



MAKING THE CONNECTIONS

First Unitarian Universalist Church of Essex County

April 2014

Where every mind is free and every soul is welcome!

Spiritually Speaking: Spring, A Time for Renewal

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MARK IT DOWN

- ◆ Saturday, 12 April, Canvass Kick-off, 6:00 PM, Hall-Eastman Residence
- ◆ Wednesday, 16 April, Board Meeting, 7:30 PM, Sonen Room
- ◆ Sunday, 27 April, Canvass Ends

Spring is a time for renewal, growth, and expansion; we feel it in the air. Even though we can do this at any time during the year, it feels just right to do it during Spring. We seem to have that extra energy and focus to get physically active, take action, and create change and so it with us here at FUUCE.

This Spring is a great time to envision endless possibilities, and to use our creative gifts to reach new levels of personal and congregational achievement, wellness, happiness and success.

Spring is a good time to let go of the old and make room for the new. This can apply to the traditional spring cleaning but most importantly we need to apply it to letting go of old grudges, resentments, and anger that holds us back from enjoying inner peace and more happiness in our lives.

When we hold on to the old we keep ruminating and re-visiting old wounds and they keeps us stuck. And sometimes we don't even know it. When we choose to let go of the old ways we make room for and open the door to endless possibilities that are waiting for us.

Many years ago one of my parishioners came to see me because he could not shake a nagging feeling of anxiety and depression. Through the pastoral counseling process I also discovered that he had a heart condition. As I asked him questions to better understand what had happened in his life that could have triggered such physical and emotional symptoms he revealed that

his mother had left his family on Christmas Eve as a child. He understood perfectly the connection between his symptoms and the emotional pain of his life events. Despite connecting the psycho-emotional dots he was not willing to forgive and let go of the anger and resentment inside. He added "I want to be angry at her even though it is at the cost of my health." His improvement was small because

he wanted to hold on to the old. When we choose to let go of the old we can make great progress and hopefully alleviate some if not all of our emotional and physical challenges.

We all have struggles, it's called life. While it is true that some challenges are harder than others, this only means that we have to work harder at letting go. We are all being guided through the learning process of figuring out life by overcoming its challenges; this is part of our earthly journey.



So while Spring naturally invites us to let go of the old to make room for the new, I encourage people to do it on a regular basis to optimize happiness and hopefulness. When it comes to transformation and renewal think of what Pablo Neruda said in one of his love poems "I want to do with you what spring does with the cherry trees."

Be receptive to unforeseen possibilities and remember to be ready at any moment to give up what you are for what you may become.

In faith,
Gordon

April Sunday Services

Services start at 11 AM

06 Apr **Beloved Community Sunday Discussion Leader - Mindy Thompson Fullilove Social Hour Host - Georgiana Hart**

13 Apr **Spring into Renewal Rev. Gordon Clay Bailey Musician - TBA Usher - Georgiana Hart, Social Hour Host - Cindy Long**

Spring is a time for joy and reflection. Each Spring is a season for looking forward. After this long winter it is good and right to look for growing things. This season is filled with traditions and religious significance from cultures far and wide. The question for us today is what shall I do with this information? How shall I incorporate a Spring perspective into my life? Is resurrection or rebirth or a growing season possible for me? Join us for an interesting service of thought provoking ideas.

20 Apr **[Easter] Jesus: No Dogma, Just The Facts Rev. Phil Passantino Musician - Dave Braham, Usher - TBA, Social Hour Host - Bill Slezak**

In the past 20 years, Biblical scholars have come to some stunning new insights about what Jesus of Nazareth was up to. Let's leave the dogma behind and look with fresh eyes. The insights may surprise you.

Phil Passantino has officiated weddings on TV (Style Network's "Glam Fairy") and radio (WPLJ-FM's "Scott & Todd Morning Show"). He's spoken at UU fellowships from Ireland to Louisiana. He presents educational kids' programs to schools and libraries. He's also a songwriter who plays a mean accordion, African mbira, and guitar. His website is www.PhilSings.com.

27 Apr **Unitarian Universalists as a Justice Seeking People Rev. Gordon Clay Bailey Musician - Bill Stafford, Usher - Gregory Giacobe, Social Hour Host - Cindy Long**

This service is all about our denominations ability to assist members and friends seek ways to work towards Justice. This paradigm is not for the faint of heart but for all people that want to find a way to serve humankind, walk gently upon this earth and love one another more fully! Join us for a deep service filled with the history and present applications of faith made real by our hands.

