



# Unitarian Universalist

Congregation of the Swannanoa Valley

**A WELCOMING CONGREGATION**

**Religious Freedom • Diverse Perspectives**

500 Montreat Road  
Black Mountain, NC 28711

For more information about our  
congregation, call

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### BOARD MEETING

Tuesday, April 15 • 6:00 p.m.

### UUCSV Newsletter

Send newsletter information to  
Norm Kowalski  
normankowal@bellsouth.net

### NEWSLETTER DEADLINE

Tuesday, Apr. 22, 2008 at 10 a.m.  
Covering May 2008

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## Search Committee Report

The Search Committee would like to express its gratitude for the collective patience (and generosity) of the congregation which it is privileged to serve, especially during the recently concluded canvass campaign. We know that it is difficult to commit to investing in such an unpredictable outcome, and we want you to know that we will not “spend” the money you have pledged to UUCSV without a nearly perfect match for your expressed ministerial preferences. The congregation will have the final say on a candidate.

The Committee is in the process of reading the information of possible candidates and sending out the packet about our congregation. We expect to be finished with the entire process in May or early June, and bring the results to the congregation at that time.

↪ Evelyn Carter, Phil Fryberger, Ursula Goebels-Ellis, Jo Motzko,  
Robyn Schuster, Kim Taylor, Angie Underwood

## Opportunities for Women at The Mountain

Our UU Retreat and Learning Center in Highlands, NC is offering two separate weekend events for women:

- Women’s Weekend Retreat: April 18-20
- UU Womenspirit: The Institute, May 14-16; The Gathering, May 16-18

Check out the Events bulletin board across from the kitchen in the foyer for more information.

## Orientation to UU

The Membership Committee will hold “Orientation to UU” (or “Getting to Know UU”) sessions for current, new, and potential members at 7:00 - 8:30 on Monday evenings April 7th and 14th at the church. New members will be acknowledged at the “New Members Welcoming Ceremony” on Sunday, April 27th. If you have questions or are interested in attending the sessions, please contact Jane Carroll at 828-664-1695 or dr\_jcarr@msn.com.

## Room in the Inn

Winter, spring, or summer, there’s never a good time to be homeless. Regardless of the weather, these folks are in need. The Room in the Inn program offers temporary shelter year-round. Every day of the week, some church in WNC serves as host for 12 homeless women.

On Friday, April 25th you have a chance to show you care. Please consider pitching in to help UUCSV provide all the volunteers and meals for that day. We will need volunteers and backups for all positions (morning and evening van drivers, overnight volunteers, servers for dinner). A sign up sheet is available in the foyer, or contact me at 686-3112. This event will take place at the Black Mountain Presbyterian Church annex.

Due to environmental concerns, we encourage all those providing food to use locally produced products and reusable containers whenever possible.

Many thanks for all your help.

↪ Connie Krochmal, *Social Action Committee,*  
*Room in the Inn coordinator*

# Sunday Programming

Please join us for Social Hour after each program

Sunday, April 6, 2008 11 a.m.

## **"The Cost of the Iraq War"** Social Action Committee

A special speaker is being lined up for this morning, to join in the UU Service Committee's national Justice Sunday programs.



Sunday, April 13, 2008 11 a.m.  
**The Greek and the Hebrew**  
Tom Patteson

Tom's theme will be the historical components of the present American cultural struggle, including its roots in the Hebrew (or personal) worldview and the Greek (or scientific) worldview, and the place of Unitarian identity within that struggle.

Tom Patteson is a graduate of the University of North Carolina at Chapel Hill with a Bachelors in Philosophy. In addition, he holds a Masters in Architecture from Virginia Tech and a Masters of Divinity from San Francisco Theological Seminary. Tom is a candidate for the ministry in the Presbyterian Church. He and his wife Lynn live in Black Mountain with their four-year-old daughter Elizabeth.

Sunday, April 20, 2008 11 a.m.  
**"Ayurveda: A Spiritual Path"**  
Julia Monet-Bolka, MA Vedic Science

Ayurveda is a 5,000-year-old system of health and wisdom, originating as a branch of the Vedas from India and is recognized today worldwide as a path of physical, mental, emotional and spiritual well-being. The word Ayurveda in Sanskrit means, 'Science of Life' or 'Knowledge of Life.'

