

# UNITARIAN UNIVERSALIST CONGREGATION OF THE SWANNANOVA VALLEY

July 2009

Volume VIII, Issue 7

Religious Freedom — Diverse Perspectives



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## From the Intern Minister

July brings the start of a new congregational year. I'd like to thank those board members who have finished their terms-- Jim Carillon, Jo Motzko, Tim Perry, Jerry Pope, and Robyn Schuster; these people have given generously of their personal time to lead this congregation through a challenging year. I also want to extend my warm appreciation to Angie Underwood, Scott Conklin, and Kim Taylor, who served as my guide, support group, and sounding boards as the Committee on Ministry these past seven months.



With the congregational approval of the 2009-2010 budget, my continuation as your consulting minister this year was confirmed. I am currently seeking approval from the UUA for my time at UUCSV to be considered as my required internship. You may not notice a lot of change besides the title, but I am working with the new Internship Committee (Scott Conklin, Jay Ellis, Mamie Hilliard, Kim Taylor and Robert Tynes,) to set up specific goals that will both serve the congregation and address my needs for training. Another change is that I will not be taking a furlough this summer but will continue to work through July and August-- I will spend much of this time working with the new board to develop its goals and planning for the coming year's worship and future Adult RE offerings. If you have an idea for an Adult RE course or would like to work with me on this effort, please contact me.

I am so grateful to UUCSV for your willingness to be served by a student minister. I can think of no better preparation for this calling than to get to work with a committed and caring group of people such as yourselves.

—Sally Beth

### UUCSV Board of Trustees

Heidi Blozan, *President* 669-7435  
David Brown 242-8544  
Ursula Goebels-Ellis 686-6325  
Mamie Hilliard 779-9511  
Scott Shaw 298-0710  
Mary Soyenova 669-4110  
Geoff Stone 669-06129  
Emory Underwood 669-0869  
Dawn Wilson, *Secretary* 669-0214

Sally Beth Shore, *Consulting Minister*  
(Office Hours: TT 9-2)  
Rev. Dick Stennett, *Minister Emeritus*

Lee Reading, *Treasurer* 664-0082  
Sybil Argintar, *RE Coordinator* 253-1392  
Barbara Rogers, *Office Staff*  
(Office Hours: TWT 3-6)

**Board Meeting: Tuesday 21 July, 6 p.m.**

Send Newsletter Information to  
Norm Kowal, *Editor*  
[normankowal@bellsouth.net](mailto:normankowal@bellsouth.net)

Newsletter Deadline: Tuesday 21 July, 10  
a.m., covering August 09

## Board Notes . . .

I want to start my final "board notes" with a big thank you to all of the departing board members leaving with me on July 1 -- Jo Motzko, Jerry Pope, Tim Perry and Robyn Schuster. They have done a terrific job in a busy transition year for UUCSV. And best of luck to all the continuing and new board members shown on the masthead of this newsletter. I'm certain that they too will do a fine job for our church in the coming fiscal year.



Results from our last board meeting in June included the following:

\* Approval of a quarterly update letter to all contributors asking us to complete our pledges for this fiscal year ending June 30th. When you get your letter from the finance committee soon, please check your individualized statement amount and complete any remaining pledged giving to our church as soon as possible.

\* Approval of a new ministerial contract which will help Sally Beth Shore satisfy internship requirements with UUA over the next 18 months. I also want to thank Sally Beth for doing such a great job for us since last November. Her contributions to all of us have been so many and performed so well. The board also approved a resolution allowing Sally Beth to perform wedding ceremonies for the church.

\* Approval of a plan and printer purchase which will enable us to produce our newsletters in-house. This plan will continue taking advantage of sending this newsletter to most of us electronically, which saves our church a tremendous amount in printing costs and is the greener way to share this newsletter.

\* Finalization of the more energy efficient Air Conditioning system in the RE and office areas of the church.

\* And planning a board retreat to occur with new board members later this summer. Three of our new board members will also be attending leadership training this summer at UUA.

Finally, thank you for all your support to the board over the last year. Please continue to give our new board president Heidi Blozan and the rest of the new board your full support in the coming year.

—Jim Carillon, departing Board President

### Newsletter Organization

This new version of the UUCSV newsletter will have its material organized by pages, at least for the near future. We shall see how it goes—the editor.

Page 1: Flag/nameplate, minister's essay, UUCSV names and phone numbers.

Page 2: Board notes, newsletter matters, finance, memorials, national UU.

Page 3: Sunday Programming.

Page 4: Religious Education Corner.

Page 5: Regular monthly items.

