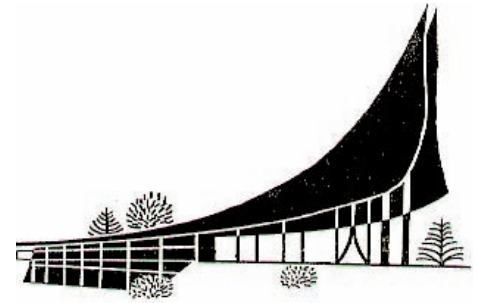


# SOUNDINGS

The Unitarian Church in Westport  
 10 Lyons Plains Road  
 Westport, Connecticut 06880  
 203 227-7205  
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**THE NEXT SOUNDINGS DEADLINE IS FRIDAY, SEPT. 24**

Sept. 19 - Oct. 9, 2010

A Member of the Unitarian Universalist Association

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Sept. 19</b> Worship Service: 9 & 11 am Vision/Mission Talk-Back Session Sanct. - 12:30 pm	<b>20</b> O&AF Rehearsal, Sanctuary, ... 7:45 pm	<b>21</b> Chamber Choir, Sanctuary, ... 7:45 pm	<b>22</b> Memorial Garden Committee, Fellow. Rm.- 3 pm Chant & Meditation, Meeting Hse., ... 7:00 pm Men's Choir, ... 8:00 pm	<b>23</b> Youth Choir - 5 pm Teen Choir - 6 pm Bell Choir - 7 pm Women's Choir - 7:45 pm	<b>24</b> SOUNDINGS Deadline, 12:00 Noon BINGO Foyer - 6:00 pm UU Movie Discussion Group, M.H ... 7:30 pm	<b>25</b> Small Group Facilitator Training M.H. ... 9:00 am Youth Outreach: Save the Sound Autumn Equinox Dances & Labymith ... 1 pm
<b>26</b> Worship Service: 9 & 11 am <b>Annual Meeting</b> ... 12:30 pm Women of the Bible, Library, ... 4:00 pm OWL Parent Orientation, E.W., ... 7:00 pm	<b>27</b> Health Care Task Force, East Wing, ... 7:30 pm	<b>28</b> Environmental Action, East Wing, ... 7:30 pm	<b>29</b> SOUNDINGS Mailing - 9:30 am Chant & Meditation Meeting Hse., ... 7:00 pm Men's Choir, ... 8:00 pm	<b>30</b> Youth Choir - 5 pm Teen Choir - 6 pm Bell Choir - 7 pm Women's Choir - 7:45 pm	<b>Oct. 1</b> Shawl Ministry, Meeting Hse., ... 12:30 pm Cabaret Rehearsal, Sanctuary, ... 6:30 pm COA to YSOP in NYC	<b>2</b> Care Circle Facilitators, M.H., ... 10:00 am REEL Justice Film, Sanctuary, ... 7:30 pm
<b>3</b> Worship Service 9 & 11 am OWL Parent Grp., Library ... 12:30 pm UN Committee, Library ... 12:45 pm Odyssey Program: "The Artist's Way", M.H. ... 1:00 pm	<b>4</b> O&AF Rehearsal ... 7:45 pm	<b>5</b> Microfinance, East Wing, ... 7:30 pm Chamber Choir, Sanctuary, ... 7:45 pm	<b>6</b> Chant & Meditation, M.H. ... 7:00 pm Odyssey Program: "Awaken Your Creativity", Fellow. Rm. - 7pm Men's Choir, ... 8:00 pm	<b>7</b> Youth Choir - 5 pm Finance Com. M.H. - 5:30 pm Teen Choir - 6 pm Bell Choir - 7 pm Women's Choir, ... 7:45 pm	<b>8</b> SOUNDINGS Deadline 12 Noon	<b>9</b> <b>FALL                      CABARET                      7:30 pm</b>

**SERMONS:**

September 19 ... 9 & 11 am	<b>The Three Big Questions</b>	Frank Hall
<i>We'll celebrate the High Holy Days of Rosh Hashanah and Yom Kippur by looking at the questions God puts to Adam, Eve and Cain, the 'first family.'</i>		
September 26 ... 9 & 11 am	<b>The Mission</b>	Frank Hall
<i>Why are we here? Where are we going?</i>		
October 3... 9 & 11 am	<b>"Bringing Out the Best in Me"</b>	Debra Haffner
<i>Pat Francek read us these words by Oriah Mountain Dreamer this summer: "What if the question is not why am I so infrequently the person I really want to be, but why do I so infrequently want to be the person I really am?" I've been thinking about it ever since. How can we become the people we really are? How might we covenant to bring out the best in each of us?</i>		



## FROM THE BOARD

*Far and away the best prize that life offers is the chance to work hard at work worth doing.*

*Theodore Roosevelt*

Since my term as Chair of your Board of Trustees is drawing to a close, this will be my last “From the Board” column in Soundings. So I thought it would be best for me to review where we are on some of the most important (and inter-related) challenges facing the Board and the congregation:

- **Funding and Stewardship** – Like most religious institutions, The Unitarian Church in Westport has not escaped the negative effects of the global economic downturn. Still, thanks to the tireless efforts of our canvass A-team, volunteers who ran special fund-raising events, the skillful management of space rentals by our business manager John Carroll, and to all of you who responded so generously to our annual appeals, we are entering another year with a balanced budget and a full staff. However, we have been able to do this only by foregoing staff raises (for the third year in a row), not filling (again) the Associate Minister position, and by contributing only 75% of our “Fair Share” to the wider Unitarian Universalist movement. We are bringing in almost \$150,000 less than what we need for our beloved institution to function as it should. The Board and the congregation need to address our funding shortfall by providing resources and expertise for increasing annual giving, planned giving, and opportunities for making legacy (endowment) gifts.

