



# 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

(828) 669-8050 • uucsv.org

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### BOARD MEETING

**Tuesday, January 20 • 6:00 p.m.**

### UUCSV Newsletter

Send newsletter information to

**Norm Kowal**, *Editor*

[normankowal@bellsouth.net](mailto:normankowal@bellsouth.net)

### NEWSLETTER DEADLINE

**Tuesday, Jan. 20, 2009 at 10 a.m.**

**Covering February 2009**

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## From the Minister

The Holidays are past, Spring is still a ways off, and if you haven't overscheduled January, this month can feel like a time of "breathing room," a time to hole up by the fire (or the heater), center yourself and get ready to take on those resolutions you've made for 2009. For me, January is a hectic time, as I rush to complete readings and assignments, and then leave family and home to go attend classes at Meadville Lombard Theological School in Chicago.

In my absence, this month the Program Committee has worked hard to develop a full slate of worship services, including visiting speakers from the Durham UU church and a video of the fabulous Ware Lecture at this year's General Assembly. If you have pastoral concerns, please contact the Congregational Care Committee to assist you.

Has a UUCSV volunteer made a difference for you this year? How? February 15 will be Volunteer Appreciation Sunday, and we'll be recognizing all of the people and actions that make our church house a home. Whether you have been on the giving or receiving end of UUCSV, I'd like to know some of your stories and be able to share a few of them during worship that day, so please email or call me with your anecdotes.

I hope you have had wonderful holidays, and that your January is both fruitful and peaceful. I look forward to my return in February.

Sincerely,

~ Sally Beth

## Notes from the Board

By the time you read this you will probably have received a personalized update from Barbara Rogers on your current pledge status now that we are half-way through our fiscal year. The board encourages you to bring your pledge contributions up to date as soon as you can. On average we are a little behind what everyone pledged year to date and we can use any catching up that any of us can do on our UUCSV pledges. The board also approved a budget forecast for next fiscal year to help provide a target goal for the stewardship committee for our next drive. Speaking of stewardship, Karen McClelland gave us an update on the fine work this committee is doing in preparing for our budget drive next spring. Stay tuned for more details to come...

In reviewing our current financial status at our December board meeting, it was also suggested that we could each help save some printing and postage costs (and be greener as a church) by getting this newsletter via email each month rather than through the US mail. If you would like to join me in doing this, please contact Norm Kowal (our editor) and he'll move you from the mail list to the email list for this newsletter.

SOLS has agreed to support the trying out of a new Music Director for the Warblers for the next 5 months. Please welcome Linda Metzner (UUCSV member) as our new music director. If you'd like to join this fun group of singers and practice twice a month with us, please contact Linda or one of our Music Team members -- Jey Hiott, Robert Tynes or Evelyn Carter. We'd love to blend your voice with this fine group of singers.

In other board news we have board members and others working on improving safety recommendations at the church, looking into upgrading how we record our services, applying to certify us as being a "Living Wage" congregation, and reviewing our bylaws. So even in this busy holiday season, your board leadership is also busy making UUCSV even better than it already is.

Finally on behalf of the board, we hope all of you have a wonderful 2009 and become even more involved in participating in our great UUCSV community. If you are so inclined, talk with any of us (our names and numbers are on the masthead on the left) about how you might get even more involved this new year with this wonderful religious community of friends.

~ Jim Carillon, Board President

# Sunday Programming

*Please join us for Social Hour after each program*

**Sunday, January 4, 2009, 11 a.m.**  
**"By Means of Beginning... The Age of Wisdom"**

**Rev. Dr. Calen Rayne**

The words Bereshit bara Elohim are often translated as "In the beginning God created." A more precise translation of the Hebrew is "By means of beginning God created..." Turning to the "nameless religion" of the Himalayas, known as "sacred conventions" or "patterns of heaven and earth," we will explore the nature of Wisdom in the unfolding of creation.

