



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, March 18 • 6:00 p.m.

UUCSV Newsletter

Send newsletter information to
Norm Kowalski
normankowal@bellsouth.net

NEWSLETTER DEADLINE

Tuesday, Mar. 25, 2008 at 10 a.m.
Covering April 2008

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Asheville, NC

Volunteers Needed: Secretary and CPA

A volunteer is needed to take notes at the monthly meeting (3rd Tuesday at 6 p.m.) of the Board of Trustees. High school youth are encouraged to apply. We also need a CPA or someone with a financial or management background for help in reviewing our financial and management practices. For either "position" please contact David Reid (686-3211, daviddbreid@charter.net).

New Covenant Groups to Be Formed

It is time to start a new round of adult covenant groups at UUCSV. If you are interested in receiving information about covenant groups or becoming a member of one of the groups that will be forming, please attend our Covenant Group Orientation and Information meeting (details below). Literature that gives a brief introduction to this movement that is now nation-wide in UU churches is available in the church foyer.

What? Discussion about forming new groups, covenant group purpose and function, what participation means, Q and A.

For Whom? Members and Friends of UUCSV. Covenant group members, both past and present, and Other Adults with an interest are invited to attend.

When? Sunday, March 9th, 12:30 - 1:30.

Where? UUCSV RE room.

Contact: Jane Carroll 828-664-1695, dr_jcarr@msn.com

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 a later service. 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

The next Room in the Inn will be on Friday, April 25th at the Black Mountain Presbyterian Church annex. This program provides meals and lodging for 12 homeless women in our community. If you can bring food or be a volunteer please add your name to the sign-up sheet in the foyer. We will need servers for the evening meal, morning and evening van drivers, and overnight volunteers. Thanks for all your help with this worthy project. If you have questions, please contact me at 686-3112.

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

(Un)welcoming Churches: How Do Visitors See Us?

From the Winter, 2008 issue of Inter Connections, published by the UUA, comes these words of wisdom I want to share. . .

Being welcoming isn't hard. Look a visitor in the eye and tell them you're glad they've come. Help them find a seat and chat with them at coffee hour. Years later, many UUs can still remember who greeted them on their first Sunday. It's a memory worth making, and if visitors take away one good memory, they might overlook a cobweb in the bathroom or a glitch in the sound system.

↪ *Submitted by Angie Underwood,*
who still remembers who welcomed her.

Sunday Programming

Please join us for Social Hour after each program

Sunday, March 2, 2008 11 a.m.

"Restorative Justice in Action – Stories from the World"

Marty Price

From community-based Victim-Offender Reconciliation Programs, to Neo-Nazi hate crimes, to death row. From suicide bombings in Tel-Aviv, to house demolitions in the West Bank, to a revolution in criminal justice in South America, to the General Assembly of the United Nations, Marty will share with us how the application of restorative justice principles and practices are transforming our understanding about crime, justice, conflict and peacemaking.

Marty Price is a nationally and internationally recognized pioneer in restorative justice and victim-offender mediation, especially crimes of severe violence, including drunk driving deaths and other homicides. A social worker turned lawyer-mediator, he is the founding director of the Victim-Offender Reconciliation Program Information & Resource Center, and director of the International Education and Outreach Program of the Restorative Justice Resource Center. He has trained and consulted in most of the United States and in many other countries.

Marty's mission is to bring restorative justice reform to our criminal justice system, empowering victims, offenders and communities to heal the effects of crime and curb recidivism, offering our society a more effective and humanistic alternative to the growing outcry for more prisons and more punishment. There will be time for discussion after the service.

Sunday, March 9, 2008 11 a.m.

"Peace Plan for the Gender Wars"

Rudolf Ballentine, M.D.

The often-conflictive relationship between male and female exists not just in the outside world, but within each human being. The psyche of each person of whatever gender has both masculine and feminine aspects, and the relationship between the two shows up in the outer world in our relationships with each other, with the Earth, and with our own bodies. We see the results in domestic violence, ecological imbalance, unhealthy lifestyles, and a medical system that often does more harm than good. What can we do to heal this difficult marriage of the inner masculine and feminine, and what would a healthy relationship between the two look like?