- **Space Utilization and Facility Planning** – Our physical plant is aging; the lack of storage space is causing other areas to be cluttered; members of our staff have woefully inadequate office space; and our congregational social events often result in uncomfortable over-crowding. Through the efforts of trustee Chuck Colletti and John Carroll, major maintenance items are being addressed in a systematic manner. Chuck, Sal Mollica, and others are working on a space utilization study, which will take into account current and long term needs and will result in a comprehensive facility plan (including a recommendation on the disposition of the Sheila Lane property). This needs to be completed this church year.

- **Community Building and Communications**- The Unitarian Church in Westport is one of the larger congregations in the UU movement. Our large size is both an opportunity and a challenge. We are big enough to carry out lots and lots of important and diverse activities that enrich our lives and add value to the world. However, we must make sure we have adequate communications mechanisms, so that we don't trip over each other in our enthusiasm, and we must make sure that we allow for frequent opportunities to get to know each other. I urge you to get involved in at least one of these ongoing efforts – the UCW Communications Team, The Small Group Ministry, and/or our Community Care Circles. If they really try, large churches can “do small better” than small churches.

- **Ministerial Transitions** – With no Associate Minister currently in place and with our Senior Minister (as he told us last year) “in the process of crafting his concluding chapter” of his incomparable ministry with us, we must plan and prepare for a major transition in ministry over the next few years. This will require deep discernment, a thorough assessment of the needs of the congregation, and development of the financial means to assure that the Unitarian Church in Westport remains a beacon for love, peace, and justice well into the foreseeable future.

Although the past two years have also been personally challenging for me, they have also been a joy and a blessing. At times, I've felt a lot of pressure, but as someone once said, “pressure in the service of an institution you cherish is a privilege.” Thank you for giving me the privilege of serving you and our shared religious home.

**Remember:** (1) Board of Trustees (BOT) meetings are open to all. (2) There is a ten-minute Open Forum agenda item at every Board meeting, during which anyone from the congregation may address the Board on any topic. The next Board meeting will be on Monday, October 11, 2010, at 7:30 PM.

All Board meeting agendas are posted ahead of time on the Board of Trustees bulletin board in the foyer.

John Hooper, *Board Chair*

September 13, 2010

Dear Friends,

It was good to see you yesterday. Indeed, it was great!

Our Homecoming service is one of the highlights of the church year – I know I'm not alone in that feeling. I was anticipating the gathering outside, thinking about it on my early morning walk at Compo Beach, and those well-worn lines from Edwin Markham came to me:

“They drew a circle that shut me out – heretic, rebel, a thing to flout. But love and I had the wit to win, we drew a circle that took them in.”

During my walk I also realized that a circle has no definite place where it begins and ends; when we gathered in our haphazard circle I suggested that ‘the circle begins with you and it ends with the person to your left, which means that you are the beginning, and since you are to someone's left, you are also the end.’

Hindu Scripture says, “I am the Self that dwells within the heart of every mortal creature: I am the beginning, the life-span and the end of all.”

So, to begin with, you are the reason I am here, serving this ever-evolving congregation.

Together we hope to make the world a better place, not only for ourselves, but for those in our community who need our presence, our influence. Sometimes they need a place to bring their grief at the time of a difficult loss. Sometimes they need a place to be married – especially if they are a same-gender couple, as is the case with a call I got this morning from two women asking if I would officiate at their marriage. Fortunately the date was open on my calendar.

They said, “We've heard that you are open to same-sex weddings,” and we had a nice conversation and set a time to meet to plan their special ceremony.

Sometimes we, ourselves, need this place, so we can be reminded that we are part of a circle that embraces the best in all the world's religions, reminded what's at the heart of them all – it's about basic human decency, kindness and compassion. It's not about a particular creed.

I titled my Homecoming sermon ‘A Faith Statement,’ introducing it with a succinct faith statement by the Dalai Lama from his book, *Ethics for the New Millennium*. He says:

“As someone nearing seventy years of age at the time of writing I have accumulated enough experience to be completely confident that teachings of the Buddha are both relevant and useful to humanity. If a person puts them into practice, it is certain that not only they but others, too, will benefit (but) there are other faiths, and other cultures, no less capable than mine of enabling individuals to lead constructive and satisfying lives. What is more, I have come to the conclusion that whether or not a person is a religious believer does not matter much. Far more important is that they be a good human being.”

That's what it all boils down to. So, be good! See you soon.

