

U-FIRST

October 2006

The Newsletter of the Unitarian Universalist Society of Gardner

66 Elm St. — P.O. Box 637, Gardner, Massachusetts 01440
(978) 632-0222 — www.uusg.net

Upcoming Worship Services

Sunday Services at 10:00 a.m.

October 1—Living in an Imperfect World

Yom Kippur – The Day of Atonement

October 8—The Cornhusker and the Artichoke, Lay-Led service by David Fabian

Reflections from the Great Plains on the meaning of
Community and Humanity

October 15—Cast From Our Height, Our Shadows Form, Lay-Led service by ALisa Starkweather

ALisa Starkweather has been a women's empowerment
trainer for 22 years. She is the founder of Priestess Path
Apprenticeship, a women's mystery school focused on
archetypal realms. She has authored 3 CDs and is a certified
Shadow Work facilitator. A friend of the UUSG, she lives in
nearby Templeton.

October 22—Transcending Dissapointment

October 29—The Gift of Encouragement

*Everyone is invited to join us for coffee and conversation
in the fellowship hall downstairs following worship.*

Yom Kippur, October 2nd

יום כיפור

*...In the seventh month, on the
tenth day of the month, you shall
afflict your souls, and you shall
not do any work ... For on that day
he shall provide atonement for you
to cleanse you from all your sins
before the L-RD.*

—Leviticus 16:29-30

Many Jews who do not observe any other Jewish custom will
refrain from work, fast and/or attend synagogue services on this
day. Yom Kippur occurs on the 10th day of Tishri.

The name "Yom Kippur" means "Day of Atonement," and it is a
day set aside to "afflict the soul," to atone for the sins of the past
year. On Yom Kippur, the judgment entered in G-d's books is

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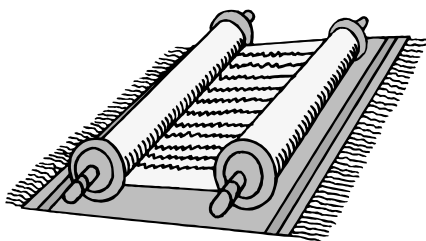
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Minister: Rev. Stephen Davies Howard — Phone: 413-253-5868

Emeritus Minister: Rev. Neil Bakker

U-First Editors: Julie Pera — julie99slp@gmail.com
Cindy Malley — b.charmer@verizon.net

Church Office: Catherine Azora-Minda, Secretary — 978-632-0222

Minister's Message

REFLECTIONS ON THE SABBATH

The celebration of the Sabbath extols the gift of rest. Judaism has survived through centuries of difficulty basically through the observance of the Sabbath. At this time there is equality between all people, the struggle for survival ceases and people are instructed to be grateful for the gift of life. Erich Fromm writes,

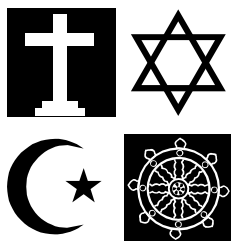
On the Sabbath man ceases to be an animal whose main occupation it is to fight for survival and sustain his biological life. On the Sabbath man is fully man with no task other than to be human. In the Jewish tradition it is not work which is a supreme value, but rest, the state that has no other purpose than that of being human.

Sabbath means a time to be at rest and peace. I like Abraham Heschel's observation, "Just to be is a blessing. Just to live is holy." Daily we should make a list of our blessings. The good earth we walk upon, the air we breathe, water that sustains life, food that nourishes, friends who encourage, family that make our efforts worthwhile and this place of worship that affirms our worth.

An accounting of gratitude is a good antidote for resentment. Gratitude is a much-needed corrective for those whose will to live has been weakened. Sabbath mood makes us aware of the interdependent web of life of which we are a small yet integral part. It delivers us from frantic busyness and the urge to buy things we don't really need. Sabbath rest is an affirmation of the simple life – its beauty – its wonder – its brevity and our dependence on each other and the world of nature.

Faithfully Yours,

Stephen



Thank UU!

