

# Unitarian Universalist

Congregation of the Swannanoa Valley

**Religious Freedom • Diverse Perspectives**

500 Montreat Road  
Black Mountain, NC 28711

For more information about our  
congregation, call

(828) 669-8050 • uusv.org

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### BOARD MEETING

Tuesday, January 15 • 6:00 p.m.

### UUCSV Newsletter

Send newsletter information to  
Norm Kowal  
normankowal@bellsouth.net

### NEWSLETTER DEADLINE

Tuesday, Jan. 22, 2008 at 10 a.m.  
Covering February 2008

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## Meaning of Membership in UUCSV— Individual Stories

I wonder if on a Sunday morning you have said to yourself, “I don’t feel like going to church today. I think I’ll just skip it.” Maybe you have had a committee meeting you are expected to attend, but it doesn’t fit well with your schedule; and you think they won’t miss you. Perhaps I am being presumptuous to assume I am not the only one who has allowed her mind to go in those directions. But I had a revelation on a recent Sunday morning I would like to share.

I was debating whether to go to church—I had some other things I needed (read “wanted”) to do and many of us know that being retired means our schedules are full to capacity. Besides, the program did not sound like one I could not miss. Besides, I spend a lot of hours doing volunteer work for the church and it is cold and windy outside. Besides, I don’t have any food to take for the lunch, and I don’t want to miss the Sunday morning political talk shows. If you ever need an excuse, just call me, I’ll dream one up for you. So, what is the point here? I felt discomfited and resentful at my talking myself into staying home. After all, we UUs have no attendance requirements. Then it happened. An unsought voice inside my head said, “I did not make the marvelous UU friends I have by sitting home.” I literally blinked in amazement. Where did it come from—that internal verbalizing of the obvious that I was ignoring? The voice could have gone on and added, “By sitting home, I would not have been able to take advantage of the worthwhile opportunities to do my part to help people.” To top it off, the voice could have added, “Only by listening to what gifted speakers have said from our pulpit have I been able to clarify and sort out my beliefs.” From whence came the voice? Some might suggest a spirit guide, my sub-conscious, an inner self, an essence, or a soul. I don’t know, but I do know this: Love, Service, and Truth are what membership in UUCSV means to me.

~ Jane J. Carroll

## How Does it All Happen?

How many times have you left Sunday service and said to yourself “What a great service. How do they do this week in and week out?”

The answer is that the Program committee works very hard to make this happen. We are now asking for your help to create this backbone piece of our congregational life together.

The Program Committee invites you to join us and offer your fresh ideas and enthusiasm. The members are wonderful mentors if this process is new to you. This is a very gratifying ministry.

Second, the committee is asking for ideas you may have for future speakers. With the amazing congregation we call UUCSV, we know there are some wonderful suggestions just waiting to be shared.

Contributing to something that is such an important part of your life only magnifies the experience.

Please email Evelyn Carter (gardenerev@aol.com) with suggestions and offers to help. Thanks.

## Congregational Care Committee

The Chair of our Congregational Care Committee is Angie Underwood (669-0869, underwooda@charter.net). The Monthly Care Coordinator for January is Angie Underwood. 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.

# Sunday Programming

Please join us for Social Hour after each program

**Sunday, January 6, 2008 11 a.m.**  
**"The Promise of Paradox: Our  
Binary Spiritual Reality"**

**Dr. Michael Frandsen**

Dr. Michael Frandsen is a minister of word and sacrament in the Presbyterian church and a Princeton alum. He is a German immigrant and currently teaches religion, philosophy and psychology at AB Tech. He is a licensed professional counselor and maintains a small consulting practice at his home in Montreat. The father of four grown children, Michael and his wife Diane have lived here just a little over a year.

**Sunday, January 13, 2008 11 a.m.**  
**"Is God a Euphemism?"**  
**Rev. Sarah York**

About this sermon title, Sarah writes, "Someone told me once that he thought God was a euphemism. The dictionary defines a euphemism as 'the substitution of an agreeable or inoffensive expression for one that may offend or suggest something unpleasant.' Hmmm. How might that apply to the notion of God?"