*Yours, Frank*

“All major religious traditions carry basically the same message, that is love, compassion and forgiveness the important thing is they should be part of our daily lives.” Dalai Lama

.....

“I believe that the very purpose of life is to be happy. From the very core of our being, we desire contentment. In my own limited experience I have found that the more we care for the happiness of others, the greater is our own sense of well-being. Cultivating a close, warmhearted feeling for others automatically puts the mind at ease. It helps remove whatever fears or insecurities we may have and gives us the strength to cope with any obstacles we encounter. It is the principal source of success in life. Since we are not solely material creatures, it is a mistake to place all our hopes for happiness on external development alone. The key is to develop inner peace.” Dalai Lama

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### **O Karma, Dharma, pudding and pie, Philip Appleman**

O Karma, Dharma, pudding and pie,  
gimme a break before I die:  
grant me wisdom, will & wit,  
purity, probity, pluck & grit.  
Trustworthy, loyal, helpful, kind,  
gimme great abs & a steel-trap mind,  
and forgive, Ye Gods, some humble advice --  
these little blessings would suffice  
to beget an earthly paradise:  
make the bad people good --  
and the good people nice;  
and before our world goes over the brink,  
teach the believers how to think.

.....

Some couldn't stand me.  
You stood me.  
It may be  
because you stood me  
I'm more standable.                      Ruth Codier

.....

### **Forgive, O Lord, Robert Frost**

Forgive, O Lord, my little jokes on Thee  
And I'll forgive Thy great big one on me.

## Perry's Ponderings ...

We go through an interesting transition from the end of summer into the new school year. Summer often has a different pace and special activities. There is a bridging process that takes place as summer experiences come to a close and new classes, schools, and our congregational year begin.

We walked across this bridge literally and metaphorically to the Raymond's beach cottage for a Coming of Age picnic last Saturday. It was the first RE gathering of the new year and also the last hurrah of summer fun. The youth and adults shared stories of summertime. One of the wonderful aspects of this bridging is reflecting on experiences that changed us over the summer.

I was changed in some way by facing one of my great fears...heights. While at the Omega Institute I signed up for the trapeze school; yes, like in the circus. The hardest part for me was climbing the tiny ladder and getting from there onto the small platform 25' above the ground. It was another challenge to get my toes over the edge of the platform, grab the swinging bar, and leap into the air. After swinging upside down I got up there two more times. The fear did not disappear; I only grew my ability to push through it.

The metaphor of the trapeze is often used in life transitions and there are many of them at this time of the year, including youth headed off to college. For those of us still at home, a new RE year begins with its hopes and discoveries. At the RE Volunteer Orientation we started by writing letters describing our hopes and fears for the new year, contemplating what we want to give and receive. I wonder what would be in your letter.

The Coming of Age group was given the gift of experiencing a piece of the transition together. David Smith and I took a walk and discovered two Indonesian style houses, one of which it turns out had been shipped to Westport from the World's Fair in Indonesia. Plaques on the gate read, "bahay ng takipsilim" and "bahay ng madaling araw." In Tagalog these translate to "house of twilight" and "house of dawn." How fitting as summer faded on our walk and the new year began to come into the light.

## RE CALENDAR

### Sunday, Sept 19

9 & 11am First Day RE

### Friday, Sept 24

6pm: Bingo Night

### Sunday, Sept 26

7pm-9pm: 8th gr. OWL  
Parent Orientation

### Sunday, Oct 3

11am-1pm First 8th gr.  
OWL Class  
12:30-1pm OWL Parent Group

## UU-Westport's



## Bingo Night

(With Prizes!)

Friday, September 24

6 pm- Pizza and fellowship  
6:45 pm-Let the B-I-N-G-O games  
begin!

All ages welcome  
\$7 per adult; \$5 per child; \$24 max  
per family

Please RSVP to Sarah at  
227-7205 ext. 20

or [ucwfun@gmail.com](mailto:ucwfun@gmail.com)

(Please help us by donating a prize!)

Please register your children  
and youth for Religious  
Education online at  
<http://www.uuwestport.org/REReg/registration.php>

## YOUTH OUTREACH Sept/Oct 2010

Sat, Sept.18 Westbridge Coalition  
workday

Sat, Sept. 25 Save the Sound workday

Fri-Sat, Oct. 1-2 Youth Services  
Opportunities Project in  
NYC (COA)

Sat, Oct 9 Westbridge Coalition workday

Sun, Oct 10 Kenya service, 9&11

## HIGH SCHOOL YOUTH GROUP...

Lily Rappaport, Youth Program Dir.

Homecoming is a marvelous reminder of how good it is to return back to our spiritual roots and to reunite with our church family. After all, as everyone knows, there really is no place like home.

Youth group is *home* to many of our high schoolers who look forward to gathering together each Sunday for meaningful worship and stimulating conversation. The youth room can definitely be described as *homey*. With large cushiony sofas and inspired artwork on the walls, it is a sacred, inviting and comfortable space for the youth to hang out, to speak out, and to simply relax from the stresses of their busy lives.

