

This Week at UUCD
Thursday, January 26, 2012



To ensure the safety of the House building and its contents, **Buildings & Grounds has changed the combination to the lock on the front door of the Cottage building.** The combination to Fellowship Hall will not be changed at this time. Office hours are typically Tuesday, Thursday and Friday from 8:00 a.m. – 1:00 p.m. Please call ahead to make sure the office is open. If you need the new combination, please contact the office.

The preschool RE children's social action project this month is collecting toiletries for people who do not have homes. Their greatest needs are: Trial-sized shampoo and conditioner, Hand lotion, Deodorant, Pocket- or purse-sized packs of tissues, Shaving cream and Baby wipes. The items will be given to ARC to distribute. Please leave them in the box that the preschoolers have decorated in the foyer. Please bring items by February 26th, so the children can package them up and send them to ARC! Thanks!

February 19th (President's Day Weekend) we will have **Children's Programing about Purim.** If you have celebrated this holiday and would like to participate at either 9:00 or 11:00, or help us sing, or play an instrument for some Jewish songs, please contact **Mary Collins.**

We are *Standing On the Side of Love* with Cupid this month! **Please bring in a package of disposable diapers in size 4 or 5** and place it in the diaper box in the foyer. We will distribute Cupid's diapers at the ARC Food Pantry.

This Week at a Glance

Thursday, January 26th

5:00 p.m. **DRE Relations**, Conference Room
5:15 p.m. **Zumba**, Fellowship Hall
6:30 p.m. **Men Out to Dinner**
7:00 p.m. **Chalice Circle**, second floor Conference Room

Sunday, January 29th

9:00 a.m. **Sunday Service** – Ground Hog Day
11:00 a.m. **Sunday Service** – Ground Hog Day
5:00 p.m. **Soulful Sundown**
6:00 p.m. **Pot-Luck Dinner**

Tuesday, January 31st

4:30 p.m. **Chalice Circle**, second floor Conference Room

Wednesday, February 1st

12:30 p.m. **on Being**, Conference Room

5:00 p.m. **Sunday Services Committee**, Conference Room

6:00 p.m. **Yoga**, Fellowship Hall

7:00 p.m. **Social Action Committee**, Conference Room

7:00 p.m. **Discussion Group on Focusing**, second floor Conference Room

Thursday, February 2nd

5:15 p.m. **Zumba**, Fellowship Hall

7:00 p.m. **Chalice Circle**, second floor Conference Room

7:30 p.m. **Choir**, Fellowship Hall

Friday, February 3rd

7:00 p.m. **RE Appreciation Gathering**, Fellowship Hall

Saturday, February 4th

12:00 p.m. **Abundance NAAM Meditation**, Fellowship Hall

7:00 p.m. **Exit 43 Concert**, Fellowship Hall

Sunday, February 5th

9:00 a.m. **Sunday Service**

11:00 a.m. **Sunday Service**

12:30 p.m. **Nominating Committee**, second floor Conference Room

1:00 p.m. **RE Committee**, Conference Room

4:00 p.m. **Tibetan Singing Bowl Sound Healing Experience**, Fellowship Hall

(see below for details)

Barbara's Wastepaper Record

Whatever you know to do or think you can do, begin it. Genius has boldness, power and magic. Goethe

I think of June Volckhausen. We celebrated her memorial service on January 15th. I think of how blessed we are that she yearned for a spiritual home that illuminated her values and her hopes and she began such a place with like-minded free thinkers. She faithfully committed herself to that effort for decades. She is remembered fondly and with great respect. Look at how much we have inherited because of what she began. This poem June wrote is framed in the farm house meeting room. I thought I'd share it with you.

I hope I see you this weekend. So much is going on.

Be well.

Blessings,

Barbara

Brighten the Day
by June Volckhausen

*Flitter from your niche in the birch, Chickadee.
Bring your song for Spring is new.
Fly to my finger to perch, then you'll see
Seed in my palm for you.
Hang head down from a branch tip.
Peer into a flower.
When a shrike comes threatening
Dip into a hemlock bower.
Insects hide in bud and bark.
Few are safe from you.
Find a hundred, now one more.
Now you start the hunt anew.
Speckled eggs lie in the nest,
Resting there on fluff and fur.
Some will charm like all the rest
Trusting, as their parents were.
Poets know your soaring heart.
Cheerful, bright-eyed, black-capped friend
In northern woods you do your part –
Warm a cold day to the end.*

Thursday, January 26th

- Our January 2012 **UUCD Men's Dinner** will be at Spasi Restaurant, 39 Mill Plain Road, Danbury (between Elmbrook Drive and Driftway Road. Phone # 744-9115. Website: <http://www.spasict.com>) at 6:30 p.m. on Thursday January 26th. Spasi feature's a variety of Italian food with prices ranging from about \$10 for pizza to entries in the \$20 - \$30 range. Our custom is to ask for separate checks. Please contact **Pete Simon** as soon as possible if you will be able to join us. Happy New Year!

