

# UNITARIAN UNIVERSALIST CONGREGATION OF THE SWANNANOVA VALLEY

Feb 2013

Volume XII, Issue 2

Religious Freedom — Diverse Perspectives



## From the Minister

As I write this column it is a dreary, rainy, Tuesday morning here in Black Mountain. I can see the leaves that stubbornly refuse to parachute from their branches, rustling ever so gently as a slight breeze moves through area around the church. A slight breeze also moves through my mind on this morning as well, allowing a soothing, melancholy mood to settle in and around me. My mind is consumed with many thoughts this morning, but the most prominent thought is that of leaving the old year behind with it's past joys, concerns, sorrows, gains, loves and losses, and the feeling of venturing into a new year that is only a mere 15 days old.

I think of friends we lost along the way, friends from our faith community. As many of you know by now, Walter Hoffman and Friend Skinner have left this plane of existence to travel on yet another journey that goes who knows where. This is my belief anyway, that there is life after life, and I just look at the lessons of nature that life is ongoing. Energy never dies. And yet there is a void that is left when each one of us moves on, a void that is never really truly filled, for each of us brings our unique gifts to the game of life. Gifts that only we can share.

The days are getting longer, the promise of new life ever beckoning to us. May we have the courage, the strength, and the love to answer the call.

*"We each have the choice in any setting to step back and let go of the mind set of scarcity. Once we let go of scarcity, we discover the surprising truth of sufficiency. By sufficiency, I don't mean the quantity of anything...Sufficiency isn't an amount at all. It is an experience, a context we generate, a declaration, a knowing that there is enough and we are enough...When we live in the context of sufficiency, we find a natural freedom and integrity.*

*We engage in life from a sense of our own wholeness rather than a desperate longing to be complete. We feel naturally called to share the resources that flow through our lives---our time, our money, our wisdom, our energy, at whatever level those resources flow—to serve our highest commitments."*

Lynne Twist, *The Soul of Money*

P.S. Canvass is coming (smile).

Rev. Michael Carter

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Send Newsletter Information to  
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Newsletter Deadline: Tuesday 19 Feb, 10 a.m., covering March 2013

UNITARIAN UNIVERSALIST CONGREGATION OF THE SWANNANOVA VALLEY

Dear Friends,

Sad news this morning that Joe Haun died Friday evening in hospice at Deerfield. Joe was an amazing person with an incredible life journey....and still going strong at 90 plus. He was being treated for lung cancer, fell Thursday a week ago, and declined quickly. He was significantly involved in numerous issues from Planned Parenthood to campaign finance reform, to combating discrimination. I'll never forget him sitting in court with the family targeted in a cross burning to show support during the trial. He will be greatly missed. You may write Helen, his wife of 35 years, and his five sons at:

Helen Haun  
24 High Bridge Crossing  
1210 Timson  
Asheville, NC 28803

828-274-8556  
helenhaun@att.net

—Monroe Gilmour, 26 January

## Sunday Programming

**Sunday, 3 February 2013, 11 a.m.**

### **A Leap of Faith**

**Judith Long**

At this time of year, we have perhaps already disregarded our New Year's Resolutions. We begin the shortest month of the year, awaiting spring, even as we learn what the Groundhog has in store for the coming of the seasons. I invite you to join me in an exploration of "faith," that foundation of our actions in a religious community. Considering that without foundational faith, our actions may ring false and can lead to cynicism and burnout. Join me in taking a "leap of faith"... that weds attention to the life of our spirits to our efforts to better our world.

Rev. Judith Long is the Executive Director of The Free Clinics (Henderson County, NC), where she has served for over seven years, working in a community ministry capacity. During her tenure at The Free Clinics, the organization has tripled in size with respect to staff, programs, budget, and most importantly patients served. In 2008, The Free Clinics successfully completed a \$1.85m capital campaign, built a new facility, and launched an endowment.