Calen has a MFA from Naropa University, and a DMin from Wisdom University. Calen is minister of Wisdom Tabernacle in Black Mountain and on the adjunct faculty of Wisdom University. Calen has been a circuit rider for UU congregations from New Hampshire to Florida since 1995, and is a member of UU Society for Community Ministries, UU Psi Symposium and Spiritual Directors International.

**Sunday, January 11, 2009 11 a.m.**  
**"Ethical Eating: Food and Environmental Justice"**

**Lisa Richardson, Nancy Mayer, and Dave Austin**

The subject of this morning's program is the UUA Congregational Study/Action Issue for 2008-2012. We will be hearing about: (1) being conscious of where our food comes from, and how we get it; (2) immigration issues from an immigrant's viewpoint; and (3) the dilemma of choosing how to respond, individually and collectively, to migrant farmworker issues.

Lisa Richardson, Nancy Mayer, and Dave Austin are members of an "action team" at the Eno River UU Fellowship, the Farmworker Support Action Team. For nine years, FSAT has supported the National Farm Worker Ministry (NFWM) and the Farm Labor Organizing Committee (FLOC) in the effort to improve the working and living conditions faced by migrant workers in NC. During these years they have conducted awareness raising events and educational sessions at ERUUF, including a recent focus on immigration issues, as well as supporting campaigns to persuade commodity processors (e.g. the Mt. Olive Pickle Company and RJ Reynolds) to use their economic power to create a new relationship between farmer-suppliers, corporate processors, and farmworkers that would improve living and working conditions for farmworkers.

**Sunday, January 18, 2009 11 a.m.**  
**"The Garden of Eden: An Update"**

**Thomas Rain Crowe**

Thomas Crowe will be drawing from his latest book, "The End of Eden." With a focus on environmental preservation and protection, he talks of the destruction of the Garden of Eden bestowed upon us by God, and the work we have ahead in bringing the Garden back into balance and beauty.

Thomas Rain Crowe was born in 1949 and is the author of twenty books of original, edited and translated works. He was a founding editor of *Katuah Journal: A Bioregional Journal of the Southern Appalachians*, and has been a features writer for such regional publications as *Green Line*, *Wild Mountain Times* and the *Mountain Xpress*. He currently writes features, editorials and columns on culture, community and the environment for



the Smoky Mountain News. He has been involved with The Canary Coalition (Clean Air), AMUSE (Artists and Musicians United for a Safe Environment), Project to Protect Native American Sacred Sites in the S. Appalachians, and has been on the board of the Southern Biodiversity Project, the Western Carolina Alliance, and the Environmental Leadership Council for WNC.

**Sunday, January 25, 2009 11 a.m.**  
**"Live" from the 2008 General Assembly - Van Jones presents the Ware Lecture**

Barring the re-appearance of a previously arranged live lecturer with whom the Program Committee has recently lost touch, we will play host this Sunday to the recorded version of last year's rousing "green" keynote speech at GA, which was also featured in the Fall 2008 issue of the UU World magazine. The honorable Lew Patrie, long-time Asheville UU and 2008 GA attendee, will present. Not to be missed, especially after the historic week preceding! In the words of UU moderator Gini Courter, "it isn't just that you and I need Unitarian Universalist congregations. The world needs Unitarian Universalist congregations."

**Sunday, February 1, 2009 11 a.m.**  
**"Reflections on Black History in Unitarian Universalism"**

**Sally Beth Shore**

In observance of Black History Month, we will take a look at the stories of some of the African-American pioneers in our denomination. Sometimes these accounts are heartbreaking, but as we learn about and honor those people of color who fought for a place in Unitarian Universalism, we can be inspired in our own lives, as well as to find more ways of being a religious community that welcomes all skin colors.

