

**UNITARIAN UNIVERSALIST CONGREGATION OF ROCKLAND**

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**A Happy & Blessed Easter to all!**

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**THE ROCKLAND UNITARIAN**

**April, 2017**

**Vol. 50, #8**

**Editor: Mary Holdampf**

**Apr. 2, 10:30 a.m.**

**Rev. Dawn Sangrey**

**“The Thing With Feathers”**

How to find hope in a dark time, and what to tell the children about the state of the world. Two poems with different perspectives set up the problem: what promises can we offer the next generation that are both truthful and hopeful? Emily Dickenson’s is “The Thing with Feathers.”

**Coordinator: Mike Steger**

**Apr. 9, 10:30 a.m.**

**Verne McArthur**

**The Great Turning:**

**Meeting change with an open heart.**

We are in the midst of profound changes and challenges—environmental and societal. How do we respond? Do we retreat into fear and distrust and denial? Or can we find ways to move through and beyond our fears and respond with courage, creativity, and compassion?

**Coordinator: Tricia Larkin**

**Apr. 16, 10:30 a.m.**

**Rev. Dawn Sangrey**

**A Time of Miracles**

Rebirth in the natural world can nourish us in this season of Passover and Easter as the old stories about Moses and Jesus instruct us still.. Miracles were an intellectual problem for Thomas Jefferson, who rewrote the gospels to leave them out, but even the most rational and skeptical among us has been visited by more miracles than we can count. The gift of your life, for example.

**Coordinator: Jane Cowan**

**Apr. 23, 10:30 am**

**Jane Cowan**

**Spirit in Practice Service No. 5: Body Practices**

Join us for a worship service led by Jane Cowan, our in-house Yoga and Meditation instructor. What meaning can we find in spiritual practice that utilizes the physical body? If we cannot separate the physical and spiritual, what does that mean in regards to the nature of reality? A short guided meditation will be included. No yoga mat required!

**(Potluck Sunday)**

**Coordinator: Dan Hanchrow**

**Apr. 30, 10:30 am**

**Paul Tappenden**

**Foraging: Redefining Our Relationship with Nature**

Foraging, the collection and harvest of wild plant foods establishes a meaningful reconnection to nature, which can serve to shift our cultural values toward preservation rather than the destruction of the biosphere. Join us April 30th for our worship service which will include a presentation from Paul Tappenden, a local forager and student of nature. Paul has dedicated much of his life to studying the plant world and its relationship to man. Nature has taught him much that he would like to pass on to others, and there's much that he still hopes to learn!

**Coordinator: Jane Cowan**

**May Newsletter Deadline  
April 16, 2017, 6 pm**

# MOVING TOWARD THE LIGHT

We have been moving toward the light for almost three months now, every day the sun rising a few minutes earlier, every night a few minutes shorter.

On the Spring Equinox, March 20, day and night are of equal length. The Sun is directly perpendicular to the Earth. Gradually the light will continue to increase until the Summer Solstice and then, just as gradually, we will move toward the dark again.

These rhythms are as old as the planet. Once they were seen as matters of life and death—more sun, more food, more life—and the equation is as true now as it ever was. We need the light to have life.

Our troubled nation seems to be moving into the dark. Fear, indifference, and hatred threaten to overpower confidence, hope, and justice. The natural world is coming alive again while powerful forces in our government move the nation toward death: more weapons, less help for the poor. Trust is fragile, rage and confusion abound. The morning headlines can take our breath away.

Still, the light comes. Here in this congregation we continue to sing and worship together, we continue to teach our children the value of freedom, democracy, acceptance, and love. Like the daffodil bulbs that came half-way up before the snow, your congregational roots are deep. You push through the soil and out into the light. You are ready to protest injustice, to help the homeless, to resist the dark.

There are more dark days and difficulties ahead. We come together to affirm our faith, to challenge and support each other, to find comfort and renewal. Let us work to strengthen this congregation and our Unitarian Universalist faith. May the power of the unrelenting spring inspire us to seek the light, and may we rejoice.

Blessings.

Dawn

The Rev. Dawn Sangrey

[minister@uurocklandny.org](mailto:minister@uurocklandny.org)

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# RE NEWS

We are moving into April, a time of renewal. We celebrate Easter and Earth Day, welcome springtime, and renew our commitment to care for and protect our world.

The Spirit of Adventure class will spend the month of April “Exploring.” UU’s have explored through travel, art, and science. On April 23rd, we are excited to welcome a former RE student all grown up -- Tova Holmes-- who will skype with the children about her work “exploring particle matter” at the Large Hadron Collider/CERN in Geneva, Switzerland.

The Neighboring Faiths class will be focusing on Hinduism and Buddhism, and visiting the Sri Ranganatha Temple in Pomona and the Chuang Yen Monastery in Carmel.

We will be collecting cans of dog and cat food from Hi-Tor animal shelter this month. You can drop off cans in the boxes in the entryway. These cans will be hidden and found by our children in the Annual Can Hunt on Easter Sunday. Our youth group plans to visit the shelter and deliver the cans in late April. Thank you in advance for your donations!

The month ahead includes many other exciting events--spring equinox, game night, earth clean-up, a district youth con, and the UU-UNO Intergenerational Seminar. You can sign on to our weekly RE email list for updates by sending me a note.

