

Unitarian Universalist Fellowship of Centre County

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Monday through Friday



UU Connections

The Newsletter of the Unitarian Universalist Fellowship of Centre County

October 2020



Our Mission:

The Vision of the Unitarian Universalist Fellowship of Centre County is to create a better world through our open minds, helping hands, and loving hearts.

- Articulate and promote liberal religion,
- Provide a spiritual home for persons who seek to know truth for themselves, and
- Inspire and empower individuals to live out their values and principles in the community, both within and beyond our walls.

The Unitarian Universalist Fellowship of Centre County is a Welcoming Congregation, which believes in and affirms the inherent dignity and worth of every person, and we welcome people of all sexual orientations and gender identities in all aspects of Fellowship life.

The 7 Principles of Unitarian Universalism



We, the member congregations of the Unitarian Universalist Association, covenant to affirm and promote:

- The inherent worth and dignity of every person
- Justice, equity, and compassion in human relations
- Acceptance of one another and encouragement to spiritual growth in our congregations
- A free and responsible search for truth and meaning
- The right of conscience and the use of the democratic process within our congregations and in society at large
- The goal of world community with peace, liberty, and justice for all
- Respect for the interdependent web of all existence of which we are a part

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UPCOMING SUNDAY SERVICES

(Services start at 10:00 a.m.)

Soulful Sundown is meeting biweekly via Zoom for brief meditations and the sharing of joys and sorrows. All are welcome. For details and Zoom links, please email Chas at chasbrua@gmail.com.



October 4, 2020 - Rev. Sara Dendy-Greene, Guest Minister

Sound of the Genuine: The Remix

As we turn the corner and move towards the end of 2020, let's revisit Howard Thurman's penetrating words. What does the great Christian mystic offer us at the crossroads of deep transformation? Come and join this worshipful space, as we celebrate the sound of the genuine within us all. We welcome the Rev. Sara Dendy-Green to the UUFCC pulpit. Rev. Green is the Youth and Young Adults Program Manager for the Unitarian Universalist Association. A southern, cis/queer/poly, Black femme minister who's New Orleans born - she sees the Beloved Community as a place free from fear and violence, where we eat good food together, experience pleasure in our bodies and regularly put our hands in the soil.

October 11, 2020 - Rev. Carol Thomas Cissel and Colleen Kennedy, Music Director

A Zoom-able Music Sunday - Embracing the Sounds of the 1940's & 1950's

We will be listening to The Ink Spots, Glenn Miller, The Andrew Sisters, Tommy Dorsey, Elvis, The Coasters, Patsy Cline, and Sam Cooke. Join us for some wonderful songs and the stories behind them. You might wanna move the furniture and make room for dancing in the living room!

October 18, 2020 - Rev. Carol Thomas Cissel

Deep Listening

Parker Palmer spoke these words: "We all have an inner teacher whose guidance is more reliable than anything we can get from a doctrine, ideology, collective belief system, institution, or leader." If this is so, why don't we follow the still, small voice

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Thoughts From The Rev...

Judge people by their questions rather than by their answers
-Voltaire

Hearing is different. Listening is different. Hearing means sound enters into your ears, gets processed, either creates fear or greed or different emotions. Listening means ... sound enters into your system and gets absorbed into your system."
-HDH Nithyananda Paramashivam

I know a lot of very talkative people. And sometimes I wonder why they are filling the atmosphere with so many words. Maybe they have spent too much time alone and are dying for company? Perhaps we like the sound of our own voice better than anyone else's? Or it could be that at times they have something to hide and are talking to help cover it up?

Talking nonstop is a particularly good way to avoid asking yourself hard questions. Talking too much can also keep us from listening to that small voice inside us that always speaks the truth.

We all need the opportunity to sit and be quiet and listen ... first to ourselves, and then to others. I am reading a new book: *Quiet Mind, One Minute Mindfulness*, by David Kundtz. It's packed with short essays focusing on clarity, calm, and quiet - and how to gain all three for ourselves.

Here is a simple meditation practice from its pages:

Set a timer or your phone alarm for three minutes.

Focus on your breathing.

In and out.

In and out.

In and out.

Allow your internal mind chatter to continue as you breathe.

After several breaths, begin to use each exhale to let the chatter go.

Breathe in peace.

Breathe out mind clutter and mind chatter.

Breathe in peace.

Breathe out jumbled, jarring thoughts.