Page 6: Monthly committee meetings chart, miscellaneous items.

**To those receiving this newsletter in mailed paper-copy form:**

If you wish to continue to receive the newsletter in this form, please respond to the church, so indicating—otherwise this will be your last issue. (Several of you have already done so; there is no need to do so again.)

## Sunday Programming

**Sunday, 5 July 2009, 11 a.m.—Annual Church Picnic**

**“Faith of Our Fathers”**

**Phil Fryberger and Sally Beth Shore**

What were the signers of the Declaration of Independence and other players in the birth of this country thinking about religion back in 1776? Did they really want a separation of church and state? How did they imagine the religious future for the United States of America, and has that vision held fast? On Independence weekend, we celebrate our religious freedoms and look at work still to be done.

Today we also celebrate UUCSV’s fifth anniversary at 500 Montreat Road. We’ve come a long way in this short time thanks to the vision, faith and work of many people. If you know someone in the area who was part of UUCSV but no longer attends, please reach out and invite them to share in today’s worship and in our annual picnic.

**Sunday, 12 July 2009 11 a.m.**

**“Breath: The Connecting Link Between God and Man”**

**Lori France**

Lori France, a former Dominican nun and life-long spiritual seeker, has spent the past twenty-five years studying various paths to higher consciousness, including study with a Kabbalah Center rabbi, a Course in Miracles group, and a Buddhist meditation center. She is now an ordained minister with the Coptic Fellowship International. Her current mission is to pass along some of the esoteric teachings from the Egyptian Mystery Schools, where the Coptic Fellowship’s founder, Hamid Bey, studied since childhood. Hamid Bey introduced and taught many tools and techniques for developing inner awareness of our Divine connection.

One of the most important of these tools is recognition and practice of specific breathing techniques as a pathway to higher consciousness. Breath is a part of life that we all too casually take for granted. Awareness and practice can become a pathway to better health, moving beyond ego consciousness, and on a spiritual level, become the connecting link between us and the Divine.



**Sunday, 19 July 2009 11 a.m.**

**“The Power of Music”**

**Annelinde Metzner**

Music has a powerful effect on our emotions throughout our lives, and shapes how we relate to each other as well. Led by our choir director, Linda Metzner, members of the UUCSV Choir will give readings on their own and others’ thoughts on “The Power of Music.” There will be original new music solos and performances from UUCSV members and their families, songs from the choir, chants from many cultures, dance and drumming.

**Sunday, 26 July 2009 11 a.m.**

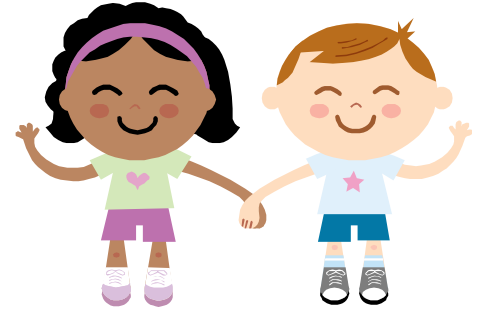
**“Loaves for Lughnasadh: an Exploration of a Forgotten Celtic Festival”**

**Byron Ballard**

Lughnasadh was anglicized to "Loaf-Mass" and is sometimes called Lammas. It is the first of three ancient harvest festivals--the grain harvest--in Celtic Ireland. It is a time to gather the clans and we will gather with H. Byron Ballard to dig into this celebration. And since it is a grain festival, consider baking a loaf of bread to share with someone in the congregation as part of this "loaf-mass".

In addition to being a Wiccan priestess, H. Byron Ballard is a bookseller, organic gardener and beekeeper. Her writings have appeared in local and national print and electronic media. Byron lives on an urban farmstead in Asheville’s historic West End with her husband Joe and daughter Kate. She is working with a group of women to build a Goddess Temple in Asheville and blogs for the Asheville Citizen-Times as “the Village Witch.”

# Religious Education Corner



Steele

August 23—Theater Improvisation with Rebecca Williams ASSISTANT NEEDED

August 30—Rope Swing at Fern and Monroe’s house DRIVERS NEEDED

September 6—Children in first part of service; program open

PRESCHOOL HELPERS NEEDED ALL OF THESE DAYS!!!!

—Sybil Argitar, RE Coordinator

merlasybpenny@yahoo.com

230-3773

## Summer Activities

We started our summer programs on June 7, and have good attendance each week, with eight to ten children/youth and three or four preschoolers every week. The programs for the elementary and middle/high school youth are listed below. Some of these will include the preschool, and the older youth always have the choice of the activity or attending the service.