Nominations of Church Officers & Trustees for 2014/15 Presented



On 19 March, the Nominating Committee presented the nominations for the Officers and Trustees to the First UU Church of Essex County Board of Trustees for the 2014/15 Church year in accordance to the Bylaws of the Church (Art. V, Sec. 4). Joining continuing Trustees Ben Rosenburg and Cindy Long whose terms run through June 2015 and June 2016 respectively, the candidates are:

President:	Georgiana Hart
Vice-President:	Mindy Thompson Fullilove (continuing)
Secretary:	Gregory Giacobe (continuing)
Treasurer:	Bill Slezak (continuing)

Trustee (through 2017):	TBA
Nominating Committee (through 2016):	Rickey Slezak (continuing)

Voting on the proposed slate shall take place at the Annual Congregational Meeting, on Sunday, 8 June 2014, at 12:15 PM. Any church member is eligible to stand for the above offices as long as they fulfill the requirements set forth in the Bylaws (Art. V, Sec. 2) and have ten members of the church who are eligible to vote at the Annual Meeting nominate that person. Notification of the intention to run, as well as a list of members supporting the nomination, must be given the Board Secretary in writing no later than 20 April 2014. The Secretary will then make a list of all nominees for church offices available to church members no later than ten days before the Annual Meeting.

From The President: Annual Canvass Begins Saturday 12 April

Dear Members and Friends,

The First Unitarian-Universalist Church of Essex County has been on Cleveland Street for over a hundred years. In that time, the Church has been a spiritual, educational, emotional, artistic, musical, intellectual and social home our members, the people of Orange and the surrounding communities. In 2014 we continue to engage and to serve Orange and Essex County—through our inspiring services led by Reverend Gordon Clay Bailey; through our growing connection with the Montclair Congregation; and through our commitment to and our connections with social service organizations and people of other faiths who find a welcome home in our church buildings. We are happy and proud to be a part of this community. We look forward to continuing to do good as we live our Unitarian-Universalism faith in Orange and Essex County for many more years to come. To do that, however, we need your support. At this time of year, our annual Canvass, I hope you will be generous in your gift of support.

Canvassers Needed - Please Volunteer

April 2014

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6 BELOVED COMMUNITY 11 AM	7	8	9	10	11	12 Canvass Kick-off 6 PM
13 SERMON: Spring into Renewal 11 AM	14	15	16 Board of Trustees Sonen Room 7:30 PM	17	18	19
20 SERMON: [Easter] Jesus, No Dogma 11 AM	21	22	23 Newsletter Deadline	24	25	26
27 SERMON: UUUs/ Justice Seeking 11 AM	28	29	30			

Join Us for The Church Seder @ UUCM Monday 14 April 6 PM



The UU Congregation of Montclair will be holding its Passover Seder on Monday, 14 April at 6:00 PM in the congregation's Fletcher Hall. Gather for an evening to celebrate our freedom and the hope of emancipation of all peoples! Food, drink and a wonderful Passover service will help us reflect together about our past and to think about our future. Specific food donations and assistance from participants will be needed. The cost will be \$12/adult and \$6/child. Please contact Hilary Fandel at hilaryfandel@gmail.com or 973-652-4163.



April 2014 INTERFAITH CALENDAR

- 8 Swaminarayan Jayanti (Hindu)
- 13 Palm Sunday (Christian)
Vaisakhi (Sikh)
- 14 Birthday of Guru Nanak (Nanakshahi calendar) (Sikh)
Hola Mohalla (Nanakshahi Calendar) (Sikh)
Fast of the Firstborn (Jewish)
- 15 Passover (1st day) (Jewish)
Theravada New Year (Buddhist)
- 17 Maundy Thursday (Christian)
- 18 Good Friday (Christian)
Birthdays of Gurus Tegh Bahadur & Angad Dev (Nanakshahi calendar) (Sikh)
- 19 Holy Saturday (Western Christian)
- 20 Easter (Orthodox & Western Christian)
- 21 Ridvan (1st day) (Bahai)
Haile Selassie's visit to Jamaica (Rastafari)
- 23 Passover (final day) (Jewish)
St George's Day (Christian)
- 27 Yom Hashoah (Jewish)
- 29 Ridvan (9th day) (Bahai)

SUNDAY, APRIL 27TH, 2014

Regency House
140 Route 23
North Pompton Plains, New Jersey

12:00 – 4:00 PM (12:00 – 12:45 PM *Socializing*; 1:00 PM *Lunch*)

HONORED GUEST
AND RECIPIENT OF THE DOROTHY ELDRIDGE PEACEMAKER AWARD:



SHARON DOLEV

“COOLING THE HOT SPOT: NUCLEAR WEAPONS FREE MIDDLE EAST”

Sharon Dolev is the founder and director of the Israeli Disarmament Movement (RPM). The movement advocates a Nuclear Weapons Ban, the establishment of a Weapons of Mass Destruction Free Zone in the Middle East and supports the Arab Peace Initiative.