Thanks to a generous gift by Trustee Denny Davidoff, the youth room is currently undergoing a needed facelift. The donation was made in memory of her late husband Jerry, a long time member of the church and active leader in the denomination. Both Jerry and Denny have been recognized for their dedication and groundbreaking work in interfaith education, and have a reputation for being fierce advocates for UU youth.

Renovating the room has become a youth group project. Since the carpet was worn out and in need of being replaced, we invited one of our parents, Bill Green, to present us with various options: we could remove the carpet and paint the concrete floor, or install tiles, plywood or rubberized flooring. After careful review we decided that re-carpeting would be the best solution.

We also installed a dehumidifier to eliminate the musty smell and to keep the room dry and comfortable.

During the summer, a group of dedicated youth painted over some of the walls. In the coming months we will be brainstorming ideas for designing and painting a large mural. If anyone has experience in painting wall murals and would like to assist the youth in this project, please contact me ([lily@uuwestport.org](mailto:lily@uuwestport.org)).



## HOMECOMING REMARKS:

### Three Months ago, Last Week, and Today

Three months ago, to this very day, I was lying in a bed in the intensive care unit of Stamford Hospital and I was thinking about the words of Martin Luther King-

*"The arc of the moral universe is long, but it bends towards justice."*

The arc, this transcendent reality of dream and deed does not bend on its own accord, or by divine intervention. But rather we bend it in the direction of justice. Justice is a result of our actions and those who have gone before us and those who will follow.

I had a vision of this infinite arc...stretching out ahead of me, stretching out beyond my vision, filled with travelers, nameless people more numerous than the stars above, who have sought and struggled for justice.

Here and there some profiles stood out above the masses. I saw Lincoln and Handy and Martin Luther King.

Close by I was surrounded by members of this congregation. And right behind, our youth who have traveled twice to New Orleans and worked on a water project in Kenya this past summer.

Last week Dr. King's words were in the news. It's one of the 5 quotes woven into President Obama's new Oval Office rug. Words that originated in a sermon by Unitarian minister Theodore Parker in 1853.

And in another Parker sermon, from 1850, these words, "*a government of all the people, by all the people, for all the people*" which became part of the Gettysburg Address. Those words are also woven into the new rug. So Theodore Parker has lineage to not one but two of the five quotes.

Today, we come together in community and rededication. For me, this is a rededication to working together to bend that arc just a little bit more. And a rededication to our Unitarian Universalist heritage.

What better words to end with than those of Unitarian Minister Theodore Parker:

*"I do not pretend to understand the moral universe; the arc is a long one, my eyes reach but little ways; I cannot calculate the curve and complete the figure by the experience of sight; I can divine it by conscience. And from what I see I am sure it bends towards justice."*

David Vita, *Director of Social Justice*

**Beyond Tragedy, Beyond Hatred, Beyond Revenge— There is Hope.**



## BEYOND BELIEF REEL Justice Film

**Saturday, October 2 at 7:30 in the Sanctuary**

Susan Retik and Patti Quigley are two ordinary soccer moms living in the affluent suburbs of Boston until tragedy strikes. Rather than turning inwards, grief compels these women to focus on the country where the terrorists who took their husbands' lives were trained: Afghanistan.

Over the course of two years, as they cope with loss and struggle to raise their families as single mothers, these extraordinary women dedicate themselves to empowering Afghan widows whose lives have been ravaged by decades of war, poverty and oppression - factors they consider to be the root causes of terrorism. As Susan and Patti make the courageous journey from their comfortable neighborhoods to the most desperate Afghan villages, they discover a powerful bond with each other, an unlikely kinship with widows halfway around the world, and a profound way to move beyond tragedy.

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## Family ReEntry Honors the Unitarian Church in Westport

The Elizabeth Bush Volunteerism Award will be presented to our congregation in honor of our extraordinary support of Family ReEntry and their mission to develop, implement and share cost-effective solutions for the unprecedented numbers of people in the criminal justice system.

Through Mel and Doris Brenner, who connected us with Family ReEntry years ago, we have consistently supported their programs with Share the Plate and annual holiday collections of gifts for children of those incarcerated.

Yale research has shown promising results of up to a 54% reduction in recidivism for participants in Family ReEntry's program.

The Bush Award will be presented to Faith Based Community supporters at Family ReEntry's Annual Garden Event on Sunday, September 26.

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**Saturday, Sept. 25, 2010**

## INTERFAITH CONCERT, LABYRINTH WALK, SUFI DANCES OF UNIVERSAL PEACE

As a follow-up to September's marking of the Jewish High Holy Days held at UCW and hosted by the Congregation for Humanistic Judaism (CHJ), there will be a special Autumn Equinox / New Year Celebration.

The traditional Jewish Day of Atonement can be a profoundly transformational opportunity for people of all Faiths (and none) to re-Covenant to our human role in Tikkun Olam (Healing the World), as "the Hands of G\_d" and Stewards of the Earth. The Opening Ceremony features a live performance of Ernest Bloch's Suite Hebraique, led by Sue Sahlin on viola.

For further information, and to participate, please contact Marjorie Partch (mpartch@optonline.nets; 203.838.6825).