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The President Speaks

We go canoeing in the Upper Juniata River watershed almost every weekend. It's a fun family activity, and relaxing for the body and mind. Canoeing is an all-encompassing activity that requires focus and the utmost concentration. Canoeing is a well-known metaphor for organizations in transition. And in transition we are! Like a paddler navigates the whitewater, our congregation navigates the ongoing stream of pandemic, social and political events for already more than six months.

As research has shown, churches with a clear mission and vision, frequent communication, online services, virtual and in-person activities, and dedicated, caring members quickly adapted to the new pandemic reality. We don't know where our journey will end, but it seems we are in good shape to navigate the rapids thanks to our rowers' concerted efforts.

Now take a moment to get a sense of how we row together:

"During a transit through whitewater, a boat can take many paths even though the river only flows one way.

Many possible journeys end with the destruction of the vessel – on the rocks, hitting the bank, or with the boat capsized and its occupants tipped into the torrent.

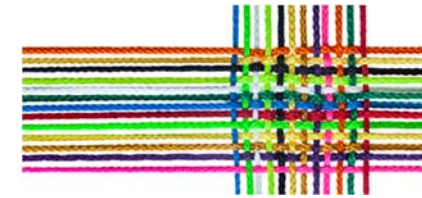
It is the river, not the paddler, which dictates the speed with which the boat moves. There is no opportunity to take a timeout to rethink strategy or to reverse direction. The only option is to keep paddling, even as rough water makes it harder to control the boat.

Above all, the challenge is a collective one: the direction of the boat depends not on the weakest rower, nor on the strongest, but on the efforts of all the rowers." Shooting the Rapids.

Be well, and keep rowing,
Frans Padt

News from The Worship Committee (WC)

Monthly Theological Themes for the Entire Community!



This year we are going to re-engage with monthly theological themes. Each theme will play a role in worship services and religious education programming. We hope these topics provide UUFCC's programming with stories and ideas that become a part of ongoing community conversations. Be warned: Seriously engaging these themes could transform your life!

Four ways that we will incorporate theological themes in 2020-2021:

1. One Sunday Worship Service each month will relate specifically to the theme.
2. Religious Education will explore the themes in programming for children, youth, and adults.
3. Everyone is invited to explore the monthly themes. Some ways to do that are by reading *For The Fridge* (a monthly guide to exploring the topic) and by using them in opening words for committee meetings. You will also see them explored in Rev. CTC's ministers' column and in newsletter articles. Discussion groups on the theme topic are another possibility.
4. Sunday Services and Vespers may include hymns or music related to the theme.

2020-2021 Monthly Theological Themes

September: Renewal

October: Deep Listening

November: Healing

December: Stillness

January: Imagination

February: Beloved Community

March: Commitment

April: Becoming

May: Story

June: Play

Shout oUUt Corner

Each month the Program Council recognizes those who have “gone the extra mile in service to UUFCC.” This month, we send out thanks to the following:



All of the workers who restored the Fellowship grounds to beauty. Groups and individuals still meet and refresh themselves there, and their work has enhanced a number of lives.

The Legacy Giving Committee: Wayne Osgood, Martha Butler, Peter Jurs, Peter Kemper, and Claudia Snyder, for their meticulous planning of the Basics of Estate Planning Workshop on September 19. The Legacy Giving Committee thanks **Michelle McMullen** for her very timely help in advertising the estate planning workshop, and getting it done just before a well-deserved vacation.

All the many people who are writing postcards and delivering signs and doing all they can to ensure that people can and will vote freely.

Peter Buck for running for a legislative seat in the 171st district. Peter says the 1st and 7th UU principals are the bookends of his platform. Three other UU women are running for the Pa. House of Representatives. For further information, go to www.uuplan.org.

Helen Dempsey for being available to sell grocery gift cards all by herself, all times of day or night!

Cee Pollard for working hard to put together an on-line auction of items for November to benefit UUFCC. The auction replaces the annual yard sale for this year of Covid-19. Keep an eye out for the auction catalog sometime in October.

Rev CTC for foregoing some vacation days and study leave in July and August to lead Sunday worship services. She stayed connected to the Worship Committee and led members through the challenge of a rigorous schedule of services, as well as kept the committee focused on planning for the months ahead. Her stewardship has been invaluable.

Zoom jockeys for Sunday Worship Services. They work hard behind the scenes to make the visual and audio components of the service appear before your eyes and ears at the right time in the right sequence. These include our newest staff member, **Tucker Culbertson**, and volunteers **Assunta DeSanto, Joy Drohan, and Joyce Furfaro**.