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, January 20, 2008 11 a.m.**  
**"The Joy of Life Review"**  
**Sheridan Hill**

Black Mountain author Sheridan Hill will discuss "The Joy of Life Review." Hill will draw upon her experience as a personal biographer and tell stories that illustrate the open-hearted life. Her book, "My Name As A Prayer," is a memoir of healing the mother-daughter relationship; the book also delves into end-of-life questions.

Hill is a cradle Unitarian who grew up in Charlotte, North Carolina, and looks forward to her visit to the home flock.

**Sunday, January 27, 2008 11 a.m.**  
**"Aids Ministry from a UU Perspective"**  
**Rev. Amy Brooks**

The idea of a broken and hurting world in need of healing has been captured dramatically by the AIDS pandemic. This idea is reflected in much of Christian theology – the sinfulness of humanity and our need for redemption. Indeed, in my work with people living with HIV and AIDS, these have been common topics for discussion. How do we make sense of this as UU's, and perhaps more importantly, how do we minister when our theology and our world view don't quite match? After 12 years of AIDS ministry and 14 years of ministry in the Christian context, I'd love to share some of my experiences and what I think we have to offer.

Rev. Amy Brooks is an ordained UU minister and has spent most of her career with the Regional AIDS Interfaith Network in Charlotte, North Carolina. While at RAIN, she and her colleagues were recognized by the Ford Foundation's "Leadership for a Changing World Award" and the "Community Peace Building Award" from the Search for Common Ground. She trained at Harvard Divinity School where she earned her M.Div. in 1992 and fulfilled 2 years as a chaplain resident at Carolinas' Medical Center. She and her husband reside in Huntersville, NC with their three dogs.

**Sunday, February 3, 2008 11 a.m.**  
**TBA**  
**Delano E. Lewis**

Del Lewis is the keynote speaker at this year's annual Martin Luther King Jr. Prayer Breakfast, which is being held on Saturday, February 2. He served as Ambassador to South Africa under President Clinton, and was the CEO of National Public Radio from 1994 to 1998. He is currently a Senior Fellow at New Mexico State University, and serves on the Board of Trustees of Colgate-Palmolive Company, Eastman Kodak Company, and Chalk, Inc.



Artwork by Evelyn Carter

## Religious Education Corner

January marks the continuation of some of our religious education classes and a change in others. Our preschoolers will continue to enjoy the Chalice Children curriculum, along with a lot of cooperative play time. The elementary class continues their year-long curriculum, Experiences With the Web of Life. They are compiling wonderful journals of their work which will be quite a showpiece for the end of the school year. The middle school class will begin the spring semester with a lock-in and community service project, followed by the OWL (Our Whole Lives) Human Sexuality program. The high school will meet over several weekends for their OWL curriculum, and will then have the option of attending Sunday services the remainder of the time. With everyone's busy schedules, the weekend intensive approach seemed to work best all around so that our oldest youth can still benefit from this very important class.

December was a busy month, with most of the Sundays focusing on special services and projects. In November, for our Thanksgiving service, the children and youth joined the adults for a fully intergenerational, highly energized service focusing on gratitude and service to others. Food and monetary donations were made to Manna Food Bank. In total, the congregation donated ninety-five pounds of food, which serves 130 meals! Additional monetary donations of \$119.00 were also contributed to Manna. As part of our service theme in November, several of the children raised money for UNICEF, collecting enough to provide food for six children and immunization against measles for five additional children in need. Service is INDEED the prayer of this church and our children are eager to participate. As parents, you should be proud. I know I am!

↪ *Sybil Argintar, RE Coordinator*

## Bob Box Recognized

Bob Box was recognized by the Board of Trustees in December with the following letter:

"The Board and congregation of the UUCSV wishes to express our sincere appreciation of the service you have performed in keeping our grounds free of leaves. It was brought to our attention that you have been quietly, and without fanfare, volunteering your time cleaning the leaves away.

"We officially recognized your service to the church at our board meeting last night. We are blessed with dedicated members who are involved in the life of the church in many ways.

"On behalf of the congregation and the board of trustees, thank you for your volunteer contributions!"

