

# UNITARIAN UNIVERSALIST CONGREGATION OF THE SWANNANOVA VALLEY

April 2013

Volume XII, Issue 4

Religious Freedom — Diverse Perspectives

## From the Minister

The Ides of March have come and gone and it looks like Spring will be on schedule! Of course this does not mean that we will not have any more cold days or nights but the certainty of Spring is as sure as night following day. The life of the church is pregnant with change. We are growing numerically and we are growing our souls as well. These are exciting times, times of new beginnings and new life. We had a really well attended Town Hall Meeting last month and a vision was laid out regarding how we want to grow in the upcoming months ahead. We also talked about my duties as a half-time consulting minister with the possibility of perhaps moving to three quarter time. We also discussed the continued “shared ministry” we perform in this congregation, with each volunteer and committee leaders have a ministry of their own. “Ministry” is much more than having seminary training and this congregation has engaged in shared ministry long before I arrived on the scene. Let’s continue the good work.

I also wanted to let our congregation know that we are having a Ministerial Alliance Luncheon here at our church on Tuesday, May 14th. Carolyn Shorkey suggested in her infinite wisdom that since I have been attending these meetings with our community clergy and breaking bread with them, it would be nice to invite them here for lunch. Well, consider it done! Let them come and see how the other half of the “Protestant Reformation” lives. This is community outreach at it’s best and stereotypes and misperceptions can be put aside by all as we share a meal with each other. Exciting times indeed!

Although I suffer from hay-fever, I do so love the season of Spring. In fact, my sinuses and itchy eyes alert me to the new life that is blooming all around me. Again I turn to the words of Max Coots, and his book, Seasons Of The Self:

....Spring is a courage that lets old things die and scatters them across our eyes—the things that ought to be done and over with. Spring is not so much a dying time as it is a time that shows what has already died. Its not an easy sight. There ought to be a season when we have to recognize the living from the dead. Early Spring is such a time....Spring is a finishing, but it is a beginning too. Spring is a defiant time. It feels to soon for Spring to green-thumb its nose at Winter, with all this early coming out of hiding. Surprising to smell the soil-smell now, as though it had never been before. To anticipate the Summer’s green in the pale grass and feel the August heat in the April sun, to stand and gawp at the sound the first few robins make.

(continued on next page)



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I like to think I now what Spring is all about, just because I've lived it all again, as if I never felt Spring before....We celebrate our Easter times and talk of resurrected gods and men in our forgetfulness. Its only right that such ideas should come in Spring. The sorry thing is that we don't remember how it was the resurrection hopes began. We forgot, and didn't have our priests walk out across the earth and see it waking up. We didn't go ourselves, like children in the mud, to see what things the Winter left and what Spring was sneaking in behind our words. We didn't stop in April rain to touch the earth---to crack the hard, dry husk of old theologies, and let the green of life reach out.

What a beautiful way of thinking and writing about Spring time.

As we transition from one season to the next, it is with a deep sadness that I must tell you of another personal transition. My wife and I, The Rev. Judith O. Long, have decided to separate after 9 years of marriage. Let me assure you that this does not mean that I am planning to leave the area or anything like that. My commitment to this congregation remains strong and tall as an oak tree. What it does mean is that I am grieving again on the heels of my father's death. To be honest this separation was in process during the time of his death as well.

In times like this it is difficult not to drown in words that won't agree. Judy and I are still friends and parents and of course I may be just a tad biased, but I believe we did our best work in helping to create our daughter Kevyn. She is a blessing to both of us. It has been said that there has to be some distance between two people to keep a love alive. Too much self-analysis, too much looking in the mirror, makes for too little self respect or world respect. There ought to be some time to get away for awhile. It is true there must be balance....or else insanity. It takes some source of simplicity to balance our complexity.

Although I do tend to wax philosophical, change is difficult and scary. Change is also inevitable. I can only live the life I have at the present moment and wait to see what the future holds. Oftentimes, simply waiting, can be an act of faith!

Michael

“ We clasp the hands of those that go before us, and the hands of those who come after us.

We enter the little circle of each other’s arms and the larger circle of lovers, whose hands are joined in a dance, and the larger circle of all creatures,

Passing in and out of life.

We move also in dance to a music so subtle and vast that no ear hears it except in fragments.”

---Wendell Berry

“...we are born with a seed of selfhood that contains the spiritual DNA of our uniqueness—an encoded birthright knowledge of who we are, why we are here, and how we are related to others...

