



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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UUCSV

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BOARD MEETING

Tuesday, June 17 • 6:00 p.m.

UUCSV Newsletter

Send newsletter information to
Norm Kowalski
normankowal@bellsouth.net

NEWSLETTER DEADLINE

Tuesday, June 24, 2008 at 10 a.m.
Covering July 2008

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Flowers for Sunday

Now that our blooming season is upon us, please feel free to bring any lovelies from your yard to share at church on Sunday. We'd like to coordinate flowers and greenery if possible. If you can, please call Barbara Rogers or email (828/333-2721 or boardwalkbarb@yahoo.com), so we can plan a bit for arrangements. And many thanks to those who've brought bouquets during the spring. Everyone in the congregation enjoys the fruits of our bountiful earth here in Black Mountain.

Flowers Needed for June 22

Our flower communion ceremony, standard practice for many Unitarian Universalist congregations, is most effective when every person in the congregation brings a flower or two to add to the communal vases. Please choose a bloom from your yard, the roadside, or neighbor's flowers, to create our community bouquet.

Search Committee Report

All seven of us are very pleased to tell you we are very close to choosing our candidate for half-time minister! We will make our decision in June, and solidify our plans for candidating week, which is likely to occur in late August. All information will be sent to you by letter in the mail, as soon as everything is settled. Hurrah!

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

Three New Covenant Groups Announced

Open Topic

This group will bring together issues, ideas, and topics that are important in our lives. We will approach these with head and heart. Our spiritual journey, as individuals and as a group, will be honored and will color all we do. Laughter and tears (don't let this scare you, not a requirement), debate and goodwill (a requirement) will be a respected part of our covenant. As we talk and as we listen, topics will emerge and these will be chosen by the group for further meetings. We will be students and teachers together. We will meet in the evening. Day and time to be chosen by the group.

Celebrate our Creativity

Come join us in community to explore and celebrate what we have already created, that which is being created today, and the sparks of inspiration yet to come! Let's begin our time together by considering the part "creative passion" has played in our lives, and what has been created for the enjoyment of our senses. We will be self-directed to allow discussion of a wide variety of creative techniques and media. The group will meet twice monthly, on Monday from 1:00-3:00, at a location to be determined by the group members.

The Written Word

This group is for those who love words. Whether it is reading, writing, or speaking, this is the place to come to share your thoughts, your writings, or excerpts from your favorite authors and books that have given you inspiration. Our group offers a safe venue to share your work no matter what your age or level of experience. Expect to receive encouragement and enjoy the company of fellow wordsmiths along the literary road. Expect also a new spiritual depth as we share our minds and hearts together. The group is tentatively scheduled to meet twice monthly on Wednesdays, 1:00-3:00 p.m.

If you are interested in joining a group or have questions, please read the CG informational brochure and fill out the questionnaire found in the church 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 or 664-1695.

Sunday Programming

Please join us for Social Hour after each program

Sunday, June 1, 2008 11 a.m.

"Blue Eyes Looking Into Dark Eyes...."

Ymani Simmons



In March of 2007 22 Americans went to the Islamic Republic of Iran as civilian diplomats with the Fellowship of Reconciliation. Ymani Simmons, western North Carolina resident, was one of those individuals. Meeting the Iranian people, seeing the beauty and allowing communication and understanding to develop presents a perspective not known before and a quest for promoting peace continues to unfold within a deeply spiritual journey.

Ymani Simmons has called the mountains of western North Carolina home for 20 years. Peace and justice have spoken in undeniable voices since childhood. By accepting responsibility and accountability for what her government has done in her name, Ymani has completely immersed herself as a peace maker. Upon returning from Iran she quit her job as an advertising executive with WNC Woman magazine and devotes her life to living and promoting peace. Ymani has founded Crossroads of Peace (www.crossroadsofpeace.com) where several peace-related programs will be offered - Bridge to Iran Tours, a Peace Pal program (fully translated email pen pal program), non-violence training workshops, a Peace Makers Speakers Bureau, to name a few. She follows the spiritual way of life of the Native American branch of her family tree - Chickasaw and Cherokee.

A 28 minute video, "Listen to Iran's People," a call for peace by video maker, Margot Smith, March 2007 FOR delegate will be shown after the service for anyone interested in viewing.

Sunday, June 8, 2008 11 a.m.

