



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.*

From the Minister



Resurrection is as natural as spring. Yet we who are Unitarian Universalists often get stuck in the springtime

mud as Easter appears on the calendar. How is it that some religious scar tissue gets picked at as Easter approaches? Jesus was executed, buried, and then rose again from the dead? I can almost write a segment of the Apostles' Creed from memory given my Presbyterian upbringing. Do I believe in a bodily resurrection? I don't think so, BUT...

I do believe in resurrection. How else might life on this planet be sustained if flora and fauna didn't lie fallow, regain root strength, and pop through the soil come spring? How might any of us fragile humans survive our accidents and illnesses and the foibles of not-so-kind humankind were it not for the "miracles of science" and the healing power of compassionate caregiving community?

Resurrection happens, again and again. How might those of us who know the darkest nights of the soul garner the wherewithal to heal? Much as we highlight the strength of individual perseverance, none of us heals alone, and sometimes it just doesn't happen. Loss and grief have visited every home; but so has resurrection in its many forms. So has a regeneration of spirit and energy and health. It has happened for me. It has likely happened for you.

As I anticipate retirement from parish ministry come July 1, I have known anxiety. Who will I be? What will I do? Whoa! I know that my life partner is eager for more time with me and that I long for more time with him and our whole family. I anticipate also more time with friends and the requisite hours to renew longtime friendships. I look forward to long afternoons of oceans swimming and more early mornings at the Y. I savor the prospect of more casual reading and eventually not so casual writing. I can almost envision some days without schedules. The most prudent counsel on these matters came from a colleague, who suggested simply lying fallow for a while. She reached my Midwestern agricultural sensibilities. Yes, I said, Yes.

Some of you have lain fallow for a while regarding your congregational energy and engagement. Might you now know a renewed commitment of your time and talents, so that this congregation that is 165 years young will rise and thrive. Might you be joined by new faces, new voices in this ever-changing community.

Yes, resurrection is as natural as spring and as possible as our willingness to let it happen.

In the spirit of spring and all that comes to life again and again—

Rev. Jan

.

About the Newsletter

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

328 Paddock Avenue
Meriden, CT 06450-6985
203-237-9297
www.uumeriden.org
www.facebook.com/UUMeriden/

Send newsletter submissions prior to the 15th of each month to: newsletter@uumeriden.org

Contacts

Our Minister

Rev. Dr. Jan Carlsson-Bull
781-733-0355
Revjcarlssonbull@uumeriden.org

President

Donna Stimpson
president@uumeriden.org

Vice President

Jane Dioguardi
vp@uumeriden.org

Office Administrator

Office Hours T 12-2, W 10-3, TH-2-5
Office@uumeriden.org

Minister Hours

Rev. Jan holds office hours Tuesday through Friday, 10:30 am to 4:30 pm and by appointment. She is available for pastoral emergencies at 781-733-0355. Her day off is Monday. Since she is on two-thirds time, she generally takes a week off per month. In April, she will be off the first week, through Sunday, April 7. She is still available for pastoral emergencies by phone.

Words from the Heart

Longtime members Janet Hiller and Steve Volpini are moving from their home of many years on Miller Avenue to a new abode, also in Meriden. As an elegy for the views he will miss from their old home, Steve penned this poem, which he has given us permission to share.

The Sun, for Me

Steve Volpini

I suppose the sun will fall on something,
Just not the hydrangeas and the fir.
And the hastening spring will not stripe
the lawn chartreuse for me.
The two doves, of course, will continue
To rendezvous on the deck railing,
as they now do, making plans,
and commuting to the nest they're building.
Orion's belt will not cinch the night sky
over our bedroom window,
but the stars will continue to whirl well nigh

Upcoming Services

Sunday April 7th

“Embracing Being Enough Is Being Whole”

*Worship Leaders: Barbara Kline
Worship Associate: Lisa Urso*

Sunday April 14th

“Chalice Sanctuary Sunday – “Our Ministry of Sanctuary”

Worship Leaders: Rev. Dr. Jan Carlsson-Bull with Nancy Burton and other members of the Chalice Sanctuary Team

Worship Associate: Jeff May

Second Sunday Potluck Dinner – Come enjoy this post-service time of food, fellowship, and more directly after the service. Please bring an entrée, salad, or dessert to share. We will show the video, “Brightness at Noon,” on the

sanctuary movement nationally and featuring Sujitno Sajuti and our sanctuary ministry.

Sunday April 21st

Easter Sunday – “Arise and Greet the Day!”