## Business Matters

### Take a Closer Look at your Church

*I always enjoy those photo challenges in magazines where two pictures are side by side and you are supposed to find six changes! Despite the obvious it was hard to find all of them. So, if you took a walk around and inside the church what changes would you see while you were away for the summer?*

1) The church's big, energy inefficient oil burning boiler has been replaced with two small, high efficiency natural gas boilers. Anticipate an energy savings of approximately 40% over our old unit. Also will receive state energy rebates. Many thanks to Eric Gribin, a member of the congregation, for acting as general superintendent on the project. He researched equipment, contractors, put out bids and oversaw the project. Thanks Eric.

2) That ugly metal stove pipe chimney is gone! The new gas fired boilers do not require chimney venting. Give Bobby Santiago a pat on the back for taking it down and arranging for the pieces to be carted away. Thanks Bobby.

3) The sanctuary floor has been stripped of its worn, dirty top coat of wax, mopped and a new layer of wax put down. Shines like new!

4) The electrical panels and circuit breakers have been replaced and or upgraded providing for a more reliable electric "grid" in the church. We're incurring numerous breaks in the circuits and wiring and incurring frequent electrical repair bills. Thanks to Eric again for the liaison with the electrical contractor.

5) Thanks to a memoriam in honor of the late Jerry Davidoff, the teen room in the M.H. has new carpet.

6) The Chapel has been renovated in order for the Westport/Weston Cooperative Nursery to hold classes. (they have always used the room but not as a state certified class room). New floor, acoustical ceilings, new lighting, pipes in ceiling and on outside are now hidden. The nursery school put up much of the moneys to improve the room. Work still needs to be done with indirect lighting, rugs, shelves, etc. An informal group from RE and the Odyssey Committee are identifying what specifically the church needs to do to finish off the room. As with the old room, it will serve as a children's chapel on Sunday mornings, an Odyssey class room, committee meeting room, and to accommodate outside rentals.

The majority of the expenses associated with these projects came from outside the church's operating budget:

- (1) long term major maintenance fund - and
- (2) donations to the church. More improvements are on tap for this fall. Keep your eyes open!

John Carroll / Church Administrator

### Available for free:

2 Pottery Barn "Schoolhouse" barstools (with backrests). Seat is 30" high ("tall"), mahogany stain. In excellent condition. (<http://www.potterybarn.com/products/schoolhouse-barstool/?pkey=cbarstool>) Call Gail or John, 222-7903.

### You are invited to join Small Group Ministry

Small groups meet monthly to discuss a common topic. The mission of Small Group Ministry is to facilitate spiritual growth through personal connection. This is an opportunity to make new friends, explore spiritual topics, and experience personal growth. A perfect entry point for newcomers! We have openings for individuals or couples. For more information, contact Chris Place, 203-966-1821, [cplace4ici@optonline.net](mailto:cplace4ici@optonline.net)

### UU Movie Discussion Group Friday, Sept. 24



Our first meeting of the new season for UU Movie Group will take place Friday Sept 24th. Suggested movies for this month are: "Get Low" and "Mao's Last Dancer" Both are currently playing at The Garden. We can also spend some time catching up and talking about the movies we have see this summer. Potluck dessert at 7:30; discussion at 8. At the Meeting House.

### INTERFAITH COUNCIL PROGRAM

#### "The Interfaith Amigos"

The IFC is pleased to co-sponsor a presentation by "The Interfaith Amigos" – a rabbi, a minister and a Muslim sheik. The "Amigos", who live in Seattle, make presentations around the country to discuss the spirituality of interfaith relations.

*"One of the problems in the past with interfaith dialog is we've been too unwilling to upset each other" said Rabbi Ted Falcon.  
"We try to honor the truth. This is the truth for you and this is the truth for me. It may not be reconcilable, but it is important to refuse to make the other the enemy".*

This program will take place at the Saugatuck Congregational Church on Sunday, September 26, 2010 at 4:00 PM. A reception will follow. There is no charge. All are welcome and encouraged to attend what will surely be a very stimulating program. For additional information, please contact Rev. Ed Horne at 203-227-4707.

### Recorder Society of Connecticut

The RSC has chosen the church for its monthly playing sessions, and will meet downstairs in the chapel and nursery school areas on the first Saturday of each month, from 9:30 to 12:30. The next session is on October 2, and church member players of all levels are welcome to sit in for one session as a guest of the Society. The RSC plays baroque and renaissance music originally written for consorts that would have included recorders, and at each meeting, outstanding coaches from the area including New Haven and New York City work with two groups at beginning intermediate and intermediate levels. Join this very friendly group and welcome them to our church! Contact Carl Serbell at 222-7260 with any questions.





