



# 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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### BOARD MEETING

**Tuesday, March 17 • 6:00 p.m.**

### UUCSV Newsletter

Send newsletter information to

**Norm Kowal, Editor**

**normankowal@bellsouth.net**

### NEWSLETTER DEADLINE

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## From the Minister

Although the forecast for tomorrow (as I write) includes snow, undeniably spring is around the corner. I have a daffodil in bloom in my backyard-- Hallelujah! I am ready for kids' soccer games and gardening and yard sales and doors open to let in the breeze. Thank god for the seasons, says this North Carolina gal; I can't help but feel a solid sense of optimism as the days grow longer and warmer. That feeling is palpable around here as I hear people talk of upcoming plans for UUCSV -- a new Buddhist spirituality group, yoga classes, the annual Trillium Fundraiser, the reopening of the Tailgate market, going in the WNC UU Cluster meeting, upcoming worship services. I picture people walking the labyrinth (without coats!), evening meetings that end while it is still light, our doors wide and welcoming.

We recently celebrated Volunteer appreciation Sunday, which highlighted just how many different types of giving one can be a part of here--whatever your skill or interest, this congregation is a place to be richly engaged. This month, dedicated volunteers are engaged in our Annual Pledge drive for the 2009-2010. What kind of a person would take on that sort of task? Someone who believes passionately in the potential for this church to open doors in our hearts, our community, and in our world. Someone who is all about spreading the good news that we ourselves have found, continue to find in Unitarian Universalism. Someone who cares deeply that this home that has been so painstakingly created continue to evolve and grow, not for its own sake, but for the positive difference it makes in the lives of all those who come through its doors today and tomorrow. What a blessing to be in partnership with these inspirational humans... when they come for your pledge, I encourage you to give your passion and caring back to them.

Sincerely,

~Sally Beth

## Board Notes...

I'd like to start these notes by thanking Sally Beth for a beautiful service last week, which showered gratitude on all those who help serve to make this church the wonderful community it is. Sally Beth has this year herself helped in so many ways to make this an even better spiritual community. Thank YOU, Sally Beth!

Lee Reading, our Treasurer, reported that our contributions are continuing to run about 10% behind pledged income. If you haven't brought your own pledges up to date yet, now would be a good time as this month we are kicking off our annual pledge drive for next fiscal year starting July 1.

Our RE group is taking action on many fronts to communicate our good news out to the wider community and helping the Coming of Age group prepare for their pilgrimage to our association's home office in Boston in 2010. Stay tuned for lots of ways you can help our numerous religious education efforts on behalf of our children.

Barbara Rogers, Dawn Wilson and Angie Underwood comprise our new nominating committee. They are looking for a few good women and men to join the board starting with our new fiscal year on July 1. Please let one of them know if you'd like to join this diverse group of "cats" to share your leadership skills on behalf of our church.

The Security Team presented ways we can better prepare for emergencies and overall security for the church. Soon we'll be sharing with everyone lots of ways you can help make our church continue to be a welcoming and even safer place for all of us.

The Open Topic covenant group had a great idea for our community. They are putting together a listing of all the services and businesses of all our members and friends so that we can all support those in our own community. There will be a small fee to list your service or business in this booklet but the booklet will be available to all of us for free and also be available electronically on our website. If you are interested in listing your service or business in this directory, see Barbara Rogers.

Carolyn Shorkey is organizing a Buddhist group to meet on Thursday afternoons at the church. See her note on this later in the newsletter.

Lots of exciting efforts are underway. As always, we welcome your involvement in these and other activities at UUCSV.

~Jim Carillon, Board President

# Sunday Programming

Please join us for Social Hour after each program

**Sunday, March 1, 2009 11 a.m.**  
**"The Generous Heart" -- Annual Budget Drive Kickoff Sunday**

**Sally Beth Shore**

A great Unitarian Universalist has said that our faith is, at its core, about cultivating a generous heart. Today we'll reflect on how we do that, and why it matters when we do, for ourselves as well as others. Children are in for the beginning of Worship, which will include a telling of the legend of the Starfish.

