



## UU and You

*the monthly newsletter  
of the Unitarian Universalist Church in Meriden*

*Ours is a religion of covenant rather than creed.  
Practicing Loving Community, Advancing Justice, and Nurturing Spiritual Growth  
are how we seek to live this faith.*

### UUCM Attends Daffodil Festival in Meriden

UUCM members braved wind and rain over the last weekend in April to fundraise at Meriden's 40<sup>th</sup> annual Daffodil Festival.



### Board News

#### Serving as a Board Member

When Deirdre, Nyra, and I first started attending UUCM, I had no intention of becoming significantly involved in the congregation in any way. I had already had my fill of organized religion and was still reluctant to even attend services, never mind play a role in supporting the congregation. However, I soon realized that this church was different from any other religion I had previously been exposed to, and I was intrigued. So, when Rev. Jan asked Deirdre and me what we could contribute to the congregation, I mentioned that I was good with numbers and would be willing to join the Finance Committee.

Shortly after joining the Finance Committee, I ended up sharing the responsibilities of Finance Chair, as everyone on the committee was stretched too thin to serve in that role at the time. Several months later, we had a Finance Chair, but no Treasurer. So, I volunteered to serve in that role and continue to do so. In less than a year, I went from skeptically attending a few services to serving as a member of the Board.

At each step in this process I initially felt completely unprepared and incompetent. However, everyone on the Finance Committee and, later, the Board, were incredibly supportive and patient. They helped me adapt to each role and provided me with whatever assistance I needed. Everyone worked to make sure I was successful so that together we could help the congregation be successful.

Serving on both the Finance Committee and the Board of Trustees has given me the opportunity to serve and contribute to the congregation in the best way I can. It has also given me the chance to have a voice in how we as a congregation overcome challenges and what direction we should be moving in. It has, at times, proved challenging, but has ultimately been a rewarding experience. I would encourage anyone looking for a way to contribute to the congregation to join one of the committees or the Board. Even if you think there isn't anything you'd be good at, there is always something you can help with.

-Cori Therault

## Masthead

*UU and You* is the monthly newsletter of the Unitarian Universalist Church in Meriden.

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[www.uumeriden.org](http://www.uumeriden.org)  
[www.facebook.com/UUMeriden/](https://www.facebook.com/UUMeriden/)

Send newsletter submissions prior to the 15<sup>th</sup> of each month to [newsletter@uumeriden.org](mailto:newsletter@uumeriden.org).

## Contacts

### *Our Minister*

Rev. Dr. Jan Carlsson-Bull  
781-733-0355  
[Revjcarlssonbull@uumeriden.org](mailto:Revjcarlssonbull@uumeriden.org)

### *President*

Donna Stimpson  
[president@uumeriden.org](mailto:president@uumeriden.org)

### *Vice President*

Trish Schneider  
[vp@uumeriden.org](mailto:vp@uumeriden.org)

### *Office Administrator*

Maureen Leahy  
Office Hours T 10-1, W 10-1, F 11-4

The Unitarian Universalist Church in Meriden is a fair-share member of the Unitarian Universalist Association of Congregations.  
[www.uua.org](http://www.uua.org)

## Leadership Updates

### Future Leaders

The Leadership Development Team is filling the role of the Nominating Committee this year. We will have two open Board of Trustees positions: Vice President and Treasurer. We are taking suggestions for individuals who may be interested in serving as Vice President or

Treasurer. If you are interested in learning more about serving in either position, please contact the Leadership Development Team at [leadershipdevelopment@uumeriden.org](mailto:leadershipdevelopment@uumeriden.org).  
Trish Schneider, Chairperson

## Upcoming Services

[www.uucentralct.org/worship](http://www.uucentralct.org/worship)

*Please arrive by 10:20 and be seated by 10:25, so that we may worship together as the chimes ring out.*

### Sunday, May 6<sup>th</sup>

#### *Intergenerational Worship at the UU Church in Greater Bridgeport*

We will be the guests of our neighboring congregation in Stratford, located at 275 Huntington Road. Stay tuned for carpooling options. Worship is at 10:00 AM.

### Sunday, May 13<sup>th</sup>

#### *"Sacred Space"*

Worship leader: Anita Sanders  
Worship Associate: Lynne Grobsky

What does it mean to establish a sacred space? The chalice, for Unitarian Universalists, symbolizes the intention of coming together to worship, thereby setting sacred space. But it is much more than that. Come explore with us the blessings that emanate from the flame that resides both within our hearts and within our sacred space. We welcome to our pulpit on this Mother's Day Sunday, Anita Sanders, President of the Unitarian Universalist Church of Greater Bridgeport.