Ayurveda promotes perfect health, wealth and enlightenment. The knowledge and experience of Ayurveda enables us to live more simply, more joyfully, more abundantly and with less stress. One learns about the deepest aspect of ones Self and how to live in harmony with the Laws of the Universe.

In this talk, Julia will outline the basic principles involved in determining one's psychophysiological (mind-body) type (called "doshas"), and how someone one can easily engage this universal wisdom of Ayurveda to balance their body, mind and spirit on a daily basis.

Julia Monet-Bolka is an Ayurvedic Consultant, Skincare Specialist and a Clothing Designer in Asheville. Born in Canada, Julia grew up in the world of competitive figure skating, and later, turned professional, establishing a career with Ice Follies. After achieving her childhood dreams, she focused her passion on inner growth, studying with Vedic Masters from India and around the world. She is a master teacher of many Vedic disciplines, including Ayurvedic meditation, yoga, beauty, health, cooking, nutrition, exercise and lifestyle. Julia consults, teaches and designs her own line of JMonet Women's Clothing in Asheville where she lives with her husband Max and daughter Simone.

Sunday, April 27, 2008 11 a.m.  
**"Taking Risks on the Path of Wisdom"**  
Rev. Sarah York

With inspiration from Sophia (the Greek word for wisdom as well as the Hebrew expression of the feminine divine) this sermon on the classic Greek virtue of prudence explores the role of wisdom in making life choices.

Sarah York (formerly Sara Moores Campbell) is a Unitarian Universalist minister and author of four books, including "Remembering Well: Rituals for Celebrating Life and Mourning Death" and "Pilgrim Heart: The Inner Journey Home." She also authored three reading selections in the UU hymnal. She has a Bachelor's degree from Wake Forest, a Masters from Duke, a Masters of Divinity from Harvard, and an Honorary Doctorate from Meadville-Lombard Theological School. After serving in settled ministry most of her career, she became an accredited interim minister. Sarah is semi-retired to her farm near Asheville, NC with her husband Chuck Campbell. She serves the Asheville church part-time as Assistant Minister for Pastoral Care, preaches once a month at UUCSV, and consults as needed with congregational leaders.

Sunday, May 4, 2008 11 a.m.  
**"Leaping the Bonfire: Ancient Holydays and Modern Rites of Passage"**  
H. Byron Ballard

"Jack be nimble, Jack be quick, Jack jumped over the candlestick." Ancient people had practical reasons for some of the things that modern folks do, like jumping over a bonfire. We use the practices of our ancestors in new ways, using the transformative power of the classical elements to effect and mark conscious change in our lives. Beginning with the element of fire, we'll explore those transitions and rites of passage that deserve our attention and celebration. Join H. Byron Ballard to learn more about modern Beltane traditions and how they are mirrored in rites of passage.

H. Byron Ballard has deep roots in the mountains of western North Carolina where she is active as a priestess of Inanna, Pagan activist, playwright and mom. She holds an MFA in Theatre from Trinity University and circles weekly (and occasionally weakly) with an American Tribal Pagan group. She is a member of WARD, an elder of SerpentStone, an affiliate of the WHISPER community, a founding trustee of the Coalition of Earth Religions for Education and Support and a Willful Harpy. Her interfaith affiliations include the United Religions Initiative and the Interfaith Council. She is also a board member of the local chapter of the ACLU. In her copious free time she is still learning Irish Gaelic and to play the fiddle. And gardening, for the sake of her sanity.

## Religious Education Corner

Attendance in the RE program continues at a steady rate of about 20 to 25 children each week. We have also had several visitors the past few weeks. Our preschoolers stay busy in play time. Many of these children will be “graduating” this year into our elementary age class over the summer and into next fall. During the month of March the elementary children, studying “Experiences With the Web of Life” have covered topics including “How We Treat Wild Things”; “Rodents” (a favorite, with pet rats of Aven and Cora Blozan visiting the classroom); “Miracles”, and “Friendship and Cooperation”. On Sunday March 16 we spent class time decorating eggs in various traditions from around the world. These beautiful egg creations became part of the sanctuary decorations at the Easter service, as the children hung them from our Easter tree.

