social action of the month, and UU Service Committee news.

Susan Oxman, Denominational Affairs

Taichi Light Monthly Practice

Saturdays, beginning November 7, 9:30 a.m. (First Saturday of Every Month)

Coordinated by Al Chu, Bruce Daggy, Laurie MacGeorge

MUFer Al Chu, creator of Taichi Light, will lead us in practicing energy work together. This is a simplified version of the traditional Chinese Tai Chi and Qigong exercises that is easier to learn and practice by people of all ages. Practiced consistently for 15–20 minutes once or twice a day, Taichi Light can help you increase your body flexibility and your sense of balance, set your mind at peace, and stimulate your physical and mental vitality. **Please register with the MUF office by Thursday, November 5.** For more information, contact Al Chu at alchu888@gmail.com, or Laurie MacGeorge at dmacg10@aol.com.

George Aronson's Photos in Atrium Gallery

If you missed the October 22 reception for George Aronson's photography, part of a major exhibition of local and regional artists at the beautiful Atrium Gallery in Morristown, you can still visit it in person until January 7. Or you can see a two-minute animated video preview at www.georgemaronson.com. Hours at the Gallery, in the Administration & Records Building on Court Street, are weekdays from 9 to 5. The exhibit is sponsored by the Arts Council of the Morris Area.

Our Financial Health (Figures may not add up exactly due to rounding and/or truncation.)

| | Sep 2009 | July-Sep | Annual Budget | Budget remaining |
|----------------------|--------------------|---------------------|---------------------|---------------------|
| Income | | | | |
| Pledge Income | \$21,720.08 | \$97,094.17 | \$448,000.00 | \$350,905.83 |
| Rental Income | \$4,575.00 | \$9,210.00 | \$49,200.00 | \$39,990.00 |
| Fundraisers | \$0.00 | \$0.00 | \$32,500.00 | \$32,500.00 |
| Other Income | \$392.50 | \$3,463.50 | \$16,140.00 | \$12,681.50 |
| TOTAL INCOME | \$26,687.58 | \$109,767.67 | \$545,840.00 | \$436,077.33 |
| Expense | | | | |
| PAYROLL | \$28,748.26 | \$88,339.60 | \$361,948.00 | \$273,758.40 |
| Debt Services | \$1,842.42 | \$5,511.61 | \$19,000.00 | \$14,222.34 |
| BLDG MTCE & UTIL | \$4,771.23 | \$11,385.85 | \$65,932.00 | \$54,546.15 |
| ADMINISTRATION | (\$54.61) | \$9,299.06 | \$60,072.00 | \$50,906.46 |
| COMMITTEES | \$593.97 | \$2,003.85 | \$15,420.00 | \$13,806.15 |
| Religious Education | \$956.65 | \$2,736.75 | \$9,716.00 | \$6,979.25 |
| TOTAL EXPENSE | \$36,857.92 | \$119,276.72 | \$532,088.00 | \$414,218.75 |
| Difference | (\$10,170.34) | (\$9,509.05) | \$13,752.00 | |



Sharing Our Joys & Concerns

To assure the privacy of our members and friends, we have removed all other “Joys and Concerns” and personal telephone numbers from the online newsletter. A copy of the Newsletter in the Members Only section of our website includes the complete information.

Tell Us Your Joys & Concerns

Be sure to send your Joys and Concerns to melodylingers@verizon.net so they will reach all members of the Fellowship.

Contributions to the Endowment Fund, the Memorial Garden Fund, or the Celebration of Life Fund are special ways of honoring family and friends. Your gifts will be acknowledged and appreciated.