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Board Report

At the September 9 regular meeting, the trustees:



- Agreed to write a charge for the Finance Committee that would integrate pandemic-related responsibilities of the Corona Virus Employment and Finance (CV-EF) Team, and overall responsibility for financial stewardship generally.
- Congratulated Rev. CTC on recruiting a Z-Jay to help run Sunday services. Tucker Culbertson started a 30-day trial period on Sept 1.
- Unanimously accepted the Finance Committee’s recommendation to not do social security deferments for paid staff. It was an option to defer these payments for three months, but they would have had to be paid back in full after six months.
- Discussed options for the Black Lives Matter display presented by Rev. CTC, and requested Rev. CTC and the Racial Justice Task Force to move forward with this.
- Unanimously approved charters submitted by the Program Council for the Music, Worship, Membership, and Caring committees. The draft charter for the Religious Education Committee was tabled to review the alignment of the charter and DLRE job description. The Board very much appreciates the Program Council's work on the charters.

Board of Trustees meeting dates for 2020-2021:

(They are held monthly on the second Wednesday at 7:00 p.m.)

October 14
 November 11
 December 9
 January 13
 February 10
 March 10
 April 14
 May 12
 June 9

Lifespan Religious Education



Our October theme is “deep listening,” a skill I very much wish to cultivate, and one at which I believe at present I am not yet exceptionally good. I long to heed the invitation to allow myself to be still and center another’s voice (or my inner voice if I am listening deeply to my own body) and come to a place of mindful attention, presence, and compassion without judgment. It is a skill I know I must tackle with practice and intention. The best picture of this with which I have personal experience is on a nature walk with my daughter. As we wander and wonder, inevitably, she is captivated by some little creature crawling across our path and immediately seeks to observe and center her attention on its journey and wellbeing. We watch it together with fascination, its movements, colors and patterns, and frailties, our own agenda flung to the side. I hope my own growth as a deep listener can gently deepen from these beautiful experiences.

In RE this month:

Our UUFCC community seeks to support our families in helpful ways during this unusual year. A survey has gone out to help assess what your needs are, so please take a moment to fill it out and get back to us

Elementary RE will continue to offer both virtual and at home activities connected to our monthly congregational themes, so look for details in the e-news and RE e-news.

Middle and High School Youth Groups will meet virtually on Sunday evenings for meaningful connection, discussion, and interaction also based on our monthly congregational themes. We will also enjoy online, interactive game nights periodically, so please join in. High School has a hike and bonfire planned for this month, so stay tuned!

Middle School: 7:00 – 8:00 p.m.

High School: 8:00 – 9:00 p.m.

Family Friday Night will start this month as well via Zoom, so tune in to the e-news for more details!

The REC will move its meeting night to first Tuesdays from 6:00 – 8:00 p.m. Our October meeting is Tuesday, October 6.

UUFCC Events

Announcing the UUFCC Pre-Holiday Yard Sale On-Line Auction!



Yes, we are having a yard sale, but not the usual kind. We are having an on-line auction that is open to the community and marks a chance for us to make some money and have a good time.

For two weeks, people in the State College area can bid on items listed in our on-line catalog. The highest bid at auction's end wins the item. The auction program tracks bids, informs bidders if a higher bid has been made, and collects the money via credit card at the end of the auction. Bidders pick up items by arrangement with Cee Pollard.

We are selling high-end items that have been donated for the yard sale or for this auction. These range from vintage items (e.g. tree marking knife, 60's figures) through toys (e.g. doll's stroller and large dolls) to oddments like a three-room tent, dorm refrigerator, signed print of "The Dude," and a gorgeous six-foot quilted table runner. There are many jigsaw puzzles. This is a good place to find unique gifts for the holiday season.

Your help is needed to bring this off. (Don't quit getting out the vote, but help when you can.) Donate some goods. Help with testing, researching, photographing, describing, and entering items. Help locate good places to publicize. Help publicize.

The auction will also offer you an opportunity to directly donate to the Fellowship. Feeling uneasy about not adding to the Sunday plate collection? Here's your chance to gain ease. Please contact Cee Pollard at cpollard@lockhaven.edu to donate, help, or just to learn more.

In addition to the help needed below, I need someone who could assemble, fly, and videotape in flight (for a few seconds) a radio-controlled model aircraft so prospective buyers can see that it works.

UUFCC Events (continued)

After celebrating the election results (I have faith), we will begin our two-week on-line auction. People submit bids by email, with the high bid winning at the end of the period. The items are listed in an on-line catalog. Of course, we need your donations and help (see below). Find brief distraction from world events and help the Fellowship. Get set to bid!

