



# 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.*

## Message from Rev. Tony - “Living Up to Expectations”

Dear Holy Ones,

I can't wait to begin our journey together. I'm eager to meet everyone and hear your stories. What an exciting time this is! New beginnings are overflowing with expectations, and the beginning of a new ministry is no exception. Hope is high, anticipation is great, and possibility is in the air. There's an energy in the air not unlike Christmas Eve, a first date, and the premier of the next Star Wars movie - I hope I get the gift I wanted, I hope they like me, I hope this installment does the franchise justice! I don't know about you, but I have been blessed time and again in ways I didn't expect. I hoped for one thing, got something different and was initially disappointed but eventually discovered (sometimes sooner and sometimes later) once again the enduring wisdom of the Rollings Stones: I didn't get what I wanted but I got what I needed.

There are fewer things more energizing than high hopes, but there are few things as demoralizing as dashed expectations. Dashed expectations bring out various emotions such as disappointment, resentment, and anger. These feelings erode faith, trust, and relationships. Because of this, we need to treat expectations with a sacred spirit. Frequently, unmet expectations are the result of the expectations being unreasonable. Some of the things that make for unreasonable expectations include

putting too many eggs in one basket, not agreeing with others (or even yourself) what the expectations should be, and putting too much responsibility for meeting expectations on one person or group.

Let's kick off this new church year and new ministry together by discussing expectations. Just what are our hopes and dreams? How will we go about achieving them? How will we treat each other along the way? I'm looking forward to a lot of conversations about these things in the coming weeks as you teach me about the congregation, where it's been, and where you think we should go next. I'm also looking forward to learning about the current expectations in the congregation - How is worship done? How are things communicated? How are decisions made? What are the important customs, rituals, special events, and ways of doing things?

As this new shared ministry begins, I joyfully welcome your help as I learn about and come to understand current expectations so that as time goes on, I can joyfully offer feedback on setting goals for the future and how to meet the expectations that go along with them. See you soon!

Expectantly,  
Rev. Tony

## About the Newsletter

*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*

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### *Vice President*

Tina Caplan  
[vp@uumeriden.org](mailto:vp@uumeriden.org)

### *Office Administrator*

Steven Nahas, our Office Administrator, is here on Tuesdays 11-2, Wednesdays, 11-3, and Thursdays, 2-5. You can also reach him at [office@uumeriden.org](mailto:office@uumeriden.org) and 203-237-9297.

### *Minister Hours*

Rev. Tony Lorenzen is in the UUCM office Wednesdays 10 am. - 3 p.m., and in the MUUS office Woodbury on Thursdays 10 a.m -3 p.m. He will alternate between UUCM and MUUS on Tuesdays 10 a.m. - 3p.m., depending on what congregation he will preach at next.

Monday is Rev. Tony's day off. Friday is his sermon prep day, working from home. He's available at any time other than Mondays by appointment.

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"Dealing with Disappointment"

## Sunday September 8th

Ingathering / Water Communion "What Do You Expect?"

## Sunday September 15th

"Living Up to Expectations"

## Sunday September 22nd

"Autumnal Equinox"

## Sunday September 29<sup>th</sup>

"The Answer to How is 'Yes!'"

(see page 6 for full worship descriptions)

## Calendar of Events

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

**Sunday September 29 after Service,  
Congregational Town Hall Meeting with Rev.  
Tony**

## Ongoing Meetings and Activities:

### Gong Meditation

Mondays, 7:30-9 PM

### Anti-Racism Discussion Group

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

### Women's Sacred Singing Circle

2<sup>nd</sup>, 3<sup>rd</sup>, 4<sup>th</sup> Tuesday, 7:00 – 8:30 PM

### Philly Discussion Group

Wednesday, September 18th 6:30-8

### Mid-Week Meditation

Wednesday. September 4th 7-7:45 pm

## Meet Rev. Tony

Rev. Tony invites you to a Congregational Town Hall Meeting immediately after church on Sunday September 29 to share with him your hopes and dreams for the congregation.

Rev. Tony also invites you to chat with him one-on-one at your convenience. Get in touch, make an appointment time to meet him in person or to talk on the phone. He wants to know YOUR sacred story. You can reach Rev. Tony at (508)-344-3668 and [revtonyuu@gmail.com](mailto:revtonyuu@gmail.com).