## Cakes for the Queen of Heaven

You may have heard about how many people's attitudes have changed after taking the "Cakes Class," and now it's updated by UU Women and Religion. "Cakes For The Queen of Heaven," a feminist spirituality curriculum, is very experiential, embracing our own female ancestors, and rediscovering the history (herstory) of goddesses in ancient religions. The first section will be taught by Byron Ballard and Barbara Rogers at UUCSV starting January 21, every Wednesday evening at 7:00 p.m.

Please let Barbara or Byron know if you would like to take this class (boardwalkbarb@yahoo.com (828-333-2721) or byronb@buncombe.main.nc.us), so we can prepare class materials. There's no charge for the class, but some materials will need a donation at times.

## A Successful Minister – and Ministry

When the UUCSV Board hired Sally Beth as our Consulting Minister they included in her contract the creation of a Committee on Ministries (CoM). The Committee members are Scott Conklin, Kim Taylor and Angie Underwood. Our specific charge from the Board is to provide “consultative support and periodical review and assessment” of Sally Beth’s performance. Our first formal review will take place in January, with others to follow at six month intervals. Simply put, the CoM is meant to help the minister succeed in her ministry.

Under the current concept of “Shared Ministry” advocated by the UUA, all activities that advance the mission of a church should be viewed as ministries, whether those activities are performed by paid clergy and staff or by volunteer members of the congregation. Religious Education, Music, Social Justice, Pastoral Care and more are all ministries. UUA recommends that the performance of all these ministries be periodically assessed by a Committee on Ministries. In time, our church may want to formally adopt the Shared Ministry concept, and broaden the assessments made by the CoM. But for now, at UUCSV, the scope of the Committee on Ministries will be limited to assessing and supporting Sally Beth’s ministry.

In addition to performing reviews, the CoM will support Sally Beth by educating, advocating and communicating with the congregation about her ministry. The CoM wants to promote an open and easy flow of information between the congregation and our minister. If you have questions, concerns, ideas, comments, compliments or critiques for Sally Beth, and you do not wish to speak to her directly, you can convey those thoughts through the CoM – just speak to Scott, Kim or Angie, or drop us a note. If you chair a committee that works with Sally Beth we would like to hear how well she is serving you. Any comments brought to us will be held in confidence, and discussed only within the CoM and with the minister. We are working to form a collegial and trusting relationship between the minister and CoM members – as recommended by the UUA, Sally Beth will participate in all CoM meetings. We look forward to learning and growing together, with the minister and with the congregation!

↪ Angie, Kim and Scott, Committee on Ministries

## Congregational Care Committee

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

Our committee is once again updating our list of volunteers. Are you willing to occasionally provide a casserole of simple meal, and/or transportation for members and friends in times of need? If you can help during 2009, please call Kay-Sea Conklin at 686-7502 or email to kayseaconklin@charter.net. We would like to hear from new, as well as continuing volunteers!

Volunteers will be contacted by the committee’s Monthly Coordinator if/when the need arises.

## Room in the Inn

A special thanks to all those who’ve signed up to help with Room in the Inn on Friday, Jan. 9th at the Black Mountain Methodist church annex. Let’s hope the weather cooperates. This program provides lodging, meals, and transportation to 12 homeless women in our community.

As the year progresses, we’ll keep you posted once the other dates for 2009 have been chosen.

↪ Connie Krochmal,  
Room in the Inn Coordinator, Social Action

## Monthly Committee Meetings, etc.

(CG = Covenant Group)

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

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

## Green Sanctuary

Indoor air quality is a primary concern during the winter months when windows and doors are shut. Houseplants can remove small amounts of noxious fumes. However, you would need hundreds of plants. The best approach is to use non-toxic household products and furnishings.