The middle school OWL class is wrapping up their studies this month, with a celebration of this rite of passage scheduled for May 4, along with Byron Ballard’s annual Beltane/Maypole presentation. This great group of kids will also be recognized along with others at our annual RE service scheduled for May 11. We will also honor our graduating seniors at this service, so mark your calendars now. The middle school will also be involved in some church-related service projects, one at the end of March and one at the end of April.

As time seems to move faster and faster, it is already time for the RE committee to begin planning for summer activities and curriculum for next year. We also hope to coordinate as many activities as possible with the Green Sanctuary committee, for all our different age levels. The RE committee will be holding a planning retreat the afternoon of April 13, so please let me or one of the committee members know if you have any ideas for summer programs or curriculum.

As always, please feel free to see me if you have any questions or suggestions!

↪ *Sybil Argintar, RE Coordinator*

## New Covenant Groups Forming

The UUCSV Steering Committee and an early group of enthusiastic men and women are putting together our second round of covenant groups. CG informational brochures and questionnaire are in the foyer. Give the completed questionnaire to Jane Carroll or leave it with Tim Perry in the office. Jane can be reached at [dr\\_jcarr@msn.com](mailto:dr_jcarr@msn.com) or 664-1695.

## Congregational Care Committee

The Chair of our Congregational Care Committee is Angie Underwood (669-0869, [underwooda@charter.net](mailto:underwooda@charter.net)). The Monthly Care Coordinator for March is Kay-Sea Conklin (686-7502). If you or someone you know in our congregation has a special need or is experiencing a crisis, please contact the Committee Chair or the Monthly Care Coordinator. Our Committee welcomes new members at any time. Thank you.

↪ *Angie Underwood, Chair*

## Getting to Know You: Barbara Rogers in Her Own Words

I’m glad to introduce myself to UUCSV...Barbara Rogers. I’ve lived here in Black Mountain less than a year, having been in FL for the last 13 years. Born in Dallas, raised in St. Louis, I’ve spent most of my life in the Southeast, with a few cold years in CT as well. I love to travel!

My family consists of 2 cats at home, and 3 sons and 6 grandchildren elsewhere.

If I were to choose which of my many hats to wear, my favorite would be The Crone. During a ritual a little over a year ago I was honored as a senior female member of my family (graduating from Matriarch which I’d become when my youngest left the nest). I also get a kick out of describing myself with pride in a way that might be misunderstood by some. If you are among those who feel a crone is just past her prime, perhaps frivolous, a “Q-tip”, cast out, even bad luck, uninteresting, or without value...guess again. Remember The Crone is a wise woman who can give directions to those who respect her. I celebrate having raised my family, provided for them, trained and worked in at least 4 distinct professions, and now come to rest...yes rest, in Black Mountain. I have many exciting ideas of what I want to do next.

I’ve been a UU for over 38 years...Tampa, Knoxville, Jacksonville (FL), and now UUCSV. I have been so glad to have the Religious Education that UU offers in which to raise my children and the Adult RE for my own benefit. I’ve also found my spiritual niche...with the goddess as identified to me first in the UU curriculum, “Cakes for the Queen of Heaven.” On the other hand, I’m perhaps a UU-Buddhist as well, and who says you can’t be both? In the 70’s I had a UU bumper sticker which said “To Question is the Answer.”

Please come introduce yourself to me. I’m looking forward to making UUCSV my new community of spiritual interest.

## Getting to Know You: Marjorie Starrs

Marjorie Evans Starrs is delighted to belong to such a welcoming group of people as UUCSV. She enjoys living a mile from both the church and the senior center. She grew up in Franklin, PA, and has lived in Las Vegas, Albuquerque, Denver, and then in El Paso and Raleigh as a UU. Marjorie has a daughter, Ann S. and a granddaughter, Kathryn (16), living near Lewisburg, north of Raleigh. Her son, Andrew Christopher, lives in Black Mountain. Her home companion is Betsy Beagle. Marjorie’s interests include art, writing and teaching.

