



# The Unicorn

Newsletter of the Unitarian Universalist Fellowship at Stony Brook

October 2014, Vol. 52, Issue 4

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## Letters from Nearby

Dear Ones,

Perhaps it is a little mysterious to you what all a minister might be good for other than a sermon or a newsletter column or, in my specific case, a loaf of homemade bread. Here are some good reasons to reach out to me:



- You need a sympathetic ear for problems or decisions you are facing regarding your job, children, marriage, relationship, or anything else; you are feeling confused, depressed, isolated or hopeless or have a joy to share.
- You have a friend or loved one who is ill or in trouble or you yourself are dealing with an illness, disability or facing surgery; you notice that someone you know in the congregation needs support.
- Someone you love is near death or has died or and you need help with end-of-life planning or a service; you're planning to marry, struggling in a relationship or contemplating divorce; you're pregnant but wish you weren't or are thrilled you are; you would like to have a child dedicated; you are undergoing a major transition in your life and feel the need to ritually recognize the threshold you are crossing.
- You or someone you know has questions about religion or Unitarian Universalism; you want to build your theology, deepen your spiritual life or are in spiritual crisis; you're considering membership in the congregation or have already joined and are wondering how you can participate more fully in congregational life; you would like to share your talents and gifts as part of one of our groups, committees, or classes, or serve as a volunteer in some other way.
- You want to affirm something good going on in the congregation or would like to discuss a congregational issue that is troubling you; you have ideas about sermons or programs or have a project you would like to initiate; you're mad at me or someone else and want to air your feelings and work it out; you'd just like to come sit with me and see what may open to us.

The point is: I am here to help, part of a larger circle of helpers. No one need feel alone or helpless. So, cut out the "How to Get Help" [memo on p. 7](#). Post it on your fridge, fold it into your wallet or purse, put the names and numbers into your mobile phone. And while you are at it, create a mobile phone entry for "ICE" (In Case of Emergency) and the phone number of your #1 go-to person. ICE is the entry that medical professionals will be looking for in your phone if you are ever in an accident or an ER and cannot speak for yourself. Put my number in there too under "My Minister." If you or someone you love is ever emergently injured or hospitalized, call me and I will come immediately. I can help you navigate the chaos. Yes, ministers do that. A lot. And whenever you go to the hospital, consider letting me know. I'd be more than happy to come visit you there, send a card, chat on the phone, IM back and forth, help with a problem.

Finally, I urge all of you to download and fill out our [In Case of Emergency \(ICE\) / End of Life Planning form](#). Make copies for your family, doctor, lawyer and one for me. I keep them in a secure file in my office. The primary purpose of the document is to spur you to think about some tough issues and to plan ahead, and in doing so reduce the number of difficult decisions your loved ones will have to make if you were to be badly injured, very ill or dying. Meanwhile, my dear ones, live well, love much, and don't hesitate to call,

MARGIE

## Religious Education Corner: Our Whole Lives Program

Once again, the LIAC (Long Island Area Council) is offering the **OWL (Our Whole Lives) sexuality education course for students in grades 7, 8, and 9**. The series will be offered this fall over seven sessions. Each session will be five hours, including a meal. All are on Sunday afternoons. [Click here to see the flyer](#) with the dates and further details.



Although basic sex education is covered in this program, the vast majority of OWL focuses on identity formation, and progressive religious values. There are more than 27 lessons in all that we compact into the seven sessions. Topics covered vary from cyber bullying to gender identity, from body image to peer pressure. This year the UUA has overhauled the curriculum and we will be presenting the newest version of OWL with more emphasis on relationships and social media.

Did you know that LGBTQ youth are twice as likely to commit suicide as youth identified as heterosexual? The good news is that youth who receive the support of their religious communities and are embraced for having the inherent worth and dignity acknowledged in each human being, they are more likely to seek help when they need it, 50% more likely to wait to engage in sexual intercourse, and 80% more likely to use a condom when they do. This course saves lives, but only if our youth participate.



Our Whole Lives is a nationally recognized program known as the gold standard in sexuality education. In the secular world of public health policies, this is the preeminent program for youth! It is also central to our faith - reflecting our principles by helping youth explore their identity and decide how they are going to relate to the real world they live in. It is possibly our most concrete way to help our youth connect our values to their lived experience. How do you help reduce teen dating violence? How do you stand up for friends who are being bullied because of their sexuality, body or gender? What does our religion teach us about self-respect?

Our hope for this program is that the youth build community with each other within our Fellowship walls, and with the greater Long Island UU youth community. Hopefully, they will want to continue to come to the Fellowship even more than when the class began. Our dedicated teachers are working hard to make this a reality.