Thomas Merton called it true self. Buddhists call it original nature or big self. Quakers call it the inner teacher or the inner light. Hasidic Jews call it a spark of the divine. Humanist call it identity and integrity. In popular parlance, people often call it soul...What we name it matters little....But that we name it matters a great deal.

---Parker Palmer, A Hidden Wholeness

## Sunday Programming

**Sunday, 7 April 2013, 11 a.m.**

### **The Courage to Love**

**Rev. Bob MacDicken**

We have all heard "Love your enemies," but what about those people we once considered friends who have wronged us? What about people whose lives intersect ours but seem a contradiction of ours? What about people who are REALLY intolerant? Love as Jesus talked about it, compassion as the Dalai Lama talks about it, takes courage -- but it is well worth the effort.



Bob MacDicken is in his 12th year as the part time minister of the Unitarian Universalist Church of Catawba Valley (UUCCV) in Hickory, NC. Born and raised in Tacoma, Washington, he received his BA from the University of Redlands (CA) and his MDiv from American Baptist Seminary of the West in Berkeley. He was ordained as an American Baptist Minister in 1967, and became a Unitarian Universalist in 1982. In celebration of UUCCV's 50-year Jubilee, he published a book of his meditations titled *Love and Breath* (available at Malaprop's).

Bob and his wife, artist Eileen Ross, are former members of UUCSV and have lived in Black Mountain since 2004. Bob and Eileen are parents/stepparents of 6 adult children, and have five grandchildren, ages 22 months to 23 years.



**Sunday, 14 April 2013, 11 a.m.**

### **Self Talk**

**Rev. Michael Carter**

What conversations go on in our heads each day as we go about living our lives? If thoughts are indeed things, (and indeed they are) how do we take responsibility for how we co-create our lives? The way we see our reality is how we create the events of our lives; perhaps not all of the events but many of them. The old adage reminds us that we don't see things as they are; we see things as we are. What are the old tapes from childhood that still play in our heads and keep us from living the life that is good and beautiful and true? Let's explore! See you on Sunday.

**Sunday, 21 April 2013, 11 a.m.**

### **Listening as Nature Speaks: One Seeker's Journey**

**Dr. Kathryn Newfont**

"We care for the earth" is the nutshell version of one key Unitarian Universalist principle, and commitment to a "free and responsible search for truth and meaning" is another. My own spiritual journey has convinced me that nature is a powerful teacher, a rich source of meaning. Like the ripples of a flowing stream, its divine offerings go on--regardless of whether or not anyone is listening. How do we tap into these offerings? How do we learn to listen? This Earth Day weekend we reflect on these and similar questions.

Dr. Kathryn Newfont is an associate professor of history and faculty chair for the Ramsey Center for Regional Studies at Mars Hill College and the 2012 recipient of the Thomas Wolfe Literary Award. Her book, *Blue Ridge Commons: Environmental Activism and Forest History in Western North Carolina*, details the development of a uniquely Appalachian type of environmentalism. She and her family attend UUCA.

## Sunday Programming



tion to peace study, war and literature, and the contemporary conflict in the Middle East.

He spent a good portion of his career developing programs in international education, especially in the Middle East, where he taught at the American University of Beirut (1967-69) was chairman of he

**Sunday, 28 April 2013, 11 a.m.**

**[to be announced]**

**Rev. Michael Carter**

**Sunday, 5 May 2013, 11 a.m.**

**Nonviolence and Middle East Conflict**

**Tony Bing**

For anyone looking at the conflict in the Middle East over the past forty-five years it should be clear that violence, whether in the interest of self-defense or aggression, has only produced more violence. Superior force has sometimes brought periods of calm but it has never achieved reconciliation between two sides in a conflict. Today's talk will explore the possibility of using nonviolence, both as a strategy and as a principle, to solve conflict. The talk will concentrate on concrete examples of when nonviolence has been embraced and will discuss the role of nonviolence in the possible transformation of the world, replacing the myth of redemptive violence with an ethic of love.