Sunday, January 29th

- **Two Services – 9:00 a.m. and 11:00 a.m.**
- Rev. Barbara Fast will lead the services on Ground Hog Day. "*According to the Delaware Indians, their forbearers began life as animals in "Mother Earth" and emerged centuries later to hunt and live as Men*" from the History of Ground Hog Day at Storm Fax.com. What might religion, the Ground Hog myth and the movie teach us about being human these days?
- **Please help us abolish the death penalty in Connecticut!** On Sunday, January 29th, the Social Action Committee, in coordination with the Connecticut Network to Abolish the Death Penalty, will be providing a table in the foyer of Fellowship Hall for congregants to write letters to their legislators urging an end to the death penalty in Connecticut. Please plan to come a little early for services or stay a little late to help with this important cause. Thank you!
- **Soulful Sundown – 5:00 p.m.** UUCD Senior High Youth and the Westport Teen Choir will provide us with an alternative service of music and readings, followed by fellowship with neighboring UU's. All

are welcome. Join us at 6:00 p.m. for a pot-luck supper - and that's where YOU come in!! (After all, this is a community, so we can't do it all by ourselves.) Questions? Comments? Contact **Madison Alexander**. Can't wait to see you there!!

Wednesday, February 1st

- Krista Tippett's *on Being* - Drop In/Brown Bag lunch gathering meets on the 1st and 3rd Wednesdays of the month at 12:30 p.m. in the Conference Room. Join **Claudia Volano** for a selected 50-minute podcast followed by a brief discussion. February 1st: *Civility, History, and Hope*. Civil rights veteran Vincent Harding says America is still a developing nation when it comes to democratic encounter across real difference. But he finds hope in the young people he's been bringing into contact with civil rights elders. They are his answer to the question that drives him: "Is America possible?"
- **A Discussion Group on Focusing** - This new group will meet every Wednesday in February from 7:00 – 9:00 p.m. in the second floor Conference Room. This session will be spent learning about Focusing, which is a practice for getting in touch with your inner processes. Those processes may create or perpetuate stress, blocks, attitudes, joy, connection, behavior, in your life today. Focusing is used around the world by people in small groups, businesses, learning, medicine, conflict resolution, etc. We will have a brief introduction to the Philosophy of the Implicit, from which this practice has arisen. Eugene Gendlin is a philosopher from the University of Chicago (you can Google his name), and the Focusing Institute is in NYC (<http://www.focusing.org/>). The philosophy is very difficult to get through, so we will sample the interest in pursuing it further. The practice of Focusing is usually easy to pick up, and requires a lot of practice to bring it into your life as a natural way of being - there are many partnerships between two people, who both know how and want to build their practice. Those partnerships can be in person, on SKYPE or iChat, or by phone. I have partners as widely spread as Norway, New Mexico, California and Australia. And there are programs that are available online for the first 4 levels of proficiency. There are no fees or supplies required for this first set of meetings. Please contact **Pat Coulston** if you are interested.

Friday, February 3rd

- 7:00 p.m. – **Religious Educator's Appreciation**. We will be checking in with leaders and assistants and creating space and time to talk about how it is going for each of the groups. Leaders and Assistants Please RSVP to **Mary Collins** or **Nancy Tramontana**.

Saturday, February 4th

- **NAAM Abundance Meditation** - This is a chanting meditation based on breathwork, hand seals and wonderful melodic mantras all geared toward strengthening, relaxing and opening you up on all levels: physical, mental, emotional and spiritual. This puts you in a position to receive an abundant life. This is a monthly meditation (first Saturday of the month, 12:00 – 1:00 p.m. in Fellowship Hall). It changes each month to resonate with the earth's energies. No previous experience required - just bring a curious mind. You may bring a yoga mat, blanket or pillow to sit on and wear comfortable, loose clothing. UUCD member **Susan Shaner** is a Level 3 Naam Yoga instructor.
- **Exit 43** (from the Westport Unitarian Church) will be performing at UUCD on February 4th at 8:00 p.m. (7:15 coffee and dessert) to benefit the **UUCD Morris Street School Program**. Suggested donation \$15.00. For more information on Exit 43 go to www.exit43.net.

Sunday, February 5th

- **Two Services – 9:00 a.m. and 11:00 a.m.**
- Rev. Frank Hall will lead the services on The Fine Art of Failure. “We need to build a tolerance for failure – our own, and other's. There's only one way to do that...” Rev. Barbara Fast and Rev. Frank Hall are exchanging

pulpits this Sunday. Frank is an extraordinary preacher and minister. Come welcome him back with that warm UUCD embrace. The choir is singing! Barbara will be preaching in Westport.