"Existentialist Spirituality"

Sally Beth Shore

Existentialism frequently gets a bad rap, being associated with fear, nausea, despair, etc., over the human condition. However, my read (limited as it is) of this 20th century philosophical movement is that it introduced a vital freedom, which we Unitarian Universalists generally accept in our thinking about religion and spirituality. Today's service looks at what central tenets can be found in existentialism, and how we might use them to enrich our lives and the world. Find out if you are already a practicing existentialist!

Sally Beth Shore is student minister at the UU Church of Asheville, and studying at Meadville Lombard Divinity School in Chicago. She serves as adjunct instructor of Environmental Science and teaches at local prisons for UNCA. Mother of three.

Sunday, June 15, 2008 11 a.m.

Special Father's Day Service

Tim Perry

Unfortunately, in the past, some of our services on Father's Day have failed to present fathers in the best possible light. This year, we hope to break that accidental tradition by presenting a celebration of those who exemplify what a father should be. Several of our regulars will share memories of their fathers or others who filled that role in their lives.

Sunday, June 22, 2008 11 a.m.

"There's Always Something to Do in the Garden"

Rev. Sarah York

Growing things in the garden offers a metaphor for how we grow our spirits in a religious community where people come with very diverse needs. During this service we will celebrate the Flower Festival Ceremony, also known as the Flower Communion. Please bring a flower to put in our big bouquet and experience the beauty we create together.

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, June 29, 2008 11 a.m.

"To Love Your Neighbor As Your Self"

Dale Allen Hoffman

It is written that nearly 2,000 years ago, Yeshua (Jesus) was asked the question "What is the greatest commandment of the Law?" According to the King James Bible, this was His reply: "The Lord our God is One. Love the Lord your God with all of your heart; With all of your mind; With all of your soul; And with all of your strength; And Love your neighbor as yourself." When viewed from their original Aramaic perspective, these words are perhaps the most radical spiritual teaching ever offered to humanity. Dale will provide an opportunity to experience the meaning of this teaching in its original context.

Dale Allen Hoffman (www.daleallenhoffman.com) is a 13-year scholar and teacher of spiritual insights from the ancient Aramaic language and culture. He has been a featured writer and guest for several publications and radio programs. Dale is the Director of the international Aramaic Healing Circle. In its original form, Dale's Asheville, NC, Aramaic Healing Circles had attendees traveling from several neighboring states week after week to learn and apply the transformative insights from this ancient culture. In late April of 2008, Dale shut down the weekly Asheville Circle so that he could better focus on the next level of getting this work out to the world.

Most significant for Dale has been his close personal work with dr. michael ryce (www.whyagain.com), whose Aramaic healing work was the basis for many of the insights from James Redfield's best selling Celestine Prophecy book series. Dale is currently working with dr. ryce to translate teachings from The Kahburis Manuscript, the oldest known complete Eastern Canon New Testament, directly from its ancient Aramaic into modern English with "Eyes that see and ears that hear."

Sunday, July 6, 2008 11 a.m.

"Un-Indebtedness Day!"

Meg Barnhouse and other UUCSV friends

Come and celebrate the miraculously early retirement of the ENTIRETY of the mortgage debt which was incurred a scant four years ago when UUCSV acquired the building and land which we now happily call home! Of course, we will ALWAYS be indebted to the "quiet visionaries" who made this extraordinary accomplishment possible -- namely, ourselves! This will be an occasion to dramatize some of our congregational milestones and consider the prospects of our collective future. And, of course, let's have a picnic!

Meg Barnhouse is the full-time minister of the UU Church of Spartanburg SC, and is a published author and radio personality with an ardent local following. Meg was the featured guest speaker on April 4, 2000 at the Lakeview House in Black Mountain, the event which resulted in the creation of UUCSV.



Rituals of Remembrance for the Seasons of Grief

In this three hour workshop to be presented on Saturday, June 7, 9:30-12:30, Sarah York will invite participants to consider how rituals of remembrance, beginning with funeral and memorial services, and continuing throughout the first year or more after a death, can help promote healing and a healthy grieving process.

Religious Education Corner

We Need You!!

Members and friends of the congregation will be receiving a letter from the RE Committee in the next couple of weeks outlining our programs for summer and the coming school year. There will be many ways you can contribute. We ask that you look over this letter and think seriously about volunteering. Religious education is the reason we are a thriving, growing community of Unitarian Universalists. Working with our children and youth is a personal ministry you will not soon forget. But it takes each and every one of us to make it all come together. Let us know how you can contribute this summer and in the next school year!