Last but not least, Congratulations to Max Solomon-Frye for his acceptance into the UUA Luminary Leader Program! This is a distinction and opportunity for UU youth who have demonstrated real leadership in their community, district or congregation.

## April Calendar

2	Children’s Worship Service RE classes
9	RE classes
16	Multigenerational Easter Service
23	RE classes
30	RE classes

Terri Pahucki, Director of Religious Education  
[dre@uurocklandny.org](mailto:dre@uurocklandny.org)

# FUN AND FELLOWSHIP FOR ALL AGES

April 1st



Come celebrate spring with us on Saturday, April 1, with special activities for all ages. We're not fooling you--there is something for everyone!

- 5-6:30: Board games and snacks. There will be games for children and adults. Many of us had fun getting to know each other at our last game night. Bring a snack or beverage to share, and a game to play.
- 6:30-7:00: Dinner potluck, leading into our next activity. Bring a dish or beverage to share.
- 7:00-8:30: Spring Equinox Celebration and Shamanic Ceremony, hosted by UU Yoga and Meditation. There will be a fire ceremony and drumming, led by shaman Mikki Baloy. Young children are not encouraged to attend this portion of the event, but we are working on childcare. Contact Jane Cowan or Tracey Hancock the week of the event to get an update, or check the UUCR Facebook page.

So . . . come for the board games and dinner, and leave at 7. Just come for the potluck at 6:30. Just come for the shamanic ceremony at 7:00. Or do everything!

## SPECIAL INVITE

Please join Rev. Dawn and an interfaith panel, including Christian, Jewish, Muslim, and Native American leaders, for a discussion of Theological Perspectives on Climate Change at the Nyack Public Library on Sunday, April 2, from 2:30 to 4:00.

# HELPING HANDS

*Last chance  
to enhance your karma!*

Our Helping Hands Guests will be with us for three nights in April: Wed. 4/12, Thurs. 4/13 and Fri. 4/14. This will be their last visit with us this season.

The sign-up sheets will be available beginning the weekend of Mar. 26. We will need food items for all three dinners: main dishes, salads, vegetables, starch, fruit and desserts, as well as beverages and rolls. Also needed - people to serve the food and MOST importantly, 2 volunteers to sleep over each evening. The guest population has been ranging from 25-35 people each evening.

Please think about what you will be able to contribute to this much-needed cause. For further information, contact Barbara Francis at [845-429-0506](tel:845-429-0506).

## DENOMINATIONAL AFFAIRS

The UUA presidential candidates forum will live-stream from 10 to 11:30 a.m. Saturday, April 1, at the Central Unitarian Church, 156 Forest Ave. in Paramus, NJ (near Van Saun Park). We are welcome to attend and bring a bag lunch for a post-forum discussion. The candidates are the Rev. Susan Frederick-Gray, the Rev. Allison Miller and the Rev. Jeanne Pupke.

Emily Kratzer, Denominational Affairs

## APRIL SCHEDULE

- Apr. 1, Family Nite: 5 – 7 pm  
Spring Equinox: 7 pm
- Apr. 2, Membership: noon
- Apr. 9, BOT: noon
- Apr. 12, 13,14: Helping Hands-Overnight Shelter  
**Al-Anon, Mondays: 9:30 am;**  
**Thursdays: 7:30 pm**



## MEMBERSHIP NEWS

We have several hosts who will be holding events in April, but dates are still being finalized. Be on the lookout for information about April Circle Suppers in emails and at the back of the worship room.

## MLK UNITY CELEBRATION

On January 18th, UUCR sponsored at table at the MLK Unity Celebration in Spring Valley. The event was a wonderful time with great music and performances, inspirational speakers, and a chance to see lots of other community groups supporting the MLK Center and honoring Dr. King's dream.

Several representatives from UUCR staffed the table, helped kids with a craft, invited adults to take part in our straw poll about their social/environmental justice concerns, and talk with booth visitors about UUCR and UUism in general.

Many thanks to Rachel Rosenthal, Diane Bennett, Patty Campbell, Rachel Rosenthal, Melissa Schroeter, and Michelle Solomon.

Attached to this newsletter is a document that shows the results of the totally unscientific straw poll that we did of adults who attended the event and chose to participate. The sample size wasn't large, but I wanted to share anyway.

Hillary Torres, Membership Chair

## SPRING

"To be interested in the changing seasons is a happier state of mind than to be hopelessly in love with spring." --George Santayana

## UUCR SAVINGS

Please continue to drop off ink cartridges to the office as they result in good savings for our office supplies. Also, when ordering online, use the Amazon icon on the front page of our website [www.uurocklandny.org](http://www.uurocklandny.org) Thank you so much!

Mary



We will be welcoming new members with a ceremony as part of the April 2nd service. We are very excited to have the new members joining us. Please join us that morning and look for more information about the new members in the next newsletter.

## April Greeters

4/2  
Sally Andriette  
Trudy Pojman

4/9  
Susan Brunelli  
Alex Finger

4/16  
Hillary Torres  
Denise Waithe

4/23  
Roberta Chang  
Geraldine Shaw

4/30  
Seamus Gallagher  
Emily Kratzer

