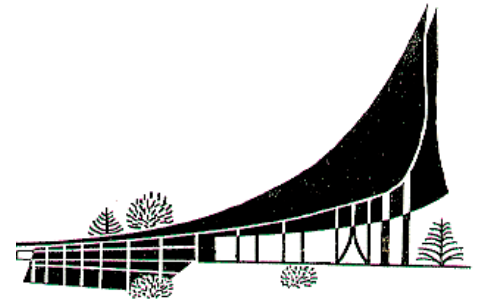


SOUNDINGS

The Unitarian Church in Westport
 10 Lyons Plains Road
 Westport, Connecticut 06880
 203 227-7205
 uuchurch@uuwestport.org
 www.uuwestport.org



A Member of the Unitarian Universalist Association

THE NEXT SOUNDINGS DEADLINE IS FRIDAY, OCT. 7

Oct. 2 - Oct. 22, 2011

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Oct. 2 Services: 9 & 11 am K-6 start in Sanctuary <i>Association Sunday</i> OWL Parents Gr. Lib. 12:30 Sheila Lane Info. Session, Sanctuary - 12:30 UN Com., Chapel - 12:30	3 O&AF Rehearsal, Sanctuary, ... 7:45pm	4 Yoga - East Wing ... 7:00 pm Microfinance, Fellowship Rm., E.W. ... 7:30 pm Men's Choir, ... 8:00 pm	5 Chant & Meditation Library ... 7:00 pm Chamber Choir, ... 7:45pm	6 Youth Choir - 5 pm Finance Comm., M.H. ... 5:30 pm Teen Choir - 6 pm Bell Choir - 6:45pm East Wing Women's Choir, ... 7:45 pm	7 SOUNDINGS Deadline - ... 12 pm	8
9 Services: 9 & 11 am <i>Share the Plate Sunday</i> OWL Parents Group, Library - 12:30 pm Rainbow Task Force, Chapel - 12:45 pm Sarah Bell & Perry Montrose Wedding, Sanctuary - 3:00 pm	10 Board of Trustees, Fellowship Rm., ... 7:30 pm	11 Yoga - East Wing ... 7:00 pm Social Justice Council, East Wing,	12 SOUNDINGS Mailing - 9:30 am Chant & Meditation Library ... 7:00 pm Men's Choir, ... 8:00 pm	13 Youth Choir - 5 pm Teen Choir - 6 pm Bell Choir - 6:45pm East Wing Women's Choir, ... 7:45pm	14 Shawl Ministry, M.H., ... 12:30 pm REEL Justice Film, Sanctuary, ... 7:30 pm	15 Small Group Facilitators, Meeting Hse., ... 10:00 am Folk Coffee House Concert Sanctuary. ... 4:00 pm
16 Worship Service: 9 & 11 am OWL Parents Group, Library, ... 12:30 pm	17 O&AF Rehearsal, Sanctuary, ... 7:45pm	18 Yoga - East Wing, ... 7:30 pm Men's Choir, ... 8:00 pm	19 Chant & Meditation, Lib. ... 7:00 pm Abolish Death Penalty, Fellow. Rm., ... 7:30 pm Chamber Choir, ... 7:45pm	20 Youth Choir - 5 pm Teen Choir - 6 pm Bell Choir - 6:45pm East Wing Women's Choir, ... 7:45 pm	21 SOUNDINGS Deadline, ... 12 pm	22 Sandra Capsis Memorial Sanct. ... 10:30 am Juggling for Life, Chapel, 10:30am Pumpkin Carving & Pizza: Fun for All Ages Night ... 5:30 pm

SERMONS

- October 2 ... 9 & 11 am **Oh, No, My Profession (and Everything Else) Has Changed!"** Stephen Papa
We extend a warm welcome to the Reverend Stephan Papa to celebrate our Unitarian Universalist Association of Congregations and to inspire our growth. Music: The Men's Choir & the Women's Choir
- October 9 ... 9 & 11 am **The Face of God or a Face in the Crowd** Frank Hall
Unitarian minister Michael Shuler delivered an inspiring, thoughtful sermon at last June's General Assembly which I'll share and to which I'll respond. Music: Men's Choir & Women's Choir
- October 16 ... 9 & 11 am **United Nations Sunday** Frank Hall
Where is justice? Where is peace? Where is hope?
Music: Chamber Choir



FROM THE BOARD

SHOULD WE SELL SHEILA LANE?