Worship Leader: Rev. Dr. Jan Carlsson-Bull
Worship Associate: Lynne Grobsky

Sunday April 28th

“From Seed to Blossom”

An Intergenerational Service
Worship Leader: Rev. Dr. Jan Carlsson-Bull
Worship Associate: John Sepples

Calendar of Events

www.uucentralct.org/calendar

Saturday, April 6th, 10:00 AM

Hands-On Saturday

Sunday, April 7th, 12:30 pm

Anti-Racism Book Discussion
White Fragility by Robin DiAngelo

Wednesday, April 10th, 7:00 PM

TED Talk: The gift and power of emotional courage, by Susan David

Sunday, April 14th, 12:00 PM

Next Steps Workshop

Saturday, April 27th

Daffodil Festival at Hubbard Park in Meriden

Sunday, April 28th

Daffodil Festival at Hubbard Park in Meriden

Adult RE Workshop



Closing Chapters: A Series of Workshops on End of Life

Thursdays, 6:30-8:00 PM – April 25, May 2, May 23

We cannot plan for our birth, but we can possibly plan for our death. Come join Rev. Jan for this series of workshops in which we explore the opportunities of our closing chapters—from bucket lists to living wills to how we hope to be remembered and by whom. We will draw on the needs and desires of participants as well as the rich resources offered to each. To register, please contact Rev. Jan at revjcarlssonbull@gmail.com

Ongoing Meeting and Activities:

Gong Meditation

Mondays, 7:30-9 PM

Anti-Racism Discussion Group

Tuesday, April 3rd, 6:00-8:00 PM

Women’s Sacred Singing Circle

Tuesdays 7:00 – 8:30 PM

Mid-week Meditation

Wednesday, April 3rd and 17th. 7:00 – 7:45 PM

Philly Discussion Group

Wednesday, April 17th. 6:30-8

Social Justice Council

Anti-Racism Activities:

During our regular Anti-Racism meetings on the first Tuesday of each month (6-8pm), we have been discussing the book *White Fragility* by Robin DiAngelo. Some of what we have been learning:

Following the Civil Rights Movement of the 60s, the concepts of “only bad people are racist” and

“racism was reduced to simple extreme acts of racial prejudice,” like those seen in the “Unite the Right” rally in 2017 in Charlottesville, Virginia. Therefore to suggest that a white person is a racist or is complicit with racism is to attack their character, thus one is likely to get a defensive reaction that DiAngelo refers to as “white fragility,” as the white person demands or maneuvers to be validated as a “good person.”

DiAngelo states that racism is a structure, not an event. White supremacy is an overarching political, economic, and social system of domination based on racial categories that benefits those defined and those perceived as white (p. 31). Racism is a deeply embedded ideology of our culture. Everything about it from our education to our use of money and where we live is or has been dictated by this structure. Even if we wanted to, we cannot escape its impact on us. We must educate ourselves about and find ways to counter the culture within which we have gathered our experiences. This is a lifelong experience of learning the truth and unlearning the lies.

You can find *White Fragility* on Amazon or at the bookstore on the UUA website. Or feel free to join us for our last two discussions on Sunday April 7 and Sunday May 5 from 12:30-2:30p at UUCM, 328 Paddock Ave, Meriden. For more information contact: activejustice@uumeriden.org

Tuesday night (first Tuesday of every month 6-8pm) we will continue exploring additional resources and actions, as we seek to deal with the racism and white supremacy we find all around us. Please join us, or if Tuesday night is not an option, let us know when is a more convenient time for you, so we can hopefully accommodate your schedule. (Note: Tuesday is not the book discussion.)

Environmental

If you have an interest in environmental issues, the Social Justice Council invites you to join with

us in learning more and also taking actions, large or small, to help avert the current results of climate change, before they overwhelm us and our children or grandchildren. Please contact activejustice@uumeriden.org.

Guest at Your Table

We have concluded the Guest at Your Table program for the Unitarian Universalist Service Committee. There was \$ 972.12 collected. Seventeen (17) members/friends of UUCM participated, with 13 becoming UUSC members. Thanks to everyone who participated, including the delightful rendition of “Stone Soup” during the service and the luncheon that followed. Special kudos to Jennifer Hadley, director and author of our Stone Soup story, and Barbara Kline, Chef Extraordinaire.

What’s happening in Religious CYRE

Upcoming event: Easter egg hunt after church on April 21.

In February the youth presented a wonderful Stone Soup play written and directed by Jennifer Hadley. For the last two Sundays, we used sessions from Soul Matters on perseverance and trust. Soul Matters is an integrated approach for worship, religious ed, and small groups so that what is being learned is connected at all three levels. The youth made valentines for older members and those housebound. The cards were well received.