Yes, it's a that wild, crazy time of year again! Our 2nd annually UUCSV Fellowship Event, Potluck and talent show follow immediately after the service, but that doesn't give you permission to sit through the service rehearsing your standup routine, but it better be good!

**Sunday, March 8, 2009, 11 a.m.**  
**"Living Our Faith"**

**Phil Fryberger**

What is our faith? Are we living it? What happens if we do? What are we doing by doing this? What does any of this have to do with alchemy, or fundraising? Why is there a UUCSV, and how did it get here? Why are there so many questions? Where is the smile at the center of the universe? and who the heck is Phil Fryberger, anyway? These are some of the questions we will try to seek answers for on Sunday March 8...hope you can make it!

Phil Fryberger is a founding member of UUCSV, and a financial consultant for a shadowy organization based in New York City. His eldest daughter, Annelies, is now older than he was when she was born. Her sister Carolyn is very busy creating an organic farm in Swannanoa. Her mother, Dawn Wilson, is busy trying to give the real estate industry a good name in this area, and has been married to Phil for a nearly incredible 29 years. She also wears lavender flannel pajamas.

**Sunday, March 15, 2009 11 a.m.**  
**"Trust in a Distrusting World"**

**Sally Beth Shore**

"What the world, needs now, is love, sweet love..." goes an old song. But before there can be love, trust must enrich the soil in which it is to grow. In our culture, sometimes it seems like distrust is expected and even encouraged; those who trust are maligned as gullible or weak-brained. But finding a perspective from which to actively trust is key to creating better relationships in the world. As a religious faith, what are our tools for creating this sorely-needed virtue?



**Sunday, March 22, 2009 11 a.m.**  
**"Radical Passions: A Journey"**

**Kendall Hale**

Kendall Hale's parents taught her to protect and defend our country's democratic ideals and to fight for human rights and justice for all. Their radical passions formed the foundation of who Kendall is today. She will share with us her amazing journey and how she came to see day to day politics as an expression of deeper moral, psychological, and spiritual issues. She will share with us the surprising conclusion of where that observation has led her and may need to lead us.

Kendall grew up in Salt Lake City, graduated from U of Wisconsin (Madison), became a labor activist and part of the new communist movement of the 70s. She earned a masters in Mass Communications at Emerson College in Boston. From unionizing electrical factories to shipyards and beyond, she made her way to becoming a Buddhist, a UU, a massage therapist and the operator of a Wellness Retreat. Her book, "Radical Passions" was published in 2008, and you can read more about it and her at [www.radicalpassions.com](http://www.radicalpassions.com).



**Sunday, March 29, 2009 11 a.m.**  
**"The Tyranny of Dead Ideas"**

**Tim Perry**

Why do we, as a species, a nation, a culture, and as individuals, cling so desperately to our long-held ideas, even when they obviously no longer work? Why are we so resistant to adjusting our paradigms to match our reality? How much are we willing to suffer for the sake of these "dead" ideas before we let them go? What, if anything, can we do to change this unfortunate and sometimes dangerous tendency? We will attempt to explore, and possibly even answer, at least some of these questions. And if we fail miserably, we will at least have kicked around some interesting ideas in the attempt.

Tim Perry is the recently retired administrator and chief apologist for the UUC of the SV. His previous and current affiliations include St. Margaret Mary Catholic Church in Swannanoa, and the Pentacostal Believers of whatever it is that they believe in.

**Sunday, April 5, 2009 11 a.m.**  
**"Murphy's Laws of Spirituality"**

**Sally Beth Shore**

Will "whatever can go wrong" do so? Somehow, Murphy's famous axiom seems related to the proximate observance of April Fool's Day, so let's examine the evidence for this and some of Murphy's corollaries that we know (and live by?). You could say that, "Whatever can go wrong will go wrong" is a statement of faith, but it is not the one that gets up in the morning. Do Murphy's and other seemingly innocuous aphorisms have an affect on how we live and create the world? If we can understand how they affect us, we can become more conscious consumers of such conventional wisdom. And we might also have a little more fun with it as well.