Dear Members and Friends,

We need to decide. For many months your Board of Trustees has been wrestling with the challenging financial situation regarding #3 Sheila Lane, the adjacent property the Church purchased a few years ago. Decisions are long overdue and can no longer be delayed. The Board has concluded that it's time to sell the property and has made this recommendation, but the Board alone cannot make this decision – the Congregation as a whole must discuss this issue and decide whether this is the right move for our church. To help you understand this complex issue, the Board mailed all households an information packet entitled "Choosing Our Path Forward: Our Space Needs and Our Vision." We urge you to read this document if you haven't already. We will be holding meetings to discuss Sheila after the 11:00 am service on October 2nd, October 23rd and November 6th, followed by a vote by the members on November 20th. Should the Congregation vote to sell the property, that would signify an end to the "Vision 2028" process, and we would embark on a new visioning process starting in January which would include a discussion of other options for solving our space needs.

We are all in this together. To do this right we need everyone's voice and participation.

Respectfully,
Chuck Colletti, *Chair, Board of Trustees*



Neighborhood Circles: *We Gather! We Connect! We Care!*

At our circle facilitator meeting last week, we generated a continuing discussion about the core activities of this effort. Connection is the basis of human relationship. Without it we are isolated humanoids wandering through a space of conflicting demands at increasing rates of speed and change... knowing not the joy of human outreach. Yet a circle is a basic form of human existence. It represents the many cycles of life we find ourselves in. It is nature's way to give meaning to our journey.

Recently, we experienced the impact of Hurricane Irene. It left a good number of us without the basic connecting energy of electricity. We got to experience just how dependent we are on this marvel of science. I am not sure how electricity works but when we don't have it... I know there are an awful lot of things don't work. However, when our phones, computers, refrigerators and stoves did not work... a lot of good things happened. Neighbors reached out to neighbors. People we did not know showed up with water. Some with chain saws to cut down fallen trees and clear the road.

Neighborhood Circle gatherings allow us to connect at a human level without an agenda other than "getting to know you". Our Unitarian community is rich with diversity, passion, and stimulating people. Our circle activities allow us to gather & connect. These two steps are essential building blocks for community. To connect with others is the first step in CARING.

Since we last met, four have had to step down from their facilitator role for various reasons. This is a natural process that is expected on an annual basis. We have four circles which currently do not have facilitators. They are our newly formed circle #2 (Greenwich/Cos Cob); also # 8 (Wilton/Redding/Weston/Ridgefield); # 12 (Westport); and #24 (Fairfield/Bridgeport). If you are from these circles and could give us a hand on continuing this process in your neighborhood please give me a call. If you are not sure but would like to explore this possibility please call me at 203.513.2352 or attend our next facilitator meeting on October 1st from 10 am to noon held in the meeting house. Meanwhile may your journey be gentle and full of the sounds and color of a brilliant New England fall.

Jim Francek, *Coach for Neighborhood Circles*

September 26, 2011

Dear Friends,

At our annual meeting I began my report with the famous opening line from Dickens' Tale of Two Cities: "It was the best of times, it was the worst of times, it was the age of wisdom it was the age of foolishness..."

The last year has lived up to that characterization, presenting challenges to our congregation that are similar to the job-related financial challenges faced by so many folks all across the country, including many in our own community. I closed my report by saying:

"On a personal note, I've looked long and hard into the face of a crucial decision about retirement. Three years ago I reported on my Parkinson's diagnosis, indicating that my hope was to be able to work for five more years. That original plan calls for two more years, and I see no reason to change it. Of course the sword of Damocles hangs precariously over my head – it gets my attention, but it does not distract from my work. On the contrary, in *intensifies* whatever time remains for me."