## It Takes A Village

While summer is a time of freedom and less structure for all of us, we do like to offer a full program for our children, from preschool through high school, while parents attend services. Schedules are less predictable, we know, but in order to make our programs run smoothly where all children are safe to enjoy the morning, we need many more adult volunteers to help out as assistants with the older children and most especially in the preschool. This has been announced many times in the newsletter, the order of service, and at services, but we have had almost no response for help in the preschool. This is a fun group of children, but it does require that two adults or one adult and a teen be present at all times. One Sunday during the summer is not too much to ask, so that our regular school-year teachers get a much deserved break and our children can continue to develop friendships through the summer. Please call me at the number listed below or sign up in the preschool space in the office so that we can continue to offer this program to members and visitors in the summer months.

## Coming of Age

We will hold three fundraisers over the summer, a sandwich/watermelon sale on July 12, the Blueberry Market with a cookout on August 2, and another rain barrel raffle! Thanks to Bert Gaines for his generous donation of a rain barrel, we’ll get to see a repeat performance of this great fundraiser which is so much in keeping with our Green Sanctuary goals.

## Coming of Age Mentors Needed

We will likely have six to eight youth participating in this program in the fall. We have two definite, and one possible mentor, and definitely need more females to step up to the plate. The curriculum is available for your perusal, or see me for more information. There will be a full mentor orientation later in the summer. Don’t let this opportunity pass you by for a spiritual journey as you guide a young person towards their transition into adulthood within the congregation.

## Teachers needed

We are slowly filling in our slots for teachers, but still need several more. Classes will start Sunday September 13. All classes will focus on UU identity, with the curriculums as follows: Preschool, UU Alphabet; Grades K-3 We Believe or Picturebook UU; Grades 4-7 Traditions With A Wink; Grades 8-12 Deepening Ties Within Your Congregation (the Coming of Age program). If you can offer your talents as a teacher, please let me know. I’ll be happy to meet with you after church one Sunday to show you the curriculums in more detail.

## Important Dates to Remember

July 12: 9:30 a.m. RE Committee monthly meeting

July 12: 12:15 p.m. Sandwiches and watermelon for sale (COA fundraiser)

August 2: 12:15 p.m. Blueberry/Farmer’s Market and cookout (COA fundraiser)

August 1 – 31 Rain Barrel Raffle

## Summer Programs

June 28--Scientific Inquiry with Andrea Vollrath ASSISTANT NEEDED

July 5—Neighborhood Walk with God with Jim and Aline Carillon

July 12—Recycled Creature with Sybil and Marjorie Starrs

Sandwiches and watermelon sale (fundraiser for Coming of Age class)

July 19—Glaze clay from June 14 at Trish Byers’ studio ASSISTANT NEEDED

Older youth clay day with Nels Arnold ASSISTANT NEEDED

July 26—Sign Language with Jeff Hutchins ASSISTANT NEEDED

August 1 (Saturday)—Blueberry picking with Heidi ASSISTANT NEEDED

August 2—Blueberry Market Day and cookout with Heidi ASSISTANT NEEDED

(fundraiser for the Coming of Age class)

August 9—Recycled Creature with Sybil and Marjorie Starrs

August 16—Recycled Creature with Sybil and Sami

# Green Sanctuary



With people spending more of their time outdoors during the summer months, here are some ideas on green outdoor living:

Buy a good quality sun hat that can be used for years. Cheap straw ones usually last a single season. If you sew, you can make your own from fabric scraps.

Biting insects seem to bother me in the early morning and evening. So I use one of the herbal insect repellent lotions. They work just as well as the chemical-based ones. The herbal formulas are usually oil-based. So I store any that is left over at the end of the season in the refrigerator. Otherwise, they can turn rancid.

For picnics and outings, keep disposables to a minimum by packing cloth napkins, cutlery, and dishes that can be washed and re-used. Pack food in reusable containers.

Many homeowners spend countless summer hours mowing their lawns. Each year consumers buy billions of dollars worth of chemical lawn fertilizers, herbicides, and pesticides. Obviously, the lawn care industry doesn't want this to end. So, they are actively engaged in aggressive public relations tactics that promote the purported environmental benefits of lawns.

The fact is that even an organic lawn requires lots of input in terms of water, organic fertilizers, and the like. Gas-powered mowers emit pollution. Electric models are somewhat greener except for the fact that most of our electricity here in WNC comes from coal. For small lawns, the reel push mowers are an option.

If at all possible, begin converting lawns to herb and vegetable gardens, ground covers, or butterfly/bird gardens.