Anthony Bing is Professor of English and Chair of Peace and Global Studies Emeritus from Earlham College. He retired after thirty one years at Earlham in 2001. While at Earlham he also served as the national Executive Director of the Peace Studies Association, 1994-2001. Educated at Haverford College, Oxford University and the University of Michigan, Bing was a teacher of Shakespeare, Modern French Novel, Old and Middle English and Literature of the Middle East. In the Peace Studies field, he offered courses in the theory and practice of nonviolence, introduc-

Great Lakes Colleges Association's Middle East Advisory Committee (1970-76), and in 1982 began the Great Lakes Jerusalem Program, a semester of study of the Palestinian/Israeli conflict, study that involved living with Israeli and Palestinian families and having courses taught by Israeli and Palestinian professors. Based on that model, Bing set up a Northern Ireland Program in 1991, also with a peace focus, that studied the origins and development of the catholic/protestant conflict in Northern Ireland. For his work in Northern Ireland, he was given an award by the British government in 1993. In 1992 he was selected by the Peace Studies Association as its Peace Educator of the year. Bing has written widely on the conflict between Palestine and Israel, most notably a book about Joseph Abileah, Israel's first conscientious objector. He also coauthored a 2004 work, *When the Rain Returns*, a study of the Israeli/Palestinian conflict.

He has served on the Board of the American Friends Service Committee, has clerked its National Peace Education Committee and its Middle East Peacebuilding Program Advisory Committee. Currently he is on the AFSC's Nobel Peace Prize Committee. In May of 2007, he co-led an AFSC delegation to Israel/Palestine that commemorated the 40th anniversary of Israel's occupation of Palestine. It was his 30th visit to that troubled land. In retirement he has been clerk of the Swannanoa Valley Friends Meeting and has offered courses at Warren Wilson and at McCall College for Seniors in Montreat.

## Religious Education Corner



### Reflections

A parent in the religious education program let me know recently that as she was saying goodnight to her daughter, that her daughter was lamenting that she hadn't been able to attend church that day. She was sad that she hadn't been part of things and didn't feel like she'd done her part to help save the rainforests, by baking cookies and taking part in the bake sale fundraiser. This meant so much to me as a religious educator. It meant that through our curriculums and our wonderful volunteer teachers, we are making a difference in at least one young person's life (and we hope in many more!) This student felt deeply connected to what we are doing and in her heart understood exactly what our seventh principle of the interconnected web means. We're raising money to buy acres of rainforest in Costa Rica. This isn't in our back yard. Most of our children may never even get to visit there. Our children are learning that what happens in the rainforests affects us all on a daily basis in innumerable ways. The world is part of all of us and we are all part of the world. We are the interconnected web. Not only are we connected to our natural world, but to each other. Our children know this deep in their spiritual beings.



## Religious Education Corner

### Classes for the Coming Month

#### *Preschool—Our Natural World*

Cooperative play and nature stories

#### *Grades K-6—Celebrating Rainforests*

This group will spend the next six weeks completing all of our scenery and props for the May 19 service, *The Web of Life: Celebrating Rainforests*. Mark your calendars for what promises to be an amazing service.

#### *Grades 8-12/young adult—Sharing the Journey: Small Group Ministry with Youth*

This group has made some selections of their own topics for the remainder of the year. Most of the time will focus upon some brief encounters with world religions.



### **Save the Rainforests: More Fundraisers Coming Soon!!**

And yes, the money we raise here that will go to help save acres of rainforest in Costa Rica, strengthens and supports our seventh principle of the interconnected web of life. Thanks so much to the bakers and buyers at our sale on March 17. We have two more fundraisers scheduled—one for April 14<sup>th</sup>, and one during Trillium on May 5<sup>th</sup>. Come support our young people in their efforts—we need small and large baked items to sell. Please pre-package and label your baked items. We have enough money raised so far to buy 4 acres of rainforest (\$50/acre), and we need to raise enough (\$300) to buy six more. With your help, we can do this!!

Sale on April 14 begins at noon, and the Trillium sale will run until we run out of goodies. We need:

Cookies, cupcakes, loaves of bread, whole pies, brownies, cornbread squares, muffins, and any other creative items you would like to donate!

## Religious Education Corner



### **Journey for the Earth Summer Camps—Registration Now Open!!**

Registration is now open for our summer camp program, with an environmental theme. Each day offers a look at a different subject: recycling, water, sustainable food growth, energy, and animal world. Last year we included field trips to a solar farm, the Nature Center, Montreat Park and the North Fork Reservoir, and the community garden. Camp is very hands-on, with lots of time for creating things like recycled creatures, making solar cookers, and for the older group, making solar cars. Friends and members are \$150 per child for the full week. General public is \$160 per child.

**Even if your child is not able to attend, please pass the word to friends in the community!**

June 10 - 14 Elementary age camp, rising first through fourth grades

June 24 - 28 Middle school camp, rising fifth through eighth grades



## Religious Education Corner

### **Important Dates to Remember**

- March 24 and 31      No RE classes, spring break. Preschool care will be available.
- April 13 (Sat)      RE Committee Spring Retreat 10 a.m. to 2 p.m. at Shaw residence
- April 14              IG beginning with Michael Carter; BAKE SALE at noon!!
- May 19                      *The Web of Life: Celebrating Rainforest*  
Annual RE Sunday Service and Volunteer Appreciation Day!

