



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 - “Waking Up to What We Do”

Dear Holy Ones,

One of the first things that most people notice when they take up a meditation practice is how unsettled and uncomfortable it is. Not only are most people not used to actually “sitting still” without moving, but just about everyone is not used to keeping their mind still - ignoring inner dialog and letting distracting thoughts rise and pass without giving them one’s ongoing attention.

Meditation is not about turning your mind off, zoning out, or falling asleep. Rather meditation is about paying attention, focusing on something so attentively that everything else falls away. This focus object may be one’s breath, a mantra (a repeated phrase or word), a chant.

Initial attempts at this type of focus frequently lead to finding a mind not only not willing to settle down, but intent on disrupting the attempt to focus with unpleasant memories, unwanted emotions, and free-floating anxiety. Most people need to work through this initial sometimes unpleasant unease at the beginning of their practice.

Sticking with the practice, however, yields an amazing gift - the increased ability to pay attention and to be mindful (and not mindless) not only when we meditate, but also as we go about our daily living. We will spend this month

exploring paying attention. Let us not be distracted from what it might have to teach us.

Attentively,

Rev. Tony



Alok Bhatt, Community Defense Coordinator for the Connecticut Immigrant Rights Alliance deportation, received the UUCM Humanitarian of the Year award.

President’s Column

Being The Little Church That Could

Did you know that a UU congregation with only 34 members hosts a weekly free Community Meal every Saturday? That’s what the First Church of Leominster, Massachusetts does!

In partnership with its local police department and social service agencies, all visitors receive a free afternoon dinner and have access to the church’s

About the Newsletter

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

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

Contacts

Our Minister

Rev. Tony Lorenzen
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President

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Vice President

vacant

Office Administrator

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

Minister Hours

Rev. Tony Lorenzen is in the UUCM office Wednesdays 10 am. - 3 pm., 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 which 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 November 3th

"Using the 7 Principles to pay better attention."

Sunday November 10th

"Prepare for Oryoki"

Sunday November 17th

Worship at MUUS with guests from UUCM

"Selective Attention"

Sunday November 24

"Who Needs Our Attention "

(see pages 7-8 for full worship descriptions)

Calendar of Events

www.uucentralct.org/calendar

UUCM's Holiday Fair

Friday, Dec. 6 and Saturday Dec. 7

Hands-On Saturday

Saturday, November 2, 10:00 am-1:00 PM

Ongoing Meetings and Activities:

Gong Meditation

Mondays 7:30-9 PM

Community Drum and Dance Circle

Friday November 15 at 7:30 PM at UUCM

Mid-Week Meditation

Wednesday November 6, 7-7:45 pm

Philly Discussion Group

Wednesday November 13, 6:30-8

Women's Sacred Singing Circle

2nd, 3rd, 4th Tuesday, 7:00 – 8:30 PM

food pantry. This town, which is just a little smaller than Meriden and about a hundred miles north of us, is a lot like ours, with many of the same characteristics and needs.

Recently, several of our UUCM Board members gathered to watch a webinar called “Small Numbers, Infinite Possibilities.” We learned about tiny congregations that, through living their UU values, found ways to stand out to serve their wider communities. Activities included down-to-earth programs like the Leominster Community Meal, social justice initiatives much like our Chalice Sanctuary Team and anti-racism measures, and exploration into the arts, with small writers’ groups and partnerships with poets, musicians, and visual artists.

Does all that sound complicated? It isn’t! All that’s needed is a small group of people who are excited about doing something. Is there something new you’d like to try? Is there something you loved that you’d like to do again with others? Get started right here with your UUCM family—then reach out to the community!

As I often say, “Baby steps!” and “Bite-sized pieces!” Here are my own baby steps: I just shot off an email to the Meriden Soup Kitchen to see what volunteer opportunities are available there, and I’m all set to start a writing group here at our church. Text me at (203) 213-1228 if you want to join me!

Jane Dioguardi

Board of Trustees Update

The Board of Trustees met on Tuesday October 15, 2019. Highlights of the meeting include:

- Kathleen Lindberg and Paula Snedeker, by unanimous vote of the Board of Trustees, will be swapping Board roles. Paula is now our new Clerk, and Kathy

will resume her position as a Trustee-at-Large.

- Board of Trustees Opening
- The position of Board Vice President is now vacant. Are you interested in a new way to give your input and insight to UU Meriden? Tina Caplan has stepped down as Vice President of the Board of Trustees. Please reach out to Jane Dioguardi at (203) 213-1228 by voice or text, or by email at jane CDIoguardi@gmail.com, or speak with Rev. Tony or any of the other Board members (Trish Schneider, Sandy Duffy, Randy Heath, John Sepples, Ann Smith, Kathy Lindberg, or Paula Snedeker).
- Mrs. Faith Duffy has offered a matching contribution with a maximum of \$5,000 to the church. So far, we have received about \$3,290 toward this goal. With almost \$2,000 more and Mrs. Duffy's match, we'll have \$10,000, so please be as generous as your means allow.
- The Board of Trustees has moved the date of their meeting to the 3rd Tuesday of the month.