The Preschoolers Need You!!

Summer for our preschool crowd will still be focused primarily on cooperative play time. We will include these little ones, when it is safe, in summer programs that our older kids will participate in. But mostly, we need two adults each week who are willing to volunteer to be with these youngest amongst us. The sign-up sheet is in the preschool room, to your left as you enter the office, on the bulletin board. Please pick a Sunday and sign on the dotted line...

Summer Programs

Summer programming for our children and youth begins June 8 and continues through August 31. We KNOW how many talented people are out there. We just need for you to come forward and sign up for one Sunday of your time. It's easy. The sign-up sheet is posted on the bulletin board to your right as you enter the main RE space. You can sign up to lead the program, or just be there to assist the lead teacher. Past programs have included weird science, hikes, pottery, print-making, holiday banners, cookie decorating, improvisational acting, and singing. Don't let this opportunity pass you by. Let your creative spirit fly and share your time in RE!

Here's what we have lined up so far:

- June 8 Musical Games and Singing with Evelyn Carter and Angie Underwood
- June 15 Sock puppets for Father's Day
- June 22 Open, possibly Green Sanctuary Day
- June 29 Open, possibly Clay Day
- July 6 Community Celebration Day — all-church picnic, mortgage burning, and singing

↪ Sybil Argintar, RE Coordinator

Getting to Know You:

Barbara Pleasants

Barbara has lived in Memphis, Tennessee; Evanston and Arlington Heights, Illinois; Hudson, Ohio; Kalamazoo, Michigan; Wilmington, Hatteras, Elizabethtown, Dublin, Carolina Beach, Millers Creek, and Morganton, North Carolina. She is the proud mother of her son, Jamie Pleasants and his wife, Carrie, geographers, who live in Cleveland, Ohio.

Barbara is a retired North Carolina teacher with over thirty years of full-time experience and now works as a substitute teacher. Besides work, she also enjoys cooking, hiking, walking, exercising, calligraphy, antiquing, traveling, gardening, making baskets, reading, investing, and being a life-long learner. She enjoys her volunteer work at Grace Hospital in Morganton, belongs to the Newcomers group there, and is active in a book club. Although politically a moderate, she embraces the values of the UUCSV and enjoys spending time with honest people who make her laugh.

Room in the Inn Update

Many thanks to all of the volunteers who made our April Room in the Inn such a great success. With our help these women had a wonderful week in Black Mountain. We also extend thanks to Ingles for the heavily discounted price on the special ham for the evening meal.

How time flies. Our next Room in the Inn will be on Monday, June 30th at the Black Mountain Methodist Church. Please consider being a volunteer or providing food. A sign-up sheet is available in the foyer, or contact me at 686-3112.

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

Hospitality News

A church member recently commented that she is pleased to see more nutritious snacks at the table on the carport after the service. YOU FOLKS ARE GREAT! Since this member doesn't eat sweets, she is particularly pleased to see small sandwiches, fruits, vegetables, whole grain carbs, low fat cheese, and bean dips on the snack table. Our gratitude is also extended to persons who contribute fat-free fresh or canned milk to our coffee service table.

I am concluding an 8 week class at the Reuter Center which is all about the Heart and Circulatory System. My teacher, who is a Ph.D. physiologist and M.D., confirms that it is more difficult to select and prepare heart healthy food, than it is to grab snacks off a grocery store shelf which are high in sugar, salt and saturated fats. He says we need to keep working on good nutrition habits (and, of course, exercise). Research shows that family and community support for making good food choices is imperative to curbing obesity and supporting heart health. We can be this kind of supportive community, Yes We Can!

↪ Carolyn Shorkey and Milt Warden, Hospitality Co-chairs

Congregational Care Committee

Our Monthly Care Coordinator for June is George LeRoy, phone 669-0188. Angie Underwood, Chair of Congregational Care, will serve as back-up, phone 669-0869. Members and friends may also call the UUCSV church office at 669-8050 and leave a message for our Office Administrator, Tim Perry.

Green Sanctuary

It's easy being green. To minimize waste, choose materials that are recyclable/biodegradable. Here's a fun quiz. Rearrange the following items in the order in which they will biodegrade from the quickest to the slowest. The answers are at the end of this article: tin can, glass bottle, organic waste, styrofoam cup, leather shoe, plastic bottle, disposable diaper, sock, wooden chair.

