



# The South County UNITARIAN UNIVERSALIST

THE NEWSLETTER OF THE UNITARIAN UNIVERSALIST CONGREGATION OF SOUTH COUNTY

Volume 28 Issue 9

OCTOBER 2019

## Sunday Services

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

October 6

### **Finding Community, Losing Perspective – Rev. DL Helfer**

In our polarized and fragmented world, how do we become part of a community without losing sight of other points of view and other possibilities?

October 13

### **Here, There and Back Again – Helena Touhey**

Helena traveled throughout the Mideast, southern Europe and North Africa during the past three years, seeking connections to her Jewish heritage by visiting ancestral homes, Sephardic synagogues and The Memorial to the Murdered Jews of Europe in Berlin.

*Helena Touhey, a Newport resident, is a journalist, editor and collector of stories who has written about arts and culture for several Rhode Island publications.*

October 20

### **Belonging to Ourselves First – Rev. DL Helfer**

How would our lives and our interactions with others change if we truly loved ourselves? We will explore how self-compassion might deepen our spiritual practice.

October 27

### **Engaging Men in Ending Gender-Based Violence – Lee Clasper-Torch**

Changing the culture of men's power and privilege, and engaging men in the movement to change that culture, are crucial steps in ending violence against women and girls. Lee will talk about his own work toward a gender-equitable society, including his involvement in the R.I. Coalition Against Domestic Violence's Ten Men Project.

*Lee Clasper-Torch taught world religions, philosophy, and ethics at Moses Brown School for twenty-five years.*



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](mailto:kellsworth6@verizon.net)

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## UNITARIAN UNIVERSALIST CONGREGATION OF SOUTH COUNTY

[www.uusouthcountyri.org](http://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](mailto: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**

**REV. DL HELFER, MINISTER**

Office telephone: (401) 284-3321 • [uucscminister@gmail.com](mailto:uucscminister@gmail.com)

Office hours: Wednesdays 2:00 to 6:00 p.m., Thursdays 10:00 a.m. to 2:00 p.m., and by appointment.

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Office Hours: Tuesdays from 10:00 a.m. to 5:00 p.m., Wednesdays from 8:00 a.m.  
to 2:00 p.m., and Thursdays and Fridays from 8:00 a.m. to 2:30 p.m.

### **Board of Directors**

Natalie Herbermann, President (2019-2021) • Mary Fulton, Vice President (2018-2020)

Mary Alice Kimball, Treasurer (2019-2021) • Linda Dupuis, Clerk (2018-2020)

Bill Rodriguez (2018-2020) • Kai Migliaccio (2018-2020)

Dave Hurdis (2019-2021) • Rosemary Galiani (2019-2021)

### **Committee Chairs**

Elise Bender and Betty Bogutt, Membership • Charlie Donnelly, Personnel

Barbara Pagh and Etta Zasloff, Religious Education • Sally Barney, Facilities

Marcia Boyd, Finance • Jean Bowen and Carolyn Hurdis, Social Justice

Susan Pavlow, Music • Linda Whyte Burrell, Social Events

Betsy Dalton, Communications and Publicity • Dave Ruede, Stewardship

Amber Collins, Worship • Heidi Kranz and Sarah Bell, Wellness Team

*Karen R. Ellsworth, Weekly E-News editor* [kellsworth6@verizon.net](mailto:kellsworth6@verizon.net)

*Johnnie Rodriguez, Coordinator, Music 'n' More at Lily Pads*

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<https://www.facebook.com/UUCSC>

Betsy Dalton, Facebook manager

# *At the Water's Edge*

*Rev. DL Helfer*



Dear UUCSCers,

This summer, I found out something pretty surprising, at least to me.

A number of my friends— close friends— feel quite negatively about organized religion.

Now, as both a minister and their friend, I found myself in an awkward position. Do I use this opportunity to justify my faith, my ministry, or do I choose to hear them?

As I listened, carefully, friends explained the way that faith communities had hurt them through criticism, rejection, and judgment. Not all of this was done in a clear sort of way; it was more a “death by a thousand cuts” sort of impact. What we might now call micro-aggressions: small but persistent criticisms, cutting away at the core of someone’s sense of self, security, and belonging.

And yes, there was the larger, and real, objections of “look at all the damage religion has done in the world.” That’s unquestionably true. But not what I’m speaking of here.

Here’s what I pondered: Those objections of my friends, the concerns about the ways faith communities do harm— did that happen here at UUCSC?

Yes, I realized. It happens here just as it does anywhere else.

Downstairs, in Religious Exploration, there's a new emphasis on non-violent communication as an educational tool for educators and for youth and children alike. Not that this is the only way of communicating, but it's a helpful tool.

