



# 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 Rolling 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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Meriden, CT 06450-6985  
203-237-9297  
[www.uumeriden.org](http://www.uumeriden.org)  
[www.facebook.com/UUMeriden/](http://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

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Rev. Tony Lorenzen  
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Jane Dioguardi  
[president@uumeriden.org](mailto:president@uumeriden.org)

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

*Office Administrator*  
Steven Nahas, our Office Administrator, is here on Tuesdays 9:30-11:30 am, Wednesdays, 9:30-2:30 pm, and Thursdays, 2-5

*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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### Sunday October 20th

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### Sunday October 27

"The Powerful Play Goes On"

(see page 6 for full worship descriptions)

## Calendar of Events

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

### Community Drum and Dance Circle

Friday, October 18 at 7:30 PM at UUCM.

### Book and Bake Sale

Saturday, October 26, 9am-12 pm

### Hands-On Saturday

Saturday, October 5th, 10:00 am-1:00 PM

## Ongoing Meetings and Activities:

### Gong Meditation

Mondays, 7:30-9 PM

### Mid-Week Meditation

Wednesday. October 2nd 7-7:745 pm

### Philly Discussion Group

Wednesday, October 16th 6:30-8

### Women's Sacred Singing Circle

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

## Board of Trustees Update

The Board of Trustees met on Thursday, September 19, 2019. Highlights of the meeting include:

- Our church has a new Developmental Team, whose purpose will be to examine and develop a vision for the future of our congregation. It will have its first meeting on October 2. Members include Jeff May (chair), Rev. Tony, Steve Volpini, Liz Hall, and Kurtis Jalbert.
- Our Social Justice Council will present the Humanitarian of the Year Award during the service on Sunday, October 13, to Attorney Alok Bhatt for his invaluable service to the immigrant community.
- Mrs. Faith Duffy has offered a matching grant to our church, and will meet any contribution our members make up to \$5,000 (for a possible maximum of \$10,000). Sandy Duffy, her son, reports that the match has attracted \$1,120 as of Sept. 19. (Ed. note: as of Sunday Sept. 28, the total is \$1,790.)
- We are in the process of developing a lay pastoral care team. So far, the members consist of Kathleen Lindberg (a retired social worker), Donna Stimpson (chair of our Membership Committee), and Jane Dioguardi (who is enrolled in a pastoral care course, led by the psychologist Rev. Marcus McKinney at Day-Kimball Hospital). More members are welcome to join the team. Jane will hold an orientation session after the conclusion of her course work.

The next meeting of the Board of Trustees will be Tuesday, October 15, 2019 at 7:00 pm, in the Lavender Room on the RE floor. All meetings of the Board of Trustees are open to the

congregation as observers, except in those cases when it goes into Executive Session.

## Theme-based Ministry



What does it mean  
to be a people of  
**Belonging?**

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.

### 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

## Worship at UUCM

The Worship Team welcomes your involvement. We meet the 4th Wednesday of each month, 6:30 - 8 pm in the sanctuary. We are working a month ahead, so our October meeting will chiefly be to brainstorm ideas for November's

services with the theme of "Attention." Everyone is welcome to join us. The more the merrier. If you can't make the 4th Wednesday meetings but want to be involved, speak to Rev. Tony, as we are always looking for readers, musicians, artists, actors, writers, and others to help out with services. This fall we've introduced ASL to "Spirit of Life" so that it now has singing AND signing. We've also started broadcasting sermons live via facebook and need volunteers to run the phone/camera on Sunday mornings.

Blessed Be  
Barbara Kline, Chair of Worship Associates  
Contact: [barbarakline93@gmail.com](mailto:barbarakline93@gmail.com)



## PIZZA Dinner RE discussions

Come Talk to Rev. Tony about Faith Formation (RE).

Rev. Tony wants to hear from children as well as parents what you want to see in terms of programming. Rev. Tony will provide some information about current trends in faith formation (religious education and youth programs), and offer suggestions about how to get what we want from faith formation programming for young people.

Parents and children are invited to join Rev. Tony for Pizza at 4 p.m. on Sunday, October 13, 2019 here at the church in Meriden.

Did we mention there will be PIZZA!

## Chalice Sanctuary Team

Meetings of the Chalice Sanctuary Team will be posted on the church calendar. All members and friends are welcome to attend.

The new Trust Act will go into effect on October 1. This is a strengthened law which makes it

clear that law enforcement personnel cannot hold people for ICE without a federal warrant. This protects the rights of undocumented people. There will be a rally and celebration of this law on October 1 at 4 PM at the Federal Building in Hartford at 450 Main St. Consider attending.

There is still someone in sanctuary in New Haven, Nelson Pinos. He has now been in sanctuary longer than Sujitno was with us. We don't want him to feel forgotten. Please take the time to send Nelson a letter or card to let him know he is not forgotten. Send these to:

Nelson Pinos  
First and Summerfield United Methodist Church  
425 College Street  
New Haven, CT 06511

## Become a Befriender/Mentor to Visitors

**Mission:** As part of the Congregational mission of "practicing loving community" within our church, we befriend newcomers and visitors and cultivate kinship.

**Purpose:** To help a visitor navigate being a newcomer at UUCM and to serve as a general contact person for questions, including;

- Will call or send out a note and arrange a first meeting, usually at the church the next time the mentor and newcomer both plan to be there.
- A month after the visit, Befriender/Mentor will invite visitor to next member classes.
- Befriender/Mentor will check in to make sure the visitor is connected in ways that the visitor wants to be.

**Eligible to Be Mentor:** Current active members of UUCM.

If interested, you would attend a 30-minute Orientation Session and then become a mentor.

