



MAKING THE CONNECTIONS

First Unitarian Universalist Church of Essex County

October 2014

Where every mind is free and every soul is welcome!

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MARK IT DOWN

- ◆ Sunday, 12 Oct, Celebrations & Music, 1:00 PM, Sonen Room
- ◆ Bowling Night @ Eagle Rock Lanes, 18 Oct, 8:00 PM
- ◆ Sunday, 26 Oct, Board Meeting, 12:15 PM, Sonen Room

Spiritually Speaking: Spiritual Health By Rev. Gordon Clay Bailey

When I was in graduate school, and then seminary, I was introduced to a new field of study, then an emerging new part of psychology: spiritual psychology. Spiritual Counseling, and then Pastoral Counseling, became for me a place to bring my many ideas together. Wow! The world had finally accepted the connection between the mind and the body; it was now beginning to see the role of the spirit in personal growth and self-actualization.

I've always been a spiritual person, beginning as a child, with my personal religious experiences and practices, and expanding into my everyday way of being; I have studied, pondered, and learned. As I moved into my ministry practice and worked with both congregations and clients, I have had the privilege and dismay of seeing many of them experiencing problems that were neither solely body or mind, but some combination of body, mind and spirit. As with the many issues I began to understand

the true importance of spiritual practice and its potential for healing. This didn't happen overnight, mind you. It wasn't just my members' dialog or naysayers' rhetoric, it wasn't just my clients' psyches that were hurting and needed healing, or that I saw some people get better with time, and with the help of medications and mental health professionals. It was so varied, but what I noticed, more than anything, was that their spirits were hurting, too. I understood more fully the connection between the mind, body, and spirit, and began to wonder how could anyone not believe spirituality was important to the practice of healthy living?

The truth is, spiritual health is inextricably connected to mental, emotional, social, and even physical health. When our spirit is healthy, our body is healthier, our brain is healthier, and our relationships are healthier. Our entire world is healthier!

Spiritual health may mean something different to each of us. To me, spiri-



October Sunday Services

Services start at 11 AM

05 Oct **BELOVED COMMUNITY: *The City Story, part 1***
Host: Mindy Thompson Fullilove

Discussion Leader & Social Hour

Over the next few months, we will invite people working throughout the city of Orange to join us for a spirited discussion of our trials and tribulations, triumphs and joys. The work is hard, the outcomes important, and the supports sometimes slim. Our goal is to learn of one another's efforts so that we can all work more effectively. The topic for Sunday, 5 October will be drawn from the University of Orange storytelling project, Hidden Treasures of Our Orange. Some cities have all read a book together, but we don't know of a city that has undertaken the collection of its stories. How will it change us as we get to know one another?

12 Oct ***The Falling Leaves*** Rev. Gordon Clay Bailey
Social Hour Host - Gregory Giacobe

Musician - Bill Stafford, Usher - Cindy Long,

Each fall we experience the changing seasons and for some its sheer bliss and yet others don't like it. How can the changing cycles of life be less cumbersome? How can we find inner peace and child like joy in the falling leaves? Join us at FUUCE as we explore the Fall Season of life, Loves and Nature.

This Sunday, Joel Naftelberg & Peter Arian from UUCM will be on hand to tell us more about our current Share-The-Plate recipient, *Montclair Emergency Services for the Homeless (MESH)*. Half of all unrestricted donations will be given to them for this period, apart from pledges and other appeals. Please give generously. Thank you.

19 Oct **EAST/WEST: *Festival of Lights***
Darcy Hall

Discussion Leader - Wayne Eastman, Social Hour Host:

The focus of East/West this year will be learning about and experiencing festivals from around the globe that celebrate family, community, spiritual values and our precious earth. This Sunday, we will be learning about Diwali, a Hindu "festival of lights" that has its roots in ancient autumnal celebrations. All are welcome.

26 Oct ***India & Some of Her Gifts*** Rev. Gordon Clay Bailey
Social Hour Host - Gregory Giacobe

Musician - Bill Stafford, Usher - Georgi-
 ana Hart,

Curry, Gandhi, and the Taj Mahal are just a few of the wonders of India. I have had a life long affection for many things from this most amazing land. Join us as we engage the spiritual and natural beauty of India.



Spiritually Speaking: Spiritual Health, con't

tual health means connecting with God (be it The Universe, The Divine) on a daily basis through slowing down, tuning in, listening, and obeying the still small voice. Spiritual health involves stepping out of our mind and body, getting in touch with what really matters, and living in harmony with our truest self.

Here is a tip I learned long ago and wish I held to it 100%. In order to improve our spiritual health, we first need a desire to grow, spiritually. Once we have that desire, it's important to begin some form of daily spiritual practice. After all, it's only through practice that we see self-improvement and growth.