Which makes me wonder about people who have left UUCSC (if infrequently) for similar reasons, and even those who visit and don’t stay. Are we, in fact, as welcoming as we think?

Mostly, I believe yes, we are. But no community is ever finished learning and growing.

In September, the Board members adopted a new covenant for their work with each other. Ask one of them about it. It asks us to interact in new ways, to self-regulate when we talk and when we listen, as one example. Already, I see it shifting not only our conversations, but the level of trust building between us.

I invite all of us to look and listen with an open heart. Where are the places we might grow? What would it take to be a community that was less homogenous, where those of varied races or classes might feel comfortable? Are new ideas met with openness and inquiry? Do members and friends of all ages feel comfortable enough to voice their thoughts?

As we grow into the next phase of our time together— and we are growing!— there is an ongoing opportunity to consider how we wish to be, and what we wish to create together.

It's an exciting and growth-filled time.

With faith and love,

*Rev. DL*

# A Note from the President

Dear UUCSC,

On one of those strange New England days that felt like fall in the morning and summer by afternoon, the UUCSC Board gathered for our annual retreat. We worked to make plans for the congregational year and set our goals.

Our Vice President, Mary Fulton, had suggested that we develop a covenant to guide our work. We asked our youngest Director, Kai Migliaccio, to lead us in the process. What an amazing job she did.

First, we figured out what a covenant is and what it is not. To tap into to our creative side, we created a story, each of us contributing a line. It was a story about an eventful day at the beach. We examined the values that were reflected in our story. Using this process, it was fun and easy to develop the covenant.

We also realized that many members of the UUCSC would probably appreciate and connect with our ideas. I share them here.

## Our Spiritual Intention Covenant:

- ☪ Give what you can and trust others to do the same. Joyfully honor what you and everyone is providing and doing
- ☪ Work toward active listening with an open mind to further our ability to seek the truth and learn together
- ☪ Mindfully notice and observe the step-up-step-back rule; which is to be aware of what you and others are providing: notice if you might want to contribute less or more to create equal sharing opportunity.
- ☪ Be aware of your commitments and support our community by first being honest with your time and energy so that you can fulfill them in a timely manner.

The day after our retreat I listened to Rev DL's sermon about ways we can thrive in our ever-changing world. I could hear so clearly our shared values and new ways to think about them. Developing our covenant was one of those activities that reminded me why this is my beloved community. We are truly blessed.

– Natalie Herbermann



## Our Holiday Arts & Crafts Fair will be on Saturday, December 7



This year's UUCSC Holiday Arts & Crafts Fair is on Saturday, December 7.

Trish Hindley and Mary Finnegan are coordinating. Vendors are needed to sell their hand-made crafts or artwork. Volunteers are needed to set up, clean up, bake, donate jewelry, regifting items, raffle basket items, and coordinate the gift basket raffle. Do you have creative ideas to contribute? Can you make items such as wreaths? If so, your help is needed to make this important congregation fundraiser a success.

If you're interested in helping out, please attend a meeting after the service on Sunday, October 20. If you'd like to help but can't make it to the meeting, please contact Trish Hindley at [evesgma@msn.com](mailto:evesgma@msn.com) or Mary Finnegan at [finmary@gmail.com](mailto:finmary@gmail.com)



## Show our home some love! Join the "fix-it" party

Show our church home some love! The Facilities Committee invites you to join an autumn fix-it party on Saturday, October 26 from 8:00 a.m. to 1:00 p.m.

Come as you are and help with a variety of tasks inside and outside the building. Volunteers will meet in the Oneto Community Room to see the list of tasks that need to be done. For more information, contact Sally Barney at [sbarney07@aol.com](mailto:sbarney07@aol.com)

### New Moon Meditation October 26

Join Kevin and Sarah Bell for a Sounds of Harmony New Moon Meditation on Saturday, October 26 from 5:00 to 6:30 p.m.

Attune and harmonize as you honor the beginning of the moon cycle. The program uses the mellow and subtle sounds of gongs, crystal bowls and assorted resonant instruments to facilitate relaxation, meditation and rejuvenation. If you would like to lay on the floor, please feel free to bring a mat, blanket or pillow to make yourself comfortable.

The event is sponsored by the Wellness Team and the suggested donation is \$20. For more information, please call Kevin Bell at 339-0840.



### Access your inner wisdom

"Accessing your Inner Wisdom," a guided meditation facilitated by Judith Blacquier, a holistic energy practitioner, will be offered on Sunday, October 27 from 11:30 a.m. to 12:15 p.m. in the library.

No meditation experience is required. The Wellness Team is the sponsor, and the fee for the program is \$15. For more information visit <https://www.synchronicityandcompany.com>

# News from the Wellness Team

The Wellness Team offers a technique that helps people prepare for surgery, heal faster and use less pain medication. This mind-body-spirit technique is also used successfully in lessening the side effects of chemotherapy and radiation and the challenges of acute and long-term health issues. This process has been validated by clinical research in major hospitals, including the Brigham and Women's Hospital in Boston and Kaiser Permanente hospitals in California.

