



MAKING THE CONNECTIONS

First Unitarian Universalist Church of Essex County

November 2015

Inside this issue:

Sunday Sunset Services	2
FUUCE is 125 Update	3
Happenings @ Montclair	3
November Calendar of Events	4
Just & Safe Orange Forum	5
Guest @ Your Table	5

MARK IT DOWN

- ◆ Daylight Savings Time Ends, Sunday, 1 Nov, 2 AM
- ◆ Board of Trustees, Thursday, 12 Nov, 7 PM, Sonen Room
- ◆ Just & Safe Orange, Monday, 30 Nov, 7 PM, Parish Hall

Where every mind is free and every soul is welcome!

Spiritually Speaking: The Structure of Gratitude By David Brooks

I'm sometimes grumpier when I stay at a nice hotel. I have certain expectations about the service that's going to be provided. I get impatient if I have to crawl around looking for a power outlet, if the shower controls are unfathomable, if the place considers itself too fancy to put a coffee machine in each room. I'm sometimes happier at a budget motel, where my expectations are lower, and where a functioning iron is a bonus and the waffle maker in the breakfast area is a treat.

This little phenomenon shows how powerfully expectations structure our moods and emotions, none more so than the beautiful emotion of gratitude.

Gratitude happens when some kindness exceeds expectations, when it is undeserved. Gratitude is a sort of laughter of the heart that comes about after some surprising kindness.

Most people feel grateful some of the time — after someone saves you from a mistake or brings you food during an illness. But some people seem grateful dispositionally. They seem thankful practically all of the time.

These people may have big ambitions, but they have preserved small anticipations. As most people get on in life and earn more status, they often get used to more respect and nicer treatment. But people with dispositional gratitude take nothing for granted. They take a beginner's thrill at a word of praise, at another's good performance or at each sunny day. These people are present-minded and hyperresponsive.

This kind of dispositional gratitude is worth dissecting because it induces a mentality that stands in counterbalance to the mainstream threads of our culture.

We live in a capitalist meritocracy. This meritocracy encourages people to be self-sufficient — masters of their own fate. But people with dispositional gratitude are hyperaware of their continual dependence on others. They treasure the way they have been fashioned by parents, friends and ancestors who were in some ways their superiors. They're glad the ideal of individual autonomy is an illusion because if they were relying on themselves they'd be much worse off.

The basic logic of the capitalist meritocracy is that you get what you pay for, that you earn what you deserve. But

people with dispositional gratitude are continually struck by the fact that they are given far more than they pay for — and are much richer than they deserve. Their families, schools and summer camps put far more into them than they give back. There's a lot of surplus goodness in daily life that can't be explained by the logic of equal exchange.

Capitalism encourages us to see human beings as self-interested, utility-maximizing creatures. But people with grateful dispositions are attuned to the gift economy where people are motivated by sympathy as well as self-interest. In the gift economy intention matters. We're grateful to people who tried to do us favors even when those favors didn't work out. In the gift economy imaginative empathy matters.



Sunday Sunset Services

Services in Parish Hall start at 6 PM

INTRODUCING: SUNDAY SUNSET SERVICES

Come join us for our **NEW WORSHIP FORMAT** beginning at **6 PM**. Services will take place in the **PARISH HALL**. Doors will be open at 5:30 PM for set up.

The First UU Church would like to introduce our new service format - "Sunday Sunset Services". Containing elements of Small Group Ministry and Intentional Listening Group formats, we envision a spiritual practice of simple prayer, a moment of reflection, giving thanks, singing & music--all while sharing wine, cheese & the like. Each month, we will gather to celebrate a shared theme over words, song and food. The ritual is giving thanks, eating, sharing and community itself.

DATE THEME

- 15 Nov **Gratitude** Coordinators & Hosts — Darcy Hall & Greg Giacobe Musician - Bill Stafford, Usher - Wayne Eastman
- 13 Dec **Solace** Coordinators & Hosts — Darcy Hall & Greg Giacobe Musician - TBA, Usher - Wayne Eastman
- 10 Jan 2016 **Balance** Coordinators & Hosts — Darcy Hall & Greg Giacobe Musician - TBA, Usher - Wayne Eastman

Spiritually Speaking [cont.]

We're grateful because some people showed they care about us more than we thought they did. We're grateful when others took an imaginative leap and put themselves in our mind, even with no benefit to themselves.