For five years, she has served on the board of directors of the NC Association of Free Clinics, the past two years as President. Locally, she has served on the board of the Partnership for Health for seven years and is an incoming board member for the United Way.

An ordained Unitarian Universalist minister, Judy earned her Masters of Divinity from Harvard University Divinity School and served both as a hospital chaplain and parish minister. She is the Affiliate Community Minister and a member of the Unitarian Universalist Fellowship of Hendersonville. In her role at UUFH, she serves as facilitator of the Henderson County DREAM Scholarship program.

Judy is a nonprofit professional who has a Masters Degree in Nonprofit Administration from the University of San Francisco. She has over 20 years experience in various



nonprofit organizations in Atlanta, Georgia; San Francisco and Oakland, California; Boston, Massachusetts; and Brooklyn and Manhattan, New York. Her nonprofit experience includes housing and homelessness issues, anti-racism efforts, community organizing in urban centers, and working with adult, teen, and child survivors of domestic, familial, or sexual violence, in addition to her current service as director of The Free Clinics. She has served in various staff and board capacities, as well as a fundraising consultant and nonprofit trainer. She earned her BA from Smith College in Northampton, MA.

A relative newcomer to North Carolina, she and her husband, Rev. Michael Carter, minister of UUCSV, relocated from Brooklyn, NY in 2005. A lover of the southern Appalachians, she was raised in the mountains of north Georgia where her family still resides. She is the proud mother of a beautiful almost seven year old daughter, Kevyn Mary.

**Sunday, 10 February 2013, 11 a.m.**

### **Detachment**

**Rev. Michael Carter**

So much is made of the notion and spiritual practice of detachment in our culture today. Don't get me wrong. I believe it's a great discipline to commit to no matter how difficult it may be. This Sunday I would like to explore what it means to be detached, specifically in unhealthy relationships, with others as well as ourselves. Once we know what detachment is and isn't, it just may free us up to live more authentically loving, serene, and compassionate lives.



We will also explore how the discipline of detachment also relates to at least 4 of our 7 principles of Unitarian Universalism. See you at church!

## Sunday Programming

**Sunday, 17 February 2013, 11 a.m.**

### **5 Happy Things**

**Todd and Meg Hoke**

Todd and Meg Hoke share through music and reflection how the practice of "5 Happy Things" has impacted their life. Todd Hoke is a singer-songwriter with three CDs and he is also a nurse at Four Seasons' Elizabeth House. Meg Hoke has a Masters of Social Work and is Director of the Palliative Care program with Hospice of the Carolina Foothills. When people hear about our work, they often say "How do you do that? It's so depressing!" 5 Happy Things is part of what keeps us balanced. This presentation describes a practice that has helped Meg and Todd work with hospice services for a combined 25+years. Meg and Todd Hoke will share a 3 step practice that is simple, do-able, and useful as a way to discover the positive even while acknowledging the sadness and pain that we wade into on an almost daily basis.

Meg and Todd met in the early 90's while serving as full-time volunteers at a residential hospice for people with AIDS in Baltimore. The daughter of a Methodist minister and of a teacher/community worker, Meg went on to become a social worker and has worked with patients with HIV, AIDS, cancer and community organizations in Austin, TX. For the last 7 years, she has worked as a hospice social worker and director of the Palliative Care program at Hospice of the Carolina Foothills in Columbus, NC. Todd is a native Texan and focused on music during the 12 years they lived in Austin, TX. He just completed his third recording, "Southland", and plays in venues ranging from house concerts to breweries. He works full-time as a nurse at the inpatient hospice facility in Hendersonville. Todd and Meg are currently members of the Unitarian Universalist Fellowship in Hendersonville, where they live with their two dogs.



