

At the Washington Unitarian Universalist Church

Summer, 2014

Route 110, Washington, Vermont www.washingtonvtuu.org

Worship Service Sundays at 10 AM, followed by a potluck lunch. All welcome. Childcare provided.

Adult Religious Education Post Potluck Small Group on most Sundays.

Films, Singalongs, Volunteer Opportunities, Adult Religious Education, & Potlucks throughout the week.



Sunday Morning Worship Services 10 AM

June 22 “The Transforming Power of Love: Living Universalism Today” with Rev. Dr. M’ellen Kennedy. We are in the midst of a Universalist Awakening! The sweet, loving message of our heritage is the balm for the agonies of our era. How are You living this sweet message of Love? How are You called to live it? With accompanist, Helen Wilson! Annual Meeting after the service to be followed by a potluck picnic.

June 29 “Addiction: What Is Not an Addiction?” with Rev. Gregory Wilson. Addiction is a profound spiritual issue. There is a complex relationship between addictions and the economic system, and the way the economic system demands adherence to its process. As a result of this, we humans respond by developing a myth that supports and normalizes addiction! Given this, do we even know what non addiction is? This exploration will both challenge You and open your eyes to a larger view to this immense social and spiritual issue. With accompanist, Helen Wilson.

July 6 “Cultivating Happiness” with Ginny Sassaman. The focus of the service will be the critical need to build our personal resilience, compassion and happiness, to do our best to make the world a little better for all. Ginny gave a key note address at the National Happiness Conference held recently in Burlington. This sermon is a continuation of the significant work Ginny is doing nationally with the Happiness Movement. Music will be provided by the Montpelier Ukulele Players. Accompanist, Joan Stepanskie.

July 13 “New Church for a New Era” with Rev. Dr. M’ellen Kennedy. The spiritual longing which we each experience is a timeless part of our heritage as human beings. The form which this longing takes on, changes from era to era. It is clear that the old forms are in need of renewal and indeed, many new, exciting forms are emerging. In the New Testament, Jesus says, “No one pours new wine into an old wineskin.” What are your inspirations and dreams for creating vibrant community? Let’s explore how we can fulfill our spiritual longing, taking the best of what tradition has to offer and being open to fresh perspectives and renewal. Accompanist to be announced. The Post Potluck Small Group today will be offered by Rev. M’ellen and Sue Stuke, will be a continuation of this topic.

July 20 “Eastern Practices for Well-Being” with Rev. Dr. M’ellen Kennedy. As we find our way into new ways of creating spiritual communities, bridging Eastern and Western traditions offers a rich opportunity. This week we’ll turn to the East for inspiration on practices for living well on the earth as spiritual beings. Rev. M’ellen will share with us Sufi, Buddhist, and Hindu practices. Next week, we’ll turn toward our own Western Christian tradition for inspiration. Join us for both services Accompanist to be announced. The Post Potluck Small Group will be on this topic and will be facilitated by Rev. Laelia Tawnamaia by Skype.

July 27 “Universalism: Real Religion” with Rev. Richard Trudeau. Rev. M’ellen had the pleasure of meeting Universalist historian, Rev. Richard Trudeau, at the Universalist Convocation in Cincinnati in May. It turns out he’ll be in

Canada in our neighborhood this summer and agreed to drop by and preach for us. He has written a book on Universalism which we'll be reading. Here's a quote from the book: "In Universalism, the reward for doing good is not salvation in a possible next life but happiness in this one." Accompanist to be announced. Rev. Trudeau has graciously agreed to stay for the Post Potluck Small Group discussion of his book. Promises to be a rich Sunday.

August 3 "Judge Not ..." with Rev. M'ellen Kennedy. This year a bunch of us met monthly to work together on being more compassionate people as we read together the book, "Twelve Steps to a Compassionate Life". One of the biggest lessons some of us got out of it is an understanding of what an immense spiritual trap we get caught in when we judge others. Rev. M'ellen will share her reflections on the spiritual challenge of non-judgment. This service will build toward the depth and application which will be offered by seminarian, Andre Mol, the following week. With accompanist, Joan Stepanskie. You're welcome to stay for the Post Potluck Small Group discussion on the topic.