To Ron Hurd for providing the church office (and its grateful secretary) with an excellent office chair and two four-drawer file cabinets to hold records that had previously been in cardboard boxes. Extra thank UUs for not only providing them, but moving them in as well.

CongratUUlations!

To Rev. Brenda Casavoy on her recent graduation from One Spirit Interfaith Seminary.

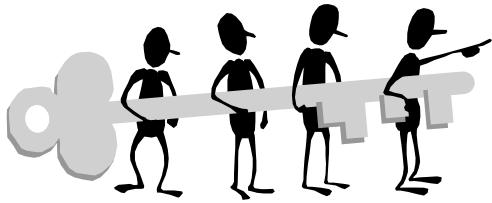
If you know of a contribution or accomplishment that deserves mention in this column, please be sure to send a note to one of the newsletter editors via e-mail or "in-box".



Fall Rally

The Clara Barton District of Unitarian Universalist Congregations will be celebrating our Fall Rally Saturday, October 28th, 2006. The Keynote Speaker will be Gini Courter, UUA Moderator, who will be speaking on generosity, growth, God and evangelism. Workshops include discussions of church covenants, church administration, nominating processes, emergency preparation, youth conferences and environmental activism.

The Fall Rally Conference fee is \$35 per attendee for advanced registration. They also have a sliding scale of \$25-\$45 depending on your financial situation. Registration deadline is October 19, 2006. Registration at the door is \$45 per person. For more information, contact Vicki Heidorn or leave a message with the church office.



COMMITTEE NEWS

Finding Your Place

Committees are now forming and we need your help. Sign-up sheets with descriptions of each committee's responsibilities are posted in the Fellowship Hall. Take a moment and look them over. Then please chose where your talents and interests will be best served.



From the Chairperson of the Executive Committee

Dear members and friends:

Over the years I have been enriched by workshops and programs held beyond the walls of my local church in regional events sponsored by my denomination (which was not UU). Being with people who are like us but new to us is exhilarating.

There are several events offered by the Clara Barton District of the UUA that I would like to encourage you to attend. If we have a few people attend, perhaps traveling together, the experience will catapult our church community into the next level of growth and satisfaction. Please look over our handouts or on the web and find something that you would like to do. As Chairperson I will attend the Presidents Forum. Also, I will be attending the Workshop on Radical Hospitality and the District Fall Rally. I invite you to choose a workshop and report back to us what you learn!

Closer to home we are beginning a half-hour talkback after coffee hour for those who wish to reflect on the Sunday service or sermon. This will be a regular routine of Sunday morning. Those who have committee meetings or adult Religious Education sessions may have a conflict from time to time and may not be able to attend. The talkback will be a time of sharing and discussion for anyone who wishes to linger after the service.

The Executive Committee is working on long range and immediate issues regarding the

financial health of our church as well as the physical health of our building. We are also planning- with the help of committees- to find a new minister, nurture our spiritual community, reach out to the needs of the world community, and carry on meaningful worship, education, and fellowship here on a weekly basis.

A little help from a lot of people makes a big difference. I would like to find a volunteer coordinator to manage some routine volunteer jobs, like flowers, greeting, or coffee hour. Then we know when we are asked for help that our efforts will be appreciated. Your time, your talents, and your financial stewardship make a difference.

I am also looking for talented and hardworking individuals to serve on a financial planning committee and the building committee.

I hope that you find a spiritual home here and find a satisfying role in this community.

Our congregational meeting on October 29 will be a voting meeting. A warrant will be mailed by October 15.