Rudy Ballentine, a retired holistic physician, currently teaches workshops on Tantra, yoga and planetary healing. He is the author of several books, including "Radical Healing." He studied psychology at Duke University and the University of Paris, and received his M.D. from Duke. He was on the faculty of the Louisiana State University School of Medicine, Department of Psychiatry, and studied the Ayurvedic and homeopathic systems of medicine in India. He spent 12 years as the president of the Himalayan Institute in New York State, and 18 years as director of its Combined Therapy Program. Rudy will be at Earthaven Ecovillage this summer, sharing his knowledge of holistic health as part of its Permaculture workshops.

Sunday, March 16, 2008 11 a.m.

"Being Reverently Green"

The Green Sanctuary Committee

The UU Congregation of the Swannanoa Valley has chosen to become a Green Sanctuary. The committee charged with leading UUCSV to that goal recognizes that success will rest on respect for the congregation through communication while building congregational awareness of ecological and environmental issues. The GS Committee hopes to help UUCSV by connecting spiritual practice and environmental consciousness with commitment to personal lifestyle changes.

The Green Sanctuary Committee maintains an informational bulletin board in the foyer of the church. The committee meets on the third Sunday of every month at 9:30 a.m. New members are always welcome.



Sunday, March 23, 2008 11 a.m.

"Life Before Death" (Easter Sunday)

Rev. Sarah York

The Easter story is not really about life after death; it is about how we give meaning to life before death. Join us for a celebration of the awakenings of spring and the awakening of the human spirit.

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.

The RE children will be participating in the first part of the service, where they will likely present egg-making traditions from around the world that the children will design.

Sunday, March 30, 2008 11 a.m.

"Recovering Our Relationship with the Natural World"

Tayria Ward, Ph.D.

Innate within every human is the capability to communicate with every aspect of the non-human world—plant, tree, raven, river, rock, wind, stars, sky. Indigenous people conducted these conversations with ease; the language was clear. Over the last centuries of moving with rapidity toward modernization, we have stopped listening, and started depending upon technology—TV, computers and newspapers—to tell us the information we think we need. We talk only to each other as humans, and have forgotten the relationship we once had with the natural world. This loss has caused a severe pathology spreading through the whole species—psychologically, emotionally, spiritually, physically and ecologically—we have lost the way and we suffer. We need to wake up, remember, before we as a species destroy our nest, the planet we call home. We can, we will, and we must recover, but it takes individuals, one at a time, to see where we made the wrong turn and commit to turning around.

Tayria Ward has a Ph.D. in depth psychology. She was a minister in an inter-faith community for 20 years, after which she taught at the college and graduate level. During a visit to Africa she became fascinated by the ease with which the native people were able to communicate with the natural world around them, and was able to learn some of their techniques. She moved to North Carolina from Los Angeles in 2004 to start a retreat center in the mountains, in a location of wilderness and beauty conducive to the deep work of recovering these indigenous sensibilities. In addition to leading retreats at her center, Tayria leads dream groups, does dream consultations, and offers private counseling.

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.



Guest at Your Table Results

This congregation is blessed with wonderful, compassionate and generous members! Here is further evidence:

We recently sent in to the UU Service Committee our collection for the Guest at Your Table program. Our congregation had 18 separate boxes turned in for a total contribution of \$813.16 to this very worthwhile cause. To learn more about the remarkable work of the UU Service Committee in our country and around the world, please visit www.uusc.org. Four of these gifts were at or above \$100 which qualified for a matching contribution dollar for dollar by the UU Congregation at Shelter Rock in Manhasset, NY. This program helps UUs of all ages make lasting connections to UU principles, build awareness about UUSC and strengthen UUSC's human rights work. Thanks to all!

Congregational Care Committee

The Chair of our Congregational Care Committee is Angie Underwood (669-0869, underwooda@charter.net). The Monthly Care Coordinator for March is Robert Tynes (669-9202, rtynes@bellsouth.net). 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.