Some interpreted that statement as 'naming a date' for leaving, so I explained that it was *not* my intention, at this time, to name a date. The idea of five more years came from the initial conversation with my neurologist when he gave me the diagnosis. Knowing that he had served as president of his synagogue, I said, "So, your rabbi comes to you and says, 'I have Parkinson's,' how do you respond?"

I would say, "Tell me when you can't do your work." I ask, "How long do you think that will be for me?" He answers my question with another question: "How long would you like it to be?" Thinking of the expected date of Carlyn's college graduation, I say, "Five years." He responds, "That shouldn't be a problem."

I knew, of course, that there would be some members of the congregation who would be uncomfortable – visible signs of a life-threatening illness raises the underlying anxiety we all have about our own health and well-being.

Conversations I had with Christopher Reeve came to mind. On more than one occasion he talked to me about his being cast in the role of hero, not by his memorable screen role as Superman, but by living in a wheel chair and serving as a role model for doing the best you can in the face of the challenge of being a *quadriplegic*. He said, "I certainly don't think of myself as a hero – I'm just doing what I need to do."

A couple of times I asked Chris to contact recent quadriplegics to give them some inspiration and support. I learned that part of his daily routine was to make these calls. I'm not comparing myself with Chris, of course. The point is that we play the cards we're dealt.

Our congregation is thriving, in spite of the hard times – 'the worst of times.' We share an important, effective ministry – in many ways it's 'the best of times' for us. I'm glad to be here, and as I said at the annual meeting, when I'm ready to take my leave you'll be the first to know.



Cirrus, Jack Myers

I'd like to leave
a lighter imprint
on the world
than I'd formerly
meant. Just a scent,
not the thud of the thing
steaming on a plate.

Instead of "I told you so!"
let my epitaph be
the glance, the edge,
the mist. The delicately
attenuated swirl
of an innuendo
instead of a thunderhead.

The rain that fell
when I was ambitious
seemed conspiringly rushed
in my way. But the same rain
today tastes of here and now
because of where it's been.

I'd like to be gentle
with small, great things.
They are larger
than what we think
we came here for.
I'd like to be an eye of light
that opens the air
and burns beyond ambition,
like the sun that can't see us
and is beyond our reach
yet is in us a trillion times over.

From Sunday's sermon:

Karen Armstrong's most recent book is titled, *Twelve Steps to a Compassionate Life*. She said that she used the reference to twelve-step programs, like Alcoholics Anonymous, because we need to be reminded that acting selfishly is a type of addiction. The need to be 'right' and to dominate others gives us a kind of buzz; the need to excel, to be 'better than' gives us a high.

Jack Myers says it poetically: I'd like to leave/a lighter imprint/on the world/than I'd formerly/meant. Just a scent./not the thud of the thing/steaming on a plate./Instead of "I told you so!"/let my epitaph be/the glance, the edge,/the mist./The delicately attenuated swirl/of an innuendo/instead of a thunderhead.

Perry's Ponderings ...

Last week I received an envelope in my congregational mailbox that had "ad reply" handwritten on the front and no return address. Inside were several little pamphlets proclaiming the one true path of Jesus Christ as our savior. It seems this person objected to our Religious Education Open House advertisement that stated, "Our Sunday School teaches the history of ALL religions and emphasizes the dignity and worth of every person." We do not believe in dictating one path in our spiritual journeys, but allow for holding individual beliefs and shared values in our congregation.

Linda Hudson and David Keeton led an introduction to Unitarian Universalism for the 7th grade Neighboring Faiths class. In preparation for their trip to another UU congregation next Sunday, the 7th graders thought about the questions they have about our faith. One of these was, "Can you believe anything you want?"

By embracing wisdom from all the world's religions and many other sources, we are actually giving ourselves the complex task of discerning who we truly are individually and what we stand for collectively. We are asking ourselves to travel on a "free and responsible search for truth and meaning."

Our responsibility is to fully discover what we believe, knowing it is always evolving. Rather than accepting one dogmatic path, we agree to take on the difficult task of finding our own truth and thinking about what that actually means in our moral behavior.

Our values are represented in our seven Principles, which for the younger children we summarize in single words (and they often work for the adults also) – Respect, Kindness, Spirit, Truth, Voice, Peace, and Nature. We live out these values in our welcoming congregation and our social justice work in the world. We bring this perspective into our daily life interactions. We realize that we do not have to believe alike to love alike.

