

MAKING THE CONNECTIONS

FIRST UNITARIAN UNIVERSALIST CHURCH OF ESSEX COUNTY

JANUARY 2011

INSIDE THIS ISSUE:

- JANUARY SUNDAY SERVICES** 2
- JANUARY CALENDAR OF EVENTS** 3
- LISTENING POST** 4

MARK IT DOWN

- **Sunday, January 9th, Listening Post on Congregational Poll on Ethical Eating CSAI – 12:00 noon, Parish Hall**
- **Tuesday, January 11th, Board Meeting, 7:30 pm, Hale House**
- **Tuesday, January 25th, Celebrations & Music, 7:30 PM, Sonen Room**

FROM DARRELL'S DESK- "I'LL HAVE THE EXTRA-MEDIUM"

A few years ago a friend was performing with an improv troupe in Red Bank. A sketch took place in a coffee shop. After being told all the options my friend replied, "I'll have an extra-medium."

Not only did I find this response hilarious, it struck my philosophical funny bone. Perhaps this is because my usual temperament runs to the extremely moderate, which occasionally is mistaken for lack of interest. I contend that moderation, especially today, is a radical response, and a most useful one.

Last week I had my annual medical checkup. My doctor sent me the results of the blood work, which measures scores of things. I am only vaguely familiar with most of them, but I understand one important aspect. The healthy thing is to have one's scores within a range. Too much or too little of anything indicates trouble.

I was happy to find that with regard to my blood I am indeed extra-medium.

This useful definition of health might also be applied to much

of the public discourse. For instance, I find compromise to be very much like potassium or calcium. Too little or too much is unhealthy. When our politicians compromise either too little or too much, nothing gets done and the patient, our nation, gets sick. With the proper amount of compromise comes progress.

Pride is a similar quality, whether national or personal. One needs a healthy amount, not too much. I'm finding as I age that exercise can also be like that. It used to be impossible for me to get too much exercise. Not now.

Anger certainly qualifies as an emotion that is most healthy in moderation. I learned this fairly recently. My dad had so much anger that I grew up thinking that it is best not to have any. Later I learned that it was not that he had so much anger, but that it was about the only emotion he knew how to express. This was a problem for many men of his generation.

I found that unexpressed anger accumulates like cholesterol in one's arteries, and is every bit

as likely to lead to severe health problems. I'm still not great at it, but, like a few sessions on the treadmill every week, expressing anger is a good thing to do, even if it is not much fun.

Not everything is good in moderation. There is no amount of hate or bigotry that is healthy. Ignorance, if left untreated, is unhealthy not only to the ignorant, but to everyone exposed to it. Love seems to be useful in increasingly large amounts, though placement is also important.

Buddha understood this. The Middle Way is all about moderation. Yet as we approach 2011 it still seems like a new, even radical idea. So this year I toast to an extra-medium New Year. Happy moderation to all and to all a good night!

JANUARY SUNDAY SERVICES

Jan 2 **Singing in the New Year** **Greg Giacobe**
Musician: David Braham, Senior Usher: Ann Lang

This is a member participation service. Do you have a piece of music to perform? A hymn you love to sing? A song that has special meaning to you? Please contact Gregory Giacobe at ggiacobe@optonline.net or 201-823-2459 before 30 December to be included in the Order of Service.

Jan 9 **Obama Turns the Other Cheek** **Rev. Darrell Berger**
Musician: Bill Stafford, Senior Usher: Anne Miller

Much has been made of how our President's basic personality and way he meets the world has either helped or hindered his presidency. To what extent may one change this about one's self? How much is it even advisable? I will examine this in light of one of the Bible's most widely known and little understood concepts: "turning the other cheek."

Jan 16 **MLK Sunday Service** **Flore Dorcely**
Musician: David Braham, Senior Ushers: Greg Giacobe and Laura Rogers

TBD.

Jan 23 **The Once and Future Sandwich Generation** **Rev. Darrell Berger**
Musician: Bill Stafford, Senior Usher: Paul Axel-Lute

The Baby Boomers are the Sandwich Generation, care-giving for both their children and aging parents. This will continue for awhile. But sooner than anyone will notice, this will change. How will the generation that thinks of itself as "forever young" adjust? How will their kids handle it?

Jan 30 **The Rally to Restore Sanity: Do we want Liberal Politics to Turn Into Liberal Religion?** **Wayne Eastman**
Musician: Bill Stafford, Senior Usher: Ann Lang

A participant's reflections on the recent Jon Stewart/Steven Colbert "Rally to Restore Sanity"/"March to Restore Fear" in Washington, D.C., complete with signs.

Wayne Eastman is a long-time First Church member who teaches business law and business ethics at Rutgers Business School and serves on the South Orange-Maplewood Board of Education.



Guest At Your Table 2010 Call Back:
Time to Hand Back Your Boxes & Envelopes


Starting January 9th, we ask that you return your Guest At Your Table boxes and envelopes. All boxes and envelopes should be handed in by January 23rd. If you still wish to make a donation before we close our *Guest* program for this church year, please speak with Gregory Giacobe, UUSC Local Representative, after service during coffee hour.



