



MAKING THE CONNECTIONS

# First Unitarian Universalist Church of Essex County

May 2015

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## MARK IT DOWN

- ◆ Board of Trustees, Wednesday, 13 May, 7:30 PM, Sonen Room

Where every mind is free and every soul is welcome!

## Spiritually Speaking: The Inner Voice & Tips For Healthy Living

By Rev. Gordon Clay Bailey

Understanding that our souls (if you believe in this kind of thing) have the ability to grow is as fundamental to life process as trees growing from season to season. We all enter life with an ability to grow, to expand, and to be free about our internal thoughts.

The issue for me is that, far too often, our emotional freedoms and ultimately our spiritual lives are diminished, set aside and even devalued. This happens for a whole host of reasons: someone hurts our feelings; somehow, some expert says something that makes us pause; or, even worse, a loved one hinders our ability to explore and even squashes our excitement. You know those folks, don't you? The ones that say to us, "You are going to do what?" And it stops us in our tracks. We hear it so much that we start saying those same things to ourselves. In the process our souls stop thriving and we end up being in a place where we do things, say things, start believing things that we really don't want. And guess what? We wonder why we're not happy!

Let's give this a try. Let's listen to the voice in your head: what does it sound like, and why do you listen to it? Ask yourself how you can undo the effects

of the negative self-talk and still remain true to who you are. Let's try to expand into a place of bliss where your own abilities in conjunction with the world religions, scientific explorations, philosophies from the sages, prophets of old and even common sense starts to make you feel good about your choices,

your spirituality, your path.

I believe that finding one's own spiritual foundation is one of the keys to healthy living. In fact, it's my own rock. What I believe and how it informs everything I do is fundamental to the life I live.



So my friends, here are a few tips I've gleaned along the way. Some of you may even have contributed to this

developing landscape for healthy living. Nevertheless, I think you may find these tips useful:

1. No matter what you love, or what you do, accept your role in it.
2. No matter what you say, or how you act, be willing to stand by it, learn from it, speak from your soul and allow for other voices to share.
3. Do not allow what happened to you with your parents, ex, or boss to take away from the life you live now.
4. You are here to be who YOU are; you are not here to be who anyone else is!
5. Change all of the negative self-talk to positive affirmations.

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May Sunday Services

Services start at 11 AM

- 03 May EAST/WEST SUNDAY Wayne Eastman & Darcy Hall Social Hour Host - Darcy Hall**  
 At this final East/West, there will be brunch, stories and reminiscences. All East/West participants past and present, as well as all church members and friends are invited.
- 10 May *Mother's Day* Rev. Gordon Clay Bailey Musician - Bill Stafford, Usher - Gregory Giacobbe, Social Hour Host - TBA**  
 Motherhood is at the core of all human life. Wither or not Eve was the first woman and the first mother, the fact remains that all of us owe much to the women, the mothers, and the universe that has given life to us all.
- 17 May *Talkin' Bout My Generation: A Yuuth Perspective on Life* UUCM Senior Youth Group Musician - Bill Stafford, Usher - Cindy Long, Social Hour Host - Georgiana Hart**
- 24 May [NO SERVICE] You are invited to attend the service at the UU Congregation at Montclair, 67 Church St, Montclair, NJ.**
- 31 May BELOVED COMMUNITY SUNDAY Discussion Leader: Mindy Thompson Fullilove Social Hour Host: Georgiana Hart**

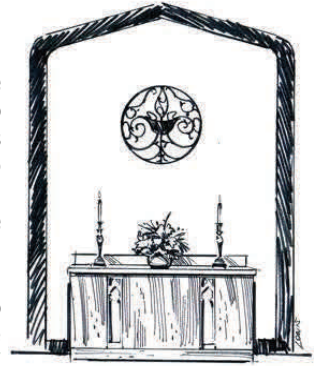


May 2015 INTERFAITH CALENDAR

- 1 Beltane [Northern hemisphere] / Samhain [Southern hemisphere] (Wicca/Pagan) (begins sundown on April 30)
- 2 Twelfth Day of Ridvan (Baha'i) (begins sundown on 1 May)
- 4 Visakha Puja [Buddha Day] (Buddhist)
- 7 Lag B'Omer (Jewish)  
National Day of Prayer [USA] (Interfaith)
- 12 Ascension of Jesus (Orthodox Christian)
- 13 Lailat al Miraj (Islam) (begins sundown on 12 May)
- 21 Declaration of the Bab (Baha'i) (begins sundown on 20 May)
- 24-25 Shavuot (Jewish) (begins sundown on 23 May)
- 24 Pentecost (Christian)
- 29 Ascension of Baha'u'llah (Baha'i) (begins sundown on 28 May)
- 31 Pentecost (Orthodox Christian)  
Trinity Sunday (Christian)

## Happenings @ Montclair

- **Solo UU's — Friday, 8 May, 7 PM (Peierls Room).** 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.
- **Men's Group — Saturday, 9 May, 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.
- **Senior Lunch Bunch — Wednesdays, 13 & 27 May, 12 Noon (Peierls Room).** 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](mailto:gwsanderson@verizon.net).