## Carpooling from Morganton

Anyone interested in carpooling from the Morganton area please contact Phyllis Palmieri at [openbooks2002@yahoo.com](mailto:openbooks2002@yahoo.com) or at 828-448-0700.



## Green Sanctuary

The largest ground beef recall in American history raises serious concerns about our food. Despite recommendations from food safety experts, USDA insists on allowing downer cattle to enter the food supply. Even more distressing is the fact that government regulations allow meat tainted with E. coli to be cooked and sold as toppings for pizza, taco, etc. This recall serves to remind us of the need to cut our meat consumption.

Those who aren't vegetarians can start by serving one meatless meal a week. There are many environmental and ethical reasons for doing so. Here are some:

Animals add considerably to global warming. Consider the fact that there is three times the number of livestock on the planet as there are people.

At a time when many areas of the country remain in serious drought, meat production wastes precious water. While it only takes 60 pounds of water to produce a pound of wheat, a pound of meat requires 2500 to 6000 pounds (depending on whether it is fed grass or grain)

Meat production is a prime culprit in erosion and pollution of waterways. For each pound of grain-fed beef, there is a loss of five pounds of topsoil.

Consider the fact that not eating one pound of beef saves enough water for one person to shower all year, and enough fuel to drive 20 miles.

When it comes to animals, it is hard to ignore the ethical aspect of factory farming. These issues are addressed by the Unitarian Universalists for the Ethical Treatment of Animals (UFETA). For details, please visit [www.ufeta.org](http://www.ufeta.org).

If you eat beef, buy grass-fed. Being lower in fat, it is healthier for humans, and is less harmful to the environment than grain-fed.

A grain diet is totally unhealthy and unnatural for cattle as well. That simple fact explains why animals raised in feed lots constantly receive antibiotics partly to control the ever-present threat of infections resulting from this diet.

When buying beef, know your source. If at all possible, buy from local cattle growers. The Appalachian Sustainable Agriculture Project website has a complete list ([www.asapconnections.org](http://www.asapconnections.org)) that includes Warren Wilson College.

Here are some other websites recommended by Green Sanctuary members. The Peanut Butter and Jelly Campaign ([www.pbjcampaign.org](http://www.pbjcampaign.org)) shows how a simple change in your diet can lead to a greener planet. Joe Walsh recommends an online Huffington Post article about how much meat production contributes to global warming. You can find this at [www.huffingtonpost.com/laurie-david/why-paul-mccartney-wants-\\_b\\_81531.html](http://www.huffingtonpost.com/laurie-david/why-paul-mccartney-wants-_b_81531.html).

Those planning home improvements or building a new home should check out the WNC Green Building Council website, [www.wncgbc.org](http://www.wncgbc.org). This was recommended by Marjorie Starrs.

Join the petition to add a "Bike There" feature to Google Maps, which will accompany the existing Drive There and Take Public Transit options. You can view and sign the petition at [www.petitiononline.com/bikether/petition.html](http://www.petitiononline.com/bikether/petition.html).

Do check the Green Sanctuary bulletin board for notices of upcoming events in the area.

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### Green Sanctuary at Adult Forum

As part of our effort to earn accreditation as a Green Sanctuary, we will be presenting an Adult Forum on Sunday, May 11 at 9:30 a.m. Ms. Leah Song will give a one hour Power Point presentation informing our congregation about Socially Responsible investment, with an eye towards those companies that encourage green policies and encourage economic and environmental sustainability as part of their mission. She will be available for questions directly following her presentation, as well as after our service.

### Gathering Congregational Data

If you would be willing to participate in the work of the Green Sanctuary Committee and were not at the service on March 16th, please pick up an Environmental Assessment in the church foyer. Only one is needed for each household. When the assessments are completed, please return them to the basket in the foyer. The GS Committee appreciates your cooperation. Thank you.

