

THE SOUTH COUNTY UNITARIAN UNIVERSALIST

THE NEWSLETTER OF THE UNITARIAN UNIVERSALIST CONGREGATION OF SOUTH COUNTY

VOLUME 26 ISSUE 6

JUNE 2017

June Services

Sunday Morning Services are at 10:00 a.m.

June 4

What is Health? – Lou Rubenstein, M.D.

What does it mean to say someone is in “good health”? Can good health be maintained— or even regained— in the setting of acute or chronic illness or disability?

Dr. Rubenstein is a graduate of Harvard, Columbia Medical School, and Brown University’s internal medicine program. He is medical director of South County Hospital’s Hospitalist service.

THE ANNUAL MEETING WILL TAKE PLACE AFTER THE SERVICE

June 11

**Bridging and Beyond – Rev. David L. Helfer
and Pam Santos, Director of Religious Education**

Today we celebrate our senior youth as they bridge into young adulthood. We will explore how we might all more actively accompany our children and youth as they search for their sense of faith.

A celebration for our senior youth will take place during coffee hour.

June 18

**Flower Communion and Peace-Making – Rev. David L. Helfer
and Pam Santos, Director of Religious Education**

We will revisit our history of peace-making so that we might claim that space now, as well. Please bring flowers to share.

A celebration of Pam Santos’s work as religious education director will take place during coffee hour.

June 25

The Universal Language of Mankind – The Music Committee

Join the choir and Music Committee as we welcome summer, celebrate song, melody and harmony, and sing some of our all-time favorites. As usual, this service will include something for everyone, as we celebrate what Longfellow referred to as “the universal language of mankind.”



OUR HOME IS AT LILY PADS PROFESSIONAL CENTER, 27 NORTH ROAD, PEACE DALE, R.I.

THE SOUTH COUNTY UNITARIAN UNIVERSALIST

Karen R. Ellsworth, Editor

Deadline: The 20th day of each month

Material should be submitted by e-mail to kellsworth6@verizon.net

UNITARIAN UNIVERSALIST CONGREGATION OF SOUTH COUNTY

www.uusouthcountyri.org

OUR HOME IS AT LILY PADS PROFESSIONAL CENTER

27 NORTH ROAD, PEACE DALE, R. I. 02879

(401) 783-4170 • uucscri@yahoo.com

Services and Children's Religious Education on Sundays at 10 a.m.

*We welcome all individuals without regard to race, color, physical challenge,
sexual orientation, age, or national origin.*

Staff Members

REV. DAVID L. HELFER, MINISTER

Office telephone: (401) 284-3321 • e-mail: uucscminister@gmail.com

Pam Santos, Religious Education Director ■ **Michael Galib**, Music Director

Church Office

Office Hours: Tuesday 9:00 a.m. to 2:30 p.m. ■ Wednesday 9:00 a.m. to 4:30 p.m.

Thursday 9:00 a.m. to 2:30 p.m. ■ Friday 10:00 a.m. to 1:30 p.m.

Board of Directors

Betsy Dalton, President (2016-2017) ■ Linda Whyte Burrell, Vice President (2016-2018)

Steve Harrison, Treasurer (2015-2017) ■ Mary Fulton, Clerk (2016-2018)

Randi Marten (2016-2018) ■ Elise Bender (2015-2017)

Sally Barney (2016-2018) ■ Leah Canin (2015-2017) ■ Natalie Herbermann (2016-2018)

Committee Chairs

Carla Bowman, Membership Committee

Jean Bowen, Social Justice Team • Judi Marcy, Caring Connection

(vacant) Religious Education Committee • Mary Finnegan, Personnel Committee

Marcia Boyd, Finance Committee • Chris DePaola, Facilities Committee

Emily Jacobs, Music Committee • Linda Whyte Burrell, Social Events Committee

Val Follett & Mike Henry, Hospitality Coordinators

David Floyd, Music at Lily Pads Coordinator • Johnnie Rodriguez, Worship Committee

Dave Ruede, Stewardship Committee • Cindy Cole Berry, Pastoral Care Committee

Dennis Bowman, Communications & Publicity Committee

Karen R. Ellsworth, Weekly E-News editor kellsworth6@verizon.net

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At the Water's Edge

Rev. David L. Helfer



Dear UUCSC members and friends,

In trying to sum up this congregational year, to capture all that we have experienced together, I found myself struggling. Do I write about the joys we've experienced, the beauty of this season? Or do I acknowledge the both real and felt sense of loss that has permeated so much of our fall and spring?