**Sunday, 24 February 2013, 11 a.m.**

### **Money Matters**

**Rev. Michael Carter**

It's that time of year again when we are being asked to budget our resources for the upcoming church calendar. What are our priorities? Can we begin to talk honestly about money, our time, and the future of our congregation? Of course we can! Join us this Sunday as we prepare to search within ourselves and express what our church means to us and this community and how we can continue to support our dreams and visions for a free, liberal religious community in Western North Carolina. See you there.

Please note that on February 24th there will be another Town Hall Meeting from 12:30 pm –1:30 pm. The Topic is, Where Do We Go From Here? The focus will be to inform the congregation about the Ministerial Start Up Meeting held in October and to field any questions regarding our vision for the next year.

**Sunday, 3 March 2013, 11 a.m.**

### **The Optimistic Atheist, or Atheists in Foxholes**

**Jeff Hutchins**

This service will launch our annual Pledge Drive and Canvass of members and friends. Once again, Jeff Hutchins will serve as chair of the Stewardship campaign. He will tell us about the goals of the campaign, and he will deliver a sermon on how it is possible for someone without a belief in a traditional paternal God to find hope and happiness in their life.

## Religious Education Corner



Winter is so many things. Usually (though not so much this year), it's cold with at least some snow on the ground sometimes. It's a chance to look inward, as we spend more time indoors with family and friends. January holds the Martin Luther King Jr. celebrations, commemorating one of the most outstanding citizens of our country, and, this year, it also commemorates the beginning of the second term of our country's first African-American president. February holds in its center Valentine's Day, a time to tell those around us that we love them, and it also holds President's Day, a time to remember our great, foresighted founders and leaders. February is also known as Black History Month, a time to remember inspiring leaders from this cultural group. It's great to remember these holidays and be inspired by so many. But this should be our focus every day, to respect and care for others, to learn about cultures the same and different from our own, to let others know we love them. Every day.

### **Classes for the Coming Month**

#### *Preschool—Our Natural World*

Cooperative play and nature stories

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

January 27 Rainforest t-shirts, rainsticks, and flowers, oh, my!

February 3 In the Rainforest: The Plant Man in the Amazon; animal hats

February 10 In the Rainforest: Flowers and Trees

February 17 In the Rainforest: Ways We Can Help; Save the Rainforests fundraiser

February 24 In the Rainforest: Our Footprints

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

February 3 The Importance of Being Right

February 17 Childish Things

## Religious Education Corner



### Save the Rainforests Fundraisers

Get your sweet treats after church on the following Sundays, and help the K-6 grade class raise money to help save the rainforests! We'll have lots of goodies and fair trade hot chocolate for sale. All funds will go to the Nature Conservancy's Adopt An Acre of rainforest in Costa Rica. Our goal is a lofty \$500! \$50 will adopt one acre, and we have ten children enrolled in this class. We hope to adopt an acre per child! Please give generously!

February 17 12 to 12:45 p.m.

March 17 12 to 12:45 p.m.

April 21 12 to 12:45 p.m.



## Religious Education Corner

### **Soup, Chili, and Movie Night**

Back by popular demand, we'll be holding our second annual Soup, Chili, and Movie Night, tentatively scheduled for Saturday, February 23<sup>rd</sup>. Bring your favorite pot/crock pot of soup or chili and settle in for an evening of two Academy Award nominated movies. The evening begins at 4 p.m. with a children's movie, dinner at 6, followed by an older youth/adult feature beginning at 7 p.m. This is a church-wide event that we hope everyone will attend!



### **Journey for the Earth Summer Camps**

Start spreading the word! This year we'll be offering two summer camp sessions, one for rising first through fourth grades, and one for rising fifth through seventh grades. Last year, we had several families with children "aging out" of the younger age camp ask if we could develop a middle school program. Parents at the annual Camp Expo we attend every year also always ask about programs for middle school. Both weeks will have the same environmental themes, with age-appropriate activities and field trips. So here are the dates for our environmental camps. Tell your friends, and parents mark your calendars!