A Note of Appreciation... Once again, our congregation steps forward and volunteers!! Our Congregational Care

Committee extends our deepest appreciation to the members of our congregation who offered to provide food and/or transportation to those families and individuals in need. Your response to our Committee's request for assistance was amazing!!! Thank you !!!]

↪ Angie Underwood, Chair

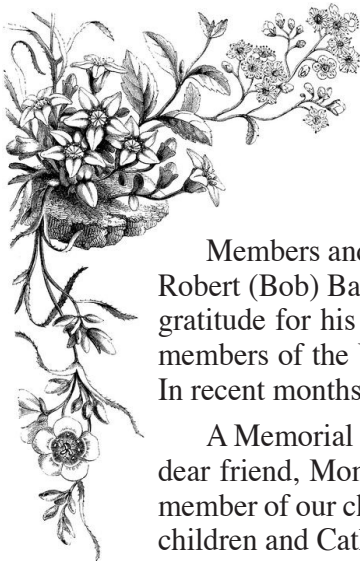
Trillium Rummage Sale

If your closets are overflowing or the garage/attic is stuffed to the rafters, we have a solution. Donate the good usable items you no longer need to the Trillium rummage sale, which will take place on Saturday, April 19th. No ripped, moldy, heavily damaged, or unsalable items, please. With the exception of clothing, all sorts of merchandise for the home, outdoors, garden, and personal use are welcome. Some examples include toys, books, furniture, hobby and sports equipment, tools, and collectibles. You can request a receipt if you wish to claim a deduction on your 2008 income taxes.

You can drop things off at the church from April 13th after the service up through Friday afternoon, April 18th. We can arrange for pick-up if you have furniture or other large items. Until SOLS chooses a rummage sale manager, direct all questions to Dawn Wilson (669-0214), Trillium chair.

Rummage sale profits will go to the partner church in Medeser, Romania.

For Trillium SOLS is seeking vendors who would be interested in renting tables/booths to sell their arts and crafts.



Robert Baxter

OCTOBER 12, 1910 ↪ FEBRUARY 15, 2008

Members and friends of our congregation were saddened to learn of the death of one of our members, Robert (Bob) Baxter, who died on February 15, 2008. We join his family and many friends in expressing gratitude for his long life of love and service to so many others. Bob and his lovely wife, Bertha, were members of the UUCSV and regularly attended worship services while they resided at Highland Farms. In recent months, they moved to a retirement home in Mars Hill.

A Memorial Service celebrating Bob's life was held at our church on February 18 and was led by our dear friend, Monroe Gilmour. Also participating in the service were Bob's children, Margaret Baxter, a member of our church, and Catherine Tilman. They were joined by Margaret's partner, Mary Decker, their children and Catherine's children.

Raised in Scotland, Bob and his family moved to the United States when he was 14 years old. They settled in the Detroit area where Bob attended school. He honorably served his country in the Army during WWII. Bob and Bertha married in 1948, and Bob began work at General Motors. He also became an avid ham radio enthusiast. After retirement, Bob and his wife took to the road, sharing time between Texas and Michigan and finally settling in Black Mountain.

In addition to their membership in UU churches beginning soon after he and Bertha married, they also loved travel, bird watching, and theater. They adored their six grandchildren and enjoyed visits from all of them. As his family described it, Bob will be remembered with love and delight for his enjoyment of life. His bright blue eyes and easy smile will be missed.

Religious Education Corner

Our children and youth are staying busy and enjoying being together on Sundays. Our attendance, including teachers and assistants has been 25 – 30 every week over the past month! Our youngest UU's are spending most of their time in cooperative play, with as much formal curriculum as the teachers can work in. During the month of February the elementary children, studying "Experiences With the Web of Life" have covered topics including "Rain and the Web of Life", "Spiders", and "Things That Hatch from Eggs." In March they will continue reading "Charlotte's Web," and will talk about "Uniqueness", "How We Treat Wild Things", "Rodents", and "Miracles." They also spent one Sunday learning about the labyrinth, including a visit outside to walk it since it is adjacent to their sacred piece of the earth they've adopted for this year.