The poet William Blake reminds me— us— that it is not one or the other, but both.

*Joy and woe are woven fine,
A clothing for the soul divine,
Under every grief and pine,
Runs a joy with silken twine.
It is right it should be so,
We were made for joy and woe,
And when this we rightly know,
Through the world we safely go.*

I think many of us, myself included, have asked ourselves, “How do I allow myself to feel joy when [fill in the blank— loss, world politics, fear] is so ever-present?” And yet we must, for it is only in feeling the pain that we are taught joy.

At the Healing Vespers on May 24, we opened ourselves up to feel that pain, to allow it to flow into, and ultimately, through us. In looking at the pain, head on, in holding it in our hands, and turning it over, and gazing at it with curiosity, it loses its power over us. Room is made for joy to return.

Considering this on a larger scale, eco-philosopher Joanna Macy (among many others) looks at our current world crises and sees opportunity. There is a belief that in this time of pain, human consciousness is raised, and an opportunity opens for meaningful and powerful shift in human actions. I watch for those signs. I look for joy amidst the sorrow.

And the signals are there. Liberalism is on the rise. Whole generations are motivated back into social justice work. Awareness is growing of the work we must do to heal our own racial history. The questions of inequity are becoming worldwide, and meaningful steps are being taken to reallocate human consumption.

It's worth looking at the joys in our own congregational home. New babies, a called minister and a beautiful installation, a gorgeous music program, connections across generations being built, and so much more.

Hold onto your faith. Your work matters. You matter. And we will continue to wind our way through the joy and sorrow, together.

With gratitude, faith and love,

Rev. David

The President's Letter

A Fond Farewell

Two years ago, I was preparing to take the reins as President of UUCSC, having been vice president for a year and also a board member for several. It was a challenging time for our congregation, as we were still recovering from a difficult period, but it was also an exciting time. We had a wonderful interim minister in place for his second year, and he had guided us to a point where we were recovering our confidence and our congregational solidarity, and we were ready to launch our search for a settled minister. Never having been part of such a search before, the processes, procedures and lengthy amounts of research and documentation were new to me. Thankfully, UUCSC had wisely selected fine and capable Ministerial Search Team who took hold of this task, dug right in, and together, got the job done! Over the two years that this Search Team was together, I watched them gel into an extremely close, efficient, and caring group dedicated to one mission: To find the right minister for our wonderful congregation. We entrusted this task to them, and they came through. Now we all are benefitting from their hard work. Rev. David Helfer is completing his

first year with us as our settled minister – and what a wonderful thing that is! I know that you will join me one last time in thanking our MSC members for their wisdom and their service.



I'd like to reflect a bit on some of the great things that have taken place over this past year at UUCSC:

- Two successful Board of Directors retreats (summer and winter) to plan for the current year and to look ahead toward the future of our congregation.
- Our 25th Anniversary year-long celebration, including our fall 'History of UUCSC' service, the New Year's Eve dance, the 25th Anniversary banquet, the wonderful Neruda String Quartet

concert sponsored by the Music Committee, and our recent interfaith service. Many thanks to all who served on the planning committee to organize our anniversary celebrations. It was an amazing year.

• Our Annual Thanksgiving all-congregation soup luncheon, sponsored again by the Board of Directors.

• The installation of a hearing loop system in our sanctuary, bring listening access to those in the congregation who need additional support. Thank you, Myron Waldman, for your sage guidance and hard work.

• One more wonderful year of Music at Lily Pads concerts. Thank you, David Floyd, and all who have volunteered over the years.