Wishing you a blessed month,

Vicki Heidorn



*God respects me when I work,
but he loves me when I sing.*

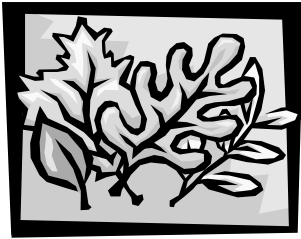
—Thai proverb



Religious **GROWTH & LEARNING** Opportunities for *ALL interested* in Lifespan Faith Development

DATE	TITLE-DESCRIPTION	COST	LOCATION	CONTACT
Sept. 30	Congregational Presidents' Forum			Vicki Heidorn will attend
Oct. 14	CBD Youth Advisor Forum	\$10	Hamden, CT	Deborah Levering (*see info below)
Oct. 14 9:30-3:30	Workshop on Radical Hospitality Welcome newcomers the way they would like to be welcomed while meeting the needs of your current members. Congregation must participate if interested in UUA Chalice Lighter Program and grants. Deadline Oct. 5, childcare available. GOAL: TEAM OF 4 FROM UUSG	\$65 per team, up to 4 members	Palmer, MA	Vicki Heidorn 978-632-7623 or church office 978-632-0222 clarabartondist@aol.com Information & registration forms also available at church.
Oct. 28	CBD District Fall Rally Information & registration forms available at www.cbd.uua.org. Deadline Oct. 19, childcare available. GOAL: 10 UUSG TEENS & ADULTS	Sliding scale \$25-45 by Oct. 19; \$45 at door	Nichols College, MA	Vicki Heidorn 978-632-7623 or church office 978-632-0222 clarabartondist@aol.com Information & registration forms also available at church.
Oct. 29	Chalice Lighter Sunday Local church launch of Chalice Lighter program www.cbd.uua.org/chalichelighters.html		UUSG Gardner MA	TBA Information will be available at church
Nov. 18	Congregational Treasurers & Canvass Chairs Training GOAL: 1 or 2 UUSG MEMBERS			clarabartondist@aol.com
Nov. 18	Leadership Development & Nominating Committee Training GOAL: 1 or 2 UUSG MEMBERS			clarabartondist@aol.com
Nov. 18	Excellence in RE Conference Day long conference of workshops for RE, youth advisors, teachers, etc. GOAL: 4 UUSG MEMBERS	Call for info	CBD	*Deborah Levering, Clara Barton District RE PC dlevering@uua.org 978-456-1299
Dec. 1-2	Renaissance Module: Curriculum Planning in your Congregation	Call for info	Senexet House, CT	Deborah Levering (*see info above)
Jan.5-7	Youth CON High school youth weekend conference		TBA	Deborah Levering (*see info above)
Jan. 6	CBD Youth Ministry Conversation		TBA	Deborah Levering (*see info above)
Jan. 17	CBD RE retreat		Senexet House, CT	Deborah Levering (*see info above)
Jan 20	Best Practice towards Safe Congregations		CBD	Deborah Levering (*see info above)
Mar. 3	11 th Annual Middle School Youth Rally		TBA	Deborah Levering (*see info above)
Mar.2-4	Aging to Saging: Pat Hoertdoerfer		Murray Grove Retreat Ctr NJ	alerner@uua.org
April 14	CBD Annual Meeting with two RE workshops		Nichols College, MA	clarabartondist@aol.com

If you wish to attend any event, please contact the church office or UUSG contact person (if listed) so we can be coordinated, share resources, transportation, etc.!



122nd Annual Fall Fair

Saturday, November 11, 2006

9 am – 2 pm

Once again, something for everyone!

Teacup Auction ☺ Cutlery for Sale ☺ Bake Sale ☺ Lunchroom ☺ Flea Market

Do you have any other ideas?

If so, please contact Dorcas Hurd (see below); any new suggestions will be gladly considered!

Donations Needed

Of course, to make this event successful, we need donations of all sorts—used and new!

Just about anything sells in our Flea Market area!

We can't accept any pillows or mattresses, but other portable furniture will be appreciated. Books, dishes, kitchen items (in working order), knickknacks, clothing, linens, tools, and Christmas decorations are always in demand.

Auction

New items will be placed in the auction.

Baked Goods

Please consider baking something to sell. Pies, other than apple because we usually bake apple as a group, are always sought out. People love to purchase cakes, cookies, breads, and homemade pickles, jellies and candies.