Please feel free to contact Gretta Johnson-Sally, DRE or Rev. Margie Allen with questions or concerns.

*Gretta Johnson-Sally, Director of Religious Education*

## Survey Regarding the Future of the Woodlands Folk Festival

Please help us gauge the support of the congregation for future Woodlands Folk Festivals by responding to a few simple “yes” or “no” questions. It should take no more than 3 minutes to complete the survey. [Click here to take the survey online](#). Paper copies are also available in the Fellowship lobby. Surveys are anonymous. **The survey deadline is Friday, October 3rd.** We plan to have an open forum in the near future if folks are interested in continuing with this event. Thank you for your participation!



## Thank You from Lem

I want to thank people in the Fellowship for all their expressions of sympathy and condolence. The warmth and sympathy I got from everyone means a lot to me. I'm sorry you all didn't know my mother-- you would have liked her and she would have liked you.

*Lem Coley*

## Bulletins from the Board

Such nippiness in the air already! I haven't been absent all summer, just very busy. I had an exquisite time making my annual summer road trip to the Midwest to see friends and family and hope that you were also able to enjoy some summer "me time." Your board has been meeting, and working, all summer:



**FYI: MEETINGS – YOU'RE INVITED!** We've changed the time & days of regular board meetings: they are now at 7:00 p.m. on the 2<sup>nd</sup> Tuesday of every month. Any fellowship member or friend is welcome to attend any board meeting, except for executive sessions. We still need a week's notice with all information sent in written form a week in advance (1<sup>st</sup> Thursday of any month) if you'd like to add anything to the agenda, or to speak to or with the board about anything at a meeting. Of course, you're free to email me anytime with any item you'd like us to consider – we do a good bit of business by email these days, and if it's appropriate Board business, we can usually get you an answer fairly quickly.

We have finished several sections of a comprehensive **BOARD POLICY BOOK**, which will be available for perusal shortly (i.e. as soon as I have time to integrate it into the current one!).

The **LONG RANGE SITE PLANNING TASK FORCE** is shifting its goal from preparing a site plan for possible futures toward solving the parking and storage problems we face now. Do you think we should spend a large sum on expanding the parking lot now both for reasons of safety (it's not safe to park on Nicolls Road) and of welcoming (we need to have a place to park for anyone who wants to come)? It is a large sum, and therefore a very difficult decision. We don't know if we have reached our natural size limit, but we won't know as long as parking is complicated and/or dangerous. The town meeting held on June 8 fostered a good conversation on these issues.



We are working on clarifying the **BOARD'S JOB DESCRIPTION** so that we may do a thorough annual self-evaluation. In June we piloted a mini-retreat for the purpose of **evaluating** our progress the previous year and for **orienting** the new board members as to what the board does so they have less of that "deer-in-the-headlights" feeling the first few months.

We are working on clarifying our four **STAFF MEMBERS' JOB DESCRIPTIONS** in order to create a logical evaluation process and benefits packages and a personnel manual that is actually followed!

We enjoy increased "**LINKAGE**" – **FEEDBACK FROM THE CONGREGATION** – and if there are more ways we can communicate with you, please let me know! We implemented an idea that came to us through "Board Chat" about putting an envelope into the plate to make it easier to give cash only to the social action organization. We are planning to have some "directed" Board Chats in the next months asking for your feedback on the draft of the Board Trustee job description, which we will post on the website shortly, and on the bylaws changes that clearly must be made if we are not to be in violation of our bylaws in the face of vanishing committees and leadership burnout.

Looking forward to working with the COMC and the mission/vision task force on the exciting **MISSION/VISION PROCESS** coming up this year! It should be fun to discuss all together the big question, why are we here? And how should our answers to that question guide all of our actions? Please participate, when the opportunities arise!

*In fellowship,  
Maureen*



## Thank You from Rev. Margie



I just want to offer my heart-felt thanks and appreciation to everyone who helped make our robust participation in the *People's Climate March* possible. I know that, for many who were there, the experience was exhilarating, even life-changing. Special thanks go to the members of EarthKeepers who began planning the run-up to the March during the summer: to **Deborah Gale** for the solar panels skit and to the **EarthKeepers ensemble**, to **Alexis Grasso** and **Deb Little** for the communication plan and execution, to Alexis for managing discount LIRR and metro tickets caper, to Alexis and **Linda Anderson** for leading us in two groups to the interfaith contingent gathering site, to **Peggy Cohee** for organizing sign-making after service, to **Andy Collver** for making a bunch of signs on his own and then sharing them, to all those who made signs the Sunday before the March, to **Rich Ohlrogge** and Andy for hosting the screening of the film "Disruption," and to Deb for working on food for the train until we decided to stop worrying and let people take care of themselves.