August 10 "Compassionate Communication" with Andre Mol. "Shared Space" Compassionate Communications calls us to speak at a level that honors emotions and connects each of us to our universal needs. This is not our typical way of speaking with each other. What would our world be like if we set aside our judgments, our ideas of right and wrong, and we spoke from that shared space of emotions and needs? Accompanist to be announced.

August 17 "Creativity is Our Birthright!: Art and Spirituality" with Rev. M'ellen Kennedy. Art and Spirituality are two sides of one coin. Creativity is our spiritual essence. Let's explore the spiritual power of art through music, poetry, dance and more! Special guest musicians on tap! Stay after lunch for a Post Potluck Circle of creative sharing and perhaps drumming.

August 24 "Becoming More Compassionate People: How Our Amygdalae Got Smaller!" with Members of the Universalist University Course Members including Rev. M'ellen Kennedy. This past year, eleven of us have been meeting about monthly and working our way slowly through the book, "Twelve Steps to a Compassionate Life", by Karen Armstrong." At each meeting we would discuss a chapter in the book. More importantly, with the intention of becoming more compassionate people in the course of our year together, we'd explore how we were learning to live the lessons from that chapter in our everyday lives. During this service, we'll share some of what we learned in this collective endeavor. We had such a fun time that we want to do something similar next year. Accompanist to be announced. Please join us for a Post Potluck Small Group sharing on learning to live more compassionately.

August 31 "A Homily on Uncertainty" with Dr. Seth H. Frisbie. Our guest speaker will discuss the uncertainty in our daily lives, scientific discovery, historic records, and religious scripture. This will be our final service for the season. No Small Group today. Happy Labor Day Weekend!

Info on our minister and guests in the pulpit:

Rev. Dr. M'ellen Kennedy serves as our summer minister, preaching about half of the Sundays that we meet. She is a Unitarian Universalist minister and co-founder of the UU Small Group Ministry network. She is also founder of Peace and Unity Bridge, a program to cultivate friendship and understanding among Muslims and non-Muslims, sponsored by this congregation.

Dr. Seth Frisbie is a professor of chemistry and has worked on drinking water and public health in Bangladesh and other developing countries for the last 17 years. His team has helped improve the health of over 60,000,000 Bangladeshis and is helping to prevent hundreds of thousands of cancer deaths around the world. Please read more at <http://www.uuworld.org/news/articles/289495.shtml>

Andre Mol currently attends seminary at Meadville Lombard Theological School. He is also a board member and active lay leader at Champlain Valley Unitarian Universalist Society in Middlebury, VT. He is deeply interested in exploring and practicing transformative change through dialogue. He lives in Brandon with his wife and two young children.

Ginny Sassaman left the D.C. fast track in 2001 with her husband Bob and moved to Vermont. In 2006, Ginny returned to school, earning a Master's in Mediation and Applied Conflict Studies at Woodbury College in Vermont. Since then, she created the position of staff mediator for Home Share Now; co-founded Gross National Happiness USA; and created The Happiness Paradigm Store and Experience in Maple Corner. Today she works as a mediation coach, an artist, a workshop facilitator, and a writer/advocate for happiness at Happinesparadigm.wordpress.com. She also logs many happy hours as a grandmother. She is a member of the Montpelier, Vermont Unitarian Church.

Rev. Richard Trudeau was for 17 years the minister of the UU Church of Weymouth, MA and for 35 years a teacher of math and the history of astronomy at Stonehill College in Easton, MA. His latest book is *Bible Stories for Skeptics*. He is married to Susan O'Connor, who runs a non-profit organization that teaches computer skills to residents of Roxbury, MA.

Rev. Gregory Wilson has been Minister of the Unitarian Universalist Church of Brevard, in Melbourne, FL since 2004. Gregory lives in Port Saint Lucie, FL, and in the summers, in Vershire, Vt. He's serving as interim minister at South Strafford, Vermont.