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

- |                   |   |
|-------------------|---|
| February 10       | IG Beginning with Michael Carter; RE Committee meets 12:30 p.m.   |
| February 17       | Save the Rainforests Fundraiser 12 to 12:45 p.m. Yummy bake sale! |
| February 23 (Sat) | Soup, Chili, and Movie Night                                      |
| March 2           | Camp Expo at Sherrill Center, UNCA                                |
|                   | Soup, Chili, and Movie Night snow date                            |

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

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



### Membership Committee

Your membership committee is getting organized. As many of you know we have several new people on this committee and they have great new ideas and are willing to put them into action. We are hoping this will eliminate losing new member requests among other things. We just had our UU101 and as this is written before that meeting I can not say how many attended, but I am sure it will be a very good meeting. If you are currently a friend of the church and wish to become members, please fill in a new white card and put it in the collection basket and we will get in touch with you. Or you may contact any one of the church leaders and tell them. If enough people want to join our church as friends or new members, we will have another UU101 in the late fall for you to attend.

We are currently planning to see if we can get a new Picture Directory as our current picture directory is 5 years old and out of date. Keep warm this winter and know that spring is coming soon.

—Ann Sillman, Membership Chair



### Choir News

In February the choir will sing once more on the THIRD Sunday, the 17th. We will rehearse on Sunday the 10th at 12:15 after the service, on Wednesday the 13th at 6:30 PM, and then at 10 AM on the day of the performance. The choir did great at both singing AND stepping in January! Please come sing with us—you'll have a blast.

—Linda Metzner, Choir Director

### Town Hall Meeting

Just wanted to let you know that our next Town Hall Meeting is the last Sunday in February, the 24th, from 12:30 until 1:30 pm. We will be discussing the Ministerial Start Up Workshop Material presented by UUA Regional Rep. Denise Rimes and future plans for the church.

Thanks,

—Rev. Michael Carter

### Birthdays

- February 7<sup>th</sup> Sue Miller
- February 10<sup>th</sup> Tina Rosato
- February 17<sup>th</sup> Sarah Scott
- February 19<sup>th</sup> Annelies Fryberger
- February 22<sup>nd</sup> Jerry Pope
- February 23<sup>rd</sup> Will Byers
- February 24<sup>th</sup> Evelyn Carter
- February 24<sup>th</sup> Jeffrey Reckinger
- February 25<sup>th</sup> Frohm Lutvack
- February 27<sup>th</sup> Marjorie Alexander
- February 29<sup>th</sup> Tom O'Connell



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

February's Friday Fling, a fun party for grown-ups every third Friday of the month, will be held on 15 February 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 "Juno" (2007; Ellen Page; perky, precocious 16-year-old discovers that she is pregnant, and deals with it; funny, warm, and touching) will be shown. For further information call Norm Kowal (669-4668).



### **Walter's Service at the VA**

Sally Beth Shore will lead the service for Walter Hoffman at the Veteran's Cemetery Friday, February 22nd at 2:00. Burial at 2:30. These dates and times are in Walter's obituary. Everyone is welcome.



### **Chalice Circles – Want to Join or Switch?**

Just briefly (for those not yet enrolled), Chalice Circles are small lay-led groups which offer the opportunity for deeper relationships through spiritual/intellectual exploration. Most meetings last about two hours, and are held twice a month either at UUCSV or in member's homes.

Our circles have been meeting since September with the understanding that February/March would bring an opportunity to welcome new folks, or even shuffle their members for those who wish to switch groups. We currently have **\*\*5\*\*** active groups meeting either Monday, Tuesday, or Thursday evenings, Wednesday afternoon, or Friday morning.

Please contact Kay-Sea Conklin: [kayseaconklin@charter.net](mailto:kayseaconklin@charter.net) or by phone (828) 230-2227 to learn more, sign up as a new participant, or request a switch in your current circle.