• Our first holiday Arts & Crafts Fair, which will be coming again in December 2017. The enormous growth of involvement and commitment across the congregation on social justice issues. Thanks to Jean Bowen and all of the Social Justice team for your dedicated work.

• The beautiful installation ceremony, held right here at the UUCSC, for Rev. David Helfer, the second settled minister of our growing congregation. *continued on page 5*

The Annual Gathering of UUs: General Assembly

Once a year, and somewhere different every year, four thousand to six thousand Unitarian Universalists from around the world gather to worship, to learn, to share at the annual UUA General Assembly.



This year's General Assembly, in New Orleans from June 20 to 25, includes a talk by Bryan Stevenson, author of *Just Mercy*; election of a new UUA president; and much more. And the worship services, often two a day, are unlike anything you've experienced.

Almost all of General Assembly (or "GA") is streamed and can be accessed via computer. Information about what and how to watch can be found here: <http://www.uua.org/ga/off-site>.

— Rev. David

A Fond Farewell

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✿ At last! The repair of the leaky roof in our entryway. Thank you, Facilities Committee!

✿ The successful hiring of our new Office Administrator, Karen St. Peter. Welcome, Karen!

✿ Another great Stewardship pledge drive. Thank you, everyone, for your generous support of the financial needs of UUCSC, and thank you, Stewardship Committee, for your hard work.

✿ Another great Dining for Dollars! Always so much fun, and our best fundraiser — thank you, Nancy Rose, and everyone who helps and participates.

✿ The growth and dedica-

tion of our Coordinating Council, chairs of all of our committees and groups, and their members. It is through the efforts of the chairs and members and friends of UUCSC who serve on our diverse committees that so much of the work of the congregation gets done. We could not survive without volunteer support. It takes a village!

✿ And finally, the ongoing dedication of our Board of Directors. It has been an honor to serve as President with this Board. You all know how much I love you and thank you for the talents, focus, and hard work you bring to the table month after month. Thank you for your continuing service to UUCSC.

I am sure that there are many things also worth noting, but not included here, and for these things, let me say offer a global "thank you." It is with great joy that I consider myself a member of this UUCSC family.

In closing, let me just say that in these two years I have learned so much, cried a little, laughed a lot, and always felt the love of our UUCSC community in my heart. I will not be president after June 4, but I will be here, in the community, with you.

Thank you, everyone.

With all my love
and thanks,

Betsy Dalton,
President, UUCSC
(2015-2017)

The summer schedule at UUCSC

Here's what will be happening at UUCSC during the summer.

Beginning on Fourth of July weekend, and continuing through the end of August, worship services will be lay-led. The services planned for this summer are wide-ranging and well worth attending.

I will return to the pulpit for our Ingathering and Water Communion Service on Sunday, September 10.

Karen St. Peter, our office administrator, will be in the office each Thursday during the summer from 9:00 a.m. to 2:00 p.m. to check mail, answer the phones, finalize and print the Order of Service, and respond to rental requests and urgent inquiries.

I will be away from UUCSC for the summer months. July is my contracted time for Study Leave, which means I will be reading and doing other activities that refresh my spirit. I can be reached only in emergencies. I'll check my e-mail about once a week but will not be doing congregational work or participating in meetings. August is my vacation, and I will be off-line entirely. During August, either a covering minister or members of the Pastoral Care Team will be available to respond to pastoral emergencies.

I leave for General Assembly on June 19, so if you want to meet with me before the end of our church year, make an appointment soon.

And enjoy these beautiful summer months!

– Rev. David



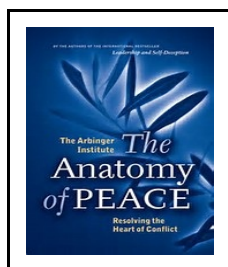
The July-August issue of the *South County Unitarian Universalist* will be distributed in mid-July. The deadline for submissions is Monday, July 10.

Two UUCSC members will lead summer study group on *The Anatomy of Peace: Resolving the Heart of Conflict*

This summer, UUCSC members Barbara Holtzman and Clare Sartori will lead a study group on *The Anatomy of Peace: Resolving the Heart of Conflict*, a book published by the Arbinger Institute (<https://arbinger.com>).