As always, feel free to call or e-mail me if you have an idea to share or have any concerns.

—Sybil Argintar, Director of Religious Education  
sybil.argintar@yahoo.com, 230-3773

**Room in the Inn Sign-Up**

We are looking for additional volunteers to provide food and drinks for the evening meal for Room in the Inn on Friday, April 26 at the Bl. Mt. Presby. annex. We could still use several desserts, and another entre or casserole, and two salads. The food and drinks need to be delivered to the Presby. Church by 6:30 pm that day. Please add your name to the sign-up list in the UUCSV foyer or contact me (686-3112, or flora258@isp.com) if you're interested. Thanks in advance for your help.

—*Connie Krochmal, Social Action Room in the Inn Coordinator*

**Baked Goods at Trillium**

Friends and members of UUCSV, I hope you will not get tired of hearing about Trillium before May 4th. Please get set to bring lots of wonderful baked goodies to the bake sale, some you can even do now and freeze although fresh hot baked bread and cakes really are the most mouth-watering items to tempt the palette and the pocket-book. The more items we can sell the more we can give to our church and to our sister church and toward travel funds to help someone visit our sister church in Transylvania.

—*Ann, One of your Bake Ladies*

**Choir News**

In April, our choir will sing on the 28th. We will rehearse on the 21st at 12:15, and again on Wednesday the 24th at 6:30 PM, then on Sunday the 28th at 10 AM. Many of our members have enjoyed singing for the March ordination of Sally Beth Shore, our former intern minister. This month, some of us are going to Chapel Hill for the UU South East District Choral Festival, singing four songs by women composers and arrangers. We are a friendly group, so come and sing with us!

—*Linda Metzner, Choir Director*



**Birthdays**

- April 7<sup>th</sup> Fern Martin
- April 10<sup>th</sup> Pat Middleton
- April 13<sup>th</sup> Angie Manuel
- April 18<sup>th</sup> Monroe Gilmour



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

**Church Community**

The General Assembly is coming up and we are eligible to send two official delegates. The credentials need to be signed by the BOT president. Please let me (Geoffrey Stone, 828-669-0619, gstone@bellsouth.net) know if you are interested. Also I would like to know who else is planning to attend so that coordination of efforts could take place. At this point I am aware of the following who have already registered:

- Sue Stone
- Geoffrey Stone
- Others who have expressed include:
- Diane Graham
- Tim Perry

**Friday Fling**

April's Friday Fling, a fun party for grown-ups every third Friday of the month, will be held on 19 April 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 "The King's Speech" (2011; Colin Firth, Geoffrey Rush, Helena Bonham-Carter) will be shown. For further information call Norm Kowal (669-4668).



**LONG-RANGE PLANNING MEETING: Let's DISCUSS the POSSIBILITY of two Sunday Services.**

UUCSV currently has a half-time minister, an annual budget of \$87,000, average Sunday Service attendance of 75, maximum recent attendance of 90 (on 12/23/12), and a sanctuary that can seat a maximum of 100 (with no table set up at the back for coffee hour). We are seeing slow and steady growth since hiring Michael Carter.

The Board of Trustees formed a Long-Range Planning Task Force to consider various options for accommodating the kind of congregational growth that UUCSV will need to support a full-time minister. Such a congregation will need more RE space, a larger lobby and kitchen, better offices and improved parking -- but for now, let's focus on the sanctuary.

The Task Force estimates that supporting a full-time minister will require 55% growth: an annual budget of \$135,000 (includes increases for minister, music, DRE and staff), Sunday Service attendance averaging 116 persons, and "maxed out" attendance of 140. Enlarging our current sanctuary is structurally and functionally impractical. To accommodate the projected attendance, the Task Force is looking at variations on two basic schemes: acquire or build a larger sanctuary, and/or have two Sunday morning services. Even if we choose to acquire or build a new, larger sanctuary we may still have two services on a temporary basis, if attendance swells before we can accomplish that plan.

After our church service on April 14, the Long-Range Planning Task Force will conduct a discussion of the pros and cons of going to two Sunday services. Everyone is invited and encouraged to attend. This will be a discussion only. No votes will be taken, no final decisions will be made. We are NOT, repeat NOT, going to two services any time very soon. Nor are we, any time very soon, starting a capital campaign to raise money for a new sanctuary. The Task Force is considering options to prepare in advance for our growing congregation. We want to hear directly from the congregation about the option of having two Sunday services.