Most house paints and craft paints contain VOC's (volatile organic compounds). These are harmful to human health. For that reason, buy ones that are labeled as non-toxic or VOC-free. For crafts, choose Folk Art Opaque Outdoor acrylic paints. There is also a non-toxic Folk Art fabric paint. For house paints, check out the Consumers Reports rating of the various VOC-free brands. For artists, the Green Art brand offers a complete line of non-toxic paints and watercolors. Replace regular chemical-based household cleaners with safe alternatives, such as baking soda and white vinegar. Textiles are often manufactured using noxious chemicals. So, buy ones labeled as organic or natural. Candles can affect indoor air quality. Cheap ones from China can have lead wicks. So buy organic brands. Avoid chemical-based air fresheners and room deodorizers. Essential oils (lavender or peppermint) or slices of fresh lemon should do the trick. Add a few drops of essential oil to some cotton balls. Place these in a glass jar. Remove the lid for a short time to remove room odors. To get rid of stubborn odors, try Fresh Wave all natural odor neutralizing products. These are made with essential oils.

Cabinets and furniture made from plywood and other composites can release harmful gases, such as formaldehyde. The solution is to buy items made from rattan, wicker, or solid wood. By shopping at thrift stores and yard sales, you'll find these are available at affordable prices.

↪ *Connie Krochmal*

## Adopt-a-Mug

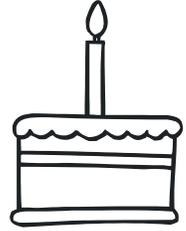
Since our church kitchen does not have a sterilizer for coffee mugs, we will no longer be putting out ceramic coffee mugs on Sunday mornings. On Sunday, January 11th we will host an Adopt-A-Mug program. We are going to ask you to select a mug from our collection. Take it home and return with it each Sunday for your use during coffee hour. If you forget your mug at home, there will be disposable cups available for your use during coffee hour.

For those of you who frequent the church during the week to attend meetings, we encourage you to make a mug with SOLS at the Black Mountain Center for the Arts. Before the mug is fired, you will be able to PAINT your name on your mug, and leave it at the church. We will have a special bin for mugs which are clearly labeled with your name. Mugs in the bin with no name on them will be put into the Trillium yard sale. Thanks for your cooperation in this Safe Congregation Initiative.

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

## Birthdays in January

January 1st Steve Traub  
January 4th Caroline Metcalf  
January 4th Aven Blozan  
January 5th Sophia Scott  
January 7th Robert Tynes  
January 9th Teresa Ballinger  
January 13th Dean Alexander  
January 15th Robin Tynes  
January 17th Mary Soyenova  
January 23rd Esther Miller  
January 31st Jim Carillon



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

## Hot Springs Trip Date Change!

Due to scheduling conflicts we have changed the Annual SOLS Women's Winter Camping Trip to Hot Springs to January 30-February 1. Please contact Dawn Wilson ASAP to express your interest in this trip. We will be soaking in the hot tubs, hiking, doing a little ritual, playing games, sharing meals. You don't want to miss this, trust me. Nuff said.....dawnwilson@aol.com or 669-0214.

## Play in Clay

The Sisters of Lucy Stone invites church members and friends to participate in a workshop in mug-painting at the Pottery Studio at the Black Mountain Center for the Arts. No experience required. Professional instruction, supplies, mug, and final kiln firing will be provided. We encourage you to paint your name on the mug for later identification at church; otherwise, your mug design is your own. People aged 12 and over are welcome. Youngsters under age 12 must be accompanied and closely supervised by adults. Fee: \$15 per attendee.

Space is limited, so we may schedule one or more workshop dates. Please sign up for the dates you prefer, along with the names of participants. Indicate first, second, and third choices if you have them:

Saturday, January 10—9:00 a.m. – 11:00 a.m.

Saturday, January 24—9:00 a.m. – 11:00 a.m.

Saturday, January 31—9:00 a.m. – 11:00 a.m.

Wednesday, January 14—9:00 a.m. – 11:00 a.m.

To reserve a place in the workshop, please call Jane Carroll at 828-664-1695 or email her at dr\_jcarr@msn.com ASAP.