### Sunday, May 20<sup>th</sup>

#### *"Yoga Beyond the Matugh Yoga"*

Worship Leader: Liz Hall, Chaucey Perreault,  
and John Sepples  
Worship Associate: Lisa Urso

Many westerners think of yoga as a system of exercises, but it is much more than that. The aim of yoga is to join together the mind, body, and spirit. This worship experience offers a sampling of practices to help you become aware of your state of mind, body, and spirit and begin to cultivate peace within.

Second Sunday Potluck on the Third Sunday  
Come enjoy this post-service time of food and fellowship directly after the service. So that we don't all bring salad, please use the Perfect Potluck meal planner link [www.PerfectPotluck.com/FXC5966](http://www.PerfectPotluck.com/FXC5966) to let people know what you plan to bring. Once you take an item everyone else who opens the link will see that others have signed up for food contributions.

### **Sunday, May 27<sup>th</sup>**

*"Make Yourself at Home"*

Worship leader: Jeff May  
Worship Associate: Lynne Grobsky

Imagine that you find yourself in a new town, a town with no Unitarian Universalist congregation nearby. As you become more familiar with the area and your neighbors you find that there are many more like you . . . Unitarian Universalists who have moved here, but have no congregation. So of course, you all get together and decide to create one. We'll call it "Campfire Fellowship – A Unitarian Universalist Faith Community." With the opportunity to start something new, what would your new congregation look like? Let's sit around a "virtual campfire" and share ideas in story and in song.

## **Happenings**

[www.uucentralct.org/calendar](http://www.uucentralct.org/calendar)

**Saturday, May 12<sup>th</sup> 8:00 AM**

### ***TAG SALE***

Saturday, May 12<sup>th</sup> from 8:00 AM to 1:00 PM

Bring clean reusable goods Friday May 11 between 1 and 7 PM. No clothing, books, encyclopedias, magazines, tires, chemicals, weapons. No electronics more than 5 years old.

**Please sign up to help either or both days:**

Friday to receive and display goods; Saturday from 7:30 AM to about 2 PM.

Help needed transporting leftovers to Savers store, probably Monday, May 14.

Find the signup sheet Sundays on the food table during coffee hour, or contact Janet Hiller at [janethiller@outlook.com](mailto:janethiller@outlook.com).

### ***TED Talk***

Wednesday, May 9<sup>th</sup> at 7:00 PM

We will watch Theo E.J. Wilson's TED Talk: a black man goes undercover in the alt-right and will follow up with a facilitated discussion.

## **Ongoing Meetings/Activities**

### **Wednesday Worship**

Wednesdays, May 2<sup>nd</sup> and 16<sup>th</sup>, 2018, 7-7:45 PM

This twice-a-month gathering brings different lay leaders to share some of their spiritual practices in an informal, small-group setting. Sit in our circle and enjoy readings, chants, music, and meditations, ending with a topical conversation.

For more info, contact Trish at [arechair@uumeriden.org](mailto:arechair@uumeriden.org)

### **Buddhanature Gathering Group**

Sunday, May 20<sup>th</sup>, 2-3:30 PM

A once a month gathering, where we come together to share our journey on the spiritual path. One does not need to identify as Buddhist to join us, we welcome anyone who has an interest in learning about the beliefs and practices of Buddhism. We are an eclectic and open-minded group that respects each other's beliefs, practices, and traditions. Gathering may include: guided meditation, discussion of an

article or short passage we read together during group, watching and discussing videos, chanting and prayers (only if one feels comfortable to join in), and art and creativity to help generate reflection on Buddhist beliefs. We always include time in our gathering to discuss how members are incorporating their beliefs into daily living. We are a heart centered group and enjoy laughing and learning together.

### Hands-On Saturday

Saturday, June 2<sup>th</sup>, 11-2:00 PM

Bring your scrapbooks, journals, knitting, a new project or whatever you've been working on; we'll supply the tables and fellowship! All ages and creations are welcome – invite a friend! For more, contact Trish at [are-chair@uumeriden.org](mailto:are-chair@uumeriden.org)

## Social Justice Committee

**Next meeting is May 13<sup>th</sup> at 9:00 AM – all welcome!**

This past year, since September, 2017, we have been working on local issues of systemic racism. We began by asking the NAACP President, members of the Meriden Board of Education, and members of the Meriden City Council to come speak to us about what they see as the main issues and how we could be of help. We learned much that night, and, as one of our discussion group members said afterward, "In hindsight it seems so simple.... just ask people who don't have white privilege what they think we should do." So we have participated in many events and activities that reflect what we learned, i.e., immigration rallies and requesting specifics of the City Council during the "citizens speak" section at the start of each meeting. We will continue with discussions, and we hope to expand to the Board of Education meetings.