On our opening Sunday in RE, the K-4 did a workshop on the Golden Rule. The children learned that there is form of the Golden Rule in every religion and discussed how they might "treat others the way you would like to be treated." When thinking about the possibility of fulfilling this in real life situations, Cora and Eliza decided, "It is harder than easy, but easier than impossible." That certainly summarizes our journey toward spiritual growth.

RE CALENDAR

Sunday, Oct. 2 ...

9&11am K-6 Start in
Sanctuary

Sunday, Oct. 2, 9, & 16...

12:30pm OWL Parent Group

Saturday, Oct. 22...

5:30pm Pumpkin Carving
& Pizza

Family Fun Night:



Pumpkin Carving & Pizza

POTLUCK DESSERT

*Saturday, October 22 at
5:30 pm.*

All ages welcome

\$7 per adult; \$5 per child;

\$24 family max

*RSVP: 203.227.7205 x 20 or
ucwevents@gmail.com*

SAVE THE DATE!

**Fall Park City Sweep
Saturday, Oct. 22nd
9-12:30**

with a great picnic to follow.
Volunteer and help keep Bridgeport
beautiful!

To sign up call or e-mail
Jamie 203-227-7205 ext 22 or
jamie@uuwestport.org

HIGH SCHOOL YOUTH GROUP...

Lily Rappaport, Youth Program Dir.

September 21 is the day declared by the United Nations General Assembly, as the International Day of Peace, a day devoted to commemorating and strengthening the ideals of peace both within and among all nations and peoples. On this day communities and individuals from around the globe take action and highlight their efforts to end conflict.

Youth Group decided to become involved in the peace process and to our show support for International Peace Day. On Sunday we held a SILENT PEACE WALK to honor personal and planetary progress toward peace and nonviolence. We carried handwritten signs for peace as we walked in procession, slowly and in silence. Starting from the Meeting House, we walked through the Memorial Garden and then past the Sanctuary to the Meditation Garden near the water. We solemnly made our way through the grounds, experiencing the natural beauty in the environment and in our hearts.

At the Mediation Garden we contemplated conflicts in our own life and how we might work toward peaceful solutions. We acknowledged the memory of those named in the memorial garden and of fellow classmate Nick Parisot, who would have been a senior in high school this year. Before we left the garden which is dedicated to Nick, we chanted a prayer for peace and love.



Youth Group supports International Peace Day

YOUTH GROUP LOCK-IN. Our first overnight of the year will be Saturday, October 1st @ 6 pm. We are inviting youth from surrounding UU churches to join us. This event is part of the MetroNY district wide effort to coordinate youth groups to team up with neighboring UU youth groups. During the weekend there will be six overnight clusters that will occur throughout the district.

We are in need of adult supervisors for this lock-in. If you are interested in volunteering for an evening or morning shift, please contact me at Lily@uuwestport.org.

11:08 pm

At 11:08 pm on Wednesday, September 21 the state of Georgia executed justice and Troy Davis. That an execution could take place when so much doubt existed seemed inconceivable. But no. When it comes to executions, or let's call it what it is— state sanctioned murder, infallibility must be maintained. At all cost. Even human life.

To admit doubt or that an innocent person has ever been executed would bring the wheels of the execution system to a grinding halt. How could we ever execute someone who was innocent? Therefore we haven't, we don't, and we can keep on doing it. The "system" works, according to Rick Perry who has overseen the execution of 234 people during his 11 years as Governor of Texas. Except that it doesn't.

Governor Perry thinks that there is very little that the government can do right. Education? Health care? Social Services? No. But executions, well that's a whole other matter.

Asked about his feelings regarding the death penalty he answered, "I've never struggled with that at all. The state of Texas has a very thoughtful, a very clear process in place," Perry said. "When someone commits the most heinous of crimes against our citizens, they get a fair hearing, they go through an appellate process, they go up to the Supreme Court of the United States if that's required."

I'm sure that Troy Davis would have appreciated that, especially the part about the Supreme Court.