Continued on Page 6

October 2014 INTERFAITH CALENDAR

- 2/3 Waqf al Arafa/Hajj Day (Islam)
- Yom Kippur (Jewish)
- 3/4 Saint Francis Day (Roman Catholic)
- Dasara (Hindu)
- 4-7 Eid al Adha (Islam)
- 9-15 Sukkot (Jewish)
- 13 Thanksgiving (Interfaith - Canada)
- 16 Shemini Atzeret (Jewish)
- 17 Simchat Torah (Jewish)
- 20 Birth of the Báb (Baha'i)
- 20 Installation of Scriptures as Gukru Granth (Sikh)
- 21-25 Deepavali (Hindu)
- 23 Diwali (Hindu)
- 23 Deepavali (Jain & Sikh)
- 24 New Year's Day (Jain)
- 25 Hijra (New Year's Day) (Islam)
- 26 Reformation Day (Protestant Christian)
- 28 Milvian Bridge Day (Christian)
- 31 All Hallow's Eve (Christian)

October 2014

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5 BELOVED COMMUNITY: The City Story, Pt. 1	6	7	8	9	10	11
12 SERVICE: The Falling Leaves 11AM C&M 1:00 PM	13	14	15	16	17	18 Bowling Night @ Eagle Rock Lanes 8 PM
19 EAST-WEST: Festival of Lights	20	21	22	23	24	25
26 SERVICE: India & Some of Her Gifts 11 AM Board of Trustees Sonen Room 12:15 PM	27	28	29	30	31	



You are invited to join your friends at First U-U in a night of...

BOWLING !



SATURDAY OCTOBER 18 8pm – 10.30

Eagle Rock Lanes

424 Eagle Rock Avenue, West Orange

Cost for unlimited bowling + shoes = \$14 a person

RSVP appreciated darcylhall@aol.com 973-763-5552

How come it's
not called
Penguin
Rock?

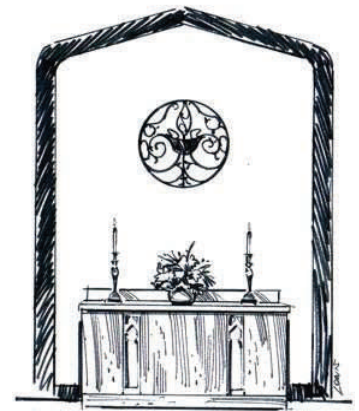


Happenings @ Montclair

Adult RE Classes and Groups are Continuing!

Upcoming sessions include:

- **Men's Group – Saturday, 11 October, 8:30 AM (Peierls Room).** 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.
- **Crazy QUUilters – Saturday, 18 October, 10 AM (Rotunda).** Be it a queen-sized bed quilt or decorator pillows, the work done by the Crazy QUUilters brings joy to the creators and the recipients. Our bee includes sharing of a potluck lunch. The workshop is open to all willing hands. If you are new to the group or would like info about our upcoming meeting, contact Arlene Marin at arlenemarin@hotmail.com.
- **Senior Lunch Bunch –** 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.
- **Deep Ecology Literacy Series - Friday, 24 October 6:45 PM Peierls Room.** Joyce Reeves, who was trained by Joanna Macy in her approach (workthatreconnects.org), will give us an introduction to that work and will invite us to experience a few first steps on that path. I look forward seeing many of you there to learn some ways to get through the despair and find a healthy and energizing way to act for sustainability for all. For more information, reach out to Silke Springorum at silkespr7@gmail.com.



Spiritually Speaking: Spiritual Health, con't

So, what does this mean for us as a congregation? More importantly, what does this have to do with us individually; the answer is right in front of us if we would just open ourselves to it. This fall offers us an opportunity to rediscover our true selves. This season of weather change, colorful landscapes and delicious culinary delights also offers us an opportunity to commune with nature, or the city and, yes, even ourselves.

I hope you have considered getting more involved here at First UU. We will grow our understanding of creating an Urban Ministry and building a new model of church together. I trust that each of you will consider coming to our workshop and events that will follow as we discern how we will recreate ourselves.

I'm not sure if we will become like the Boston Urban Ministry, or like the Beacon House Ministry in Washington, DC. All I know is that I really want and need our congregation to grow; both in numbers of members and, more importantly, in our abilities to make a difference in a hurting world.

Who knows, maybe I'm selfish; maybe I want to be your full time minister and don't want to have to go anywhere else till its time to retire. Maybe I feel like Essex County, and Orange in particular can be so much more and we should be on the cutting edge of that more. I hope each of you will bring friends and relatives on Sundays.

Lastly, I encourage you to take up some new form of physical activity (if your doctor agrees) that will get you breathing and moving and doing; and then, in tandem with your own spiritual practice, be a part of this incredible journey we call life together.

In faith,
—Gordon

VIVA VALLENATO BADASS ACCORDION BAND



AUTHENTIC CUMBIA RHYTHMS OF COLOMBIA

*"These guys spread joy and happiness!"
- Mary See, "Make Music Montclair" Festival*

Friday Oct. 3, 8 pm - 10:30 pm

Hat City Kitchen - \$10

“Nothing short of a major social movement has any hope of ending mass incarceration in America.”