*Note: April 12 – Easter special storytelling service. If you are interested in participating, please let me, Sally Beth, know.*



## 2009-2010 Budget Campaign Starts March 1st

This season of giving is our opportunity to make a difference in our church, our community, and the world through our committed gifts. It is the purpose of the Budget Campaign to gather together all of the congregation's commitments at once, in a period of three weeks.

Visiting Stewards are at the heart of the Budget Campaign. During the next three weeks, a Visiting Steward will contact each Member and Friend of the congregation to arrange a visit and to deliver a commitment card to complete.

This year, 30 individuals have agreed to lend their hearts, hands and time to reach out to the friends and members of our congregation to gather in each person's financial commitment. You will soon be hearing from one of these gracious people. Please welcome them into your home or meet them in a friendly meeting place. The goal of this Budget Campaign is \$78,000, and it will run from March 1st to March 20th.

## UU Western Carolinas Cluster Gathering, in Hendersonville -- Saturday, March 21

Come spend the day with UUs from 12 other congregations at the annual Western Carolinas Cluster Gathering. This year's Gathering is being hosted by the UU Fellowship of Hendersonville, and features Rev. Laurel Hallman, one of our 2 candidates for the UUA Presidency. The program includes inspiring worship, great workshops, and tremendous fellowship!

Register by March 11 to receive a \$5 discount off the registration price of \$35, which includes lunch and snacks. FMI and to register online, go to [www.wnccluster.org](http://www.wnccluster.org).

If you'd like to carpool, sign up on the Denominational Affairs bulletin board or contact Sally Beth.

## 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. The Monthly Coordinator for March is Kay-Sea Conklin. If needs extend beyond those mentioned, please discuss them with the Monthly Coordinator to see if we might have the resources to help.

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](mailto: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.

## Greeters

The Membership Committee is looking for a greeter coordinator, as well as people to sign up to greet for 30 minutes on Sunday mornings. Please sign up on bulletin board, or email the office if you are willing to volunteer to do this! Thanks.

→ Barbara Rogers, [admin@uusv.org](mailto:admin@uusv.org)



*Ace sign-maker and painter Mary Soyenova has completed our "Welcoming Congregation" sign which will hang below the larger sign in front of the church. Thanks, Mary!*

## Sunday Office Volunteers

Barbara Rogers, our new office administrator, does not have office hours on Sunday.

The Personnel Committee is looking for several willing folks to periodically cover the office desk after church on Sundays. This would be perhaps a 20 minute commitment; answering questions, giving out phone numbers, collecting information, and other office-related tasks, while enjoying your coffee. With six or more volunteers, each person would be on call very infrequently. Please contact Evelyn Carter, 251-1416 or [gardener@uucsv.org](mailto:gardener@uucsv.org) to talk about possibilities.

## Newsletter by E-Mail Reminder

Many folks may still not be conscious of the fact that, for two months now, we have had the opportunity of receiving the UUCSV Newsletter by e-mail, rather than USPS mail. For those of you who prefer to strain your eyes this way, rather than read a hard copy, please contact Norm Kowal (our editor) and he'll move you from the regular mail list to the e-mail list for this newsletter.

## Second Annual Fellowship Event

Join us for a Potluck Brunch and Talent Show on Sunday, March 1st, 12 noon to 1:30 p.m.

EVERYONE, big, little, and in-between, is invited to our annual Potluck and Talent Show on March 1st. We'll begin the day with a Sunday Service followed by a scrumptious pot-luck brunch provided by the gifted culinary experts that make up our congregation. As we savor our meals, we'll enjoy the many remarkable talents of gifted members of our congregation in a show that will please everyone.

## Buddhist Study Group

You are invited to join the newly formed Buddhist Study Group at UUCSV.