Gratitude is also a form of social glue. In the capitalist economy, debt is to be repaid to the lender. But a debt of gratitude is repaid forward, to another person who also doesn't deserve it. In this way each gift ripples outward and yokes circles of people in bonds of affection. It reminds us that a society isn't just a contract based on mutual benefit, but an organic connection based on natural sympathy — connections that are nurtured not by self-interest but by loyalty and service.

If you think that human nature is good and powerful, then you go around frustrated because the perfect society has not yet been achieved. But if you go through life believing that our reason is not that great, our individual skills are not that impressive, and our goodness is severely mottled, then you're sort of amazed life has managed to be as sweet as it is. You're grateful for all the institutions our ancestors gave us, like the Constitution and our customs, which shape us to be better than we'd otherwise be. Appreciation becomes the

first political virtue and the need to perfect the gifts of others is the first political task.

We live in a capitalist meritocracy that encourages individualism and utilitarianism, ambition and pride. But this society would fall apart if not for another economy, one in which gifts surpass expectations, in which insufficiency is acknowledged and dependence celebrated.

Gratitude is the ability to see and appreciate this other almost magical economy. G. K. Chesterton wrote that "thanks are the highest form of thought, and that gratitude is happiness doubled by wonder."

People with grateful dispositions see their efforts grandly but not themselves. Life doesn't surpass their dreams but it nicely surpasses their expectations.

David Brooks, a New York Times Op-Ed columnist, writes about politics, culture and the social sciences. A version of this op-ed appeared in print on 28 July 2015, page A23 of the New York Times. All rights are reserved to the author and the New York Times.

FUUCE is 125! Update

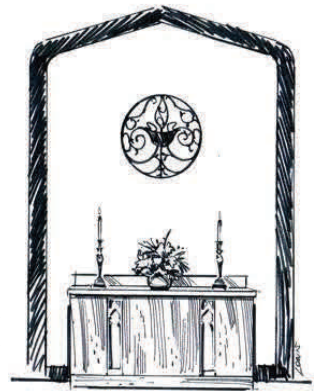
In late summer, as the FUUCE Board of Trustees met at our yearly retreat, we began formative plans for the church's 125th Anniversary with expectations of what new challenges will face us in the years ahead. On 18 September, we sent out a tentative "Save The Date" notice to members, friends and partners asking if a November date was available. As it turned out, the date was unsuitable, and the Board decided to re-schedule the 125th Anniversary Celebration to early Spring 2016. The Board's attention to getting the HUUB up and running, and finishing the site improvement project had priority. We will keep everyone informed as planning develops, but we urge you all to keep early Spring open on your calendars! Thank you!

Happy Thanksgiving



Happenings @ Montclair

- **Women's Group — Friday, 6 November, 7 PM (Rotunda).** Please join us for the launch of UUCM's Women's Group! This is intended to be a social group (mostly) free of agenda and structure. Come as you are; feel free to bring your dinner if you're coming straight from work, and of course liquid refreshments are encouraged. For more information, contact Mary Moriarty at 973-800-0575.
- **Senior Lunch Bunch — Wednesdays, 11 & 25 November, 12 Noon (Peierls).** We generally choose a topic at each meeting for the next meeting, but the conversation usually wanders over several topics of interest to the group assembled that come up spontaneously (and with plenty of laughter thrown in). Everyone is welcome! For info, email Gary Sanderson at gwsanderson@verizon.net.
- **Solo UU's — Friday, 13 November, 6 PM (Peierls).** Solo UU's are adults living the single life from our unique perspective within the UU community. We find many opportunities to connect socially, while we build a support network with adults currently living solo. Activities include joining together for discussions and dinner, and going to a movie, concert or play. To find out more, join us on the second Friday each month at UUCM where we meet at 7:00 PM for drinks and appetizers, and then socialize at a restaurant in Montclair. Newcomers are welcome! For info, call Ed Harris at 973-783-7645 or edwardbharris022@verizon.net.
- **2015 Fall AUUction — Saturday, 21 November, 6-10 PM (Fletcher Hall).** The AUUction is UUCM's single largest fundraising event and its success depends on the enthusiastic turnout we always have. This year's theme is Black & White Masquerade Auction, so Dress Up! Dress Down! Just make it Black & White! Wear your favorite mask or grab one of ours! Donate, Bid, bring Food, Volunteer-most important is your Presence! It's an awesome night of commUUnity, good cheer and fundraising for the Congregation. Contact Dennis Kurtti, djkurtti@gmail.com.
- **Men's Group — Saturday, 14 November, 8:30 AM (Alliance).** Are you a man? Are you a UU man? Would you enjoy getting together with other UU men? All UU men are welcome to join a thoughtful, mutually supportive group. Friendly, fraternal conversations provoke reflection, insight and more than a little uplifting humor. Visit <http://groups.yahoo.com/group/uucammen/> to learn more about our group.