In March we explored our journey through life. Four of our youth on the first Sunday worked together nurturing a found woolly caterpillar. In April, our unit will be on Wholeness. We hope to engage some of our talented members to share their expertise in drumming, singing, gardening, and possibly yoga. We are always in need of adults to help facilitate our activities. Please contact Richard Gault at rickgault@yahoo.com.

Soul Matters

Material prepared for our congregation by the UUCM Adult RE committee from the Soul Matters collective, April 2019:

What Does It Mean to be a People of Wholeness?

Name Your Name

Israeli poet, [Zelda](#), speaks powerfully to this month's theme with her poem, [Each of Us Has a Name](#). With it, she reminds us that our wholeness is not so much a matter of holding tight to your one true name, but embracing the many names given to us by the experiences of our lives. The full poem can be found at [this link](#), but here's a taste:

*Each of us has a name given by God
and given by our parents...
Each of us has a name given by the mountains
and given by our walls...
Each of us has a name given by our sins
and given by our longing...*

So, this month, you are invited to reflect on how these universal experiences have "named you." Spend a few hours or a few days going through Zelda's poem line by line, stopping after each one to think about how that experience imprinted itself on you and added a dimension to your wholeness, for better or worse.

It helps to think of each of these experiences as completing the sentence, "You are..." So here's an example of what you might ask yourself as you work with each line:

- What name was I given by "Love" (or God)? How did my first Love/god experience complete the sentence, "You are ..."?
- What name was I given by my parents? How has my relationship with them completed the sentence, "You are..."?
- What name was I given by the mountains? How has my experience

with nature completed the sentence, "You are ..."?

- What name was I given by my "sins"? How has my experience with my shadow side or mistakes completed the sentence, "You are ..."?

Word Roots: Our understanding of "whole" comes through the old Germanic and Norse languages: *hal*, *haila* which give the sense of entire, unhurt, uninjured, safe; healthy, sound; genuine, straightforward, undamaged, complete. Our word for health has similar roots.

Wise Words: Happiness is just one part of our existence; wholeness is to embrace all that is within us. It's to embrace our shadow qualities, to embrace our self-doubt, fear, anxiety, as well as the brightness, joy, and curiosity. It is all welcome.

Dan Putt

Next Month's Theme is Curiosity

Treasurer's Report

Snapshot of UUCM finances for the first eight months of the Fiscal Year 2018-19:

Our overall income from July through February was **\$80,088.94**—80% of it from pledges. Sunday Collection and Fundraising income are running at less than 50% of budget. We would like to see both running closer to 65% of budget at this point in the fiscal year. Rental income is running at 64% of budget. Our expenses are running at 62% of budget, **\$79,697.44**. Both income and expenses are running about 62% of budget. Year-to-date net income is **\$391.50**. Below is a breakdown of the income.

Income Details:

- Pledges: \$64,515.93
- Sunday Collection: \$ 2,996.38 (includes SJC share of the plate)
- Special donations: \$ 1,540.00
- Rentals: \$ 4,130.00

- Fundraising \$ 4,934.82
- Miscellaneous: \$ 1,971.81 (includes surplus, reimbursement from Sanctuary for utilities & insurance dividend)
- Total: \$80,088.94

UUCM has a mysterious benefactor. In February, we received an anonymous gift of \$5,000. Both the Finance Committee and Board of Trustees were pleasantly surprised by such generosity. The Finance Committee felt it was prudent to let the check clear before counting it as income. The check has cleared, so the gift will be reflected in the March treasurer's report.

Trish Schneider, Treasurer

UUCM Tag Sale May 11

If spring is coming, the UUCM Tag Sale can't be far behind!

This is one of our major fundraisers, for which we need everyone's help.

- Date of event: Saturday May 11 from 8am to 1pm
- Date of preparation and setup: Friday May 10 from 11am to 7pm
- We are not accepting books. (There will be a separate book sale later.)
- Also not accepted: clothing, tires, chemicals, magazines, weapons, electronics more than 5 years old

What can you do now?

- Beginning Sunday April 14, sign up to take a shift or two for prep day (Friday) and/or sale day (Saturday).
- Start setting aside items to donate.

What can you do on Friday May 10?

- Bring your clean, usable donations to the church on Friday May 10 between 11am and 7pm.

- Bring extra boxes and bags if possible.
- Stay to help display goods if you can.