The purpose of the group is to explore the heart of Buddhist teaching and practice, while embracing the process of discovering ways to adapt the tradition to our culture and times. Each hour long session will start with a reading followed by a 20 minute sitting meditation and then, a discussion. We are peer led. Some participants will plan and lead sessions on behalf of the group. There is no cost to the participants.

During the month of March the group will meet every Thursday afternoon from 4:00-5:00 p.m. Let us know if you are interested in attending this group but are unable to meet during this time slot. We require that participants show up on time so as not to disturb the meditation practice by coming into the Sanctuary after 4:00 p.m..

Newcomers are always welcome.

→ Carolyn Shorkey and Les Johnson

## Friday Fling

March's Friday Fling, a fun party for grown-ups every third Friday of the month, will be held on March 20th at 6:30 p.m. at the church. Refreshments (red and white) will be provided. Bring some simple food, so that we can make a potluck supper out of it. The movie "Ladies in Lavender" (2005, Judi Dench, Maggie Smith, "They saved a stranger from the sea; in return he stole their hearts.") will be shown. For further information, call Norm Kowal (669-4668).

## Green Sanctuary

As we prepare for the new gardening season, there are many ways we can put our green values to work. If you haven't already done so, install rain barrels. This can provide water for your plants. I supplement this with grey water from washing my dishes by hand and my bath water.

For landscapes, choose native species. These are adapted to local growing conditions. They tend to be resistant to insects and diseases.

Instead of relying on fertilizers alone, enrich your soil with compost and other types of organic matter. When you do fertilize, choose organic formulas and apply the correct amount. Plants that are overfed tend to attract more insects. All sorts of organic and natural pesticides are widely available. Examples include baking soda-based fungicides and insecticides with hot pepper, sugar, or kaolin as the active ingredients. Organic seeds and plants are now available.

Green roofs can be used on garden sheds and other structures, including homes. The building must be constructed carefully to support the weight of the soil and plants.

When shopping for flower pots, choose natural ones made of biodegradable or renewable ingredients. There are very attractive containers manufactured made from rice hulls and other plant by-products.

Lawns are the least green option for landscapes. They require lots of water, fertilizer, and chemicals. Unless you need an expanse of lawn for games or other family activity, replace it with ground covers or low growing flowering herbs. When lawns are necessary, choose green mowing options, such as reel mowers.

~ Connie Krochmal

## Upcoming Trillium Festival Better than Ever

Few things improve with age. Yet the "Trillium-a Festival of Follies and Flings" is one of the exceptions. Better than ever, this annual spring fling will take place on April 18, 2009 from 8:30 am to 3 pm rain or shine here on the church grounds. 2009 marks the fifth annual Trillium. Whatever the weather may bring, SOLS is ready this year with large tents.

Information about the Trillium rummage sale is covered in a separate newsletter item by Dr. Jane Carroll. Shoppers can expect to find good quality merchandise at bargain prices.

Trillium is a place where families on a budget can have wholesome fun. This event has contests and games for folks of all ages. For 2009, Evelyn Carter is adding new children's games. As always, those attending can enjoy live music and door prizes. We will be selling sandwiches and drinks. From all of our wonderful bakers we're requesting donations of baked goods for our bake sale and cake walks.

Eager gardeners will love the Trillium plant sale. Unlike some plants that are dug from the wild, our trillium plants have been sustainably grown from seed by a local nurseryman. Many other perennials and woody plants will also be available at prices that are below retail. Gardeners should arrive early. Free garden seeds will be available on a first come first serve basis.



*Consulting Minister Sally Beth Shore baked and gave long-time UUCSV Super Volunteer Evelyn Carter the "Big Cookie" Award during the February 15 appreciation service. Thanks, Evelyn!*

## 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 for 2008-09.

Our congregation had 15 boxes turned in from a variety of households for a total contribution of \$1,553.93 to support 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](http://www.uusc.org). Thanks to all the families and especially to the children who donated their spare change during the holiday season. 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!