Pie-Making For Fair

October 21, 2006—9 AM

Please join us in the church kitchen to make pies for the Fall Fair. Bring your favorite paring knife, corer, rolling pin, and anything else that is essential to you when making pies. The ingredients will be supplied. If you can make crust ahead of time (you may use your own recipe or the recipe on page 7) and would like to have us supply the ingredients, please contact Dorcas Hurd. If you plan to buy your own ingredients, please let Dorcas know so that we will not purchase too much.

If you cannot attend on that day but would like to make some kind of donation, we will need 9-inch aluminum pie plates and **large** plastic food bags. Again, please contact Dorcas if you can donate one of those items. Thank you.

Hope to see you there!



Dorcas Hurd 978-874-2350 or dorcashurd@comcast.net

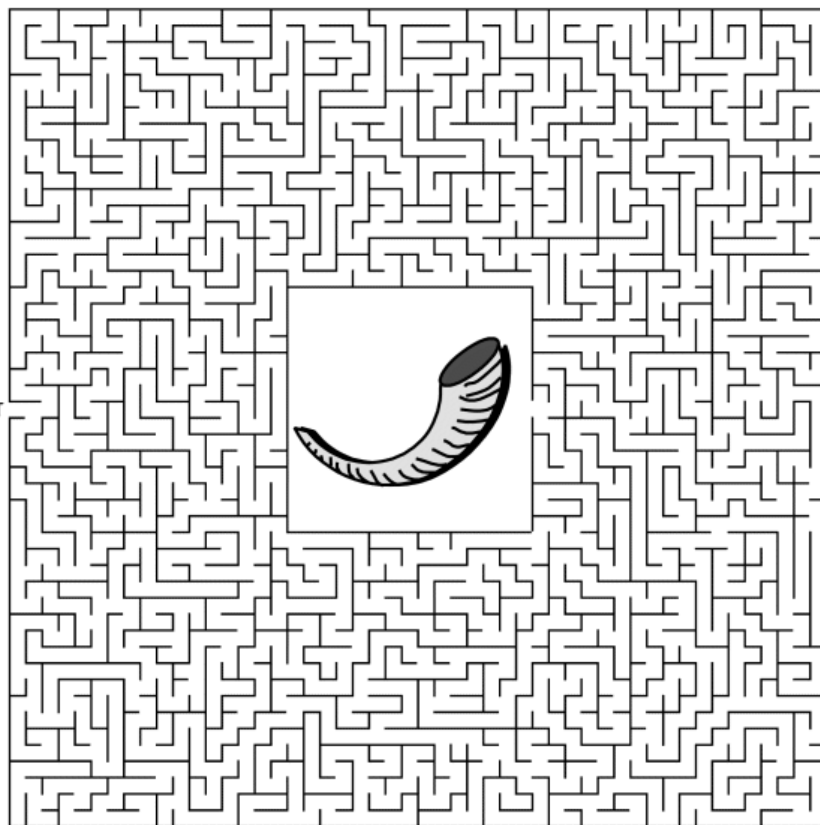
Starting on Sunday, October 1st, you may leave your donations in Fellowship Hall in the designated area. If you need to have heavier items picked up, we can accommodate you. If you have a van or truck and can pick up donations, please contact Dorcas. If you can help out by sorting donations, setting up the day before, working all or part of the fair time, or cleaning up, please contact Dorcas.

Please remember that this is a fundraiser for the entire church; therefore, we need the participation of the entire congregation if possible.

FIND YOUR WAY TO THE SHOFAR

Yom Kippur maze from
www.akhlah.com

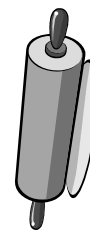
START



Easy Pie Crust Recipe

From the kitchen of: Leeann Lamsa

Yields: 4 crusts



In a large bowl, mix together: 4 c. flour, 1 T. sugar and 2 t. salt. Cut in 1 3/4 c. shortening, mix till crumbly.

In a small bowl, beat together: 1/2 c. water, 1 large egg, and 1 T. white/cider vinegar.

