

**UNITARIAN UNIVERSALIST CONGREGATION OF ROCKLAND**

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## THE ROCKLAND UNITARIAN

**November, 2016**

**Vol. 50, #3**

**Editor: Mary Holdampf**

**Nov. 6, 10:30 a.m. Rev. Dawn Sangrey**  
**Who Do I Think I Am?**

In the past sixty years, the Unitarian Universalist Congregation of Rockland has had seasons with professional ministers and seasons of lay leadership. Last year the congregation was lay led. This year you have a new minister. So what difference does it make? What *is* a minister anyway? What do ministers do? Rev. Dawn will share how she became a professional minister, and what ministry means to her. Together lay people and ministers create the life of the congregation. What's your vision of our life together?

**Coordinator: Jane Cowan**

**Nov. 13, 10:30 a.m. Rev. Dawn Sangrey**  
**Thanksgiving with a Straight Face**

How can anyone celebrate Thanksgiving with a straight face? This unique national holiday has huge potential for hypocrisy, on the one hand, and cynicism, on the other. Freedom-loving Pilgrims sitting down with friendly Native Americans to

share a feast? Don't make me laugh. Join us as we find our way to authentic, truth-telling gratitude in spite of all the contradictions and difficulties inherent in this day.

**Ya'el Williams** of Helping Hands will also speak at this service.

**Coordinator: Des Shaw**

**Nov. 20, 10:30 a.m.**  
**Our Celebration of Gratitude**

Join us on Nov. 20 for our annual AGAPE feast and celebration of gratitude and sharing. Agape has been defined by Martin Luther King Jr. as "understanding, creative, redemptive good will for all humanity... it is an overflowing love which seeks nothing in return." Following the service we will share a potluck dinner.

**Coordinators: Jane Cowan & Trish Larkin**

**Nov. 27, 10:30 a.m. Rev. Chris Antal**  
**On Resistance**

Resistance is what love looks like in the face of violence and oppression.

**Coordinator: Mike Steger**

# TO EVERYTHING THERE IS A SEASON

The Earth continues to turn. September, the beginning of school, the start of our new congregational year seem long ago. The end of Daylight Saving Time is right around the corner, and then Thanksgiving and then December (what? so soon?). Turkeys and holiday wrapping paper crowd out the jack-o-lanterns in the supermarket, at the mall.

Things can feel out of sync in November. I don't know about you, but I've still got a drawer full of shorts and short-sleeved tee shirts with no room for my sweaters. Many of the flowers are gone. The marigolds and mums bloom bright, but we know their days are numbered. The leaves have turned and fall like showers of gold. The sound of the furnace in the morning surprises. Surely it wasn't that cold last night.

In the middle of a long hot summer we long for fall, and in the depth of winter we feel that spring will never come. These November days are in between, unsettled and unsettling. And, of course, this year the Presidential election is upon us. Most unsettling. On November 9 and long after, our nation will face difficult questions.

How can we heal the deep divisions that have come to light?

This November time of the gathering darkness and growing chill has gifts to offer us. Our physical senses are heightened. Every hour of daylight becomes more precious because they are so few. The odd warm day delights us in a way it never can in July. Long nights invite deep sleeping. Cold days offer the pleasure of quiet and rest, sinking into stillness like the land itself.

The holidays can be an endless distraction, but each festival has a holy root and purpose. In Halloween we honor the dead, the ancestors. Thanksgiving promises abundance to share and gratitude. Hanukkah and Christmas celebrate the hope that comes at the darkest time, and the Solstice embodies that hope as the sun begins her long journey back to us.

As the season turns, give yourself time to sit in the stillness, catch your breath. Turn your thoughts to the days to come, and rest in the spaces in between. Savor your holiday preparations. Remember those for whom these days are hard, and consider ways you can help. Let us be present to this time of growing darkness and fallow rest. No matter how the election turns out, we will be here for each other. Blessings.

*Dawn*

## RE NEWS

I am glad to see many new connections happening in and beyond our classrooms this fall. We have welcomed new families and first-time assistants to our Religious Education program.



The Neighboring Faiths class has started visiting nearby places of worship; they were guests at a Roman Catholic church in October and will be visiting a Reformed Jewish temple in November. Congregants with Catholic and Jewish backgrounds have enjoyed being part of these lessons, and the kids have appreciated learning from them. The Spirit of Adventure class has learned about famous Unitarians and Universalists in the fields of sports and medicine, with classes enriched by adults from our congregation sharing their interests. And Ana and Lulu have been busy most weeks with babies and toddlers in the nursery. Thank you to all who have contributed your time and talent! We continue to welcome volunteers to our classrooms.

Our youth group has planned some fun activities for the year ahead. Some have also attended meetings with the UU Paramus and Ridgewood youth group and district and regional cons. The next youth group meeting will be held November 5th from 6 to 8 PM, with a special focus on worship. We hope all our 8th to 12th graders will attend!

Thank you to everyone who made, sold, and bought soup during the month of October! All the proceeds of our soup sales benefit the Religious Education program.