## Buildings and Grounds Work Party

Join our Building and Grounds spring clean-up work party on Saturday, April 25 from 9:30 am until noon.

Whatever skills you have, these can be put to good use. We will need folks who can do all the following:

**Indoors:** wash windows, dust door/window frames and other areas inside the church, make adjustments to the toilet tanks, change the furnace filter.

**Outdoors:** sweep cobwebs and debris from the outside of the building, clean gutters, paint the garden shed, prune the shrubs, dig bittersweet and other invasive plants, clean up the labyrinth, spread mulch, and remove fallen tree limbs and branches from the grounds so the area can be mowed once the season begins.

Your help will be much appreciated. For many of these jobs, we will have the tools and supplies on hand at the church. However, we urge those attending to bring their own rakes, hoes, pruning shears, and other gardening tools as well as a wheel barrow/garden cart for mulching.

Refreshments will be provided. If you have questions or wish to volunteer for a specific task please contact David Brown, chair of Building and Grounds (242-4544, [dsbrown2@charter.net](mailto:dsbrown2@charter.net)).

## SOLS News

News from SOLS, The Sisters of Lucy Stone, our women's group: The annual trip to Hot Springs was a hoot, and we learned that some of us are avid card players. This year's theme was, "It's just a game!" Our next project is Trillium, our Annual Festival of Follies and Flings on April 18th (see the notice in this newsletter). We need all hands on deck for this event, which gives us an opportunity to interact with the Black Mountain community, brings in funds for our partner church in Romania, our Coming of Age Program and provides funding for new programs at UUCSV like our new choir director! We hope everyone in the congregation will lend a hand by donating rummage sale items, baked goods, and being available to help on April 18th. We meet on the 4th Sunday every month, at 12:30 at UUCSV for an hour of sharing and planning and just being together. Please join us! contact [DawnWilson@aol.com](mailto:DawnWilson@aol.com).

## Black Mountain's Best Rummage Sale

The Sisters of Lucy Stone (SOLS) need donations for the UUCSV rummage sale to be held at our annual event "Trillium: A Festival of Follies and Flings" on April 18th 8:00 – 3:00. We are particularly interested in outdoor living items. Clothes not so much. Please bring any and all "Good Stuff" to the RE rooms to the left of the church foyer starting the afternoon of Sunday, April 12th until Thursday, April 16th.

"Good Stuff" is:

- Clean
- Mildew and mold-free
- Free of pet hair and smell
- Unbroken
- In working order
- All parts and pieces present
- Antiques in just about any condition
- Non-toxic
- Passes the "It's not junk" test

We will pick up Good Stuff during the week prior to Trillium if need be. Questions? Contact Jane Carroll at 664-1695 or dr\_jcarr@msn.com. Proceeds go to our partner church in Romania and for special projects at UUCSV.

## Birthdays in March

March 4th Scott Shaw	March 14th Marjorie Starrs
March 10th JoAnn Hansen	March 16th Bertha Baxter
March 10th Howard Hansen	March 17th Friend Skinner
March 11th Evan Shaw	March 18th Elaine Hamil
March 13th Judy Curtis	March 23rd Lee Reading
March 14th Ann Lutz	

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

## "Who Ya Gonna Call?"— the UUCSV Stimulus Package

Give your "Bizness" to a friend through this project of the "Open Topic Covenant Group" to help UU members and Friends support each other's businesses.

This booklet will be published from copies of business cards. If a member or friend does not have a card to copy, they can have up to 5 lines of information printed about their business. The cost of the printing will be defrayed by a suggested donation from each participant of \$20.

Any Member or Friend of UUCSV is eligible to be included in the booklet. This means someone who wants to baby-sit can have a listing, as well as an attorney or a person who can knit something....or an artist who can provide various beautiful objects.

The booklets will be given out free at UUCSV to those who are interested in using this reference book.

Time Frame: Submit cards/service listing and donations to Teresa Ballinger, or Barbara Rogers at the church office or in person. Other Covenant members helping produce this community project are: Dawn Wilson, Mamie Hilliard, Tim Perry, Linda Metzner, Scott Conklin and Tom Rodham.