## Letter From The Board

Dear Members,

You, the congregation, have been very patient in the Board's process of developing proposals for the future of our church. Some of our Trustees have been meeting with our partners from the UU Congregation at Montclair, forming a Steering Committee, to determine the direction of our partnership toward urban ministry.

Proposals would include foundations of grant funding, continued rentals to tenants and/or some continuance of parish ministry for "sunset" services to free up our sanctuary for additional rentals at prime times of late Sunday morning. Whether or not we sell the buildings to another, larger and deserving congregation, many of the questions as to what we may offer in this location as Unitarian Universalists remain unanswered.

So at this time of year when a pledge campaign is traditionally in progress, we ask your indulgence and further patience while we, in concert with the Steering Committee, formulate a common-sense strategy that you can support financially. We expect more developed plans to be presented at our Annual Congregational Meeting scheduled for Sunday, 14 June 2015 (time to be determined).

Thanks for all you have done physically and spiritually in the past years. Please feel free to call, email, write or approach any of us on the Board with your comments and suggestions. And we urge all of you to circle your calendars and come to the Annual Meeting

Georgiana Hart, President  
 Mindy Fullilove, Vice President  
 Gregory Giacobe, Church Administrator and Secretary  
 Bill Slezak, Treasurer  
 Frank Barszcz, Lucinda Long and Ben Rosenberg, Trustees

## Spiritually Speaking con't

These are some of the thoughts that are filling my senses now. These are gifts I hope may find home with another.

In faith,

--Gordon

## ABOUT THE CHURCH

ABOUT THE CHURCH highlights important events in the lives of our Members. If you have a joy or concern you would like to share with the church membership, please contact the Church Office at [office@essexuu.org](mailto:office@essexuu.org) or 973-674-0010. We have updates below:

- JACQUE DIGGS's mother passed away on 13 April 2015.



# May 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3 EAST/WEST 11 AM	4	5	6	7	8	9
10 SERVICE: Mother's Day 11AM	11	12	13 Board of Trustees Sonen Room 7:30 PM	14	15	16
17 SERVICE: Talkin' Bout My Generation 11AM	18	19	20	21	22	23
24	25	26	27	28	29	30
31 BELOVED COMMUNITY 11 AM						



# Unitarian Universalist Mid-Atlantic Community

*A week for people of all ages to relax and grow in welcoming Unitarian Universalist Community. Join us July 12 – 18 at DeSales University in Center Valley, PA*



## UUMAC 2015

### Building Beloved Community, Beyond Partisan Division

Theme Speakers and Ministers of the Week:  
**Anya and Scott Sammler-Michael**

Beloved Community is a challenge and calling for all people of faith. Rev. Dr. Martin Luther King Jr. believed humanity was capable of achieving it, but not without “a qualitative change in our souls as well as a quantitative change in our lives.” Unitarian Universalists have struggled and won many battles on the road to beloved community – one of the most recent being the inclusion and welcome of both theists and humanists in our congregations and our faith community at large. Yes, obstacles still exist, but most of us have had occasion to witness the beloved community born between the souls of those with greatly differing theologies. Beloved Community is born when we cease to see difference as divisive to common love and understanding.



Rev. Anya has served the UU Congregation of Sterling since 2007.



Rev. Scott has served the Accotink UU Church since 2008.



Dancing, running, flying, and playing music. UUMAC moves the body and the spirit

### Children's Program

Children of all ages and abilities learn, grow, and have fun in age-appropriate groups at UUMAC. The teachers and their children form a special community within UUMAC where creativity and fun are explored and shared. We pay special attention to building a caring community and strengthening Unitarian Universalist identity for all the children. The teachers plan enriching and enjoyable hands-on activities, including art, music, games, and outdoor play. Memories are made and lasting friendships are formed. Our mornings begin with an intergenerational worship service. Classes meet daily from 9:00 am to 12. During this time, the children will explore their own creativity and their connectedness, mirroring themes presented by the Minister of the week and the theme speaker.