*There are great opportunities for learning and sharing in the world of music at the Unitarian Church this fall.*

**VOICE CLASSES AND /OR LESSONS with Marcella Calabi**

There will be a total of eight Saturdays (September 25 through November 20) and you have an option of signing up for 5, 6, 7, or 8 of them. Each class 12:30 – 2:30. For fee schedule and more information please contact Marcella mc@marcellacalabi.com or Ed Thompson at the church

**CABARET** on Saturday, October 9, at 7:30. Patrice Fitzgerald is organizing this event and she sends the following information:



**What good is sitting alone in your room?  
Come to the Fall Cabaret;  
we promise you'll have fun!  
Bring along friends and munchies; we'll have  
some popcorn and soda on hand.**

**BYOB if you want livelier spirits.**

**We'll pass the hat to cover expenses. We're looking for  
singers, dancers, instrumentalists,  
poets, actors, jugglers, spoon players and ventriloquists...**

**Everyone is welcome to perform!  
A wonderful and versatile piano accompanist, Justine  
Macurdy, will be with us to rehearse with singers on  
Friday, Oct. 1 from 6:30-8:30.**

**If you want to perform, sign up with Patrice -  
PatriceFitzgerald@gmail.com. Don't be shy –**

**BELL CHOIR** A message from Debbie Handler, our new director for the bell choir:



*The Bell Choir is looking for new ringers. The church owns 4 octaves of beautiful bells and chimes and currently only has enough ringers to use 2 of the octaves. Perhaps you played an instrument in your youth and would like to give bells a try? If you are interested and would like to try it out with no obligation to join, there is a wonderful opportunity to attend several beginner workshops at the Norfield Congregational Church in Weston. David Connell, who has coached the UU Bell Choir since its beginning 4 years ago, along with Ellen Dickinson, Music Minister at the Norfield Church, are offering 3 workshops on Wednesday September 22nd from 5:30 – 7:00, Saturday September 25th from 9:00 - 12:00 and Wednesday September 29nd from 5:30 – 7:00.*

*The Bell Choir warmly invites you to join us.*

**CHOIRS** This is a great time for beginning one of our many highly energized choral groups. Please be in touch with Ed Thompson for any information regarding one of our choirs. Ed@uuwestport.org or 227-7205 ext.18

**SOUNDINGS**

*Newsletter of the  
Unitarian Church in Westport*

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**Endorsed Community Minister**

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Carol Porter ..... Editor/Design

visit our website at  
[www.uuwestport.org](http://www.uuwestport.org)

*The next SOUNDINGS deadline is  
Friday, Sept. 24, at noon (or before).  
Please e-mail your copy to:  
[carpo@optonline.net](mailto:carpo@optonline.net)*

ADULT  
EDUCATION  
PROGRAM

FALL/2010

## A LEARNING JOURNEY *for Mind, Body & Spirit*

 DYSSSEY, THE ADULT EDUCATION PROGRAM OF THE UNITARIAN CHURCH PRESENTS  
ITS FALL, 2010 PROGRAM

### **INTRODUCTION TO THE ARTIST'S WAY**

*Led by Anna Chamberlin*

*4 Sundays, October 3, 10, 17, 24, 1-3pm. Meeting House*

This class will cover the first four chapters of the popular book of the same name by Julia Cameron. Through reading, discussing, and journaling, participants will experience how to transform their lives by discovering and recovering the creative self. Participants do not have to be "artists". Anyone seeking a deeper connection to their own creative energy will benefit. All participants will need their own copy of *The Artist's Way* and a journal to write in.

*This class is limited to 12 participants.*

*Anna Chamberlin completed The Artist's Way in the summer of 2009 and looks forward to sharing the experience and teaching it to others. Anna is an experienced teacher, has a M.Ed., and a B.A. in Art History and Studio Art.*

### **SEX ED FOR GROWN UPS**

*Led by Rev. Debra Haffner*

*2 Tuesdays, October 12 & 26, 7:30-9:30. Chapel*

Good sex, intimacy, and healthy relationships don't just happen; they take knowledge, skills, and commitment. In this two part workshop for couples and individuals, I'll share the latest research and proven strategies on how to sustain love, build intimacy, handle conflict, and improve your sexual relationship. Participants must be 21 and older.

*Rev. Debra Haffner is our endorsed community minister and has been a sexuality educator for more than 30 years. This workshop is based on the sexual enrichment workshops she has offered at Canyon Ranch and Rancho La Puerta.*

### **BUILDING YOUR OWN THEOLOGY**

*Led by Rev. Frank Hall*

*5 Thursdays, October 21, 28 and November 4, 11, 18, 7:30-9pm. Chapel*

Our theology is being 'built' with every experience that causes us to feel 'connected' to another person, to Nature, and to our Essential Self. The Building Your Own Theology seminar is an opportunity to dig into the sands of time, the time of our lives, and to hold up some gems we can share, and which give shape and substance to our Ultimate Sense of Connection...our 'theology.'

*Each participant is expected to attend all 5 sessions, with enrollment limited to 15 people.*

## **EVERYONE CAN IMPROVISE!**

*Led by William McEvoy*

*6 Tuesdays, October 12, \* 19, 26 and November 9, 16, 23, 7:30 - 9:30pm.*

Through the use of theater games and improv exercises, participants gain confidence while acquiring the fundamental skills that allow them to create scenes using only their imaginations and their fellow actors. Throughout the course, a variety of short-form improv games (like those seen on Whose Line Is It Anyway?) will be introduced as a fun way to apply these newly acquired skills. This class is limited to 15 people and is appropriate for all levels of experience.