In fact, there have been 12 death-row inmates exonerated in Texas over the last 18 years. These people weren't saved by Perry's "thoughtful" and "clear process" or by "a fair hearing... appellate process" or the Supreme Court.

They were saved by groups like the Innocence Project, by unrelenting private citizens often exhausting their own resources to uncover the truth, by investigative reporters following the evidence no matter where it might lead.

No, the system of death is broken. The insanity of infallibility stares us in the face. When will we stop looking away. When will we say, NO MORE!

The cause of death listed by the State of Georgia on Troy Davis' Certificate of Death: Homicide.

What Can We Do?

Our Committee to Abolish the Death Penalty in CT meets the third Wednesday of the month. We can't end the death penalty in Georgia, but we can end it in Connecticut! Join us. Contact co-chairs Marjolijn de Jager (marjolijn36@gmail.com) and Sunny Khadjavi (skhadjavi@sbcglobal.net) or call David Vita 203.227.7205 x14.

Visit us at the Social Justice table in the church foyer after services on Sunday, October 2.



Be Loud, Be Proud... Read Aloud!

Do you have a few hours to spend just one day out of the year to read to elementary school students? Then come with our Beardsley School Committee on Thursday, October 20th, 2011 at 9am for Read Aloud Day at the Beardsley School. This is a town-wide Read Aloud Day in Bridgeport, organized by the School Volunteers Association (SVA). SVA provides the books which we read and leave behind for classroom libraries. This is an excellent introduction to the Beardsley School for anyone who has never been there before.

If you've done this before, you might want to sign up early to get your regular class or to ask for a specific grade.

If you already signed up with SVA you don't have to register with us.

Let us know if you would like to join the car pool which will leave from the church parking lot at 8.30am.

We arrive at Beardsley at 9am to look over our book. You'll be escorted to your classroom at 9.30am and will be done by around 10am.

Contact Lorna Donnelly or Jamie Forbes for further information or to sign up. We will be in touch with all readers a few days prior to Read Aloud Day.

Lorna: 203 292 6391, ld06824@gmail.com

Jamie: 203-227-7205, jamie@uuwestport.org

REEL Justice Films begins it's 4th Season with Conviction

The film "**Conviction**", a true story inspired by a 60 Minutes report, stars Hilary Swank as Betty Anne Waters as a high school dropout who spent nearly two decades working as a single mother while putting herself through law school, tirelessly trying to beat the system and overturn her brother's unjust murder conviction.

Conviction is one of the best films of the year. It's a story of never-ending loyalty and the love of a sister. It's inspirational and uplifting. This film will make you believe again, that with desire, perseverance and the conviction to never stop trying, almost anything is possible.

**Friday, October 14 at 7:30 in the
Sanctuary**

*Anyway you cut it,
it's gonna be
fun!*



Fun Night for All Ages



**- Pumpkin Carving
&
Pizza**

**Saturday, October 22
at 5:30 pm.**

Bring your own pumpkins
for a night of
pumpkin carving and
decorating.
We'll provide decorations,
tools, pizza and apple
cider.

**BRING A POTLUCK
DESSERT
to share!**
All ages welcome

\$7 per adult;
\$5 per child;
\$24 family max

RSVP TO:
203.227.7205 x20 /
ucwevents@gmail.com

Business Matters

*The Annual Meeting is past us
and now there is another impor-
tant congregational meeting on
November 20, 2011 after the
11 am worship service.*

Subject:

The Sheila Lane Property.

Very important meeting and vote.

When I started working here in the fall of 2008 the congregation had already voted to purchase the property. I could see the pros and cons of making such a purchase but as one who does not belong to the church I really wasn't qualified to weigh in on the decision.

What I would like to weigh in on is your responsibility to learn the facts and finances surrounding the purchase, the mortgage and the various keep/sell options that you are faced with. Don't leave it up to someone else, like the first go around in 2008, to decide and vote. Instead, attend one of the upcoming information sessions:

- (1) Sunday October 2, 12:30 PM,
- (2) Sunday October 23, 12:30 PM,
- (3) Tuesday November 1, 7 PM and
- (4) Sunday November 6, 12:30 PM.