Teens and Young Adults have the opportunity to participate in the larger intergenerational community while also experiencing a welcoming group of peers. They engage with the rest of the community for workshops and worships, participate in off-campus activities together, and share many bonding experiences.

### A typical UUMAC day:

<b>Morning</b>	Breakfast and Worship.
<b>Midmorn</b>	Theme Talk, workshops, children's programming; lunch.
<b>Afternoon</b>	Off-campus activities; some leisurely, some fast-paced.
<b>Evening</b>	Dinner; Intergenerational activities bring the whole community together.
<b>Night</b>	Conversation, puzzles, dancing, snacks, and much more at Night Owls.



A young camper gets her face painted at the carnival



Teens and Young Adults smile for the camera



## On & Off Campus Activities:

(More info on website)

### Monday:

- Dutch Springs Water Park
- Group Bike Ride on Saucon Trail

### Tuesday:

- Dorney Park and Wildwater Kingdom
- Martin Guitar Factory Tour
- Nockamixon State Park
- PA Shakespeare Festival: The Foreigner

### Wednesday:

- Whitewater Rafting
- Blue Mountain Winery
- Lehigh Community Pool

### Thursday:

- UUMAC Carnival and Picnic (on-campus)

### Friday:

- Crayola Factory
- Group Walk on Nearby Trail



Playing with bubbles at the carnival



Connecting deeply within ourselves; connecting deeply with others



Dancing at Night Owls

## Workshops:

Here are just a few of the many daily workshops we offer. Please check our website for detailed descriptions and complete listings.

**Adult Owl:** The sexuality education you may never have had growing up in an interactive, inclusive & welcoming environment. Enhance communication, gain information & self knowledge. *Led by Robin Slaw*

**Say Yes with Improv:** For beginners to veteran improvisers, this workshop will be an exploration of saying 'yes, and .....' to life. Build spontaneity and learn about yourself! *Led by Jean Smyth-Crocetto*

**Community and Self:** Are you part of a community? What steps can we take to make our neighborhoods places of greater and more meaningful social and spiritual interactions? *Led by Tony Guerrero*

**West African Drum Rhythms:** Learn traditional rhythms & their purposes; Focus on proper hand techniques, listening skills and playing in an ensemble as you learn 12 complete rhythms. *Led by Sharon Nanos*

**Creative & Being Creative:** A perennial favorite of both crafters and those who say 'I have no artistic ability'. Techniques to up-cycle trash, yard sale and flea market finds. Come play! *Led by Cindy Williams*



My daughter and I attended UUMAC for the first time in 2014. It was a wonderful experience for both of us. I've never felt so welcomed among strangers. The location was perfect and we could tell that a lot of thought and planning went in to making it a great experience for all attendees. I was especially glad to see other families with children of different ages and a variety of things to do on and off campus. My daughter describes it to her friends as our "new annual vacation place."

-- Angelique Berry



## Pricing and Registration:

Early Bird Rates for 2015:

**Register by April 1<sup>st</sup> to receive the Early Bird rate!**

- Children under 5: FREE!
- Children (5-9): \$225.00
- Tweens (10-13): \$450.00
- Teens (14-17): \$506.00
- Adults (18+): \$562.00

We offer group savings and family discounts, and we also offer scholarships for those with financial need. See details on our website:

# Camping in the Grove!



Five days of fun-filled summer UU adventure  
for children going into 4<sup>th</sup> through 8<sup>th</sup> grade  
at Murray Grove Retreat & Renewal Center



August 9<sup>th</sup> – 13<sup>th</sup>, 2015

If you love games, art, swimming, music, sports, nature  
and bonfires, our camping experience on this historical  
Universalist site is just for you!

**NEW** 8<sup>th</sup> Grade Adventure Program includes



exciting daily excursions!



**Cost:** \$400 by May 15; \$450 after May 15 for 4<sup>th</sup>-7<sup>th</sup>.  
\$450 by May 15; \$475 after May 15 for 8<sup>th</sup> grade.

For more info: [murraygrove@murraygrove.org](mailto:murraygrove@murraygrove.org) (609) 693-5558

**We are on the web: [essexuu.org](http://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](mailto:office@essexuu.org)

Minister's Email: [minister@essexuu.org](mailto:minister@essexuu.org)

Web: [essexuu.org](http://essexuu.org)

**Minister: Rev. Gordon Clay Bailey**

**President: Georgiana Hart**

**Vice President: Mindy Thompson Fullilove**

**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



**First Unitarian Universalist  
Church of Essex County**

PO Box 998.

Orange NJ 07051-0998

## Making the connections

