

UNITARIAN UNIVERSALIST CONGREGATION OF ROCKLAND

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THE ROCKLAND UNITARIAN

January 2018

Vol. 51, #5

Editor: Mary Holdampf

Jan. 7, 10:30 a.m. Tricia Larkin
Wealth Without Work

Board Theme of Ghandi's Seven Social Sins continued with input from RE as our themes coincide.

Coordinator: Des Shaw

Jan. 14, 10:30 a.m Rev. Dawn Sangrey
A Stone of Hope

Martin Luther King, Jr. said, "We shall hew out of the mountain of despair, a stone of hope." On this weekend as we observe his birthday, let us celebrate Dr. King's legacy and look to the future. It is tempting to despair in these dark times. King's metaphor suggests effort and struggle. What will lead us toward hope today?

Coordinator: Rob Young

Jan. 21, 10:30 a.m. Rhonda Fleisher
Reflections on Social Causes

In these times, many of us feel the calling to engage more in social causes. Is that impulse to help enough? When are we helping without perpetuating cycles of injustice? Is selfless service possible? How can we sustain meaningful service and community engagement without finding ourselves

drained and discouraged? Rhonda Fleischer will share her reflections and experiences on this timely topic, based on a lifetime commitment to human service both domestically and in Africa. Her personal journey has involved traveling across continents, working with runaway and homeless youth, managing large, multi-service organizations, helping refugees from throughout Africa prepare to resettle in the U.S, and empowering young girls right here in Rockland County. Together, we'll explore how we can cultivate a spiritual and practical approach to service that brings benefit in an imperfect world

Coordinator: Leslie d'Oronzio

Jan. 28, 10:30 a.m. Rev. Dawn Sangrey
Listening Is a Spiritual Practice

Really listening is different from what we usually do, and it can be learned (that is, practiced). As we listen to each other deeply and share with each other honestly, we find our common experience, our shared humanity. Deep listening blurs the boundary between the sacred and the secular, between the holy and the ordinary. Miracles can happen when we listen deeply to each other.

Coordinator: Jane Cowan

HAPPY NEW YEAR

The first snowfalls of the season have covered the trees and roads with white. Very pretty, especially if you don't have to go anywhere. Winter invites slowing down, kicking back, giving it a rest. After the holidays, January may look like a nice long quiet stretch. Some of us go to warmer places to escape the cold. Others, more athletic, go to the tops of mountains, strap various things on their feet and descend. Most of us just hunker down.

New Year's is a season for resolutions, a time for reviewing the past and making plans for the days to come. The cold and darkness encourage us to sit still and reflect. As 2018 comes around, take some time to consider your spiritual life. Opportunities abound at UUCR for involvement and commitment. Your faith community becomes more nourishing for you and everyone else when you make our life together more central to yours.

Include the congregation in your plans this winter. Come to services. Volunteer to participate in the next round of Helping Hands. Fill out the volunteer form so you can be vetted. Ask a member of the Board of Trustees how you can help with their work. Find out who's on the Board of Trustees. Offer to teach a Religious Education class. Invite the minister to lunch. Tell someone on the Nominating Committee you'd like to run for office. Make a financial pledge. Go to a board or committee meeting just to see what they do. Sign up to greet on Sunday morning. Find out how you can help with the Caring Committee. Bring really nice food to the next potluck. Stay after and help with the dishes. Talk to someone new during coffee hour, or talk to someone who's been around for years and you've never really connected. Find something more in 2018 at UUCR.

Or you may need to take a break from all that to sit quietly and watch the snow fall. There are many paths to the mountain top. Trying something new may be just the thing. Our community prospers when many people are actively involved. But honor your own heart. Sometimes a person needs some time away.

We encourage your participation in the ways that work for you. Come when you can. Be who you are. Know that you will be welcomed.

Blessings.
Dawn, the Rev. Dawn Sangrey,
Consulting Minister
dawnsangrey@gmail.com
845-419-5323

RE NEWS

Where do the clothes we wear come from? Or the food we eat? These are the questions the children in the Harry Potter classes will be wondering about this month as they learn how many of these things are made in third world countries: by children just like them, often for very little money. Fighting back against this month's Child Slavery, Horcrux is in all of our hands. But where do we begin? One way is through buying products that are Fair Trade Certified. The Unitarian Universalist Congregation of Rockland has long supported the Fair Trade movement through serving Equal Exchange coffee and selling

Equal Exchange products. Exchange is a leader in that its products meet environmental standards through supporting worker-owned cooperatives in Latin America, and Caribbean, and Africa.