\* Classes 1 & 3 are in the Sanctuary; classes 2, 4, 5 & 6 are in the Chapel.

*William McEvoy founded and directed the New York City improv troupe the Improvoholics, created the interactive piece The Kiln and has directed and performed in a number of other theater projects, both improvised and scripted.*

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## **AWAKEN YOUR CREATIVITY**

*Led by Janet Luongo*

*4 Wednesdays, October 6, 13, 20, 27, 7-9pm. Fellowship Room*

In these four interactive sessions you will spark your creative spirit by engaging in activities that range from brainstorming, meditation, journaling, and drawing, to brain games and movement. In the closing session, you can create a collage of your vision of your ideal life. Main topics are Balance, Originality, Inspiration, the Creative Process, and Cultivating Creativity in yourself and others. Ideal for artists who feel blocked, people who want to discover artistic talents, and those who wish to express themselves creatively in any field or everyday endeavor – from parenting, teaching, gardening, creating relationships/families, to designing a life.

*Janet Luongo is a painter, author, video artist, and experienced teacher who offers speeches and coaching for people who want to reach their full potential through creativity and lifestyle. Her course is based on her book now published in 4 countries, 365 Daily Affirmations for Creativity.*

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## **POETRY WRITING**

*Led by Sherman Poultney*

*2 Mondays, October 25 and November 8, 7:00 – 9:00pm, Meeting House*

Poetry is an intense and brief form of written expression. It is just what busy people need who cannot remain silent about their perceptions, feelings or state of mind. This introduction describes two dozen elements of the craft of poetry and illustrates many with selected poems. Lyric poetry is emphasized. Both beginning and advanced writers of poetry can profit from this introduction, as can those who seek greater appreciation of poetry.

*Sherman Poultney has written and published poetry for many years. He has studied at Sarah Lawrence College and Frost Place. He was trained to lead structured poetry workshops by Laure-Anne Bosselaar and currently leads them for the Connecticut Poetry Society.*

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## **GOD IN AMERICA: FILM & DISCUSSION**

*Led by Denny Davidoff*

*3 Wednesdays, November 3\*, 10, 17, 7-10pm. Chapel*

This October, PBS will air God in America, a special 6-hour series which will explore the historical role religion plays in the public life of this country. It will examine the complex interaction between religion and democracy, the origins of the American concept of religious liberty, and the controversial evolution of that ideal in our nation's courts and political arena. Join us at the church to view the DVD with friends and other interested individuals. Each Wednesday evening we will show a 2-hour segment followed by a discussion.

\*On November 3rd we will meet in the East Wing.

*Denny Davidoff's UU service includes the boards of Meadville Lombard Theological School, the UUA Board of Trustees and the Church of the Larger Fellowship. Locally, she's Vice Chair of The Workplace, Inc. She is also the Director of LEADD (Leadership Education Advancing Democracy and Diversity) for The Interfaith Alliance Foundation.*

## **CLIMATE CHANGE: WHAT PRE-HISTORY CAN TELL US**

*Led by Sherman Poultney*

*Sunday, November 21, 1-3pm, Meeting House*

Climate change is presented from the point of view of what BAU (business as usual) will do to the CO2 in the atmosphere, sooner or later. We'll examine the "how" of CO2 induced warming and projections of just how hot it can get, sooner or later. Then you will be taken back in prehistory to learn what we know about life during similar hot spells millions of years ago.

*Sherman Poultney earned his PhD in Physics at Princeton and was a professor at the University of Maryland, where he participated in the Laser Ranging to Lunar Retroreflector project. More recently, he was an advanced technologist at Perkin Elmer/Hughes involved with spectrometric remote sensing of the atmosphere. He currently teaches in the School of Engineering at Fairfield University.*

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## **SPIRIT IN PRACTICE**

*Led by Gail Pesyna*

*5 Sundays, October 17, 24, 31 and November 7, 21, 12:30 - 2 pm. East Wing*

"Spirit in Practice" is a UU curriculum that explores and offers ways to develop adult spirituality in all its dimensions. The program is grounded in the view that there is nothing in our lives that cannot serve as a means to develop spirituality. In other words, no matter how busy you are, there are ways you can turn your daily activities into meaningful and enriching spiritual practices. Part 1 in the Fall focuses on Personal Spiritual Practices, Communal Worship, Spiritual Partnerships, and Mind Practices (Part 2, Spring: Soul, Body, Life and Justice Practices). Parts 1 and 2 can be taken independently or together, and in either order. *This class size is limited to 20 participants.*

*Gail Pesyna has led Spirit in Practice for the past 3 years at the Unitarian Church in Westport, and has served the church and the denomination in many ways since joining in 1997 (Membership, Board of Trustees, Canvass Chair, Ushering, UUA President's Council), including teaching Our Whole Lives and Joseph Campbell's "The Power of Myth." In her work life, she is Vice President of the Alfred P. Sloan Foundation.*