Donations: This sale has four kinds of items: quirky, vintage, possible holiday gifts, and useful items for a COVID winter. The link will take you to a sampling of current items. <https://drive.google.com/drive/folders/1iTvpG9l4vTcGBhFWsj7kndmHMuguF-s2?usp=sharing> If you have something you no longer want, please contact Cee about donating it. (There is still storage space left for the 2021 Yard Sale - I also have faith we will have a vaccine by then.)

Your help -- I don't need hours of help from one person; I need many different kinds of help done relatively quickly by several people. Much of what I need is advice. Please help.

Help Wanted: Business/Gift Certificates: I need people to compile a list of possible places to contact about donating gift certificates, people to compile a letter template (or templates) asking for certificates, and people to mail the letters to the businesses.

Puzzles: We have a lot of jigsaw puzzles and some games. New 1,000 piece and odd content jigsaws are now selling for about \$25.00 per puzzle. I need folk that can look at a list of these puzzles and work together to suggest good groupings (e.g. all maps, Americana, fantasy, 1,000 piece puzzles, a mix of 500 and 750 pieces, etc.

Research: We have a lot of odd items we need to know more about in order to sell: a dorm refrigerator, vintage, a three-room tent, etc. If you want to do some research, you'll get pictures and brief descriptions to work from.

Once researchers are done, we need folk to write descriptions for the on-line catalog. Then we need someone to do the data-entry to put those wonderful descriptions in the catalog.

If you can fix photographs (I'm not a good photographer, so we could use help fixing, NOT photo shopping, the pictures.) One person has volunteered (thank you Toby), but we could use more.

Turn away from world problems for a brief time. Help the Fellowship. Contact Cee at cpollard@lockhaven.edu.

Poetry Break



Risk by Anaïs Nin

And then the day came,
when the risk
to remain tight
in a bud
was more painful
than the risk
it took
to blossom.



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Announcements

New Monthly Column: Group of the Month



We are happy to be starting a new column in *UU Connections*. We will be highlighting one of our committees or groups every month. We hope this will familiarize you with activities that we offer, and encourage you to find some you want to join.



UPCOMING SUNDAY SERVICES (continued)

that lives inside each of us? And how can each of us learn to "... listen carefully... as if ... our whole life might depend on what we hear." *Joyce Sutphen*

October 25, 2020 - Peg Dobrinska, Art Goldschmidt, Ashley Hamlin

UUA/United Nations Sunday

All In for Climate Justice: People, Power, Planet

An All Ages Sunday

United Nations Sunday celebrates the work of the United Nations and our Unitarian Universalist office at the United Nations (UU@UN). This year's United Nations Sunday recognizes the 75th anniversary of the U.N. It also looks at climate justice and its human causes, impacts, and possible solutions. This is an all ages service for children, youth and adults.

The Memoir Group

The Memoirs small group meets twice a month on the first and third Thursday afternoons. The purpose of our group is simple: to give our members the opportunity to share their memories with each other. Each member is allotted ten minutes or so for that purpose.

Most of us read something that we have written. Some members have put together a formal autobiography while others present accounts of a particular incident, a holiday, a year in school, a parent or relative, and so forth. Travel diaries have also been shared.

However, there is no requirement that members read something they have written. People have brought their favorite toys to show, family photos, shared old letters or read from family histories written by someone else. Some attendees choose to simply listen.

Our aims are not literary. We don't offer critiques or writing suggestions. We simply want to encourage people to find the rewards and pleasures of exploring their memories, and the good fellowship that comes from sharing them with others.

For more information, contact Mike Bourgo at bourgom@aol.com



If you are looking for a way to become more involved with the workings of our Fellowship and would like to meet some friendly people, the Membership Committee is for you. We familiarize visitors and friends with the UUFCC and UU in general, encourage members to join and enjoy groups and activities, and refer people to others who share their interests. We meet once a month and work closely to achieve our goals. If this sounds intriguing to you, e-mail Marilyn Jones at maplecandy33@gmail.com.

People News

Toby Short's mother (Pam Short's dear mother-in-law) died on Thursday, August 20 at age 95 in the memory care unit of a California life care facility. It was not COVID-19 related. One of her four sons was with her in person.