November 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Daylight Savings Time Ends, 2 AM	2	3	4	5	6	7
8	9	10	11	12 Board of Trustees Sonnen Room 7 PM	13	14
15 SUNSET SERVICE: <i>Gratitude</i> 6 PM	16	17	18	19	20	21
22	23	24	25	26 THANKSGIVING	27	28
29	30 JUST & SAFE ORANGE, 7 PM, Parish Hall					

A JUST & SAFE ORANGE II

Nov. 30, 7 pm . 35 Cleveland Street, Orange, NJ
FUUCE/HUUB . University Of Orange

Join the University of Orange for the second in its series of community forums about safety and justice in Orange. We will listen to a range of young people discuss their take on youth and violence in our community. Our youth panelists will provide their opinions and suggestions for how city leaders can better engage youth so that we can have an impact on crime within our city. For more information or to participate in the planning email Associate Dean Khemani Gibson at khemanig2@gmail.com. This event is co-sponsored and supported by FUUCE/HUUB.



Guest At Your Table 2015 Kicks Off on 15 November

This fall, Unitarian Universalists of all ages nationwide will come together to give thanks by giving back. Through the **Unitarian Universalist Service Committee's Guest at Your Table** program, Unitarian Universalist communities celebrate the worth and dignity of all people and learn how to put these values into action. And the experience of families learning together has built lasting connections to UU values for generations of UU youth.

Focusing on four major program areas - advancing economic justice, defending civil liberties & the access to democratic processes, promoting environmental justice, and protecting rights in humanitarian crises - UUSC carries out efforts to advance human rights and social justice by working in partnership with local grassroots organizations in the United States and around the world, and standing with grassroots communities as they confront unjust power structures and challenge oppressive policies. Each program area has a special focus on issues around race, class, and gender as well as how these oppressions perpetuate injustice and human rights abuses. UUSC also provides unique opportunities for social justice activists to translate their values into action by participating in on-the-ground projects.

Guest at Your Table has been an important part of UUSC, and of UU culture, for nearly thirty-five years with more than 700 congregations participated last year. Donation envelopes will be distributed at our Sunset service on 15 November with reminders at the start of each service in December and January. Callback of donation envelopes is scheduled to begin in January 2016.

If you have any questions about the UUSC or Guest at Your Table, please speak with Gregory Giacobe at ggiacobe@optonline.net or 201-823-2459. You can learn more about UUSC's work or support UUSC directly at www.uusc.org. To learn more about this year's Guest At Your Table, including *Stories of Hope*, go to www.uusc.org/guest_at_your_table. You can also save a stamp by donating online at www.uusc.org/givetoguest. Your gift to Guest at Your Table is tax deductible — be sure to complete the form on your envelope. And remember, gifts of \$125 are eligible to be matched by the UU Congregation at Shelter Rock, to double the impact of your support!



Dawning Future

(Formerly Known as Defying Gravity)

Living On the Edge of Innovation

DATE: Saturday November 14, 2015

TIME: 9 AM - 4 PM

OPTIONAL: Friday Evening dinner, Soulful Sundown worship and Coffee House

WHERE: UU Congregation at Shelter Rock

48 Shelter Rock Rd, Manhasset NY 10030

BREAKFAST: Coffee and bagels at 9:00 AM; program starts at 9:30 AM

REGISTRATION: \$30 – Lunch included; scholarships and childcare available

**A joint program offered by the UU Congregation at Shelter Rock
and the UU District of Metro NY**

The morning will be filled with worship and TED-like talks on innovation with opportunities to engage with the speakers in the afternoon.

Moderator – Rev. Tom Schade of “the lively tradition” <http://www.tomschade.com/>
Tom will also be preaching Sunday, November 15 at UU Congregation of Shelter Rock.