Letter from Our Minister, Rev. M'ellen Kennedy

Dear Friends and Members of the Washington UU Church,

I'm so looking forward to this Sunday and our summer together. I love the Washington church! It's with enthusiasm that I return to what is my seventh (or is it eighth?) summer with You. And we have a great summer in store with wonderful worship services, guests in the pulpit, guest musicians, potlucks, small group discussions, volunteer opportunities, films, sings-alongs, and book discussions. I hope to see You at many of these activities. This summer, I invite You to re-imagine church with me—grounded in the transforming power of Love, rooted in our Universalist and Unitarian tradition, and relevant to who we are and what we long to create today in terms of spiritual community. See You at church!

*With Love,
M'ellen*

Sunday Post Potluck Small Group Discussions and Programs: From about noon until 1:30 at the church

June 22 None since the Annual Meeting is happening after church and this is also our opening Sunday. We usually visit and get reconnected as we launch into summer.

June 29 None.

July 6 Happiness with Ginny Sassaman

July 13 New Church New Era: A discussion of what we witnessed and gleaned from the UU General Assembly (GA), (which is happening June 25-29 in Rhode Island) with Sue Stukey and Rev. M'ellen Kennedy. GA this year is replete with programs on new ways of doing church. Sue and M'ellen plan to go to as many as they can and return to Washington with some stories to share and some gems. We hope You'll join us and add to this your own dreams for building vibrant spiritual community.

July 20 "Eastern Spiritual Practices for Well-Being: Wheels of Vibration in A Subtle Energy Body - Introduction to Chakra: A basic understanding of Hinduism, Yoga, and Ayurveda is that a field of energy invisible to most, surrounds and infuses each of us and all beings. Our individual vibrational fields interact with the fields of those around us and ultimately reflects the state of our spiritual development and well-being. The chakras are wheels or vortices of particular focus and movement which we can consciously influence. You're welcome to join us in expanding our Western-trained minds to consider these teachings and experiment with meditations for grounding and clearing subtle, but often palpable, energies. This session will be guided by Laelia Tawnamaia, UU Minister in Community and student of Eastern spiritualities.

July 27, "Universalism 101" A discussion of the book by Rev. Richard Trudeau facilitated by Rev. Trudeau. Copies of the book are available at the church for \$12.50.

Aug 3 "Non-Judgment" a Small Group facilitated by Rev. M'ellen Kennedy

Aug 10 "Compassionate Communication" a Small Group facilitated by Andre Mol.

Aug 17 "Creativity Circle" facilitated by Rev. M'ellen Kennedy

Aug 24 "Learning to Live Compassionately" a Small Group offered by the Universalist University Course members including Rev. M'ellen

Aug 31 None We typically don't have a group on our last Sunday since it's Labor Day and our closing worship for the season.

Letter from Our President, Sue Stukey

Welcome, to Summer 2014 at the Washington Unitarian Universalist Church!

Sunday services this year will begin on Sunday, June 22 and continue each Sunday morning through August 31. As always, worship begins at 10 am, and we are delighted to welcome back the Rev. Dr. M'ellen Kennedy as our minister. We will continue our custom of a pot-luck brunch on the front lawn after every service as we celebrate being together.

This summer will be an exciting and interesting one, as we start thinking "outside the box" in the way we conduct our worship...looking for ways to celebrate the "Heart" of Universalism and Unitarianism in new and engaging ways. M'ellen and I will be going to General Assembly this June, and we'll be attending as many workshops and worship services that address some of the new and intriguing methods of "doing church". Stay tuned!

This year, Becky Webber will be providing childcare upstairs in the loft during services. Becky is a familiar face to those who attend the Montpelier Unitarian Church during the year, and we are so very glad to have her with us this summer.

We will continue with our occasional Spiritual Film Series, Small group discussions, Sing-a-Long evenings, perhaps another hike in the hills, and are beginning some new initiatives with the Washington Summer Food Program.

Summer in Washington: connection with our local community, connection with each other, and with the love that flows through all creation. Come and let's worship together!

Hope to see you there!