### Trillium Update

Everyone is urged to take part in Trillium-Festival of Follies and Flings on Saturday, April 19 from 8:30 am to 3 pm rain or shine here at UUCSV. This will offer giggles, games, and fun for folks of all ages. Admission is free with a small charge for games and contest. Events will include live music, door prizes, rummage sale, bake sale, plant sale—including trilliums, and cake walks. The ever-popular Men's Gorgeous Legs contest will return at noon.

This year we're adding the Fancy Hat Contest with judging to take place at 1 pm. You need not be present to win. Children and adults are welcome to enter a hat. There is a \$1.50 entry charge for children and \$4 for adults. The hat can be one you've especially decorated or made, purchased, or borrowed from someone else.

All profits from Trillium will go to our partner church in Medeser, Romania for the health and education needs of the residents. Anyone with questions about Trillium should contact Dawn Wilson, 669-0214.

## Black Mountain's Best Rummage Sale

The Sisters of Lucy Stone (SOLS) need donations for the church rummage sale to be held at our annual spring festival "Trillium: A Festival of Follies and Flings" on April 19th, 2008 from 8:30 to 9:00. We are particularly interested in outdoor living items. Clothes not so much. Please bring any and all "Good Stuff?" to the big RE room starting the afternoon of Sunday, April 15th until Thursday, April 17th. We cannot accept stuff on Friday because of the time constraints.

### "Good Stuff" is:

1. Clean
2. Mildew and mold-free
3. Free of pet hair and smell
4. Unbroken
5. In working order
6. All parts and pieces present
7. Antiques in just about any condition
8. Non-toxic
9. Passes the "It's not junk" test

We will pick up Good Stuff during the week prior to Trillium if need be. Questions? Contact Jane Carroll at 664-1695 or dr\_jcarr@msn.com.

Proceeds go to our partner church in Romania.

## Upcoming Grounds Work Parties

With spring returning to the mountains, the Grounds will need sprucing up, including a general clean-up. A number of other jobs need to be accomplished as well, one being to fill in the paths of our new labyrinth with mulch. We'll start with the mulch we have on hand and get more as needed.

Assuming the weather cooperates, work parties will begin taking place in April and May after the Sunday services. I will put OOS notices and asked Tim to send emails once the dates are chosen. If you want to help at other times during the week, please contact me for further details. Saturdays don't work because of conflict with the tail-gate market. Though we have a few garden tools on hand in the shed, there may not be enough to go around. So feel free to bring your own.

Sign-up for mowing will begin soon. There will be a sign-up sheet available in the foyer. If the drought ends, mowing and trimming will need done about every three weeks or so. We're asking for two volunteers for each slot. Otherwise, it is a big job for one person to complete. The self propelled mowers and trimmers are in the tool shed. We appreciate all those who volunteer. If you have questions, you can get me at 686-3112.

↪ *Connie Krochmal, Grounds, co-chair*

## New Memorial Grove Project for Grounds

We've reached a sad point in our life as a congregation. In recent years, we've lost at least five dear members/friends due to their deaths. Among these are Emily Blanchard-Reid, Jim Petty, Harold Johnson, Bob Baxter, and Sam Hinton. For that reason, the Board of Trustees has approved plans for a Memorial Grove on the grounds. This will provide donors with a way to memorialize those members/friends who have passed on.

Anyone wishing to do so can make a contribution to the Memorial Grove Fund. Please write the words 'memorial fund' in the memo when writing checks so that our treasurer will know how to record the donation. All contributions are tax-deductible.

Each planting will have a label hanging on the trunk identifying it as a memorial plant. The idea is not to have an individual tree/shrub in any particular person's memory in order to avoid the remote possibility of competitiveness. Instead, one large Memorial Grove Plaque will have all the names of those we are memorializing. Additional names can be added as needed.

In consultation with the Green Sanctuary, the Grounds Committee will carefully select native plants, particularly those that are wildlife-friendly, for the Memorial Grove. The planting program can begin once UUCSV receives enough memorial gifts to purchase the first plant and the Memorial Grove plaque. No plantings will be paid for out of our annual budget. Many thanks for supporting this worthy project.