Details to be in upcoming Soundings, weekly Events emails and Sunday Order of Service Bulletins. Then come November 20th to the congregational meeting.

Enjoy the fall!

John Carroll
Business Manager



Flowers for September

September 9

Given by the Coleman Family

September 18

In loving memory of
Phyllis Steinbrecher

*Given by Laura Steinbrecher, Matt
& Kaela LiVigni*

To order flowers contact
Jan Braunle

in the church office at 203.227.7205
or jan@uuwestport.org

UU Movie Discussion Group Friday, Sept. 30



The UU Movie Discussion Group will begin the fall season with a meeting on Friday, Sept. 30 at 7:30 pm. The two films to be discussed are "The Help" and "Sarah's Key". If anyone managed to see it we might also discuss "The Tree of Life".

We hope to also take a few minutes to catch up on any other movies anyone saw over the summer.
Potluck dessert at 7:30; Discussion at
At the Meeting House. All are welcome.

YOU ARE INVITED TO:

A Taste of Provence

A Documentary produced and directed by renowned filmmaker
Sumner Glimcher,

this one hour documentary salutes the glories of Provence: its art and artists, countryside,
legendary architecture, vibrant music, stunning cities and exquisite cuisine!

Join us for an evening of film, food, fun and making new friends!

BYOB Potluck Dinner, Screening & Dessert

FRIDAY, OCTOBER 28, 2011 @ 7 PM

TICKETS: \$15

RSVP: 203.227.7205 X 20

All proceeds from this event will go to the church operating fund

SAVE THE DATE



On Sunday, October 23rd at
4:00 pm, Marcella

Calabi, soprano extraordinaire, will
be giving a recital here in our sanctuary.
Why should you attend?

First, it is interesting music. There will be
songs by Brahms, Casella, Granados, and
Thompson. What do those four com-
posers have in common? They took

poems from major poets of the day and set them to music. They are songs
about love, infatuation, regret, curiosity, inadequacy, triumph, wonderment,
excitement, disillusion. The things that you and I probably experience
daily or weekly.

Second, in an age where one can find so much on Youtube, to be present
when 'real' music is being made is a 'trip'. It is not just anyone singing. It
is Marcella. Like any good storyteller, she makes the stories come alive in
an engaging way. It is a little like Tell-a-bration, except that all of the stories
are set to music, and the music gives a unique feeling and perspective to
the story.

Third, she is singing to raise funds for choral scholarships. Every year
Marcella puts on a series of voice classes, specifically designed to help
each individual develop his/her voice. The funds we are able to raise will
help individuals who would not otherwise have the funds to be in the
voice class. OK.....so what? The so what is that each Sunday when you
come to the services there is a choir singing. That choir, like a good
chain, is only as good as the weakest link. The more that each singer
improves, the better the choir becomes. The state of the choir directly
effects the members and those who listen. the choir takes their 'job' of
raising spirits seriously, and this is your opportunity to help the choirs
and have a great time.

Fourth, it will be a great concert.....so come already!
Let's keep the music happening.

Please call me or email me if you have questions or concerns.

Ed Thompson, 203.227.7205 x18

SOUNDINGS

Newsletter of the
Unitarian Church in Westport

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visit our website at
www.uuwestport.org

The next SOUNDINGS deadline is
Friday, Oct. 7, at noon (or before).
Please e-mail your copy to:
carpo@optonline.net

Newcomer Orientation 2011-2012

at The Unitarian Church in Westport

Our Newcomer Orientation is offered as a three-part series four times a year (except for December, where only Part I is offered). The course is designed to help you decide whether or not this is the congregation you have been looking for, one in which you can truly belong, contribute, learn and grow as your spiritual journey continues. You can attend Parts I, II and III whenever you are ready, even months or years apart. Part III includes the opportunity to join the church by signing our membership book and making a pledge. In the spring we welcome all new members as part of a New Member Sunday service dedicated to the celebration of covenant and community. Though the orientation series focuses on the experience of newcomers, any member or friend of the church is welcome to attend any session. Anyone who wishes to join the church is strongly encouraged to attend all three sessions, but other arrangements are possible.