### **Fight It or Neutralize It?**

I was looking around in the gift shop at the new Cancer Center building the other day. It seemed to me that the messages on their products were pretty aggressive. A pink t-shirt with the message, "Fight Like a Girl." Another shirt with the words, "Kickin' Cancer".

The evening before my first chemo treatment, counselor, Yogi and UUCSV member Deb Vingle, offered to come to my house to lead me through a guided meditation. We spoke of my newly forming philosophy about cancer and it's treatment. I also spoke about this with member, Cilla Becker. I told these two caring women among us, that I believe that I am in partnership with my medical team. I believe that it is the medical specialists' job to lead the attack on the cancer through their use of surgery techniques, chemicals, radioactive rays and pills. I believe it is my job to partner with those therapies in resolve to provide my body and spirit with good self care and love. Deb taught me to find those stress parts of my body and begin to neutralize those areas with areas in my body which feel good. And, to be present with what is, rather than to always be pulling or pushing away. It just all made sense to me. I will not fight nor kick the cancer cells. I am partnering with the medical interventions and putting my focus on neutralizing the emotional and physical symptoms.

It is my belief, as a UU, that I can find support among our congregation for the idea that I don't need to lead the fight and kick. I believe I can work with my body and the spirit of my life to find a gentle place of healing.

Thank you to everyone who has reached out to support me in this journey. With the excellent pastoral skills of Rev. Carter, Congregational Care leader, Jim Carillon, Chalice Circle Coordinator Kay-Sea Conklin, and Circle leaders such as Beata Ball, we are well supported in our congregation to be healers of the spirit. I say, let the medical team be the fighters and kickers of cells gone awry. Let us support each other be the healers of the spirit.

In gratitude,

—Carolyn Shorkey



Congregants of all ages represented our church at the MLK Peace March and Rally in downtown Asheville on January 21

### Transition Goals Met

The Ministerial Transition Committee, along with Rev. Carter, has met its goals of easing our Consulting Minister into his ministerial role at UUCSV. The Ministerial Transition Committee has officially dissolved. Many thanks to Mary Soyenova, for serving as the Board representative on the Ministerial Transition Committee.

In its place, a 'Ministerial Support Team' has been formed and been accepted by our Board of Trustees. The team members were selected by Rev. Carter to be his source of confidential support in his ministry with us. He has selected Bill Altork, Scott Conklin and Carolyn Shorkey to serve on his support team. This type of support team for a minister is sanctioned by the UUA, as an important service a congregation can provide to our minister. The UUA typically refers to this as a 'Committee on Ministry'. We think of us more as a team rather than a committee, so we took the liberty to call ourselves a team. The 'Ministerial Support Team' members look forward to honest, thoughtful, and supportive dialog with Rev. Carter.

—Submitted by Carolyn Shorkey

### From the Editor—The Last Word

A recent sermon, in celebration of Martin Luther King Day, at UUCSV stressed the value of the philosophy of nonviolence in resolving conflicts. As important this philosophy is, there must surely be situations where this strategy is inappropriate, that there might be some limits to passive resistance. Thus I was shocked to read recently that Gandhi had written an open letter to the British people on 3 July 1940, in which he wrote: “Your soldiers are doing the same work of destruction as the Germans. . . . I want you to fight Nazism without arms. Let them take possession of your beautiful island, with your many beautiful buildings. You will give all these, but neither your souls, nor your minds. If these gentlemen choose to occupy your homes, you will vacate them. If they do not give you free passage out, you will allow yourself, man, woman and child, to be slaughtered, but you will refuse to owe allegiance to them.” You’re a better man than I am, Gunga Din.



P.S.: It has come to my attention that several folks have not been able to download the newsletter in PDF format because they do not have copies of Adobe Reader on their computers. The program is free, and all you have to do is google, or otherwise search for, “adobe reader”, and you will be given instructions on how to download it.

P.P.S.: Modern writing style requires *one* space between sentences, not two (from old typewriter days). Please remember that in preparing your submissions.