## Partner Church Committee

This new committee has been very active. We have sent a package of Hungarian/English dictionaries to our partner church along with Christmas greetings from many members of our congregation. We also sent three boxes of warm polar fleece, sewing supplies and gifts for the children, of Medeser, Romania, our Unitarian Partner Church. These items were donated by UUCSV members. Embroidered handwork from the women of Medeser is for sale at Merletti, in Asheville, a lace shop with items from all over the world. We are making arrangements to send a church member to visit Medeser in the Spring, to further our friendship with these warm and gracious Unitarians.

## Hospitality News

The birthday cakes you enjoyed after the Sunday service on December 2nd were lovingly baked by Connie Krochmal and Pat Middleton. Welcome back to Kathi Rice, one of our loyal coffee hour volunteers! We are grateful for our regular Sunday coffee hour volunteers who prepare all the drinks, set up the finger foods table, and clean up afterwards. Pat Middleton, Milt Warden, Margaret Baumgarner, Marilyn Wells, Connie Krochmal, Carolyn Shorkey, and Kathi Rice are the gracious hosts who ensure the continuation of our popular Sunday social hour.

The Hospitality Committee members urge you to think green and bring your coffee cup to the Sunday Service. Connie has provided a few ceramic cups for your use, but due to the limited space in our kitchenette, we continue to need to use disposable cups for those of you who forget to bring your cup from home. We look forward to seeing many of you with your own cups.

## SOLS

SOLS held a Holiday Brunch in December that was attended by 18 sisters. All agreed it was very special to be around so many open and honest women and to feel so supported by one another. Our next regular meeting is January 27th at UUCSV, at 12:30 following the Sunday service. We will begin planning the 2008 Trillium Festival.

SOLS Annual Winter Camping Trip will be January 11-13th at Hot Springs Camp Ground. We have reserved cabins, with handicap access and RV spaces. The cabins are heated, and have beds. Cost will be \$50 per person, which includes two nights lodging, hot tub, two breakfasts and one lunch. All church women are welcome for a wonderful weekend of camp fires, hot tubbing, hiking, games and spontaneous magic of all kinds. Please contact dawnwilson@aol.com ASAP to make a reservation.

## January Volunteer Greeters

- Jan. 6 - Bette Bates, Robert Tynes, and Evelyn Carter
- Jan. 13 - George LeRoy, Friend Skinner, and Jim Carillon
- Jan. 20 - Ruh Bert, Scott Traxler, and Mary Soyanova
- Jan. 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.*

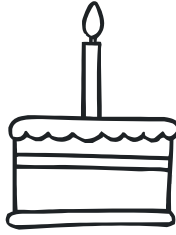
## UUCSV Warblers! (aka Choir)

Come sing with the choir. Our regular rehearsal times this month are after the service on January 20 and before the service (at 10:00 AM) on January 27. All are welcome. Please join us!



## Birthdays in January

January 1st ..... Steve Traub  
January 4th ..... Caroline Metcalf  
January 4th ..... Aven Blozan  
January 4th ..... Robert Tynes  
January 13th ..... Dean Alexander  
January 15th ..... Robin Tynes  
January 17th ..... Mary Soyenova  
January 22nd..... Molly Sprengelmeyer  
January 23rd ..... Esther Miller  
January 31st..... Jim Carillon



*If you would like your birthday announced in the newsletter, there is a sign up sheet in the foyer.*

## Welcome a Guest at Your Table

Every one is invited to participate in this household giving program in support of the Unitarian Universalist Service Committee. Celebrate the UU faith in action by simply placing your spare change in the coin box at your dining table. To learn more about the remarkable work of the UU Service Committee in our country and around the world, please visit [www.uusc.org](http://www.uusc.org). We are asking that each household return a check, made payable to UUSC, and bring it to church no later than Sunday, January 20th. This is a tax deductible contribution if you use a personal check that can verify your gift. We will send in all the checks at one time. All individual and family contributions of \$100 or more will be eligible to be matched by the UU Congregation of Shelter Rock in Manhasset, NY. Last year we sent in a total contribution of \$3,320 from 17 households in our congregation! Attach the form found on the back panel of the coin box to your check. Please do not give us your box full of change – we will lose 10% of the total value of your gift if we need to use a commercial coin counting machine to add up your total!