Part I: Connecting

In Part I we welcome you and your family, answer any questions you might have and suggest some ways to connect with others in the congregation as you continue to get to know us. One or more ministers and staff members attend this session and join others in the group in sharing the stories of how we came to this church and to Unitarian Universalism. You'll receive a packet of information that identifies specific ways to get involved. We also include a DVD entitled Voices of a Liberal Faith in which members and ministers of other UU congregations share their thoughts on worship and fellowship, talk about religious education, explore the historic roots of UUism, and celebrate the spirit of social justice that inspires our faith.

Tues. 10/11 (7:00-9:30pm); Sat, 1/14 (9:30am-12:00pm); Thurs. 4/5(7:00-9:30pm)

Part II: Deepening

Part II offers more information about the history and theology of UUism, using handouts, video and discussion. We also talk about this congregation, its history and the symbols, values, vision, mission and covenants we share. In Part I, we had the opportunity to share what brought each of us to this place and moment. In Part II, we turn our attention to the future, asking "What needs to happen next for you and how can we support your progress toward your vision of a meaningful life?" The packet of materials you receive will include ideas for ways to deepen your engagement here, moving you forward on your path in "purposeful companionship" with others.

Tues. 10/18 (7:00-9:30pm); Sat. 1/21 (9:30am-12pm); Thurs. 4/12 (7:00-9:30pm)

Part III: Belonging

Part III is designed to support those who are deciding whether or not to become a member. We explore what it really means to be a member of this congregation. The discussion part of this session focuses on the core human need to belong, and the balance we seek here between the autonomy of each individual and our responsibility to the common good, both within our congregation and beyond its walls. Those who wish to "sign the book" will be welcomed to do so in a short ceremony. We'll take pictures of new members and ask you to write a short bio for our newsletter Soundings. The New Member packet you receive in this session contains welcome gifts and resources.

Tues. 10/25 (7:00-9:30pm); Sat. 1/28 (9:30am-12:00pm); Thurs. 4/19 (7-9:30pm)

Questions? Contact Betty Rich, Membership Committee Chair, stoutfam@optonline.net

PESKY J. NIXON TO PERFORM AT
VOICES CAFE Folk Coffee House

SATURDAY, OCTOBER 15th AT 8pm
(7:30 doors open)



Tickets: \$15 in advance / \$20 at the door
Purchase after services or by calling David Vita
at 203.227.7205 x14


Visit our website: www.voicescafe.org

ADULT
EDUCATION
PROGRAM



FALL
2011

A LEARNING JOURNEY *for Mind, Body & Spirit*

 DYSSEY, THE ADULT EDUCATION PROGRAM OF THE UNITARIAN CHURCH PRESENTS ITS FALL 2011 PROGRAM.
LOOK FOR SIGN-UP SHEETS IN CHURCH FOYER OR CALL CHURCH OFFICE AT 203 227-7205

BUILDING YOUR OWN THEOLOGY*

Led by Frank Hall

6 Thursdays. October 13, 20, 27 November 1, 8 15. 7:30 - 9:15 pm. Chapel.

Our beliefs have an evolutionary life in response to our personal experience. The Building Your Own Theology program is designed to help participants reflect on the experience that have shaped them, so far. Emphasis is placed on sharing those important experiences in triads or the full group, as each participant is willing. The spiritual journey begins at the moment of birth and continues until the last breath - sharing the journey enhanced the process.

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

FUNDRAISING FOR UU'S

Led by Jim Keenan

2 Mondays. October 24 & November 14. 7:30 - 9:15 pm . Meeting House.

Ever think to yourself - "I'd love to help run a fundraiser at the church, but I don't know the first thing about how to go about it." This class will teach you the first thing, and the second, and all the rest. From conception to completion, you'll learn about the whole process. From taking an initial idea to a proposal, from that proposal to the event, you'll learn about getting sponsors to support your effort, effective ways to promote the event, the business of event planning as well as the nitty-gritty of getting the smallest details covered. This will be a practical course, participants will organize, promote and run the Black and White Ball in the winter. Come learn skills that will be useful to you and the church! Jim Keenan has organized successful fundraisers for many years, including Chowdafest, our church's annual eat-a-thon.