The premise of the book is that conflict arises when we stigmatize and de-humanize those with whom we disagree. In every moment, we can choose whether our hearts will be at war or at peace, depending on the lens through which we see other people.

The Arbinger Institute provides training, consult-



ing and coaching based on its research in human behavior, self-deception, and motivation.

The study group will examine the book's teachings and how they apply to our own relationships and viewpoints. Between meetings, participants will practice facilitating real cognitive and behavioral shifts. Barbara took this course four years ago and found it life-changing.

The study group will meet weekly for six to eight weeks, beginning in July, on either Thursdays from 10:00 to 11:30 a.m. or Fridays from 11:30 a.m. to 1:00 p.m.

For more information, or to sign up, please call Barbara at 284-0717 or contact her by e-mail at barbaraholtzman@cox.net, or speak to Barbara or Clare after a Sunday service.



Religious Education News and Events

By Pam Santos, Director of Religious Education

Looking Ahead in Religious Education

Our year in Religious Education is coming to an end. It has indeed been an action-packed year of welcoming new families, and new babies, and a year of community action and helping efforts by the children and youth. It has been a year of exploration within our faith as we focus on our Seven Principles and with visits to neighboring faith homes. Together we have strengthened our understanding of Unitarian Universalism and strengthened our own supportive church community.

While there are no RE classes over the summer, families are encouraged to attend the many lay led services offered each Sunday. Parents also are welcome to “do church” at home by weaving conversations about our Seven Principles into your nature walks, volunteering in the community, growing a garden to provide fresh produce for your local food bank, or visiting other faith homes and talking about differences and similarities. Share with your child the things that make you know you are a Unitarian Universalist.

In the fall, our RE program will begin again. We look forward to offering creative, adaptive, and thoughtful classes for children from kindergarten through middle school. At this point we do not know who the director of religious education will be, as I will finish up as DRE in June. At this point I’m preparing the RE program for next year so that it will be set up to go with volunteers ready to help in the classrooms, supplies new and organized, projects to focus on, and curriculum for guidance.

Enjoy the pleasures of the summer and we look forward to seeing you back at RE next fall!

Upcoming Dates in RE:

June 4 - Community Service - Planting our backyard garden

June 11- Bridging Ceremony for Senior Youth, and end-of-the-year RE party

June 18 - Flower Communion Service for all ages

A Final Note

During the past weeks I have often been asked what I will be doing as I leave my job as the Director of Religious Education. This summer I look forward to spending time with my family, as in the fall my older kids will be off on adventures of their own. I anticipate the ability to focus on my watercolor painting again and hope to offer classes to various groups and individuals. I will be devoting a substantial amount of my time to my younger sister, who currently lives in a group home for women with developmental disabilities in Wisconsin. With the passing of my father I am now her guardian, and I hope to be able to move her to Rhode Island where she can have a stronger relationship with family members and community. I look forward to this all with great energy and enthusiasm.

My five years as the Director of Religious Education here at the UUCSC have been a joy. When I took the job, our minister was Reverend Betty Kornitzer. I was happy to have been a source of stability through our three years of interim ministers, and am so pleased with the guidance and perspective of our settled minister, Reverend David Helfer. In keeping with UUA guidelines, I will be staying away from church happenings here for one year to allow the new religious education director time to create a program that reflects his or her own gifts and talents. After my year of leave, I look forward to joining the church again as a congregant. It is with a grateful heart I say good-bye. Many thanks.

– Pam Santos

THE UNITARIAN UNIVERSALIST CONGREGATION OF SOUTH COUNTY
27 NORTH ROAD
PEACE DALE, RI 02879



RETURN SERVICE REQUESTED

"If you tell people you talk to God, they'll think you're religious, but if you say God talks to you, it's ten to one they'll think you're crazy."

- Robert Fulghum

Fulghum, a Unitarian minister and best-selling author, was born June 4, 1937.