Deadline is April 15. The brochure will be printed and distributed by June.

There will be a disclaimer that UUCSV does not in any way recommend these businesses, but is simply providing a listing of what is available based on the talents of our members and friends.

## Religious Education Corner

### RE Vision Statement

The RE Committee met for several hours on Sunday February 8 in a retreat/planning format separate from our regular monthly meeting. One of the main goals of this meeting was to come up with a vision statement for the religious education program. We are refining this now and also want the Board to have a chance to review it. As soon as we have it ready, we'll pass it on to the congregation! The vision statement will serve us all in the years ahead as a guide to our program's philosophies.

Another major item discussed at the retreat included curriculum planning and classroom breakdown for next year. The committee was in agreement that curriculums for all age levels would focus on UU identity. These programs focus on the seven principles and our sources. This works in well with the Coming of Age program which is all about discovery of UU identity and what we are about. Based on our enrollment, we will have four classes next year, broken down as follows: preschool (ages 2-4); K-3; 4-7; and 8-12. But we only have three classrooms available, you say? We will solve that dilemma by having our Coming of Age class meet from 10 – 11 when they have class time, after which they will attend the service or help out in the preschool program. Their classroom will then be available for the older elementary group to use from 11 -12. This works for our space needs and serves a dual purpose of integrating our youth more fully into the life of the congregation.

On May 17, we will hold our annual RE Sunday service. Since we are so fortunate this year to have Sally Beth working with us, we will hold a child dedication ceremony at this service. This has only been done one other time in the life of our congregation, and the committee feels this "official" welcoming of children into the congregation is important. More details will follow soon.

### RE Class Activities

The preschool Chalice Children class will continue learning about our church world, including lessons on exploration of our larger world through lessons on the seasons, Valentine's Day, rainbows, and dreams. The elementary school Timeless Themes class has just completed their study of Moses, the ten commandments, and the Ark of the Covenant (thank you Indian Jones!), and will continue focusing more on the New Testament in the coming months. The Neighboring Faiths class concluded their study of Hinduism, including a visit to the Hindu temple in Black Mountain. Next will be a study of the Bahai and Quaker faiths, different from many others they have studied to date. All elementary children and youth, if they are not on a field trip, will participate in the first part of the service every first Sunday, when Sally Beth is preaching.

### Important Dates to Remember

- **March 1**—RE Committee monthly meeting; Fellowship Sunday reception will be setup in the main RE space
- **March 6-8**—Sybil, Sally Beth, and Heidi Blozan will attend the Worship for All Ages modules and workshops, a TJD event
- **March 8**—Sandwich/dessert Coming of Age fundraiser after service
- **April 4**—Saturday, 5:30-8:30 p.m. MARK YOUR CALENDARS NOW!! Soup/chili dinner and movie night fundraiser for Coming of Age

In peace,

~ Sybil Argintar, RE Coordinator



## 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	4:00 Buddhist Study Group	
SECOND	9:30 Adult Forum 10:00 Membership Committee 12:30 Warblers		7:00 Open Topic CG	5:30 Social Action Committee	4:00 Buddhist Study Group 7:00 Warblers	
THIRD	9:30 Green Sanctuary Committee 10:15 Warblers		6:00 Board of Trustees	1:00 Written Word CG	4:00 Buddhist Study Group	6:30 Friday Fling
FOURTH	9:30 Adult Forum 12:30 SOLS		7:00 Open Topic CG		4:00 Buddhist Study Group	

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.



*Our new Music Director Linda Metzner leads the Warblers in an African anthem, “Ishay Olah” from Nigeria. Thanks to SOLS for funding this important position! They sound great, Linda!*

### Warblers

We are so very pleased that Linda Metzner is already at the helm of our little Warbling ship and what a difference it is making! Join us! Remember that we have a new rehearsal schedule—see the Monthly Committee Meetings chart.