



UU-First

The Newsletter of the Unitarian Universalist Society of Gardner

66 Elm Street – P.O. Box 637, Gardner, Massachusetts

(978) 632-0222

www.uusg.net

February 2014

Minister:

Rev. John Pastor

Office Hours

Thursday 1-6pm.

Call church phone for an appointment or to

arrange another day or time.

For pastoral emergencies call 508-277-6113.

Emeritus Minister:

Rev. Neil Bakker

Newsletter Editor:

Julie Pera

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Church Office:

Catherine Azora-Minda

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Sunday Services

10:00 am

Children's Religious Education & Nursery Care during worship service

Upcoming Worship Services

February 2 — Our Shared Principles — Rodney Fagan

We hold some differences to be self evident but tend to overlook how we are bonded together by common causes, shared principles and values that have us traveling in the same direction to our goals.

February 9 — Healing Moments— Rev. John Pastor

When I was a Chaplain Intern in a hospital setting I was told "You can heal, but you cannot cure." Many of the world's spiritual traditions have stories of healing. How are we healed today?

February 16 — The Fifth Sacred Thing — Laura Reichsman

What does it mean to truly accept one another? How can we be open to everyone's point of view? Is there a place at the table for everyone, even if their beliefs are very different than our own? (rescheduled from January)

February 23 — No Regrets? — Rev. John Pastor

There are times in most of our lives when we shuffle through past events and perhaps wish we could do it over. These can be haunting experiences of regret.

March 2 — What Dreams May Come — Rev. John Pastor



Our dreams are fascinating experiences. What can we learn from our dreams? How can we use our dreams for inspiration and insight?

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

Listening, not imitation, may be the sincerest form of flattery.



The first of our UU Sources reads, "Direct experience of that transcending mystery and wonder, affirmed in all cultures, which moves us to a renewal of the spirit and openness to the forces that create and uphold life."

This source invites us to live in the mystery. But, what is the mystery? I suppose a good logical answer could be, I don't know, it's a mystery.

When I was growing up I was told that "God moves in mysterious ways."

This was often used, of course, to explain things like sickness, war, earthquakes and floods. It was meant to offer some comfort. I could connect to this perceived truth when it came to explaining the beauty of the creation of the universe or even school vacations. But found it is difficult to live in the mystery when this mystery seems to target us and give a personal jolt every once and a while: the death of child or untimely death of a spouse, the "why me" medical diagnosis, or a tsunami that claims thousands of lives.

From the Buddhist perspective, these things are explained as "dukkha," suffering that is neither pessimistic nor optimistic, but realistic. The challenge being to move through these events with detachment.

Over the years it has helped me to come to an understanding that we, all of us, are part of the mystery. Living in the mystery is a consequence of being human beings; it is realistic living.

Colleague Mark Belletini offers us this prayerful reminder:

"Let mortals once again remember we are fragments of a holy whole which we neither can see nor control by force of will.

Return us all to the humility of the seasons, of times that flow no matter our mood or prayer or wish,

And by such humility, grant us peace at last."

With awareness, may we all live realistically in the mystery, "which moves us to a renewal of spirit and openness to the forces that create and uphold life."

With love,



Prescription Medication Assistance



Rev. John has recently been given some pharmacy discount cards from the National Prescription Savings Network. These cards offer a savings of nearly 50% on all FDA-approved medications and are accepted at over 50,000 pharmacies nationwide. For more information please contact Rev. John.



Rada Cutlery

High quality, made-in-the-USA Rada Cutlery is always available for sale through the church fundraiser coordinated by Dorcas Hurd.

Dorcas maintains a good-size inventory, and welcomes your questions and purchases. Please speak with her to make your selections.

Without doing anything, things can sometimes go more smoothly just because of our peaceful presence. In a small boat when a storm comes, if one person remains solid and calm, others will not panic and the boat is more likely to stay afloat.

– Thich Nhat Hanh "Love in Action"



CBD and MB Districts present:

March 22, 2014

Speaking of Class

with Meck Groot, Justice Ministries Coordinator

8:30 AM to 12:30 PM
UU Church of Worcester,
Holden Street, Worcester, MA

Because so many believe the United States to be an egalitarian society, the subject of class tends to be confusing and disquieting. It's often easier not to bring it up. However, class dynamics play out in our relationships every day. They impact us at home, at work, in our congregations, and in the public square. They determine much about how we do church: from worship to administration, religious education to social justice, congregational life to buildings and grounds.

Furthermore, the topic of "class" covers a multitude of relevant content for Unitarian Universalist leaders: class stratification, class indicators, class injuries, class privilege and class values; the role of education, religion and culture in maintaining class differences; the ways these play out in our congregations and the Association; and more.

Our purpose in this workshop is not to "get a handle on the subject" - though we may learn we need to. Our goal is to explore together how to engage conversations on class in UU settings in ways that build Beloved Community. We will, therefore,

- Identify, together, what we need for ourselves and from each other in order to have meaningful and authentic conversations about and across class;
- practice creating the conditions for and engaging in such conversation;
- consider opportunities for facilitating conversations on class within our own UU contexts; and help each other outline personal "next steps" to prepare ourselves as congregational leaders to initiate and facilitate conversations on class.

Whatever your class location or experience, come prepared to participate, practice and learn together.

\$50/\$35 for seminarians (includes handouts and refreshments)

REGISTER NOW! -

Deadline: 03/17/14 or capacity.

Healthy Recipe: Hearty Kale Vegetable Soup

from Terry Dattolo

Makes 6 servings.

Ingredients:

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| 1 tbsp olive oil | 1 large onion, chopped |
| 1 large red bell pepper, chopped | 1 cup carrots, chopped |
| 2 garlic cloves, minced | 2 cups red potatoes, peeled and diced |
| 4-6 cups low-sodium chicken stock | 1 TBSP chopped fresh rosemary |
| salt & pepper to taste | 1 tbsp vinegar (sherry or wine) |
| 6 cups kale (about one bunch), stemmed and coarsely chopped | |
| 1 16-oz can low-sodium cannellini beans, drained and rinsed | |
| 1 14.5-oz can petite-diced fire roasted tomatoes, undrained | |

Directions:

1. Heat olive oil in a heavy-bottom pan or Dutch oven over medium-high heat. Add onion and cook 5 to 7 minutes until lightly browned; add red bell pepper, carrots, and garlic; sauté 5 minutes.
2. Reduce heat to medium. Add potatoes, kale, beans, tomatoes, chicken stock, salt and pepper; simmer until potatoes are tender, about 10 to 15 minutes.
3. Add additional water or stock if mixture becomes too thick. Before serving, stir in vinegar and garnish with rosemary.

Unitarian Universalist Society of Gardner

P.O. Box 637

Gardner, MA 01440

Your Executive Committee

The Executive Committee usually meets on the third Monday of the month. 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 the Church Year 2013-14

(year in parentheses indicates term ending)

Bo Azora-Minda (Chair, '15)

Barbara Bartl ('15)

Roy Gilbert ('16)

Brien Hawkesworth ('14)

Chris Pera (Clerk/Treasurer, '15)

Frieda Reichsman ('16)

Laura Reichsman ('14)



Newsletter Contributions

UU-First is published nine times per year:

September, October, November, December-January, February, March, April, May-June, and July-August.

The deadline for the newsletter is the 15th of the month.