—Michelle Alexander, author

The New Jim Crow

Mass Incarceration in the Age of Colorblindness

October is Month of Resistance to Mass Incarceration, Police Terror, and the Criminalization of Youth:

March and Rally

Wednesday, October 22, 4-8pm

from Church Street Plaza to the
Unitarian Universalist Congregation at Montclair
67 Church Street, Montclair

Moral Monday in Trenton

October 27, 12noon-2pm

Rally at the New Jersey State House

JOIN US!

For info: 973-651-6396

UUCM Undoing Racism Committee

Co-sponsors: BlueWaveNJ • Center for Family, Community and Social Justice, Inc.
Communications Workers of America, Local 1081 • The First Unitarian Church of Essex
Hip Hop Student Association of Essex County College • NAACP Irvington • NJ Citizen Action
NJ Executive Committee, National Organization for Women (incl. Essex, Morris, Northern NJ, Ocean and Union counties)
NJ Industrial Union Council • NJ Peace Action • People's Organization for Progress • Women Who Never Give Up
The Unitarian Society of East Brunswick • Unitarian Universalist Congregation at Montclair

THREE RACIST POLICE MURDERS HURT WHITE WORKERS TOO

Around the world, but especially here in the United States, and especially here in Chicago, racist police terror is increasing. 90 black workers or their family members have been killed by Chicago police over the past several years. And without major protest. Indeed, the Chicago Police Department, which contains black, Latin, and white members, wants us to worry more about so-called gang and random killings of young black folks than about the killings they are themselves carrying out. It is our belief that through multiracial unity we can oppose all forms of killings, whether by gangs, psychos, or police, by fighting back against anti-black racism.

And I also assert that the average white worker, whether lower or middle class, is even now also victims of this anti-black racism which motivates the typical police officer involved in these killings. I go a step further: I argue that many white working class folks are also victims of racist police killings - they just don't get the same attention that the killing of black folks do. For example, over 1200 white workers of all ages have been killed by police officials since 2000. (See appendix). This is going to change as we all begin to see that these killings and other forms of police brutality are aspects of a movement developing in this country called neo-liberalist fascism. And anti-black racism will be the key.

Anti-black racism was created by the power structure -- One Percent and their agents - way back in the 17th and 18th century in the pre- United States -- in order to divide the working class by color. Back in those days the working class folks in New England (north and south) consisted of Africans, Europeans, and Native Americans (Black, White, and Red). And by 1750 to control the working class folks, the merchant capitalists who controlled the societies decided to create racism.

They could have created anti-red racism or anti-white racism, but that could not have worked. The Native Americans were a majority in New England and Virginia the Europeans were a majority of the English people. Only the black folks were the minority at this time. Plus, the merchant capitalists decided to make them into chattel slaves, while deporting or exterminating most of the red folks and transforming most white folks into indentured servants, yeoman farmers, or wage slaves. And to keep them from ever uniting, the power structure had to create anti-black racism. And it is against this type of racism which we all must unite and FIGHT today as we have done since that time. Join us.

APPENDIX: THE RATIO OF WHITE AND BLACK DEATHS BY POLICE MISCONDUCT

The Centers for Disease Control and Prevention keeps data on fatal injuries from 1999 to 2011 and one category is homicides by legal intervention. The term "legal intervention" covers any situation when a person dies at the hands of anyone authorized to use deadly force in the line of duty.

Over the span of more than a decade, 2,151 whites died by being shot by police compared to 1,130 blacks.

However, Brian Forst, a professor in the Department of Justice, Law and Criminology at American University, said this difference is predictable.

"More whites are killed by the police than blacks primarily because whites outnumber blacks in the general population by more than five to one," Forst said. The country is about 63 percent white and 12 percent black.

The point is, yes, there are proportional differences due to the racist nature of law enforcement since the war on crime began. But they are secondary to the primary likeness: a police department built on anti-black racism even in South Dakota will eventually turn on those who are white. Like the white young adult who was killed in Utah recently by an African American member of the police department. I argue the extraordinarily complex fact that both types of killings, despite racial differences, emerge out of the systemic nature of anti-black racism in a capitalist society historical built on that type of racism. So much for the theory of white privilege.

One thing is sure: these policemen are also killing white brothers and sisters at high rates and that is hidden by seeing anti-black racism as being "a problem for black folks only."

Rev. Finley C. Campbell is a Member of the Executive Committee of the Unitarian Universalist Multiracial Unity Action. We invite you to join us, especially if you are interested in being part of a multiracial struggle against racism in all its forms. Rev. Campbell and the UUMUA can be contacted at fcamp10501@aol.com

We are on the web: essexuu.org

MAKING THE CONNECTIONS

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Minister: Rev. Gordon Clay Bailey

President: Georgiana Hart

**Vice President: Mindy Thompson
Fullilove**

Treasurer: Bill Slezak

Secretary: Greg Giacobe

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 Society of Newark in 1834.



**First Unitarian Universalist
Church of Essex County**

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Making the connections