## Tools for Caregivers

Caring for someone with a chronic illness such as dementia, heart disease, Parkinson's disease or stroke can be stressful physically, emotionally and financially. If you, or someone you know, is providing this type of care, this program may be helpful:

A free six-week educational program entitled "Powerful Tools for Caregivers" will be offered at the Lakeview Senior Center in Black Mountain. Classes are from 9:30 to 11:00 on Thursday, beginning January 8th. You will learn to reduce stress, improve self-confidence, better communicate your feelings, balance your life, increase your ability to make tough decisions, and locate helpful resources. Class members will receive a copy of The Caregiver Helpbook. Contact Renee at 669-8610 for more info, or to register.

## Greeters in January

Jan. 4 – Barb Rogers  
Jan. 11 – Shaw Family  
Jan. 18 -- none as of yet  
Jan. 25 – Pat Middleton, George LeRoy

## Big Choir News!

After four years of leading themselves, the Warblers have a professional musician as leader of the group. Linda Metzner, founder of Womansong in Asheville, teacher of music, and composer of her own songs, is officially starting her role in January. (Our thanks to Sisters of Lucy Stone for making this hiring possible for the remainder of the fiscal year.)

Our regular choir rehearsals will be the second Sunday of the month at 12:30 p.m., the following Thursday (at time to be announced), and performance on a following Sunday.

All singers are welcome to join us on Sunday, January 11.

## Friday Fling

January's Friday Fling, a fun party for grown-ups every third Friday of the month, will be held on January 16th 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 "Easy Rider" (1969, Peter Fonda, Dennis Hopper, Jack Nicholson) will be shown. For further information, call Norm Kowal (669-4668).



*Neighboring Faith's visit to a Solstice Program conducted by Byron Ballard as part of the study of earth-based religions. Here Sam Scott, Sarah Gilmour, and Carson Shore look at the alter with Byron.*

## Religious Education Corner

### RE Class Activities

Are we really halfway through the school year? It's hard to believe. We'll continue our classes in January. The preschool Chalice Children class will continue learning about our church world, including lessons on babies and our child dedication traditions, and some exploration of our larger world through lessons on the stars and the moon. The elementary school Timeless Themes class will continue their bible stories and begin focusing more on the New Testament in the coming months. The Neighboring Faiths class concluded their study of earth-based traditions by taking part in a winter solstice service with Byron Ballard in Asheville on Friday December 19th. After the holidays they will begin their study of Hinduism.



*The elementary school RE class put on a lovely rendition of the Christmas story with wonderful costumes.*

### Coming of Age Fundraisers

A big thank you to everyone who has supported us already in our journey towards the Boston trip in June 2010. SOLS donated funds from the Hansen yard sale, and Pat Middleton generously donated numerous loaves of homemade bread to the cause. We have also held one small fundraiser after church where we sold sandwiches and dessert. We're on our way with almost \$350 raised to date. Watch for publicity in the coming months. We'll have some soup lunches after services, some movie nights, and possibly

a church-wide talent show/coffee house.

### New Earth Rain Barrel Contest Winners!

The middle and high school class won second place in the rain barrel contest sponsored by New Earth in Black Mountain. The owner of the store photographed the group for an article in the newspaper. We also received a \$75 gift certificate which we'll use as a group to buy something for the classroom. Way to go everyone!

### Encourage Your Friends and Family to Join Us

All of our classes are always open to visitors. If you have friends or family who have been thinking of visiting a UU church, encourage them to join us. We would especially like to increase enrollment in our preschool class, so feel free to bring someone new on any Sunday.

### Important Dates to Remember

**JANUARY 4, 2009**—RE classes continue for all ages

A Happy New Year to all. May your year ahead be filled with love, peace and joy.