↪ *Connie Krochmal, Grounds co-chair*

## Hospitality News

The Hospitality Committee will be conducting a survey during the first two Sunday's in April. We are hoping to get your input regarding the weekly finger food potluck. If you aren't able to be at church on these Sundays and would like to complete a survey or give a comment, please contact Carolyn: 299-9456 or cashorkey@bellsouth.net. Once the results are evaluated, we will develop and present a Sunday Social Hour food policy statement to the Board of Trustees at their April meeting.

↪ *Carolyn Shorkey and Milt Warden, Hospitality Co-chairs*

## Outdoor Academy for Ninth-Graders

The Eagle's Nest Foundation is presenting The Outdoor Academy Student Environmental Summit (OASES) on April 23-25 in Pisgah Forest. This is an academic program for ninth-graders, living and learning in a tight-knit residential community, with a mission of promoting environmental leadership. For more information, see the announcements on the UUCSV bulletin board and/or talk with Jay Ellis (686-6325).

## April Volunteer Greeters

- April 6: Bette Bates, Robert Tynes,  
and Teresa Ballinger
- April 13: Ruh Berg, Scott Traxler, and Jim Carillon
- April 20: Friend Skinner, Philip Constable,  
and Marjorie Starrs
- April 27: Fern Martin, Monroe Gilmour,  
and Esther Miller

We look forward to seeing our Greeters on Sunday mornings. Their smiling faces are a welcome sight. Thank you, Greeters!!!

*Volunteers: call Angie Underwood at 669-0869 if something comes up and your date doesn't work out.*

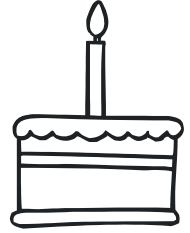
*Note: Greeters are asked to set up folding chairs if they aren't already in place.*

## Come Join the Warblers!

This month's rehearsals will be the April 20th, after the service and April 27th, at 10 AM, before the service. Have fun singing!

## Birthdays in April

- April 7th Fern Martin  
April 10th Pat Middleton  
April 16th Bobby Decker  
April 17th Jim Clayton  
April 18th Monroe Gilmour  
April 28th George Leroy



*If you want your birthday recognized in the newsletter, there is a sign up sheet in the foyer.*

## Friday Fling

April's Friday Fling, a fun party for grown-ups every third Friday of the month, will be held on April 18th at 6:30 p.m. at the church. Refreshments (red and white) will be provided. Bring finger food, so that we can make a potluck supper out of it. The movie "The Da Vinci Code" (2006) will be shown. For further information, call Norm Kowalski (669-4668).



*Artwork by Evelyn Carter*



## Monthly Committee Meetings, etc.

(CG = Covenant Group)

|               | SUNDAY  | MONDAY | TUESDAY                      | WEDNESDAY   | THURSDAY           | FRIDAY                     |
|---------------|---|--------|------------------------------|---|--------------------|----------------------------|
| <b>FIRST</b>  | RE Committee<br>9:45<br><br>Congregational<br>Care<br>Committee<br>12:30<br><br>Program<br>Committee<br>12:00 |        |                              |   |                    | Open Mike<br>Night<br>7:00 |
| <b>SECOND</b> | Adult Forum<br>9:30<br><br>Membership<br>Committee<br>12:30   |        |                              | The Creative<br>Life CG<br>1:00<br><br>Social Action<br>Committee<br>5:30 |                    |                            |
| <b>THIRD</b>  | Green<br>Sanctuary<br>Committee<br>9:30<br><br>Warblers<br>12:30  |        | Board of<br>Trustees<br>6:00 |   |                    | Friday Fling<br>6:30       |
| <b>FOURTH</b> | Adult Forum<br>9:30<br><br>Warblers<br>10:00  |        |                              | The Creative<br>Life CG<br>1:00   | Sing-Along<br>6:30 |                            |

For the dates, times, and locations of specific events during the current month,  
go to the UUCSV website ([www.uusv.org](http://www.uusv.org)), and click on the UUCSV Calendar.



# **Unitarian Universalist**

Congregation of the Swannanoa Valley

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