How can you help on Saturday May 11, the day of the Tag Sale:

- Take a shift or two during the sale (signup sheet available Sunday April 14).
- Serve as cashier for part of the day—8 to 11am or 11am to end of sale. Two cashiers needed per shift. Plan to be on site by 7:45am.
- Help box up leftover items at the end of the sale and move them to the front room and porch.
- Help clean up the sanctuary and hallway.

Is there anything else that has to be done?

- Yes! Help haul away leftovers (probably Monday May 13).
- For this, we need strong people and large vehicles (smaller ones are needed too!).

Questions: [Contact janethiller@outlook.com](mailto:janethiller@outlook.com) or see Janet on a Sunday.

Kudos and Thank You to:

All who led the March worship services:

March 3 – “The Path of Awakening” Thanks to worship leader, and Worship Associate Lynne Grobksy, assisted by Worship Associate Barbara Kline for this inspiring worship experience.

On this Sunday, Rev. Jan led worship at Rock Tavern UU in Rock Tavern, NY on “Fish Gotta Swim, Birds Gotta Fly,” a reflection on her pilgrimage in Viet Nam. This was in exchange for their minister, Rev. Dr. Chris Antal, leading worship here on November 11, Armistice/Veterans Day, when Rev. Jan was in Viet Nam.

March 10 – Worship service was cancelled due

to freezing rain. Nonetheless, we all turned our clocks ahead one hour.

March 17 – “Bardo: Between Now and Then” was the focus of worship led by Rev. Jan with Lisa Urso as Worship Associate. Bardo refers to the transitions, crossings, and transformations that we experience in many forms, including the transition through which this congregation is now passing.

March 24 – “The Grace of Detours” – led by Rev. Jan with Jeff May as Worship Associate. Reflection, poetry, and songs on detours we have taken accidentally, intentionally, and by unanticipated circumstance, and the grace such detours can hold. Thanks to Mary Lou Woods, the sister of Jane Dioguardi, who is serving as substitute pianist in Alan’s absence.

March 31 – “It’s About Time—and Space” – Bravo to Jeff May with John Sepples, for this worship experience that imaginatively links with “Journey” as our theme for the month.

During the Sundays when Alan is absent due to his kidney transplant, Mary Lou Woods will serve as our guest pianist. Please welcome her warmly! During April, she will be here April 28, and then May 2.

Nancy Burton and Maureen Muir, for contributing to the worship service at the Unitarian Society of New Haven (UUSNH) in Hamden through sharing our experience of sanctuary ministry. And thanks to Sarah Forman, a member of UUSNH, for inviting them and serving on our Chalice Sanctuary Team.

Unitarian Society of New Haven in Hamden; Rev. Megan Lloyd Joiner, their minister; and their Immigration and Refugee Task Force for their continuing generosity in the form of funds and Stop & Shop cards for sustaining our sanctuary ministry.

Randy Heath, for once again bringing to UU

Meriden Shelley Segal, who with her partner, Rob Robertson, performed in a vibrant fundraiser concert, Sunday evening, March 17.

For all who are current on their pledge for 2018-19!

For all who should have been cited and were overlooked.

Loving Wishes to:

Alan Dougherty, our much-loved pianist and member from his youth, is moving through a two-phase kidney transplant. On March 18, he was at Hartford Hospital for a nephrectomy, the removal of his kidneys. He will be on dialysis for the next few weeks before the kidney transplant on April 24. Let’s hold also his wife, Kim, and daughter, McCartney, and parents, Ann and Harry Dougherty, in our hearts as they surround Alan with support through this long hoped-for procedure. Rev. Jan is visiting him. Cards for Alan are welcome at 9 North Colony Road, Unit 1, Meriden, CT 06450.

Connie Florio Welton, who is especially challenged by ice and chilly spring rains. Why not send her a note at 9 North Road, Southington, CT 06489?

Scott Barnard, who continues to receive treatment for lung cancer and cope with ALS.

Sujitno and Dahlia Sajuti, who hold hope every day that they might gain their freedom to remain in this country. It is not easy to be in sanctuary for such a prolonged period. As of April 9, it will be 18 months—a year and a half.

All who are moving through difficult times.

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 Steven Nahas know at office@uumeriden.org



**We need your help on April 27th & 28th at
UU Meriden Daffodil Festival Booth**

Need help with setup and breakdown, including bringing refrigerators, griddle, propane, tables, key lime equipment, grilled cheese and tomato soup equipment, washing station, food, etc.

Volunteers needed for all shifts both days. To volunteer contact Donna Stimpson at feministangler@aol.com.

The Unitarian Universalist Church in Meriden

328 Paddock Avenue
Meriden, CT [06450](http://www.uumeriden.org)