- Next Sunday is **Share-the-Plate** Sunday. Our guest speaker will be Peggy Zamore, who will be speaking for the Danbury Farmer's Market Community Collaborative of which the UUCD is a member.
- **Tibetan Singing Bowl Sound Healing Experience – Sunday, February 5th - 4:00 p.m.**
Come relax, close your eyes, and drift into an altered state which allows the body to heal. Wear comfortable shoes, bring a blanket and pillow and/or mat and let the bells carry away all that no longer serves you. As your chakras re-align, breathe deeply and enter a profound state of physical, mental and emotional well-being. Leave feeling lighter in body and soul as your accumulated stress, anxiety and fear melt from your system. (Not recommended for small children as quiet and stillness is required for maximum experience.) Presented by Beth (Amrit Sadhana Kaur) Mullin, CHTP, IKYTA. Beth also teaches one of the weekly Yoga classes in Fellowship Hall. Tickets \$10.00 before January 31st or \$15.00 at the door. Contact Beth at 845-661-3630 to purchase tickets or for more information.

UPCOMING EVENTS AND OTHER IMPORTANT INFORMATION



**YES,
VIRGINIA,
YOU WILL
HAVE
A
BIRTHDAY
PARTY
THIS YEAR**

*Do
Not
Be
Afraid!*

Join over 30 actors who will be celebrating

Virginia Woolf's Birthday

Reading from

“A Room of One's Own”

Saturday January 28, 2012

Birthday Party Cake served at 12:30

Marathon reading begins at 1 PM

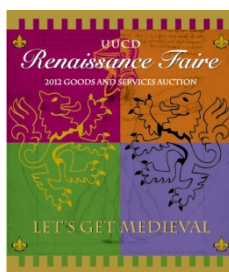
**The Unitarian Church in Westport
10 Lyons Plains Road, Westport**

Contact Barbara Fast at bfast2012@gmail.com

“A woman must have money and a room of her own if she is to write fiction.”

Free-will offering to benefit the Beardsley School in Bridgeport & Morriss Street School in Danbury

Great Decisions starts in February! This program investigates global events and the implications they have on America's foreign policy. The group members read a 10 - 12 page essay written by known authorities on the topics to be discussed. The group discussion is led by an alternating facilitator. The essays are contained in a booklet (\$20.00) which is available through the group. The topics to be discussed: Middle East realignment, Exit from Afghanistan & Iraq, Promoting democracy, State of the oceans, Mexico, Indonesia, Cyber security, and Energy geopolitics. This group will meet at 7:00 p.m. on the second and fourth Monday of each month in the Conference Room. February dates are Monday, February 13th and Monday, February 27th. If interested contact **Ron Grant**.



Thing participation and attendance is hereby requested....

The Auction committee has been hard at work, creating another spectacular event for 2012! We would like to request that each of you think about attending the annual UUCD Goods and Services Auction, taking place on Saturday, March 24, 2012. Doors open at 6:00 p.m. Finger food, drinks, and entertainment await you! It is UUCD's largest fund-raising event of the year and verily a wonderful time to carouse!

This year's theme is **Renaissance Faire: Let's Get Medieval!** If you wish, dress as a Lord or Lady, Knight, Peasant, Maiden or Wench, even Queen, King, Duke or Dutchess...or dress in your everyday finery, if it pleases thee.

This year there will be a preview hour on Friday, March 23, from 7:00 to 8:00 p.m. Come browse the items up for silent and live auction while enjoying a light snack and beverage!

Prithce join us and make the Auction a successful and fun event!

The 2011-2012 Auction Committee

The 2012 Women's Retreat will be held May 4th – 6th, at the Guest House Conference Center in Chester CT. We have already filled all the rooms we have reserved and are starting a waiting list for anyone who would like to register now as there are always some changes in the number who can attend before the retreat. If you would like to be placed on the waiting list please send in your registration form with a deposit check (totally refundable) as soon as possible to **Barbara Myers**, or just place it in the collection plate during Sunday services. A \$50.00 deposit is due with your registration form and the balance is due when we confirm that you have a room. The room rates are: double - \$275.00, and triple - \$240.00. Scholarship funds are available to assist with the cost of the retreat, and if you are interested please contact **Rev. Barbara Fast** at uurevbarbara@gmail.com, or **Sue Tarshis**. We are also offering a day-trip option for the retreat at a cost of \$85.00 and will be taking reservations for that option as we get closer to the date of the event. Get ready to reconnect with old friends, make new friends, build community, enjoy many workshop options and activities, and have fun!

A Gentle Reminder: If you arrive late to Sunday services, please be sure to enter quietly so as not to disrupt the service or distract those already in attendance. Those who arrive early can help by sitting toward the front, leaving space at the back for latecomers to slip into a back row. Thank you!