If you think you could benefit from this proven process, please attend an informational meeting on Sunday, October 20 from 11:30 a.m. to 12:15 p.m. in the nursery. If you have questions, please call Sarah Bell at 207-1634.



Are you a Reiki practitioner? The Wellness Team is planning a meeting of UUCSC members and friends who are Reiki practitioners. If you are a Reiki practitioner and would like to participate, please contact Sarah Bell at 207-1634.



The UUCSC Wellness Team aims to enhance wellness of body, mind and spirit by hosting programs for congregation members and friends. Team members meet monthly to share and support each other in our journey toward optimum wellness. The team is looking for new members. If you're interested, please attend the Wellness Team meeting on Sunday, October 6th at 11:30 a.m. in the library.

## ***This month's Soul Matters theme is Belonging***

The Soul Matters Sharing Circle is a network of Unitarian Universalist congregations that adopt the same monthly theme, enabling them to more easily share resources for worship, sermons, music, covenant groups, and children's religious education.

The Soul Matters theme for October is Belonging.

The late Douglas Steere, an author, philosophy professor and Quaker leader, said:

"The ancient question, 'Who am I?' inevitably leads to a deeper one, 'Whose am I?,' because there is no identity outside of relationship. You cannot be a person by yourself. To ask 'Whose am I' is to extend the question far beyond the little self-absorbed self, and wonder: Who needs you? Who loves you? To whom are you accountable? To whom do you answer? Whose life is altered by your choices? With whose life is your own bound up, inextricably, in obvious or invisible ways?" – Karen St. Peter

## **Evacuation drill on Sunday, October 6**

UUCSC will hold its annual evacuation drill during the service on Sunday, October 6, weather permitting.

Toward the end of the service, Rev. DL will announce that the drill is beginning. Everyone will be asked to exit the building as quickly and quietly as safely possible. Please proceed to the lower (unpaved) parking lot that is to the left as you leave the front entrance of the building. If that is too far for those with movement constraints, go as far in that direction as you feasibly can.



As soon as the evacuation is complete, a whistle will sound so that you will know when you can return to the building for coffee hour and to retrieve your belongs.

If you have comments to share, including problems or suggestions for improvements to the drill, please speak with Mary Fulton. This drill is an opportunity to take good care of ourselves and each other. If an emergency takes place, we will be better prepared to deal with it.





## Religious Education News and Events

By Bethany Vaccaro, Director of Religious Education

*This month we celebrate Belonging.  
We honor the fabric of our community and marvel at the beauty of each strand.*

### **Sunday, October 6 – NEW! Show and Tell**

Kids start downstairs at 10:00 a.m.

Let's get to know each other! All kids are invited to bring something to share with the group.

Service Project – Card of Encouragement: Handmade cards to encourage social justice activists in our community.

### **Sunday, October 13 – Indigenous Peoples' Day**

We will welcome special guest educator Lorén Spears from the Tomaquag Museum.

Have fun learning more about our local indigenous tribes!

### **Sunday, October 20 – Peaceful Hearts: Mindfulness in Motion**

We are welcoming special guest Marlena Paulson, who will share some yoga and relaxation poses especially selected for kids to use when they are on the go.

### **Sunday, October 27 – Open Art + Games . . . and Youth Group!**

NEW! Kids in grades 5 through 8 are invited to our Youth Group room to play games and eat snacks. In our main classroom, we will get creative at the Sculpture Table.

NEW! At 11:15, our new group for RE volunteers and parents, Non-Violent Communication as Spiritual Practice, will meet in the Youth Group room.

*Kids ages 5 and under are welcome to visit our Nursery, where our trained staff are ready to play and connect. Kids in grades K through 8 are invited to our main classroom. We begin upstairs with the congregation on every Sunday except the first Sunday of the month.*



### PRAYER OF THE MONTH

#### ***Belonging for Our Whole Selves***

*by Rev. Scott Tayler*

*May the flame we now kindle light the path back to our center,  
back to that place of belonging again to our deepest self.  
And may our chalice remind us that we are held and welcomed whole,  
without the need to hide a single piece or part of who we are.*

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27 NORTH ROAD  
PEACE DALE, RI 02879



RETURN SERVICE REQUESTED

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*"Greatness and goodness  
are not means, but ends."*

– Samuel Taylor Coleridge

Samuel Taylor Coleridge (1772-1834) was an English poet, philosopher, and romantic visionary. Raised in an Anglican household, he became a Unitarian in his 20s. Coleridge was born in Devonshire on October 21, 1772.