**Rev. Shore Ordination**

A stellar evening indeed! This past Friday, March 22, at 7pm, my wife and I attend the ordination service for The Rev. Sally Elizabeth Stone Shore. The service was held at The UU Congregation of Asheville, N.C. As many of you already know, Rev. Shore was the student minister for this congregation shortly before my arrival here.

Needless to say, the service was well attended and the UUCSV choir, lead by maestro Linda Metzner on piano, made a joyful noise for all to hear. I was proud of so many from our congregation who were there to witness this wonderful event. We wish Rev. Shore all the best in what will most definitely prove to be an extraordinary ministry.

I would also like to lift up Ursula and Jay Goebels-Ellis who made it possible for BOT President Geoff Stone and I to meet with The Rev. William Shultz earlier that afternoon. Rev. Shultz is a Past President of the UUA, Past President of Amnesty International, and now serves as director of The UU Service Committee. Rev. Shultz also delivered the sermon for the ordination, and it was quite a message as well.

Thank you all for making Friday a truly delightful evening!

—*Michael*

**Yard Sale for Equal Rights Amendment**

A yard sale to raise funds for RATIFY ERA-NC will be held on Saturday, April 6, from 8 am to 3 pm at the home of Roberta Madden, 118 Church Street. The organization is dedicated to making the Equal Rights Amendment part of the U.S. Constitution. Current focus is on congressional resolutions to eliminate the deadline and make ERA the 28th Amendment after three more states ratify.

### Introductory Yoga at UUCSV

Deb Vingle and Willow (Amy) Allen are pleased to offer a donation-based introductory gentle flow yoga class on 4/6/13. The intro class will be followed by a six week series beginning 4/13 and running through 5/18 at the Unitarian Universalist Congregation of the Swannanoa Valley (UUCSV) sanctuary. The class is open to members of the congregation as well as community friends, and is appropriate for beginning and mature students who are able to function either on the mat, in the chair (or a combination of both). The class will include yoga philosophy, asanas (postures), breath work, and meditation. The practice of gentle flow yoga can assist students with developing increased strength, flexibility, balance and equanimity in their lives.

The class will run for an hour and a half on Saturday mornings from 10:00 to 11:30 a.m. and students can either participate in the series for \$60 for six sessions, or \$12 a session to drop in. A portion of the proceeds will be donated to the UUCSV. Students are encouraged to bring their own "sticky" mat and yoga blanket (if available), however equipment will be available for those who don't have it.

Deb Vingle, Registered Yoga Teacher at the 500 hour level, completed her teacher training locally with Kaoverii Weber (Subtle Yoga, 2008) and Integrative Yoga Therapy training with Joseph LePaige in 2010. She has also completed Yoga for Seniors training at Duke Integrative Medicine, Trauma Sensitive Yoga training, and iRest yoga nidra level 1 training.

Willow (Amy) Allen is a 230 hour yoga therapist - in training. She will graduate from Black Mountain Yoga Teacher Training in May 2013. She comes to yoga through 15 years of personal practice. Yoga Therapy differs from yoga in that the principles of yoga are specifically applied to an individual's physical limitations and/or needs.

We hope to see you at the intro class on Saturday, 4/6/13. If you plan to attend or have questions, please be in touch with Deb at (828) 674-4290 or by email at [debrvingle@gmail.com](mailto:debrvingle@gmail.com).

### Eighth Annual "Trillium: A Festival of Follies and Flings"

It is that time again—time to think about cleaning out garages, closets, toy boxes, and crowded cabinets, and donating your white elephants to the UUCSV huge yard sale that will be held May 4 at "Trillium: A Festival of Follies and Flings" hosted by our Sisters of Lucy Stone (SOLS). Proceeds from "Trillium" go to UUCSV and our partner church in Romania.

Remember: "We Do Not Accept or Sell Junk." It is NOT Junk if:

The motor is working.

The batteries will charge.

All parts are present.

It is clean and complete.

It is mildew-free.

The owner's manual (if you have it) is included.

DVD cases contain the proper DVDs.

It is free of pet hair and smell.

It is unbroken.

It is in working order.

It is unopened, never-used cosmetics.

It is non-toxic.

It is unopened, never-used paint, fertilizer, cleaning products.

It is an antique.

For information, contact Jane J. Carroll  
[dr\\_jcarr@msn.com](mailto:dr_jcarr@msn.com); 828-664-1695

### From the Editor—The Last Word

Spring is coming! Honest it is!