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## **FREEING YOUR VOICE**

*Led by Patrice Fitzgerald*

*Sunday, November 7, 1-3pm, Sanctuary*

Do you sing around the campfire, or only in your shower? Maybe you were an ace in high school and haven't warbled a note since, or maybe you'd just like to have more fun and feel more secure when you sing. Come join us for a relaxed session on vocal basics such as breath support, posture, pronunciation, and joy. We'll practice with songs we all know. No one will be pressured to sing alone! But you can if you want to.... Wear comfy clothing, flat shoes, and bring water. *This class is limited to 15 participants.*

*Patrice Fitzgerald, a new member of the congregation, has a graduate degree in vocal performance from the Hartt School. She is a regular performer in styles ranging from opera to Broadway and jazz, and has served as a paid soloist and section leader in numerous choirs. Patrice, who is an experienced voice teacher, began singing at age three and has been getting better ever since.*

*Look for sign-up sheets in church foyer or call church office at 203 227-7205  
This brochure is also available on the church website, [www.uuwestport.org](http://www.uuwestport.org)*

# ONGOING OFFERINGS

## **"REEL JUSTICE" FILM SERIES**

*Meets the first Friday or Saturday of the month. 7:30 pm in the Sanctuary. Facilitated by David Vita. (david@uuwestport.org, 227-7205 X14).*

Award winning social justice films, occasionally a speaker, always community and good discussions over coffee & dessert. First run, Independents, foreign and obscure films -- you can see them all! Oftentimes the films are connected to activities here at the church. And it's FREE. See you at the movies!

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## **CHANT & MEDITATION**

*Meets every Wednesday of the month. 7 - 8 pm . Meeting Hse.*

For centuries people have used sound/music to deepen their meditation practice and help reach a place of quietness. In these sessions participants will share chants from various traditions around the world. A period of meditation will follow each chant. Beginners as well as experienced meditators will be comfortable in this group. For more information contact Alex Head, AEHead68@yahoo.com, 203 454-0173.

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## **WOMEN OF THE BIBLE AND BEYOND**

*Meets the last Sunday of the month, beginning Sept. 26, from 4-5:30 pm in the church Library (near the East Wing and yes, near the kitchen.) Led by Professor Harriet Hiller, harriethiller@sbcglobal.net , 203 368-6255.*

Come with us on a journey exploring, questioning and learning about women's real place, role and status throughout history. From the huge breasted, great bellied Great Mother of the cave dwellers, we will journey to the first great Near Eastern and Egyptian civilizations of Biblical times, through Greece and Rome and the birth of the western world, on to Mary and the 2000 plus years of history since. Join us for a cup of tea and conversation in a convivial and stimulating atmosphere.

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## **WALKING IN NATURE**

*Meets Sundays: Sept. 26, Oct. 17., Nov. 21, Dec. 19, after 11:00 service. Meet in church parking lot at bottom of ramp at 12:45 for carpooling. Led by Shari Brennan, gardenbee@optonline.net*

Join us as we share our knowledge, delight and love of Nature. Each walk will begin with the reading of a short poem or story connected with the season. As we walk, we will enjoy conversation as well as time in silence; becoming part of our surroundings, becoming aware of what we see, hear, smell, feel as we connect with each other in the spirituality of nature. Bring a brown bag lunch.

## **UU MOVIE REVIEW - A discussion group**

*Meets the last Friday of the month at the Meeting House. 7:30 Dessert Potluck; 8:00 film discussion. Led by Lorna Donnelly and Carol Goddard.*

Lively discussion on films. Two current films are selected for discussion each month. Regular announcements appear in SOUNDINGS and Order of Service.

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## **SMALL GROUP MINISTRY**

*Small groups meet monthly to discuss a common topic.*

The Small Group Ministry mission is to facilitate spiritual growth through personal connection. Theology is grounded in autobiography and how we live our lives. The 16 groups that currently meet offer the opportunity to make new friends, explore spiritual topics and experience personal growth. A perfect entry point for newcomers! For more information contact Chris Place, 203 966-1821, cplace4ici@optonline.net

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## **SHAWL MINISTRY (2 groups)**

*Meets every other Friday, 12:30 - 2pm., Meeting House. Led by Jan Braunle. (227-7205 Ext 10) Every other Tuesday, 7 - 9pm Shari Brennan's home, gardenbee@optonline.net*

Men, women and teens with a basic knowledge of knitting or crocheting meet regularly, with the purpose of creating a shawl to give to a person in need as a tangible expression of care and concern.

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## **CLASSIC BOOK GROUP**

*Meets the third Sunday of the month, 12:30pm in Rhoda Burnham's home, a 5 minute drive from church.*

A book group which reads novels from the 17th, 18th and 19th centuries. Look for monthly announcements in Soundings. Book lovers welcome at any time! (Marcia Mellett, 203 348-9576, MAMellett@gmail.com)

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*Please watch SOUNDINGS and the sign-up sheets in the church lobby for changes in dates and times. Sign-ups are important so that we can allot space for each offering. E-mail addresses are important so that reminders can be sent to people who have signed up. If weather conditions are uncertain, course facilitators or discussion leaders are the persons to be contacted.*