In faith, Terri

## November RE Calendar

November 6	RE classes, CWS (children's worship service)
13	RE classes
20	All Ages Worship Service- Agape
27	Special Children's Program

Terri Pahucki  
Director of Religious Education  
dre@uurocklandny.org



## HELPING HANDS

Our Helping Hands guests will be with us for three nights in November.

- Wed. 11/16, Th. 11/17 and Fri. 11/18

The sign-up sheets are on the table at the back of the worship room.

*Let's make these 3 days special for them.*

We need main meals, vegetables, salads, rolls, beverages, desserts. Two congregation members are needed to stay overnight each of the three nights. Servers are needed for the nights. The guests arrive about 9 p.m., but servers need to be there earlier to set up tables, heat food, etc. Any questions or concerns, please contact: Barbara Francis [845-429-0506](tel:845-429-0506)

## Paul Dolgert Kidney Transplant

I have had two unsuccessful kidney transplants and am intending to try again. My chances would be tremendously helped if I had a living donor, which is always preferable. If anyone is interested or knows of someone, please contact me, Paul Dolgert (member of UU Fellowship of Northern Westchester in Mount Kisco, NY), at [dolgert@aol.com](mailto:dolgert@aol.com) or [646-763-1076](tel:646-763-1076). Blood type does not matter since matching programs make it possible to switch one live kidney for another.

## HELPING OUR ELDERS

We invite you to attend a monthly interfaith series of talks about caring for our congregation members. Called "Improving the Lives of Older Congregants," the workshop's topics have been Providing Assets to Help and Elder Law. Scheduled are: Housing, How Medical Plans Are Made, Resources Available After Medical Emergency, Dementia, Medicare, Medicaid, and How to Make Referrals.

These sessions are held around Rockland County. They are presented by the Rockland Jewish Family Service with funding by the United Way of Rockland County.

The goal of these talks is to train religious communities on how to offer short- and long-term care to older members facing health or other challenges. See us for details.

- Rev. Dawn Sangrey and Emily Kratzer

## DISTRICT LEADERSHIP TRAINING

On Nov. 12, youth and adults can attend the "Defying Gravity" leadership training offered by the Central East Group at the UU Congregation at Shelter Rock. The speaker is Dan Hochkiss, author of "Governance and Ministry."

- Emily Kratzer, Denominational Affairs liaison

## HEARING ASSIST

A new hearing-assist system has been installed in the worship room, which is active during the Sunday services. Earbuds or over-the-ear headsets are available. The audio quality is good and will prove useful to those who have hearing impairment or difficulty. Take a headset and receiver as you enter.

Also:

Most Sunday services are recorded and posted to our website, <http://uurocklandny.org/>. To listen on your computer or other device, go to the sermon archive and click on the desired title. If you miss a service or want to hear it again, this archive will prove useful

# BOW NEWS

*We have some special services this month.*

- On November 6th, The Executive Director of Helping Hands, Ya'el Willams, will update the Congregation on recent development at Helping Hands and let us know how we can help.
- On November 20th, we will give thanks through our annual Agape service and shared meal.
- Finally, on November 27th, Reverend Chris Antal returns to talk with us about resistance is the way to express love in the face of violence and oppression.

The BOW thanks Art Aldrich and George Rigney for their work to upgrade our sound system.

## AGAPE

On November 20th, we will give thanks for the past year through our annual intergenerational AGAPE service and a shared meal after the service. We can only pull off the meal with everyone's participation, so please sign up to bring a dish (including turkey), set up and clean up after the service. Sign-up sheets will be posted in the Worship Room beginning this Sunday

## MEMBERSHIP

### *November Greeters*

11/6/2016

Roberta Chang  
Emily Kratzer

11/13/2016

Geraldine Shaw  
Seamus Gallagher

11/20/16

Alex Chase  
Elaine Aldrich

11/27/16

Sally Andriette  
Ed Donnelly



“Whatever  
have  
whatever  
accept or  
whatever  
or culture:  
welcome

religions you  
known,  
god you  
deny,  
your heritage  
you are  
here.

Whoever you are, whomever you love, whatever  
body you live in: you are welcome here.”

## NOVEMBER CALENDAR

- Al-anon meets on Mondays at 9:30 am and on Thursdays at 7:30 pm
- Yoga with Jane meets on Sundays at 8 am, Tuesdays at 10 am and Thursdays at 10 am
- Helping Hands – guests will be sheltered on Nov. 16, 17 & 18 from 8 pm to 8 am.
- Family Night – details forthcoming
- BOT will meet on Sunday, Nov. 13 at noon.

## HELLO

*This from Marion Francis, a long-time member here in Pomona who has moved on to new paths.*

I like Sun City, Arizona, there's lots to do and learn. All the different cacti and strange birds prompt me to go to the library and take out picture books so I'm beginning to know about them. I love the many quail and saw a pair raise 6 tiny balls of fluff to mature birds. Quails prefer running although they can fly so when I see them, they're dashing around in a group. It's hard to get a photo!  
Best wishes to all, Marion



for December newsletter  
Nov. 17, 2016, 6 pm



**Emily Kratzer**

Our “Barista” for Nov.