Combine both mixtures until well mixed and stuck together. Separate into 4 portions, wrap in plastic wrap and refrigerate at least a half hour, or freeze for later use.

(Continued from page 1)

sealed. This day is, essentially, your last appeal, your last chance to change the judgment, to demonstrate your repentance and make amends.

Yom Kippur atones only for sins between man and G-d, not for sins against another person. To atone for sins against another person, you must first seek reconciliation with that person, righting the wrongs you committed against them if possible. That must all be done before Yom Kippur.

Yom Kippur is a complete Sabbath; no work can be performed on that day. You are also supposed to refrain from eating and drinking (even water) on Yom Kippur. It is a complete, 25-hour fast beginning before sunset on the evening before Yom Kippur and ending after nightfall on the day of Yom Kippur. The Talmud also specifies additional restrictions that are less well-known: washing and bathing, anointing one's body (with cosmetics, deodorants, etc.), wearing leather shoes (Orthodox Jews routinely wear canvas sneakers under their

dress clothes on Yom Kippur), and engaging in sexual relations are all prohibited.

As always, any of these restrictions can be lifted where a threat to life or health is involved. In fact, children under the age of nine and women in childbirth (from the time labor begins until three days after birth) are **not permitted** to fast, even if they want to. Older children and women from the third to the seventh day after childbirth are permitted to fast, but are permitted to break the fast if they feel the need to do so. People with other illnesses should consult a physician and a rabbi for advice.

Most of the holiday is spent in the synagogue, in prayer. In Orthodox synagogues, services begin early in the morning (8 or 9 AM) and continue until about 3 PM. People then usually go home for an afternoon nap and return around 5 or 6 PM for the afternoon and evening services, which continue until nightfall. The services end at nightfall, with the blowing of the tekiah gedolah, a long blast on the shofar. *From <http://www.jewfaq.org>*

Unitarian Universalist Society of Gardner

P.O. Box 637
Gardner, MA 01440

TO:

If you no longer wish to receive this newsletter or be on our mailing list, or if your address has changed, please send a note to the church, "Attention: U-First Editor."

Oct 06

Your Executive Committee

If you have any questions or suggestions regarding church policies or programs, please feel free to speak with any of the church trustees.

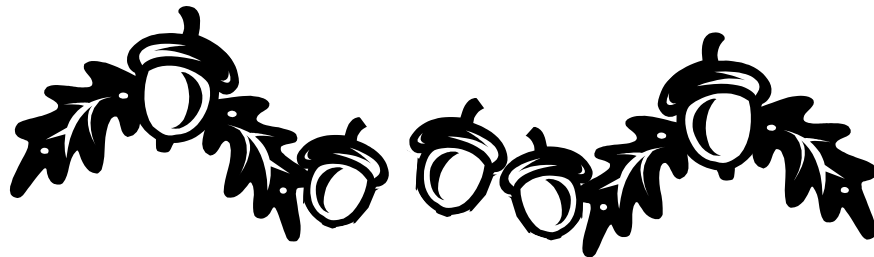
Trustees for Church Year 2005-06

Vicki Heidorn, Chairperson
Sue Blain
Keith Casavoy
David Fabian
Qing Fagan
Bob Gifford
Cindy Malley

Save the Date!

Oct 1—Board Meeting, 11:45AM
Oct 15—Religious Education Committee Meeting, 11:30AM
Oct 21—Pie Making for the Fall Fair, 9AM
Oct 29—Congregational Meeting, 11AM
Nov 11—UUSG Annual Fall Fair, 9AM-2PM

Look for details inside!



Newsletter Contributions

The deadline for newsletter contributions is usually the second Sunday of the month. Send your contribution via e-mail to b.charmer@verizon.net; or on diskette, typed or *neatly* handwritten in the newsletter "in-box" located on the bulletin board downstairs. No phone submissions, please. Contributions may be edited for length or content at the discretion of the editors.

The deadline for the November newsletter is October 8th.