In addition we continue to learn about racism and our part in the systems of racism we live within all the time. We have been reading the

UU Common Read, *Centering: Navigating Race, Authenticity and Power*. We have had one discussion, but the group wanted to continue to talk about the important concepts from the book. We will continue on Sunday, May 13, 12:30-2:30 PM and Sunday, June 17, 12:30-2:30 PM. We will continue to discuss the fact that most Unitarian Universalist congregations consist mostly of white members and what it must feel like to be a person of color in our settings. The discussions are open to everyone, whether they have attended the initial discussion or not. The book can be ordered through the UUA book store or by contacting Angie Swanger at [angmart1@comcast.net](mailto:angmart1@comcast.net).

## Property Committee

Chair: Randy Heath, [randyheath@cox.net](mailto:randyheath@cox.net)

**Next meeting is June 7<sup>th</sup> at 9:00 AM – all welcome!**

For more information, contact Randy Heath at [randyheath@cox.net](mailto:randyheath@cox.net) or (860) 424-2255.

## Finance Committee

**Next meeting is May 10<sup>th</sup> at 7:00 PM – all welcome!**

## FUNdraising Committee

**Next meeting is May 15<sup>th</sup> at 6:30 PM – all welcome!**

## Communications Committee

**Next meeting is May 8<sup>th</sup> at 7:00 PM – all welcome!**

Getting the Word Out

Do you enjoy writing or taking photos? Is Social Media your thing, but you're not into lots of meetings? Then the Communications Committee is for you. The Communications Committee is looking for people to take photos, create brochures, and work with social media

and/or the UUCM website. Talk to Trish at coffee hour or email her at trishs@cox.net.  
Trish Schneider

## Membership Committee

**Next meeting is May 9<sup>th</sup> at 6:30 PM– all welcome!**

## Religious Education

**Next meeting is May 24<sup>th</sup> at 7:00 PM– all welcome!**

Thanks to all for your donations and help with the Solnit project — we were able to give 120 goody bags and 12 beautiful centerpieces to this great psychiatric hospital for children. They will be used at one of their monthly family dinners. Big kudos to Kate Miller and Jennifer Hadley for leading us through the process! The church school continues enjoying our LOVE curriculum and making new friends this spring. The Youth Group has also been active with plans and volunteering. Special thanks to Deirdre Theriault and Cindy Ferguson for being YG leaders. We still need helpful volunteers to spend time with us once a month, so our wonderful teachers get a break! If you'd like to volunteer or have any questions, be in touch with Megumi Yamamoto at megumi.yamamoto@gmail.com.

## Worship Associates

**Next meeting is May 23<sup>rd</sup> at 7:00 PM– all welcome!**

Thanks to all who come and join the worship services. On May 6<sup>th</sup>, we will worship at the Unitarian Universalist Church of Greater Bridgeport. Directions will be posted on our main door. The UUCGB service starts at 10:00 AM and is multigenerational.

On June 24<sup>th</sup>, at 10:00 AM we will live stream the General Assembly worship service. Our

summer services, which begin at 10 AM, will start July 1<sup>st</sup>.

If you are interested in being more involved in our services or in becoming a Worship Associate, please talk to me at barbarakline93@gmail.com or reach out to any member of the Worship Associates.

Blessed Be,  
Barbara Kline, Co-chair Worship Associates

## Our Larger UU World



## UUA GENERAL ASSEMBLY

**June 20-24, 2018**

**Visit [www.uua.org/ga](http://www.uua.org/ga)**

*Registration & Housing are open NOW*

UU Meriden is entitled to two delegates plus our minister. Rev. Jan will attend UUMA Ministry Days June 19-20 and all of GA. Thus far Donna Stimpson, UUCM President, will be a delegate. If you are interested in being the second delegate or simply attending, please contact Donna at [feministangler@aol.com](mailto:feministangler@aol.com) or in person.

If you know someone who has contributed to this church in a distinctive way in the recent past or someone whose life happenings call for special wishes, please let Rev. Jan know at [revjcarlssonbull@uumeriden.org](mailto:revjcarlssonbull@uumeriden.org) so that we might extend Kudos, Thank You, Congratulations or Loving Wishes in our next newsletter!

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