The RE children will have a table with information about fair trade after the January 21st service. Please stop by to learn more, enjoy a piece of fair trade chocolate, and sign their petition to mega-company Mondelez (owner of Cadbury, Oreo, and Chips Ahoy) to pay their farmers fairly!

In other news, we have partnered this month with the Green Meadow Waldorf School to offer a special 2-part workshop series in *Simplicity Parenting* for parents of elementary and middle-school age children. Simplicity Parenting offers tools to simplify a home, reduce stress on children and parents, and allow room for connection, creativity, and relaxation. The course will take place on Saturdays January 13th and 27th from 10 AM to 12 PM. It is free of charge and limited to 12 participants. Please email me at dre@uurocklandny.org if you would like to participate or to learn more. Childcare will be provided, if requested by January 6th.

February Newsletter Deadline
January 21, 6 pm

January RE Calendar

January	7	Children's Worship Service RE Classes
	14	RE Classes
	21	RE Classes
	28	RE Classes

Terri Pahucki
dre@uurocklandny.org

BOT NEWS

A renter for our RE building

The Board of Trustees is pleased to announce that we have signed a lease with a new renter for the RE building. Ben and Tricia Wymore will be using the building for Gan Mitzvah, a Jewish Montessori preschool, which will soon be open Monday through Friday every week. Please join us in welcoming our new neighbors when you see them.

The members of the Board express our deep gratitude to the congregation for your support during the period of financial strain we experienced while we went without rental income. It was a difficult time but one that has brought us closer together and ultimately strengthened our community.

Diane Bennett

TREASURER'S NEWS

It is great news that we have a renter for the school building. It will take some time, but we can rebuild our coffers. Many thanks to all of you who have sent pledges in early or added extra during this challenging time.

During the mid-month collection for MLK Center through the spring and fall, we were able to collect \$850 for the Center! The acknowledgement letter is on the social justice bulletin board.

Barbara Francis

HELPING HANDS NEWS

We worked out first two days with the new routine for Helping Hands. It is much nicer for the guests. They are housed in one facility that has showers and washing machines.

Our role is to serve food, clean up after the meal and interact with the guests. Only 5 or 6 people need to be there each evening. Anyone who has not been 'vetted' can get a sheet from me on any Sunday. Two weeks before we are scheduled again, sign-up sheets will be in the Worship Room. Over the course of the last 18 or more months, we saved enough money in the HH basket at coffee hour to send them \$600! So do remember to add those dollars in the basket during coffee hour and at the pot lucks.

Barbara Francis

Mission Statement: The Mission of Helping Hands is to help homeless men and women find alternatives to life on the streets.

Rockland County Warming Center

The Safe Haven opened in the new Warming Center on Veterans Day with room for up to 75 guests



Now transporting guests from Nyack, Haverstraw and Spring Valley

Pick-up times:

6-6:30 pm and 7:30-8 pm every evening

Nyack: On South Broadway in front of the First Reformed Church

Haverstraw: In the commuter parking lot across the street from Village Hall

Spring Valley: In the parking lot near Route 45 and Route 59

JANUARY CALENDAR

- Sat. Jan. 13: Simplicity Parenting Workshop
 - 10 am - noon
- Sun. Jan. 14: BOT meeting - noon
- Sat. Jan. 27: Simplicity Parenting Workshop
 - 10 am – noon
 - Sun. Jan. 21: Potluck
- Al-anon
 - Mondays – 9:30 am
 - Thursdays – 7:30 pm
- Yoga
 - Thursdays – 12 pm – 1:00 pm

JANUARY GREETERS

1/7/18

Elaine Aldrich
Nel Hubbard

1/14/18

Sally Andriette
Alex Chase

1/21/18

Alex Finger
Denise Waithe

1/28/18

Roberta Chang
Emily Kratzer

*Thank you,
Susan Brunelli, for*



MINI FUNDRAISERS

Although the holidays have passed, there are still birthdays, anniversaries, graduations, etc. Please continue to use the Amazon icon on our website:

www.uurocklandny.org

for all your shopping needs.

Also, keep those cartridges coming. They add up and save us much money on our office supplies. Just leave them in the office or outside the door if you're in the neighborhood.

Many thanks.
Mary H.

OFFICE TIDBITS

Just a heads up – I will be out of the office from the end of December until January 22. My alter ego will be substituting for me. Mary H.

Thank you, Emily Kratzer