Warmly,

Sue

Sue Stucky, President, Pro-Tem

Washington Unitarian Universalist Church

The Annual Meeting of the Washington Unitarian Universalist Church will be held at 11:00 am on Sunday, June 22, 2014 ,

Right after the church service. We will need a quorum of members present, and welcome any and all friends of the church to attend as well.

The Agenda for the Business of the Meeting will be:

1. Welcome
2. Establish a Quorum
3. Approve Minutes of the last Annual Meeting
4. Report from the Minister
5. Approval of the Budget for 2014-15
6. Election of Officers: Proposed Slate: President Pro-Tem: Sue Stucky
Clerk: Art Stucky
Treasurer: Robert Youngberg
Board Member-at-Large: George Plumb
Board Member-at-Large: Roberta Carrier
7. Closing
8. Adjourn

We look forward to seeing you there!
In community,

Sue Stucky, President

Washington Unitarian Universalist Church

Rise Up Singing! Potluck and Sing-Along

Mondays July 14 & August 18

Potluck starting at 5:30, Sing-Along starting at 6:30.

Come lift your voice in song! We will gather together to sing songs from the Rise Up Singing songbook. Each person will have a chance to choose a song or two, and the group will share the songs together. Bring your Rise Up Singing songbook if you have one, or there will be some extras to share. Erica Mitchell and friends will lead the singing.



Opportunities to Make Our Summer Church Hum!

Sunday AM Hosts: to open up, make coffee, greet folks, clean up , lock up, etc... Need 2 or so each Sunday.

Worship Assistant: one or more of the following tasks -- to work with our guests in the pulpit, make and copy the order of service, welcome the guest, conduct parts of the service our guests don't want to do, etc...

If You can help with some part of these tasks, please contact Rev. M'ellen or Sue Stukey. Thanks for continuing to help make the Washington Church such a great place!

Soul and Cinema Documentary Series

Several Monday, Evenings Potluck at 5:30 Film starts at 6:30

July 7 "The Power of Song: A Biography of Pete Seeger" Pete Seeger helped introduce America to its own musical heritage, devoting his life to using the power of song as a force for social change. With his deeply-held beliefs, Seeger went from the top of the pop charts to the top of the blacklist and was banned from American commercial television for more than 17 years. This first and only authorized biography of Seeger premiered on PBS in 2008. .” A discussion will follow led by Rev. M’ellen Kennedy.

July 21, “El Sistema” “El Sistema is a network of children’s and youth orchestras, music centres and workshops in Venezuela, in which more than 250,000 children and young people are currently learning to play an instrument. It was set up over thirty years ago by José Antonio Abreu, who was driven by the utopian vision of a better future. The story, which has all the makings of a fairy tale, is the extraordinary account of a vision that has become reality. Several of El Sistema’s young graduates now rank amongst the most coveted young talent in Europe – the most prominent being the conductor Gustavo Dudamel. This documentary, El Sistema, shows how Abreu’s astonishing ideas have led the way out of the vicious circle of poverty and how the power of music has been able to change the lives of hundreds of thousands of young people. The film shows the gripping way El Sistema functions on a daily basis in a typical núcleo: the La Rinconada núcleo is located adjoining the barrio of the same name. The area around the núcleo is considered one of the most dangerous and poorest areas in Caracas. Up to 300 children find their daily destination here.” A discussion will follow led by Rev. M’ellen Kennedy.

SUMMER READING

We're hosting some book discussions this summer on titles that some of us have been reading and are eager to talk with others about including.

Monday, August 4, "Cold Mountain" by Charles Frazier Potluck at 5:30, Book discussion at 6:30. *"Cold Mountain, is a 1997 historical novel which won the U.S. National Book Award for Fiction. It tells the story of W. P. Inman, a wounded deserter from the Confederate army near the end of the American Civil War who walks for months to return to Ada Monroe, the love of his life; the story shares several similarities with Homer's The Odyssey."* The novel, interestingly enough, also has Universalist connections! Rev. M'ellen learned about the Universalist connections while she attended the Universalist Convocation in Cincinnati this Spring. In real life, there is a Universalist Inman Chapel in North Carolina where Frazier's ancestors were members. One of the main characters, Ada, is the daughter of a minister. If you read the text with a theological eye, you can tell that they are Universalist, although Frazier doesn't spell that out. There is a fascinating article in the Universalist Herald that delves into the Universalist heritage of this inspiring novel.