EVERYONE CAN IMPROVISE!

Led by William McEvoy

4 Saturdays. October 29, November 5, 12, 19. 11:00 am - 12:30 pm. Meeting House.

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.

Those who sign up are expected to miss no more than one session. William founded and directed the improv troupes The Improvoholics and the Barefoot Gestalt, and developed the interactive theater piece The Kiln.

Please watch SOUNDINGS and the sign-up sheets in the church lobby for changes in dates and times. When signing up, please be sure to make a note of the date and time. Please print clearly so that committee members can contact you about an upcoming class. (E-mail is the best way to do this).

INTRODUCTION TO YOGA

Led by Janet Luongo

4 Tuesdays. October 4, 11, 18, 25. 7:00 - 9:00 pm. East Wing

This introduction to yoga is for all ages, including seniors and inflexible people. Students will learn gentle yoga postures, breathing and meditation. This class will help you achieve strength, flexibility, balance, relaxation, powerful de-stressing techniques, and maybe give you a vehicle to connect to your Higher Self. Janet Luongo is a certified as health coach, lifestyle educator, and yoga teacher as well as a speaker on wellness and creativity. A lifelong UU, she teaches Level One Sampoorna, the “yoga of fullness” and has been practicing yoga for 37 years.

JUGGLING... IT'S LIKE LIFE

Led by Bob Perry

2 Saturdays. October 22 & 29. 10:30 am - 12 noon. Chapel (10/22) and East Wing

Everyone drops the balls at first. Its those who pick them up, allow themselves to be frustrated, move on and keep trying that will be successful. In this course you'll learn how to drop the balls. Then you'll learn how to juggle them. We will juggle with scarves and balls in these sessions and then you can move on to other tricks or the next challenge of pins, and other manipulatives like pins, boxes, devil sticks and who knows?!? We'll also make our own juggling balls! This course is for all levels, total beginners and those who are more experienced and want to be together with other jugglers. Bob Perry is a self taught amateur juggler. One year for his birthday he gave himself the present of learning how to juggle. Since then the parallels to real life have been eye opening. He's still learning and hope you will join him, he might even learn something from you!

CONGREGATIONAL-BASED COMMUNITY ORGANIZING

Led Pat Speer & David Vita

2 Thursdays. November 10 & 17. 7:30 - 9:15 pm. Meeting House

CONNECT- Congregations Organized for a New Connecticut is a new congregation based Community organization in Fairfield and New Haven Counties. It's a model of community organizing, of social activism, that fits our UU faith's belief in the pursuit of social, economic, and racial justice to create a better world to live in. Part of our UU mission is to move beyond our walls and join in building bridges across the class, religious, and racial barriers that divide us. CONNECT does just that. It's an organization of 31 Christian, Jewish, Muslim, and UU congregations, multi-racial, urban and suburban, working together for change in Connecticut.

Come and get a taste of this exciting work. Hear about our successes and about what is yet to come! Pat Speer is the organizer for CONNECT and David Vita is our Director of Social Justice.

ONGOING OFFERINGS

“REEL JUSTICE” FILM SERIES

Meets the first Friday or Saturday of the month. 7:30 PM in the Sanctuary/Potluck dessert. Facilitated by David Vita. (david@uuwestport.org, 203 227-7205 X14).

CHANT & MEDITATION

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

SHAWL MINISTRY

12:30 - 2:00 pm at the Meeting House. Led by Jan Braunle.

SMALL GROUP MINISTRIES

Small groups meet monthly to discuss a common topic. For more information contact Steven Rosenberg, srosen323@aol.com

THE SENIOR CIRCLE

*Meets the 2nd Tuesday of the month. 11:00 am, East Wing
Brown bag lunch and guest speakers.*

WALKING IN NATURE

See Soundings for dates and times. Led by Shari Brennan.

UU MOVIE REVIEW - A discussion group

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

WOMEN OF THE BIBLE - WOMEN OF FAITHS

Will meet on Sunday afternoons, see Soundings for details.

For more information see the church website, uuwestport.org or call 203 227-7205 x10