The next meeting of the Board of Trustees will be Tuesday November 19, 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

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

Family Pizza with Rev. Tony and CYRE UPDATE

Six (6) adults and five (5) children had Pizza with Rev. Tony on Oct. 13th and came up with some ideas for our Lifespan Faith Development program.

Thematic Gateway - The supply closet doors in the sanctuary will become a place to display quotes, images, drawings, and artwork related to our monthly theme. If you have something to contribute for November and our theme of ATTENTION, get it to Rev. Tony or bring it to church on a November Sunday.

Soulful Home - Our Church has subscribed to "Soulful Home" - a monthly magazine of resources for families related to our monthly theme. If you would like a copy, ask Rev. Tony, pick one up in the foyer beginning in November, or visit this link:

<https://drive.google.com/file/d/18kqGEDfU>

[c5CwDQArb6415uP7COZAOcet/view?usp=sharing](https://www.uumeriden.org/c5CwDQArb6415uP7COZAOcet/view?usp=sharing)

2nd Fridays - The 2nd Friday of each month from 6-8 p.m. there will be an intergenerational activity at the church. The activity will relate to our monthly theme and be a time for fellowship, learning, and fun. People will take turns facilitating and organizing. If you know you will attend, please let Rev. Tony know so there will be enough materials and/or snacks for everyone. Here's the initial schedule.

Month - Theme - Name of Coordinator - Activity/Topic

November - Attention - Liz Hall -Thanksgiving

December - Awe - Barbara Kline - Baking for Candlemas

January - Integrity - Angelique Metivier - MLK Holiday service project

February - Resilience -Richard Gault -

March - Wisdom - Rev. Tony - Fairy Doors-The Wisdom learned from fantasy & imagination

April - Thresholds - Amanda Plummer - Earth Day

May - Play - Rev. Tony - Game Night!



Social Justice

Guest at Your Table (GAYT) is the annual

intergenerational program of the Unitarian Universalist Service Committee (UUSC) to raise support for and awareness about key human rights issues. **The 2019-20 theme is "Women Leaders, Strong Communities."** UUSC always partners with those who are affected by human rights violations throughout the world. This year the UUSC is proud to partner with women leaders who are increasing representation for women in their communities, while

strengthening access to justice for all. During this year's GAYT program, please join us in learning more about women leaders from UUSC partner organizations taking on some of today's greatest human rights challenges.

Join with UUSC for Guest at Your Table to learn more about UUSC's partner organizations' women's leadership. This is an opportunity to celebrate grassroots partnership, support human rights, and learn about just four of these women – the “guests” of the Guest at Your Table programs. The four guests who represent this year's theme are:

Pelenise, a climate activist from Kiribati in the Pacific.

Marta, who supports victims of violence in Honduras.

Wai Wai, who helps prevent violence and bridges ethnic and religious divides in Burma.

Monica, who uses the arts to bolster resiliency and leadership among migrants in Mexico and the U.S.

During the month of November, the participants in our CYRE will be learning about these individuals' stories and gathering the boxes and envelopes needed to collect the monies for these programs. At the November 24th service, they will help us learn more about these four women's stories, and hand out contribution boxes and envelopes as well as the “Stories of Hope” booklets.

Please join us in supporting the UUSC in their work on behalf of human rights and social justice by putting a box on your table for loose change, or by writing a check payable to UUSC at the end of our participation, which will culminate with our annual “Stone Soup” Luncheon in February.

Worship at UUCM

Here we are in November, and our theme is Attention. Things to note:

- The Nov. 17th service will be held at MUUS at 11:15; we will not have a service in Meriden that Sunday. (Mattatuck UU Society, 214 Main St. S, Woodbury, CT)
- Guest at Your Table will kick off at the end of November.
- Would you like to be part of crafting a worship service, or maybe doing a reading on a Sunday? Let Barbara Kline or Rev. Tony know.
- Our meetings are held on the 4th Wednesday of the month at 6:30; please join us if you're interested.

I feel blessed when we worship together.

Blessed be,

Barbara Kline, Chair of Worship Associates
Contact: barbarakline93@gmail.com



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: 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's contact information: H phone: 203-237-0047 and Email: deesmaz@gmail.com

Trish Schneider's contact information: C phone: 860-919-6452 and Email: trishs@cox.net

Development Team Update

The UUCM Development Team will be Jeff May, Kurtis Jalbert, Liz Hall, and Steve Volpini. The team met for the first time on Oct. 2. They will meet monthly on the 1st Wednesday. Minutes of the team's meetings will be posted online and in the church. A report and minutes will be sent to the Board of Trustees each month. Questions or comments about the Development Team and its work may be directed to any of its members.

The UUCM Development Team's Mission and charge:

The mission of the development team is to serve the mission of the congregation by working with the congregation and the minister to help the congregation engage the tasks of developmental ministry, be a resource and advocate for the minister in their work on the process tasks of developmental ministry, and to assist the board in setting 3-5 goals for the development of the congregation over the next 3-5 years.

The UUCM Development Team adopted this Covenant:

We promise:

To serve with grace, remembering this is a service to our faith community, and our task is to further the congregation's mission by our work.