For outdoor living areas, choose garden and yard products that are made from recycled, reclaimed, or sustainable materials.

—Connie Krochmal

As part of our Green Sanctuary effort to bring energy efficiency to every part of our church's operations, three new "mini-split" heating and air conditioning units were installed in the two RE classrooms and the Minister's study. Our thanks to Emory Underwood for his long research and his coordination with the Board and vendor to make this happen. In this photo, a worker from Stickler Heating & Cooling installs the units. Stay cool this summer everyone!



## Choir News

In July, the UUCSV choir will host "The Power of Music" on July 19th, offering readings and quotes on music, as well as church members performing solo and songs by the choir. The choir will meet on Sunday July 12th at 12:30, then the following Thursday July 16th, and then again at 10 AM on the 19th. We welcome new singers, especially tenors and basses!

## Congregational Care

The Congregational Care Committee is ready to assist our congregation in time of need by providing transportation and meals for those who are facing difficult circumstances. The Monthly Coordinator for July will be Angie Underwood (669-0869). If needs extend beyond those mentioned, please discuss them with the Monthly Coordinator to see if we might have the resources to help.

## Greeters for July

- July 5 Connie Krockmal, Dan Morrison, Mary Soyenova
- July 12 Bill Altork, Lauris Liljestrang, Peter Ronman
- July 19 Bill Altork, Kay-Sea Conklin, Scott Conklin
- July 26 Sarah and George Scott, Sophie and Sam Scott

## Birthdays in July

- July 7th Emily Eliot-Gaines
- July 13th Elaine Stennett
- July 14th Betty Bates
- July 15th Laine Everly
- July 15th Judy Lutvack
- July 22nd Bob MacDicken
- July 26th Jey Hiott

If you would like your birthday posted in the church bulletin, please fill out the form located on the table in the foyer.

## Friday Fling

July's Friday Fling, a fun party for grown-ups every third Friday of the month, will be held on 17 July at 6:30 p.m. at the church. Refreshments (red and white) will be provided. Bring some simple food, so that we can make a potluck supper out of it. The movie "Grumpy Old Men" (1997, Jack Lemmon, Walter Matthau, Ann-Margret) will be shown. For further information, call Norm Kowal (669-4668).





UNITARIAN UNIVERSALIST CONGREGATION OF THE SWANNANOVA VALLEY

Monthly Committee Meetings, etc. (CG = Covenant Group)

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
<b>First</b>	9:45 RE Committee 12:00 Program Committee		6:30 Congregational Care Committee	1:00 Written Word CG		
<b>Second</b>	9:30 Adult Forum 10:00 Membership Committee		7:00 Open Topics CG	5:30 Social Action Committee		
<b>Third</b>	9:30 Green Sanctuary Committee		6:00 Board of Trustees	1:00 Written Word CG		6:30 Friday Fling
<b>Fourth</b>	9:30 Adult Forum 12:30 SOLS		7:00 Open Topics CG			

**Join the Fun-d**

The first meeting of the newly formed Fun-d Raising Committee will be held on Sunday, July 12 at 12:20 p.m. at the church. The main purpose of this get-together is to brainstorm ideas for a proposed Auction Night in the fall. This event is often held in UU churches to raise funds for the operating budget in an entertaining evening, as well as enjoying the company of others. Many opportunities for participation will be available. Come to the initial planning meeting to contribute your ideas. If you want to be part of this committee, but cannot attend this first meeting, contact Jane Carroll or Evelyn Carter, 251-1416.

**Local Foods Church Picnic**

Please join us for our annual church picnic on Sunday, July 5th. The Hospitality Committee will provide the beverages, grilled hot dogs/veggie dogs, buns and condiments. Please bring a dish to share containing some locally grown or locally produced food items. We are hoping that you will shop at one of the tailgate markets on Saturday morning. Then, bring a generous amount your favorite summertime picnic food to church on Sunday. Also, please remember to bring your reusable place setting from home. We look forward to sharing this tradition with you.

*Carolyn Shorkey and Milt Warden, co-chairs of the Hospitality Committee*



Our UUCSV Social Action Committee sponsored a great community concert by The Sahara Peace Choir last month. Our own choir director, Linda Metzner, conducted it. Lissa Caldwell, who has spent many years helping women's cooperatives in Israel and Palestine, was the guest speaker, and donated a Peace Lamp to us. It represents the Olive Branch Foundation, from Tabeh-Ramallah, Palestine. It has words for "peace" in many languages on it, and burns olive oil from Tabeh. We are grateful for contact with another group that is working to support peace in the Middle East.

*A Dante LaFleur Production*