She has been a social and political activist since 1985 and has been active in Women in Black and the “Gaza Team” which petitioned Israeli authorities on human rights violations in the

Gaza Strip. A past coordinator of the Meretz Party’s Civil and Human Rights group and published “Watch Dogs” a pro-peace Hebrew-Arabic magazine.

In recent years, Sharon worked as a disarmament campaigner and as the Director of Greenpeace in Israel.

With the Israeli Disarmament Movement, Sharon represents ICAN, Green Cross, and other international disarmament organizations in Israel. Since December 2012, Sharon has been the presenter of a new radio show called *According to Foreign Sources* in All for Peace radio station.

Also Honoring:

Jose Santiago

Recipient of the Sylvia and Oscar Ackelsberg Peace Award

Teaneck Peace Vigil

Peace Action People of the Year

Reservations Required

Please visit <http://www.njpeaceaction.org> or call **973-259-1126**

Dinner tickets: **\$60** before April 14th (**\$75** after April 14th). A limited number of discount tickets are available.

“Being a Healing Presence” — A Training in Pastoral Care Lay Ministry



Your Choice of Date/Location:

**March 29, 2014, in Stony Brook NY OR
April 19, 2014, in Paramus NJ
Saturday 9:30 am – 5:00 pm**

with the Rev. ReBecca Sala

A UU minister and Supervisor of Pastoral Care at St. Vincent’s Health Services in Bridgeport and Westport CT, ReBecca specializes in behavioral health, oncology and trauma chaplaincy. She is the Affiliated Community Minister with the UU Fellowship of Northern Westchester in Mount Kisco NY.

Join us for embodied learning about:

- Creating and managing a congregationally-based pastoral care team
- Fundamental principles and skills of pastoral care-giving
 - Active listening
 - Visiting in institutional settings
 - Understanding the dynamics of grief and loss
 - Maintaining confidentiality
 - Creating healthy boundaries
 - Managing stress and taking care of yourself

Wholesome breakfast, lunch and snacks (some vegan items) provided.

- Sign-in and morning snacks 9:30-10:00
- Programming 10:00-5:00
- Lunch Break 1:00-2:00

Registration online for Stony Brook at: <https://www.formdesk.com/uufoms/PastoralStony>

Registration online for Paramus at: <https://www.formdesk.com/uufoms/PastoralParamus>

Deadlines: March 21 for Stony Brook and April 11 for Paramus

Registration Fee: \$40.00 per person covers the workshop and breakfast/lunch

FREE for one member of each congregation’s team of four or more registrants! A rebate will be issued to the congregation when four or more members register.

- **March 29: UU Fellowship at Stony Brook NY**, 380 Nicolls Rd, East Setauket NY 11733
<http://uufsb.org/info/directions>.
For more information: Rev. Margie Allen margie.cedar14@gmail.com
- **April 19: Central Unitarian Church**, 156 Forest Ave, Paramus NJ 07652
<http://cucparamus.com/news/welcome/directions/>
For more information: Rev. David Horst davidmhorst@gmail.com

Sponsored by the UU District of Metro NY and the Stony Brook and Paramus congregations.

We are on the web: essexuu.org

MAKING THE CONNECTIONS

Mailing Address:
PO Box 998.
Orange NJ 07051-0998

Meeting Address:
35 & 47 Cleveland St
Orange NJ 07050-2907

Church Phone: 973-674-0010

Office Email: office@essexuu.org

Minister's Email: minister@essexuu.org

Web: essexuu.org

Minister: Rev. Gordon Clay Bailey

President: Darcy Hall

Vice President: Mindy Thompson Fullilove

Treasurer: Bill Slezak

Secretary: Greg Giacobe

Custodian: Anisha Sanders

Administrator: Greg Giacobe

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



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Church of Essex County**

PO Box 998.

Orange NJ 07051-0998

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