Upcoming Events Calendar

| Date | Time | Event | Details |
|--|----------------------|---|---------|
| Mondays, November 2,9,16,23 | 7:30-930 p.m. | Meditations on Loving-kindness | p. 5 |
| Wednesday, November 4 | 7:30-9:00 p.m. | Hope Rises from the Ashes of My Lai | p. 6 |
| Thursdays, November 5,12,19, December 3 | 10:00 a.m. | Job-Finding Workshop | p. 6 |
| Sunday, November 8 | 8:00 a.m.-12:30 p.m. | Blood Drive | p. 6 |
| Monday, November 9 | 7:00 p.m. | Monday Night Book Group | p. 6 |
| Friday-Sunday, Nov. 13-15 | | Women's Retreat | p. 6 |
| Sunday, November 15 | 1:15 p.m. | Speaker on Clean Energy | p. 11 |
| Wednesday, November 18 | 7:00 p.m. | <i>Suzuki Speaks</i> | p. 6 |
| Thursdays, November 19,26, December 3 | | Men's Consciousness Raising Group—Open Sessions | p. 6 |
| Saturday, November 21 | 9:00 a.m.-12 noon | Annual Fall Cleanup | p. 6 |
| Saturday, November 21 | 7:30 p.m. | Morris Consort & Other Choirs in Series | p. 6 |
| Sunday, December 6 | 3:00 p.m. | Annual Holiday Party | p. 4 |

.....

Ted Glick: "Making the Shift to Clean Energy"
Sunday, November 15, 1:15 p.m.

Ted Glick – writer/activist/speaker – will present his reflections on the national and international process of addressing climate change and the shift to clean energy. Since 2003, Glick has been a leader in the effort to stabilize our climate and begin a clean energy revolution. He was a founder in early 2004 of the Climate Crisis Coalition, and he is currently Policy Director of the Chesapeake Climate Action Network.

Along with other activists around the world, Glick will begin the Climate Justice Fast on November 6 and continue until the UN Climate Change Summit in Copenhagen, which begins December 7.

"While the concept of the fast may shock some, it will be a nonviolent, morally forceful and peaceful action, and is perhaps one of the few types of action that we have available to us that is capable of deeply communicating the gravity of the situation that we now find ourselves in, both in terms of the profound

disaster of unchecked climate change and the profound opportunity provided by the Copenhagen summit," Glick said.

For your convenience, MUF members & friends are invited to an earth-friendly, delicious soup/salad lunch (\$4) after second service (12:30–1:15). Admission to Ted Glick's presentation is free (donation appreciated).

Sponsored by Green Earth Ministry. For more information, contact josippie@optonline.net.

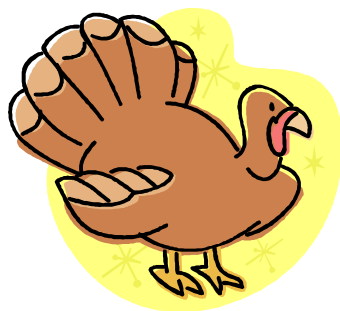
Save the date! The 2010 Metro NY District Annual Meeting will be held April 30-May 1, 2010, at the Hyatt Morristown (NJ). More information coming soon.

Morristown
Unitarian Fellowship
21 Normandy Heights Road
Morristown, New Jersey 07960-4611

TO ASSURE PRIVACY of our members and friends, all "Joys and Concerns," personal telephone numbers and home addresses are removed from this *public* online newsletter. The Members Only copy includes the full information.

November 2009

Volume 54, No. 11



Dated Material – Posted October 29, 2009
Deadline for the DECEMBER issue is

NOVEMBER 15

Daylight Savings Time ENDS
on Sunday, November 1!!!!
Remember to set your clocks BACK
one hour Saturday Night (Halloween).
(So you'll finally get back that hour
you lost last spring.)

Sunday Services

Services at 9 and 11 a.m.



November 1 Honoring All Souls

Children, Youth, and Adults are encouraged to join us for this special multigenerational service where we honor ancestors and deceased loved ones. Please bring something to place on our community altar.

Rev. Alison B. Miller & Karen Brown

November 8

The 3^d service in our "Living in Covenant: 7 Principles" series will focus on the core precept: Acceptance of one another and encouragement in spiritual growth in our congregations.

Rev. Alison B. Miller

November 15 Responding to the Crisis of Climate Change

The Ultimate Snap Quiz on Our Beliefs and Ability to Shift Gears, delivered by Eric Hansen, award-winning environmental essayist, author, conservation activist, adventurer, public speaker and son of our own Homer Hansen.

November 22 Guess Who's Coming to Dinner?

Rev. Alison B. Miller

November 29 Living Thanks

Coordinated by Kathi Caccavale