The middle school OWL class is in full swing, with a wide variety of topics covered including many related to relationships and dating issues. On February 24 the class hosted a panel of guest speakers from the gay, lesbian, and transgender communities to talk about their life experiences and answer questions. The middle schoolers took a break from OWL one Sunday in February and worked very hard to install the stones around our labyrinth path. Calen and Jini took some time before we went out to talk about the spirituality of labyrinths, and then supervised the youth at work. We will work in several more service days for this group through the rest of the semester.

We had hoped we could teach OWL to the senior high youth, but scheduling, even limiting it to three weekends, just didn't work out to have adequate numbers taking the class. Instead, the OWL teachers and I have called upon our senior high youth to help us in planning for next year so we can offer some aspect, if not all, of this curriculum, to our older youth not taking OWL this year in middle school. We've asked for their input into what topic areas would be most valuable to discuss, either in an OWL class or as part of a covenant group again. We have all learned that middle school is definitely the best time to teach the full OWL curriculum and that will be what we will follow in the coming years.

The RE committee and I are beginning some work with the Green Sanctuary Committee to begin some coordination

of our programs. Our elementary curriculum this year fits right in with the guiding principles for this committee, but we want to begin some ongoing planning to keep our children and youth involved all the time. Some ideas we discussed were continuing composting and recycling, which we are doing now in RE, and having some of our older youth be involved in service projects that include environmental concerns around the church and larger community. Our curriculums focus on all the UU principles, and the environmental emphasis will change from year to year, but there are still many ways we can involve youth in our goal towards a more green sanctuary. Your suggestions are welcome!

All of the RE committee and our elementary-age children in particular are deeply saddened by Sam Hinton's illness and not very promising prognosis. Sam began teaching in our elementary class last fall, and we've told them about her illness and move back to New Orleans. Some of the children signed a card for her, and the RE committee sent her flowers while she was in the hospital. Sam's gifts in teaching our children will be remembered for a long time. Sam gave us many additional gifts beyond her time with our children, including a framed calligraphy piece of The Golden Rule in many different faith traditions. She donated many of her craft and paper supplies to the RE program in her recent move back home, and we also have a beautiful framed piece of art made by children in New Orleans after the flood. We'll put both art pieces up in the RE space very soon. Please stop by to see them. As one more gift of kindness, Sam sent via one of our teachers, Sabrina Mills, a basketful of crocheted hats she made for the children to wear. They had great fun picking out just the right one and we took a picture to send to Sam. Many thanks go to Dawn Wilson who has generously agreed to help assist in this classroom on the dates Sam was scheduled to teach.

The children will be participating in the first part of the Easter service on March 23 with Sarah York, where we will likely present egg-making traditions from around the world that the children will design. We hope everyone will attend.

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

↪ *Sybil Argintar, RE Coordinator*

Hospitality News

We have several members and friends who are trying to restrict their fat intake due to heart health or over all good eating habits.. Coffee hour set ups and finger foods at UUCSV do contain "unhealthy fats" These unhealthy fats include saturated fats (derived from dairy and meat products as well as coconut and palm kernel oils) which raise your bad cholesterol count. The worst case scenario is when fats are infused with hydrogen to make them a solid. These hydrogenated fats create "trans fats" or "trans fatty acids." Trans fats provide you with a double whammy health risk by increasing your bad cholesterol and at the same time lowering your good cholesterol. Here's what you can do: READ LABELS. Bring to coffee hour heart healthy foods, those with high fiber content and little or no saturated fats, and NO trans fats. If you have some liquid fat free milk at home for coffee please bring some to church on Sunday morning. Then, take what is left over back home. Our coffee hour hosts rotate duty and many of us do not have milk at home to bring to church for coffee. If we are willing to provide congregational care to those among us who are hospitalized due to heart health issues, we should also provide care by bringing heart healthy foods to share with them each Sunday. Imagine this: a green sanctuary and a heart healthy sanctuary, what a great place UUCSV will be!