Correlations and Covenant, Measurements and Mission – Rev. Tandi Rogers

Democratizing Resources to Fuel 21st Century Church – Rev. Sue Phillips

Authentic Connections in A Virtual World – Rev. Meg Riley

Thematic Ministry – Staff team of the Washington Ethical Society -
Rev. Amanda Poppei, Robyn Kravitz, Melissa Sinclair and Bailey Whiteman

Black Lives Matter – Kenny Wiley and Rev. Barbara Gadon

Let's Talk about UUs, Money, Power, and Secrecy. What Could Possibly Go Wrong? – Bill Clontz

Online Leadership Learning Opportunities – Rev. Renee Ruchotzke

HOTEL group rates for Holiday Inn Express Roslyn, 1053 Northern Boulevard, Roslyn, New York 11576
Reservations by telephone only: **516.627.2460** • Group Rate Use Code: **UUC** • Rates: **\$145-\$155**

CHILDREN'S PROGRAMMING with Starr Austin, DRE at the UU Fellowship of Huntington: A full day's active program. (no additional charge; MUST register by November 5).

Register online at: <https://uua.wufoo.com/forms/dawning-future/>



UU District
of Metro New York



UNITARIAN
UNIVERSALIST
CONGREGATION AT Shelter Rock
48 Shelter Rock Rd. Manhasset, NY 11030
516.627.6560 • www.uucsr.org

"WE ASPIRE TO BE A LOVING RELIGIOUS
COMMUNITY WHERE WE CAN GROW SPIRITUALLY
AND BUILD A MORE JUST AND JOYFUL WORLD"

New Jersey Peace Action's 58th Annual Fall Peace Gathering

Saturday, November 14th, 2015

Where: **Bloomfield High School** Social Hour and Silent Auction: **1:00PM**
160 Broad Street Program:**2:00PM**
Bloomfield, NJ 07003 Event Ends:**4:00PM**

Silent Auction features theater tickets, jewelry, subscriptions and restaurant gift certificates.

Refreshments will be served.

Why I Went To Prison For a Nuclear-Free World



“Our ‘crime’ was to draw attention to the criminality of the 70-year-old nuclear industry itself and to the unconscionable fact that the U.S. spends more on nuclear weapons than on education, health, transportation, and disaster relief combined.”

– Keynote speaker **Sister Megan Rice**, an anti-nuclear activist and Roman Catholic Religious Sister of the Society of the Holy Child Jesus.

In July 2012, at the age of 82, Sister Megan and two other activists, members of Plowshares, a group that seeks the global elimination of nuclear arms, broke into the Y-12 National Security Complex in Oak Ridge, Tennessee.

Having cut through barbed-wire fences at the Oak Ridge complex, Sr. Megan and her accomplices made their way to a bunker that stored nuclear weapons and support material. There they hung banners and strung crime-scene tape; the three also painted messages such as “The fruit of justice is peace” and splashed human blood on the bunker wall.

After being convicted in May 2013, Sr. Megan was sentenced to three years in prison. On May 8, 2015, an appellate court ruled that the government had overreached in charging the three with sabotage, and ordered them set free.

Sister Megan became active in the anti-war movement in the mid-1980s. She has been arrested more than three dozen times and had served two six-month terms for trespassing before her conviction for Oak Ridge.

TICKETS and Information:

NJ Peace Action • 673 Bloomfield Avenue • Bloomfield, NJ 07003

Phone: **(973) 259-1126**

Email: **events@njpeaceaction.org** • Web: **www.njpeaceaction.org** (online order)

We are on the web: essexuu.org

MAKING THE CONNECTIONS

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Web: essexuu.org

**Acting President: Mindy
Thompson Fullilove**

**Vice President Pro Temp:
Frank Barszcz**

Treasurer: Bill Slezak

Secretary: Greg Giacobe

Administrator: Greg Giacobe

Sexton: Tony A Jones



WE VALUE: Community...
Exploration... Fellowship...
Spirituality... Liberal Religious
Education... Diversity... Freedom...
and Action.

OUR VISION: To be a life-
affirming liberal religious
community where people of
diverse beliefs, ideas and
background come together to
provide spiritual and intellectual
growth to one another and to work
together in Orange, New Jersey
for a greater good in the world.

OUR MISSION: To study and
practice religion in freedom and
fellowship. To provide support
and care for our community and
the community at large.

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.



**First Unitarian Universalist
Church of Essex County**

PO Box 998.

Orange NJ 07051-0998

Making the connections