## Social Justice Activities



When you watch the news and say to yourself, "What can I do to bring an end to the brutality, hatred, and abuse of immigrants in our country, in our state, in our towns?"—

### YOU CAN ACT:

**IF YOU ARE A BORN CITIZEN OF THE UNITED STATES, AND ESPECIALLY IF YOU ARE WHITE, YOU NEED TO SPEAK UP.** The most important acts of resistance are the small ones. Make it difficult and uncomfortable for ICE agents to do their jobs. They are counting on citizens to turn a blind eye.

### If you witness a Border Patrol or ICE agent verifying citizenship:

It is perfectly legal to record immigration agents as long as you are not on government property or at a port of entry. If your train/bus gets boarded, pull out your phone and start videotaping immediately.

### IF YOU WANT TO DO MORE:

If you are on a train, bus, or anything else and ICE or CBP boards, stand up and loudly let everyone know that they have the right to remain silent or only answer questions in the presence of an attorney, no matter their citizenship or immigration status. There have been numerous reports that this has caused ICE agents to leave without verifying citizenship. THIS CAN SAVE LIVES.

### Here are the legalities:

-Border Patrol/ICE agents can verify citizenship within 100 miles of a land or coastal border.

-Border Patrol/ICE agents can only ask brief questions about citizenship, and they cannot hold anyone for an extended time without cause.

-Everyone, regardless of citizenship status, has the right to remain silent. No one needs to answer their questions.

As white citizens, we have a level of privilege which protects us from retaliation from ICE for being "rude" and making a scene to help ensure that people without the same privilege know their rights.

ALSO contact the ACLU or your local Immigrant/Migrant support organizations if you see someone's rights being violated.

REMEMBER: If you have ever wondered what you'd have done during slavery, the Holocaust, the Civil Rights Movement: You're doing it right now.

## Board of Trustees Update

The Board of Trustees met on Thursday August 15. Highlights of the meeting include

- Sandy Duffy's mother will donate up to \$5,000 to our church if we match her donation. Sandy announced this on Sunday August 18. This will help close our budget shortfall.
- The Water Communion service is being planned.

- We need an audit team to review our books. The audit must be completed by 9-30-19.

The next meeting of the UU Meriden Board of Trustees will be held on Thursday Sept 19 at 7:00 PM in the Pete Seeger (Lavender) Room on the Religious Education floor. All meetings of the Board of Trustees are open to the congregation as observers, except for those cases when the meeting goes into Executive Session.

## Theme-based Ministry



The purpose of theme-based ministry is to foster a cohesive understanding of what it means to be UU by bringing together worship and religious education along thematic lines. The intention is to include the development of multigenerational connections, the extension of faith development beyond Sunday morning, and the solidification of the correlation between the religious and the practical. To learn more, please contact Lynne Grobsky at [lynnegrobsky@gmail.com](mailto:lynnegrobsky@gmail.com).

### Themes for 2019-20

What Does It Mean to be a People of...

September: Expectation

October: Belonging

November: Attention

December: Awe

January: Integrity

February: Resilience

March: Wisdom

April: Liberation  
May: Thresholds  
June: Play

## Parenting Resources related to Expectancy

Subscribe as a household to Soul Matters' "Soulful Home for Families" - a monthly resource on how to bring the month's theme at church alive at home. \$3 a month / \$30 a year. If the cost is an issue, speak with Rev. Tony.

1. "A Reason Not to Worry What Others Think" - School of Life
2. "Dear Child" - The painful and heartbreaking task of having to explain to your child that they need to expect that someday, someone might want to hurt them or kill them because of the color of their skin.
3. "Beyond the Golden Rule," published by Teaching Tolerance, is a parent's guide to preventing and responding to prejudice, from preschool through high school. It is a useful resource for families of all racial identities. The book is available in a PDF format that can be downloaded and printed.
4. Helping Your Children Deal with Disappointment - A primer for parents from PBS.

## Worship Associates

Welcome to the new church year! Note that Sunday services will start at 10:30am beginning September 8<sup>th</sup>. We are still working with Soul Matters, and this month's theme is Expectations.

Our new minister, Rev. Tony Lorenzen, will be in the pulpit September 15<sup>th</sup> and 29<sup>th</sup>. I would like to thank all the members who worked on summer services.

The Worship Associates met with the MUUS worship committee to see how we can support

each other. I want to remind everyone you can still be a part of a Sunday service. If you are interested in being more involved, reach out to any Worship Associate; we would be happy to talk about how you can add to worship.