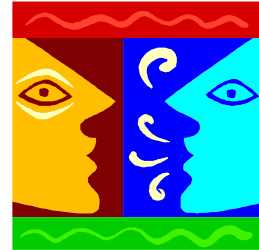
For those of you who took *Guest* collection boxes, we ask that you **please DO NOT hand in loose change or bills**. Instead, count up the money you have collected and write a check for that amount payable to the "Unitarian Universalist Service Committee". Write "Guest At Your Table 2010" in the memo line. Also, **don't forget to fill out the donation form located on the bottom of your collection box**, disconnect it and hand it in with your check. For those who took donation envelopes, simply place your check in the envelopes, fill out the form on the flap and seal it. If your donation is close to or above one of the membership levels, **please consider joining UUSC**. **General** membership is \$40, **Dual Adult** membership is \$75, **Youth/Student** is \$10, and **Senior** is \$20. All unrestricted donations (those not designated for any specific UUSC program or activity) of \$100 or more is matched by the UU Congregation at Shelter Rock in Manhasset NY.

Thank you.

January 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5	6	7	8
9 Listening Post on Congregational Poll 12 noon, Parish Hall	10	11 Board Meeting 7:30, Hale House	12	13	14	15
16	17	18	19	20	21	22
23	24	25 Celebrations and Music 7:30 pm, Sonen Room	26	27	28	29
30	31				 Coffee Hour January: Georgiana Hart	Coordinator for January: Georgiana Hart

**LISTENING POST: THE CONGREGATIONAL
POLL ON THE ETHICAL EATING DRAFT
STATEMENT OF CONSCIENCE,
JANUARY 9TH AT 12 NOON**



On 15 November, the UUA's Commission of Social Witness (CSW) alerted congregations that they will have the opportunity to participate in a number of social witness decisions. Two of these revolve around the draft Statement of Conscience (dSOC) on Ethical Eating:

- First, submitting comments to improve the wording of the draft, and
- Second, voting, as a congregation, to place the dSOC on the Final Agenda for the 2011 General Assembly that will be held in Charlotte, NC

Deadline for both actions is 1 February 2011.

The history of the Ethical Eating draft Statement of Conscience is that it was approved at the 2008 General Assembly as the Congregational Study/Action Issue (CSAI) for 2008-12. It then underwent three years of study and action with congregations and districts submitting comments and workshops held at the 2009 and 2010 General Assemblies. With the last set of workshops and comments, the CSAI was re-designated a draft Statement of Conscience in anticipation of its approval to be placed on the Final Agenda of GA 2011.

The Listening Post will address two questions concerning this draft SOC:

- Should our congregation approve to place it on the Final Agenda for the 2011 General Assembly?
- Are there any comments or changes our congregation would recommend to make the draft SOC a better document?

Please read through the current wording of the Ethical Eating draft Statement here

<http://www.uua.org/socialjustice/issuesprocess/currentissues/ethicaleating/172671.shtml>

And come to the Listening Post on 9 January ready to answer the above two questions. The recommendations that come out of this Listening Post will be submitted to the church's Board of Trustees at their next meeting, and reviewed before the church's formal vote is submitted by the deadline, 1 February 2011.

For more information, contact Gregory Giacobe at 201-823-2459 or ggiacobe@optonline.



The University of Orange

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Visit us on the web at universityoforange.org

Jan Term: An Urbanism Certificate Program

Tuesday January 4- Wednesday January 19, 2011

The University of Orange is pleased to announce the launch of our January Term Certificate Program. UofO Jan Term is a two-week moderately intensive UofO urbanism immersion experience. This program is ideal for UofO students on winter break or those with a flexible schedule that enables them to take courses during the day. Students will deepen their understanding of urbanism and gain hands-on experience.

Jan Term Requirements

Urbanism Seminar

Urbanism Seminar: Youth Urbanism

Professor: Mindy Fullilove, MD

This course will review the theory and practice of Youth Urbanism through film, guest lectures and short readings. The three-part series will culminate in the completion of a poster for presentation at a scientific meeting. All students will be co-authors of the poster.

Students not registered for Jan Term can take the Urbanism Seminar for one UofO course credit.

i8inorange

Students are required to familiarize themselves with the content on i8inorange.blogspot.com and Two Tons of Yum and to complete at least one piece of culinary writing to be published.

Placemaking Volunteering

Help UofO prepare for our annual Placemaking event. Our theme is Placemaking 3: the River the Bench and the Tree.

Where and When: *Urbanism Seminar* will take place Wednesday January 5, 11 a.m. – 1 p.m., Friday January 7, 11 am – 1 pm, and Wednesday January 12, 10 am – noon at Dr. Fullilove's studio, The Bakery, 501 Central Ave., Orange, NJ.

Placemaking Volunteering and *i8inorange* will be scheduled according student's schedules and take place at HANDS, Inc., 15 South Essex Ave., Orange, NJ.

For more information or to register contact universityoforange@gmail.com or 973 678-3110 ext: 24.

We are on the web!

www.essexuu.org

MAKING THE CONNECTIONS

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First Unitarian Universalist Church of Essex County

**WHERE EVERY MIND IS FREE AND
EVERY SOUL IS WELCOME!**

Founded in Orange in 1890 as the First Unitarian Church of Essex County, the congregation has worshipped in the present Sanctuary since its construction in 1892-3. The Church continues the ministry of the Union Universalist Society (also known as the Church of the Redeemer), founded as the First Universalist Society of Newark in 1834.

The Reverend Darrell E. Berger

Frank Barszcz: President

Flore Dorcely: Vice-President

Greg Giacobe: Church Administrator

Barrie Peterson: Chaplain

Donna Blaine: Sexton

Nina Barszcz: Newsletter Editor

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