Sunday, July 27 "Universalism 101" by Rev. Richard Trudeau Post Potluck Small Group, Rev. Richard Trudeau will be present and facilitate. The book gives a quick overview of major Universalist leaders and theological ideas, Universalist leadership in significant social issues and the importance of this part of our heritage for today. M'ellen has purchased 10 copies of the book and they are for sale at the church for \$12.50 each.

Monday, August 25 "Salt Sugar Fat: How the Food Giants Hooked Us" by Michael Moss Healthy Potluck at 5:30, book discussion at 6:30. Michael Moss was awarded the Pulitzer Prize for explanatory reporting in 2010, and was a finalist for the prize in 2006 and 1999. He is also the recipient of a Loeb Award and an Overseas Press Club citation. Some of us started reading this book last summer, but we didn't have a chance to discuss it.

New Member Sunday

Date to be announced – Sunday during the worship service.

If You've found a spiritual home at the Washington UU Church, You're invited to join the congregation. Please speak with president, Sue Stukey or with Rev. M'ellen. We'll have a few opportunities to join this summer.

Hike Anyone?

Over the years we have had summer hikes that were a lot of fun! Anyone interested in organizing a hike? I would be happy to organize one. The challenge is that I live on the other side of the mountain and the trails I'm familiar with are a long way from Washington. If you have a local hike you'd like to share with us, please let me know. ~Rev. M'ellen

OUR CHILDREN, CLIMATE, FAITH - Strafford Symposium

This event, held in the Strafford Town House on Aug. 23 & 24, will be "an inclusive symposium on moral, ethical, spiritual, and religious consciousness addressing climate disruption, social justice,

and the rightful future of all children.” The churches of Strafford are co-hosting the symposium. The keynote speakers will be Starhawk and Tim deChristopher. To find out more and to register, go to: <http://faithclimateconference.org>
If You're interested in volunteering , You can sign up at the web site.

Volunteer Opportunities!

Washington Village School & Calef Library Announce The SUMMER FOOD PROGRAMS for Washington Children and Youth ages 0-18

A Community Forum was organized by Kathie Ball, principal of the Washington Village School on May 13 at the school at which a sizable contingency from our church attended. Others present were April from the Calef Library, Carol from the Town Hall, representatives from Hunger Free Vermont, and various enthusiastic community members. It was a great meeting with so much collaboration and a pervasive “we can do it!” attitude. From this was born the first Washington Summer Food Program!

This is a perfect opportunity for members of our congregation to get involved. The food will be provided through Hunger Free Vermont. What is needed from several volunteers (like us) at each time slot to supervise the program during lunch time and to help clean up. The dates are July 7th to August 14th, Monday-Thursday. Sarah Teel has created a calendar that you can view here:

https://www.google.com/calendar/embed?src=4pltsp5ihfsbv8ulj6b4jl1iu3c%40group.calendar.google.com&ctz=America/New_York

You can click ahead to see the calendar for July and August and you'll see the all the days meals will be served and for which we need volunteers. Let Sarah know if you would like her to sign you up by contacting her at 802-589-4050 or sarahteel@gmail.com. Meals are served at 12 so it would be great if volunteers could be there by 11:45, and the lunch will be over at 12:30. We're just looking for extra adults and cleanup will be minimal--as you said, food will all be pre-packaged.

The staff person at the Calef library, April, will then bring kids over to the library for that programming and she could also use volunteers who would be willing to continue on and help supervise the kids. So, volunteers could either be done at just after 12:30 or at 2 if they wanted to help with the library programming too.

Rev. M'ellen is volunteering Monday July 7, 14, 21 and August 4. This is a perfect opportunity for our summer only congregation to get involved in the life of the Washington Community. Hope to see You at the meals.

In addition to the meals, the school and library are also offering for the first time, a summer morning enrichment program which will focus on math, science, reading and fun. If You would like to volunteer for this, please contact principal, Kathie Ball at kball.wvs@onsu.org,