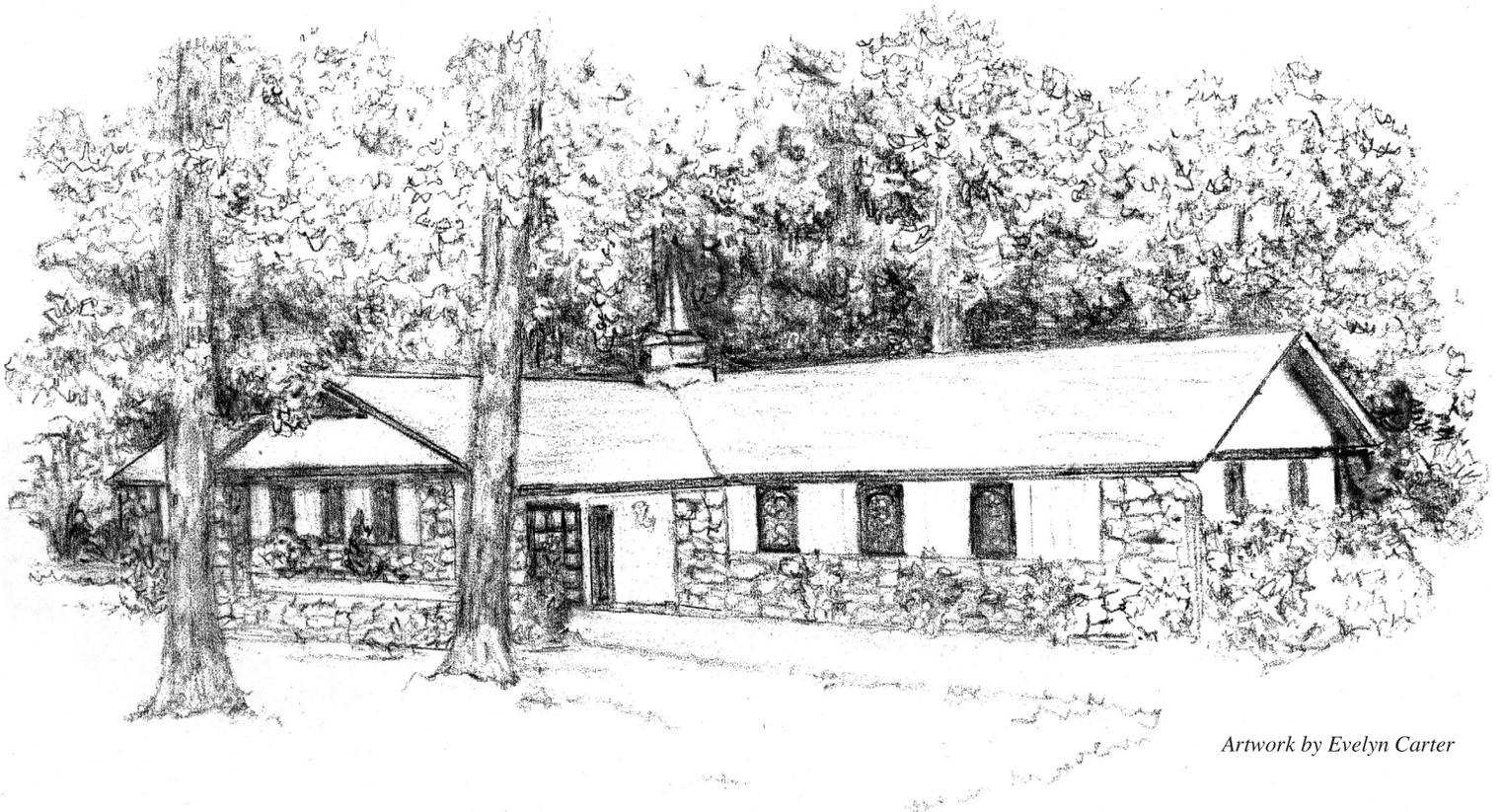
~ Sybil Argintar, RE Coordinator



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*Artwork by Evelyn Carter*