I would like to take a moment to thank Lisa Urso, who is stepping down from being a Worship Associate. You are so valued, and your presence at meetings will be missed. Thank you.

Blessed Be

Barbara Kline, Chair of Worship Associates

Contact: [barbarakline93@gmail.com](mailto:barbarakline93@gmail.com)

## Adult RE

Women's Singing Circle and Mid-Week Meditation have changed their schedules,

Starting in September, Women's Singing Circle will meet three times a month, on the 2nd, 3rd and 4th Tuesday of the month.

Mid-Week Meditation will meet once of month, on the 1st Wednesday of the month.



## Treasurer's Report

I know there are many questions about the church's

financial position. Did fiscal year '18-'19 end with a surplus or deficit? Has a budget deficit for fiscal year '19-'20 been resolved? If not, how does the Board of Trustees plan to close the deficit? What if I pledged, are there ways I can help the church beyond my pledge? I will answer each of these questions.

Did fiscal year '18-'19 end with a surplus or deficit? For fiscal year 2018-19, UU Meriden ended the year with a small surplus, \$31.99. The surplus will be applied to the FY 2019-20 budget.

Has the budget deficit for FY '19-'20 been resolved? We are getting closer to a balanced budget. The deficit has been reduced to \$10,000. The Board of Trustees has accepted an offer of a matching gift. Faith Duffy, Sandy Duffy's mother, has offered to match any new pledges or increases in pledges, up to \$5,000. You will be hearing more about the matching gift soon.

Are there ways I can help the church beyond my pledge? Yes! You can help with UUCM's fundraising activities. Here are two opportunities to help this fall:

**Buy Stop and Shop Cards:** We want to sell \$10,000-worth of Stop & Shop cards this year. Sounds impossible? It's not. We have sold \$4500-worth of Stop and Shop cards to date. We have added a second way to buy S&S cards. You can preorder the cards—and you can request your card(s) in the domination(s) of your choice. This is a great way to buy these cards. We will be selling them on Sundays after the worship service, as well.

The second way is to join the Holiday Fair team! The Holiday Fair is Friday, December 6 and Saturday, December 7. We need help with making crafts, making cookies, setup, and help on the day of the fair. This year, we want to sell more crafts from members of the congregation. If you are interested in having a table at the craft fair, talk with Diane Szymaszek. To get involved, talk with Trish Schneider or Diane Szymaszek.

Trish Schneider, Treasurer



## September Worship Service Descriptions

**Sunday, September 1, 2019**

**"Dealing with Disappointment"**

**Service Leader: Lynne Grobsky**

What happens when our expectations are not met? Learning to accept the gifts of the universe, no matter what form they take, is an important spiritual practice. How do we do that?

**Sunday, September 8th**

**Ingathering / Water Communion "What Do You Expect?"**

**Service Leaders: Jeff May**

**Worship Assistant: Lynne Grobsky**

We resume our regular 10:30 service schedule this week as we return from our summer adventures and prepare for the harvest of our experiences. As is our tradition, you are encouraged to bring a sample of water from your journeys – be they to a distant corner of the globe, or a distant corner of your soul. We will join our waters together in community and look to the new adventures and possibilities that lie ahead of us. Bring your water, bring a friend, and bring your inspiration as the streams of our lives join once again, and we begin anew.

**Sunday September 15<sup>th</sup>**

**"Living Up to Expectations"**

**Service Leader: Rev. Tony Lorenzen**

Rev. Tony shares with us what he expects of himself in this new shared ministry and invites all of us to reflect on what we expect of ourselves.

**Sunday September 22**

**"Autumnal Equinox"**

**Service Leader: Barbara Kline**

**Worship Associate: John Sepples**

Autumnal equinox - the balance of light and dark let us explore what that can teach us about expectations

**Sunday September 29**

**"The Answer to How is 'Yes!'"**

**Service Leader: Rev. Tony Lorenzen**

Rev. Tony Lorenzen reflects on the power of positive expectations.

### **Kudos and Thank You to:**

All who led worship services in August.

Thanks to Kathy Lindberg for sending will wishes to members of the congregation.

For all who have increased their pledges for 2019-20.

For all who should have been cited and were overlooked.

### **Loving Wishes to:**

**Connie Florio Welton** 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.

**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](mailto:office@uumeriden.org).

Unitarian Universalist Church in Meriden

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The Unitarian Universalist Church in Meriden

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