Audrey Barner (our former administrative assistant) would like to say a big thank you to everyone who sent her cards saying goodbye and sent her wishes for a happy birthday. Anyone who would like to get in touch with Audrey can get her address from Sue Smith or can e-mail her at: audreybarner@comcast.net. She is very happy in her new home, but misses everyone here.



Thoughts From The Rev... (continued)

If your mind wanders, return to the breath.

Gently breathing in and out.

Continue, in and out, until the alarm sounds.

After the final breath, raise your hands above your head, arms extended, and rock gently from side-2-side.

Lower your arms.

Finish by thanking your body for the gift of breath.

We all need to talk. We all also need to take time, make time for silence. In silence, we can listen. We can access ourselves and see our position in the world. When we choose to listen deeply, we can examine what we are doing and saying, and begin to figure out precisely what we want from our lives.

Sending each of you Joy & Blessings,
Rev. Carol

Social Action

2020 Election Work at the Fellowship

We will be meeting each Thursday from 6:00 - 8:00 p.m. on the Fellowship grounds. You must be masked and practice social distancing. In a light rain we will meet under the covered front porch. Peg and Cheryl will bring all of the necessary supplies. If you would like to participate from home, Peg would be happy to drop off materials to you. You can contact her by phone at (814) 883-6734 or by e-mail at mdobrinska413@comcast.net

Please don't hesitate to help with election work because you don't have all the answers to every possible question. There is plenty to do without talking to anyone!



Outside at the UUFCC, volunteers organized by Peg Dobrinska, fill out postcards to send to voters encouraging them to be sure they vote either by mail or at the polls.

Talking to Kids About Race

For parents and others who love and care for children

October 18, 2020 at 12:00 - 1:30 p.m. on Zoom

- Learn how children receive subtle messages about race
- Understand how parental conversations help interpret the messages children receive about race
- Appreciate how talking to kids about race is the first step in combating racism

Facilitators: Betsy Brett, Laura Liermann, and Dr Seria Chatters, Director of Equity and Inclusivity, Department of Pupil Services, State College Area School District

Please RSVP to Betsy Brett at 814-404-3577 or mbrett_13@comcast.net
Look for more information in the e-news!



Shout oUUt Corner (continued)

Rev. CTC and the Worship Committee for their weekly hard work in making the worship services so interesting and varied.

All of us who struggle with Zoom to stay connected!

If you know of anyone who has “gone the extra mile in service to UUFCC” and deserves a shout-out, please contact Elaine Jurs at emjurs@gmail.com with the information, and they will be recognized in the next newsletter.



UUFCC Staff and Governance

Minister

Rev. Carol Thomas Cissel
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Martha Jordan
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Joe Kowalski
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Worship Services: Martha Butler
Youth Representative: Kyle Hynes

Newsletter Policies and Guidelines

Deadline for the November Issue: October 15, 2020

Please submit your work on time, and in final, completed form. Do not ask for changes to be made. Once we get to layout, nothing can be added or deleted. It is important that people receive the newsletter by the first of the month

Please submit articles to newsletter@uufcc.com; newsletter material. If you do not get a response of receipt within one day, please send your submission to Marilyn Jones at maplecandy33@gmail.com. Thank you for your cooperation and understanding.

Newsletter Staff

- Please send your submissions in a **WORD** document as an **ATTACHMENT**
 - **Please write in Book Antigua, font size 11, no indents, everything single space, with two spaces between paragraphs**
 - **Do not** highlight anything in color
 - Write: a.m. or p.m., not AM or PM
 - Write: Pennsylvania or Pa., not PA
 - **Use first, second, third, etc., NOT 1st, 2nd, 3rd, etc.**
 - Do NOT write July 24th, but July 24
- Layout Editor:** Min Zhong
Editor: Marilyn Jones
Proofreaders: Elaine and Graham Corby
Substitute Proofreader: Cee Pollard
RE News: Ashley Hamlin
Social Action: Peg Dobrinska
Member Spotlight: Elizabeth Welsh
Printing: Marilyn Jones
Mailing: Brenda Black and Jamie Stitzer

UU Connections is published monthly, August through June, to keep the UUFCC congregation informed about Fellowship life. Our newsletter can be e-mailed on request. Hard copy, if requested, is mailed to all members and friends listed in the Fellowship Directory. We are delighted to share our newsletter with anyone interested and will send complimentary hard copy issues, as requested, for a limited time. For non-members who wish to receive a mailed copy of UU Connections regularly, we request a donation of \$35 per year to cover expenses.



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If you no longer want to receive UUFCC Connections, check this box and return to your mail carrier.
 Thank you.