To speak with one voice to the congregation about our work.

To dedicate enough time to our work, even if that means diminishing our congregational involvement elsewhere.

To start and end our meetings on time.

To avoid triangulation, avoid parking lot conversations, and avoid taking things personally.

To be proactive, not reactive in our work with the congregation.

To promote a sense of hope, possibility, and abundance in the congregation.

To be honest and direct in sharing our feelings as well as our thoughts.

To participate before we evaluate.

To assume best intentions and that everyone is doing the best they can.

Background information on the Tasks and Processes of the congregation and minister during the developmental period:

These are **Rev. Tony's pastoral tasks** as the new minister in an intentionally developmental setting:

Process Task 1: Joining the System

Process Task 2: Analyzing the System

Process Task 3: Connecting with the Denomination

Process Task 4: Focusing and Assuming Responsibility

Process Task 5: Exiting and Evaluating

The Congregation's tasks as a group going through an intentionally developmental time:

Developmental Task 1: Understanding how the group's history plays out in the present

Developmental Task 2: Investing in congregational Mission and UU Identity with vigor

Developmental Task 3: Leadership changes; allow new people to steer us forward

Developmental Task 4: Creating and/or renewing community partnerships

Developmental Task 5: Commitment to new directions

UUCM Development Team Methodology

The Team will use Appreciative Inquiry methods for interviewing, investigating, researching, and processing our work.

Approach - Appreciative Inquiry

Appreciative Inquiry is a method of organizational development that engages all levels of an organization (and its stakeholders) in its renewal, change, and improved performance. It works on the assumption that there is something positive on which more can be built. It is a positive method that does not look back on what goes wrong or went wrong. Focusing on exceptional performance and on strengths has a motivational effect. This approach values existing capacities and talents and is participatory in nature.

Use Appreciative Inquiry for: Strategic planning,, Project planning, Action planning, Monitoring and evaluation, Alternative team building, Network and community development, To uncover the positive forces that exist in an organization, To create openness and stimulate innovation, To address challenges and conflicts, and for problem solving.

4-D Model - Discovery, Design, Dream, Destiny

The exercise can take place in the framework of a meeting or event (such as a retreat) or over a longer period of time. Different teams/working groups can take on the work done by others in previous stages of the process.

DISCOVERY Appreciate “the best of what is” - identifying what works well in the organization (or division, section, field presence) through structured interviews or through storytelling.

DESIGN Determine “what should be” - envisioning processes that would work well in the future. Under the guidance of a facilitator, participants imagine that the good practices identified in the discovery phase are the norm rather than the exception.

DREAM Imagine “what could be” - planning and prioritizing processes that work well. Identify ways to make the ideal organization of the dream phase a reality.

DESTINY Create “what will be” - implementation of the proposed design, usually a phase of experimentation and improvisation.



Treasurer's Report

The results for the first three months (July through Sept.)

of Fiscal Year 2019-20 show us with a positive net income. Here are the details.

Our gross income was \$31,305.23. Our total expenses were \$28,017.80. Therefore, net income is \$3,287.43. 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.

The Faith Duffy Challenge is going well. Members and friends have donated \$3290. We're close to closing the budget gap, so if you haven't contributed to the challenge fund, I hope you will do so before the end of the fiscal year. And THANK YOU to those who have already contributed.

The Stop & Shop cards fundraiser is off to a great start. In September and October, the fundraising committee has sold \$1,825-worth of Stop & Shop cards. We are well on our way toward the goal of selling \$6,000-worth of Stop & Shop cards.

Trish Schneider, UUCM Treasurer



November Worship Service Descriptions

Sunday, November 3, 2019

“Using the 7 Principles to pay better attention”

Service Leader: Barbara Kline

Worship Assistant: Lynne Grobsky

After a month focusing on the theme of Belonging, let us pay attention to what our ancestors went through and look ahead to what we will leave our descendants. Let us pay attention to how we are connected and how we can use the democratic process to ensure all people are treated with dignity and respect..

Sunday November 10

“Prepare for Oryoki”

Service Leader: Rev. Tony Lorenzen

Worship Assistant: Lynne Grobsky

Tony Lorenzen reflects on what eating a mindful meal can teach us about paying attention to what we do.

**Sunday November 17 at Mattatuck Unitarian
Universalist Society**

“Selective Attention”

Service Leader: Rev. Tony Lorenzen

Rev. Tony Lorenzen reflects on how we miss things right in front of our eyes, even when we are trying to pay attention. We will share cornbread and cider communion and mark the Transgender Day of Remembrance.

Sunday November 24th

“Who Needs Our Attention”

Service Leader: Social Justice Council

Worship Assistant: John Sepples

This Sunday marks the beginning of our annual Guest at Your Table campaign to support the Unitarian Universalist Service Committee.

Please join us to hear stories of women leaders from UUSC partner organizations who are paying attention to and taking action on human rights challenges. We also invite you to take home a “guest” for your holiday table.



The Unitarian Universalist Church in Meriden

328 Paddock Avenue
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