Follow the R's—reduce, recycle, and reuse. This approach requires the least amount of natural resources while minimizing the release of pollution, and the need for production/manufacturing/mining.

Reduce refers to anything you normally throw away, such as containers, shrink wrap, and packaging. When shopping, choose products with minimal packing. Buy the larger size or in bulk when practical, such as a gallon of milk instead of two half gallons. Instead of buying individual servings of juice, beverages, and snacks for lunches and travel, buy the larger size and pack them into your own reusable containers. Buy only what you need, which will reduce what you eventually throw away. Select multi-purpose tools and other items if at all possible. For example, choose ottomans or coffee tables with storage space instead of buying separate storage cabinets.

Reusing refers to any way in which you reuse products, such as printing/writing on both sides of paper. In addition, items can also be repurposed for something other than their intended use. For example, t-shirts and jeans can be turned into quilt tops with matching shams. Small terra cotta pots can become pin cushions or pencil holders. Large clay and pottery pots can serve as table legs or shelf supports. Turn the pots upside down, and set a piece of wood on the bottom. A decrepit chest of drawers that is beyond repair can serve as an outdoor planter. So can old wooden or metal chairs. Rusty, dull garden tools that are otherwise hopeless can add to garden decor. Hang old trowels and other hand tools on garden sheds, and sink the handles of old hoes/rakes into the ground. Leaky garden hoses can be converted into soaker hoses by punching holes at regular intervals.

There are two ways of recycling. The most common method is sorting and placing paper, plastic, etc. out by the curb on recycle day. The other is to donate good, usable items to organizations. Our Trillium rummage sale is an excellent example. Various groups are now recycling computers/electronics. For info on recycling cell phones, check out www.gooddeedfoundation.org/aarp. There's a very handy online guide to plastics, which explains how to read the recycling symbols and which ones are the safest to use. Check out www.organicconsumers.org/articles/article_11653.cfm. Don't forget to recycle rainwater by installing a rain barrel. This non-potable water can be used for landscapes, washing cars, flushing toilets, etc. Elevate the barrel to optimize water pressure.

Those with businesses will be interested in the North Carolina Waste Trader website (www.ncwastetrader.com) run by the North Carolina Department of Environment and Natural Resources. This diverts waste from landfills by finding new homes for discarded/surplus materials and items.

Now there is a website that simplifies your search for green info. At GreenYour-The Guide to a Greener Anything (www.greenyour.com), just type whatever subject you want to green in the search box.

Answers to the quiz: organic waste, sock, wooden chair, leather shoe, tin can, disposable diaper, plastic bottle, glass bottle, styrofoam cup. Now you know why we quit using Styrofoam cups for coffee hour here at UUCSV.

Building and Grounds

A special thanks to all the wonderful volunteers who pitched in to spruce up the area in preparation for the busy summer ahead here at UUCSV. Thanks to you, the garden furniture is nicely sanded and refinished, and the Grounds are cleaned up and mulched.

Thanks to Bert Gaines for installing our new rain barrel. Now we won't have to use water from the faucet for watering plants.

~ Connie Krochmal, co-chair, Grounds Committee

June Volunteer Greeters

- June 1: Tom and Jo Motzko, George LeRoy
- June 8: Robin Schuster, Mary Soyenova, Caroline Metcalf
- June 15: Carol and James Caskowski, Evelyn Carter
- June 22: George Scott, Susan and Scott Shaw
- June 29: Frohm and Judy Lutvak, Karen McClelland

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.

Birthdays in June

- June 3rd Amy Mullins
- June 9th Denise Slicker
- June 19th Don Pfister
- June 22nd Lily Hiott-Millis
- June 24th David Reid
- June 25th Jane Carroll
- June 26th Heidi Blozan



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

Warblers SING!

Calling on all singers to join us for rehearsals this month. We'll meet on June 15, following the service around 12:30 and on June 22, we'll meet before the service, at 10:00.

Friday Fling

June's Friday Fling, a fun party for grown-ups every third Friday of the month, will be held on June 20th 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 "Zorba the Greek" (1964, Anthony Quinn) will be shown. For further information, call Norm Kowalski (669-4668). And don't forget Open Mike Night on the first Friday of the month.

Monthly Committee Meetings, etc.

(CG = Covenant Group)

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

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



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Artwork by Evelyn Carter