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

Warbling Rehearsals

Choir rehearsals for March will be on the 16th after the service and on the 23rd, at 10:00 before church. We've got a good group now and we're open to new members ANYTIME!

Come sing!

Green Sanctuary

A new gardening season awaits. When it comes to choosing plants and garden products, green is the way to go. Start with organic seed. For seed starting mix and potting soil, look for peat-free alternatives. Coir is one example. This coconut by-product is renewable, which isn't the case with peat moss.

There are many green alternatives to plastic pots, which are petroleum-based. These use recycled or renewable materials, such as grain hulls, bamboo, coir, and recycled paper. Lasting for several years, they can be added to your compost pile when they wear out.

For garden mulch, there are a number of green alternatives to black plastic, which is petroleum-based. The new eco-friendly mulches are biodegradable. In some situations, thick layers of newspaper or corrugated cardboard can be used. I spread the paper on the ground, and hold it in place with a thin layer of wood chips. The paper conserves soil moisture and suppresses weeds.

When selecting landscape plants, choose native ones whenever possible. These are adapted to local growing conditions, and are attractive to wildlife. Buy from a reputable nursery that propagates its own plants as some sources dig plants from the wild. Avoid planting introduced species that are known to be invasive, such as barberry and privet.

With the National Weather Service's dire prediction that the drought will continue into the summer, water conservation remains a top priority. Postpone planting until fall if possible. Other options include installing a rain barrel to catch rainfall for watering your plants. You can also save your bath water or the laundry machine's rinse water for outdoor use.

How green is your lifestyle? We encourage everyone with Internet access to take the Ecological Footprint Quiz at www.earthday.net. After you answer some questions, the quiz will tell you how many planets would be needed if everyone lived like you. This site is recommended by Geoff Stone.

This month we're featuring websites and other sources recommended by committee members. Jane Carroll discovered www.ncwildflower.org/invasives/invasives.htm when she was looking for ideas about what to plant or not to plant in her yard.

Esther Miller found a guide to help you buy and order fish/seafood that is sustainable. This can be downloaded at www.oceana.org.

Among Joe Walsh's favorites is www.25.uua.org/ufeta, site for Unitarian Universalists for the Ethical Treatment of Animals, which promotes vegetarianism.

March Volunteer Greeters

March 2: Tom Motzko, Jo Motzko, and Joe Haun

March 9: Kim Taylor, Deb Vingle, and Margaret Bumgarner

March 16: Robyn Schuster, George LeRoy, and Carolyn Metcalf

March 23: Evelyn Carter, George Scott, and Sarah Scott

March 30: Emory Underwood, Angie Underwood, and Mary Soyenova

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 March

March 4th Scott Shaw

March 10th JoAnn Hansen

March 10th Howard Hansen

March 11th Evan Shaw

March 13th Judy Curtis

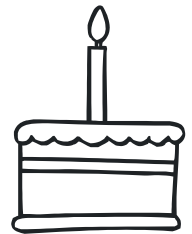
March 14th Ann Lutz

March 16th Bertha Baxter

March 17th Friend Skinner

March 18th Elaine Hamil

March 23rd Lee Reading



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

First Friday Open Mike Night

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 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. Friday, March 7th at 7 p.m.

Friday Fling

March's Friday Fling, a fun party for grown-ups every third Friday of the month, will be held on March 21st 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 "Sling Blade" (1996; Billy Bob Thornton, Dwight Yoacum) will be shown—a fascinating portrait of a mentally-deficient man with a past, who is befriended by a young boy. For further information, call Norm Kowalski (669-4668).



Unitarian Universalist

Congregation of the Swannanoa Valley
500 Montreat Road
Black Mountain, NC 28711

Monthly Committee Meetings, etc.

(CG = Covenant Group)

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
FIRST	RE Committee 9:45 Congregational Care Committee 12:30					Open Mike Night 7:00
SECOND	Adult Forum 9:30 Membership Committee 12:30			The Creative Life CG 1:00-3:00 Social Action Committee 5:30	Program Committee 12:00	
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 SOLS 1:00			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), and click on the UUCSV Calendar.