### Befriender/Mentor Group Orientation Session includes:

- Opening chalice lighting and reflection
- Reflection on first joining a Unitarian Universalist congregation
- How you felt as a newcomer
- Befriender/Mentor responsibilities
- Conversation tips for talking with newcomers
- Helpful questions and phrases
- When to contact the Minister
- When to contact the Membership Chair
- Questions and answers
- Closing reflection

Contact Donna Stimpson, Membership Chair, to join Befriender/Mentor Group Orientation Session at 203-237-1323 or [feministanger@aol.com](mailto:feministanger@aol.com)

### Development Team Update

As we enter into this phase of Developmental Ministry, the Developmental Team, consisting of Jeff May, Steve Volpini, Liz Hall, and Kurtis Jalbert, along with Rev. Tony, is preparing to begin its work. The Developmental Team will be examining every aspect of our congregation, taking stock of our history, understanding our identity, looking at how we are organized and the way we develop leaders, and making recommendations to the Board and the Congregation as to the direction our ministries should take moving forward.

The team will have its first meeting on October 2nd, and you will hear more about the work it is doing very shortly.

Jeff May



### Treasurer's Report

The results for the first two months (July and August) of Fiscal Year 2019-20 show us with a positive Net Income. Here are the details.

Our gross income was \$18,576.9. Our total expenses were \$13,985.75. Therefore, net income is \$4,591.15. The gross income includes pledges, collection plate, rentals, fundraising, special donations. Pledges make up 77% of our income. Thank you to all for your generous donations. Please continue to make every effort to meet your financial commitment.

Trish Schneider, UUCM Treasurer

### Fundraising

The FUNdraising Team has set several dates for events in fiscal year 2019-20.

Saturday, October 26 from 9:00 AM to 12 noon. **Book and Bake Sale!!** Start combing through your bookcases to donate books for the sale. No textbooks. Please donate gently used hardcover and paperback books. Drop off books from Sunday, October 20th to Friday, October 25th.

Please bake bread, cookies, cakes, cupcakes, brownies, and pies. Drop off by Friday, October 25th. Contact Donna Stimpson at (H) 203-237-1323 or (C) 860-919-3620 if you have questions. Sign up for making baked goods so we can keep a count on baked goods. Thank you in advance for helping our church in its fundraising efforts!

Sign up for baked goods for Book and Bake Sale (October 26) by emailing Donna Stimpson at [feministangler@aol.com](mailto:feministangler@aol.com) with the quantity and type of baked goods.

## Holiday Fair

Friday, December 6th and Saturday, December 7th. The Holiday Fair is one of our biggest fundraisers of the year! We will need help assembling themed baskets; baking cookies for the cookie walk; boutique: gently used items as gifts for the holiday; kitchen/preparation of food both Friday and Saturday. Santa will visit on Saturday for children's activities. If you know of good vendors, please give their contact information to Diane Szymaszek.

Contact Diane Szymaszek or Trish Schneider about helping to make crafts to be sold at the UU Table. A group of UU members and friends will meet to make crafts together on the following days: September 18 at Diane's home, September 24 at Liz's Hall's home, October 5, October 19, November 2 and November 16 at the church.

Please come join us!! There is lots of camaraderie, and you are helping the church!! If you are interested in joining the Holiday Fair Committee, please contact Diane or Trish.

Diane Szymaszek contact information: H phone: 203-237-0047 and Email: [deesmaz@gmail.com](mailto:deesmaz@gmail.com)

Trish Schneider contact information: C phone: 860-919-6452 and Email: [trishs@cox.net](mailto:trishs@cox.net)

## Community Drum and Dance Circle

Friday, October 18 at 7:30 PM at UUCM.

Drummers, musicians and dancers of all ages, genders and abilities are always welcome. Bring your favorite instrument or share one of ours. Some extra drums and percussion will be available. No prior experience is necessary or expected. Public is welcome. \$5.00 cover.

For more information contact  
[mark@drummingspirit.com](mailto:mark@drummingspirit.com).



## October Worship Service Descriptions

### Sunday, October 6, 2019

#### "We All Want to Belong"

Service Leader: Lynne Grobsky

Worship Assistant: Barbara Kline

How do we enhance community? More and more people are searching for meaningful connections to others. Find belonging here in our welcoming, nurturing faith community.

### Sunday, October 13th

#### "The Sound of One Voice"

Service Leader: Rev. Tony Lorenzen

Worship Assistant: John Sepbles

"The Sound of One Voice" - Rev. Tony reflects on the bonds of relationship that tie us together and what it means to belong to each other.

### Sunday October 20<sup>th</sup>

#### "Something Bigger"

Service Leader: Jeff May

Worship Assistant: Barbara Kline

There are many reasons people join a faith community. Many express the value of the community itself, for others it is the opportunity to explore their understanding of truth, the ultimate, interconnection, or spirituality, among other things. Many express the desire to be part of "something bigger than myself." Why do we choose to belong, and what does it mean?

### Sunday October 27th

#### "The Powerful Play Goes On"

Service Leader: Rev. Tony Lorenzen

Worship Assistant: Lynne Grobsky

Rev. Tony invites us to ponder John Keating's question "What will your verse be?" and reflect

on our responsibility to continue the song of our ancestors.

## Kudos and Thank You to:

All who led worship services in October.

Worship Associates would like to thank Gary Steinbach for donating five boxes of candles to use in our ritual of sharing joys and concerns.

All who have contributed to the Faith Duffy Matching Fund. As of Sunday Sept. 28, the total is \$1,790.

**For all who should have been cited and were overlooked.**

## Loving Wishes to:

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).



UUCM Book and Bake Sale  
Saturday, October 26, 9am-12 pm

The Unitarian Universalist Church in Meriden

328 Paddock Avenue  
Meriden, CT 06450