## Green Sanctuary

2008 promises to be an exciting year here at UUCSV. With the Green Sanctuary Committee going at full throttle, here's just a taste of what to expect. Plans include socially responsible investing of UUCSV funds and a home energy conservation workshop where you can talk with local green builders and companies to get ideas. Enjoy a delicious potluck featuring locally grown foods following a Sunday program on the subject. On the subject of food, be the first to taste blueberries, rose hips, and other edibles grown on the UUCSV grounds. You can also consult our recycling resource guide that will help you know what to recycle and how.

We may even debut a video on environmental justice at Youtube.

Now, we'll look at the RE environmental audit. You can see copies of all the audit reports in a three-ring binder in the foyer.

The RE program recycles paper, used batteries, aluminum cans, and glass. The white window blinds on the south facing windows keep the rooms cooler on hot summer days. No air conditioning has been used for the past two summers.

The youth participated in a project to improve hiking trail maintenance at a local conference facility several years ago.

## Labyrinth Installation

Many thanks to Calen and Jini Rayne for laying the groundwork for our new labyrinth on Dec. 13th. Work will continue until all the paths are marked with stones, which we've asked members/friends to contribute. The dedication ceremony is scheduled to take place during our New Year's Eve get-together.

To celebrate the completion of the labyrinth, Calen will be leading a midnight labyrinth walk on January 31st. We're inviting everyone to attend, including folks from the local community. Calen will be listing the labyrinth on the world-wide labyrinth locator.

*↪ Connie Krochmal, co-chair, Grounds*

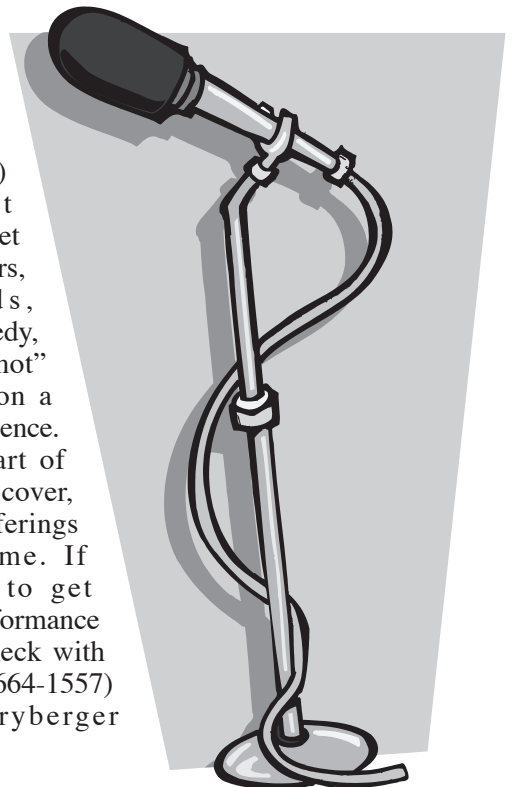
## Friday Fling

January's Friday Fling, a fun party for grown-ups every third Friday of the month, will be held on January 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 "Ocean's 13" will be shown. For further information, call Norm Kowal (669-4668).

## First Friday Open Mike Nights to Start February 1!

Looking for an outlet for your hidden talents? Can't stand the long wait between Friday Fling movies? Want to play games, meet people and hear live music? Then you should make plans to spend the first Friday night of each month at UUCSV! Some of our members

(who shall remain unnamed until the end of this paragraph) are just itching to get out the guitars, keyboards, poetry, comedy, and "what not" to try out on a friendly audience. So, be a part of the fun -- no cover, but love offerings are welcome. If you want to get onto the performance calendar, check with Jo Motzko (664-1557) or Phil Fryberger (669-0214).





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500 Montreat Road  
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## Monthly Committee Meetings, etc.

(CG = Covenant Group)

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
FIRST	9:45 RE Committee 12:30 Congregational Care Committee			Wed Nite Open Topic CG 6:30-8:15	
SECOND	9:30 Adult Forum 12:30 Membership Committee			The Creative Life CG 1:00-3:00	Program Committee 12:00 p.m. Social Action Committee 5:30
THIRD	9:30 Green Sanctuary Committee 12:30 Warblers		Board of Trustees 6:00	Wed Nite Open Topic CG 6:30-8:15	
FOURTH	9:30 Adult Forum 10:00 Warblers 1:00 SOLS			The Creative Life CG 1:00-3:00	

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.