And thank you, thank you to the **89+ folks** who set aside a day and invested a lot of energy getting to and from the city and navigating the long wait and the long journey on the sea of 400K+ marchers. It was a wonderful day, but not by any means an easy one.

Thanks also to those who did not March but who loved the marchers along their way: to every one of you who came to services on the 8th, 14th and 21st, bought Standing on the Side of Love T-shirts, gave money to finance others' coming along, passed the word along through Facebook and other media and by word of mouth, did this and that small thing to help. It was a completely perfect day and every single person rose to the challenge gallantly. If I forgot anyone or group, I mean you too!

My favorite call and response chant of the day went like this: "Tell me what democracy looks like! This is what democracy looks like!" Democracy supports the delicate balance between individual freedom and responsibility to the common good. Together, on September 21st, 2014, we tipped the scale back toward that balance.

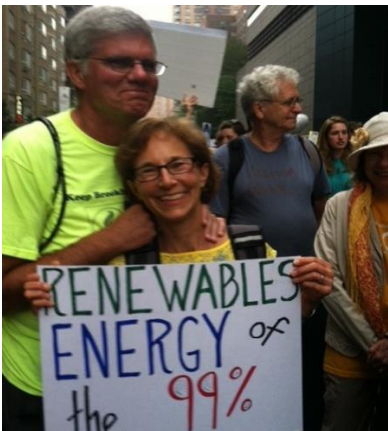
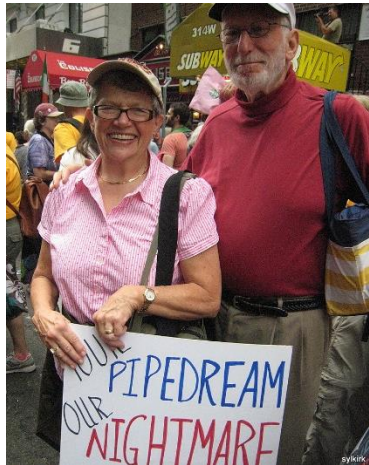
*Joyfully,  
Rev. Margie*

## Photo Gallery – UUFBS at the People's Climate March, Sept. 21, NYC





## More Photos from People's Climate March



## Joys & Sorrows

Please send your joys and sorrows to [uufsbnews@uufsb.org](mailto:uufsbnews@uufsb.org).



Happy News! Ann Janaro, **Linda Mikell's** Mom and **Ed Mikell's** Babe-ala, celebrates her 100<sup>th</sup> birthday this week. She was born on Sept. 23, 1914 in New York City and is still living a good life. Her family will gather from around the country this weekend to celebrate with her. Many of us know her from seeing her at the annual pasta dinners and from Le Petit Salon concerts. Happy Birthday, Ann!

## Service of Interment for Roger Pfeiffer – Oct. 5<sup>th</sup>, 12:30 p.m.

**Linda Pfeiffer** and her family invite Fellowship members and friends to join them for a brief Service of Interment after the Sunday morning service on October 5<sup>th</sup> at 12:30 p.m. We will inter **Roger Pfeiffer's** ashes in the Memorial Garden behind the sanctuary and dedicate a marker in his memory. Please stay for a quick Souper Sunday lunch and then gather with Rev. Margie for the service.

## Social Media: Teaching an Old Fellowship New Tricks – Oct. 27<sup>th</sup>, 7:00-9:00 p.m.



Want to get news, flyers, plugs, blurbs, petitions, reminders, photos, videos, and ideas out to the people who need to see them and to others who are likely to be interested? The baby boomers among us have spent most of our life communicating primarily in person, by phone or by stamped mail. All the new electronic options for sending a message can feel overwhelming. **Chris D'Orso** manages social media at Stony Brook University. On Monday, October 27<sup>th</sup> at 7:00 p.m., he gladly brings his expertise to our second Leadership Development workshop: **Joining The Conversation: The Dynamic World of Social Media**. Come join other congregational leaders in learning to use the power of social media to reach and engage others who share your passions and goals. Yes, you can teach an old Fellowship new tricks!

To register, please contact our Office Administrator, Susan, at [office@uufsb.org](mailto:office@uufsb.org) or 631-751-0297.

## Aluminum Tab Collection



The Ronald McDonald House is a national organization with Houses in many states in the US including one in New Hyde Park. The mission of The Ronald McDonald House is to “provide a home-away-from-home for families of seriously ill children even children from all over the world”. The House is a place of respite for families and children during a very difficult time.

I have been collecting aluminum tabs for many years: from teachers, Scouts, and private citizens, such as our children in RE. I bring the tabs to a local recycling plant and the proceeds go to The House. In January I began to volunteer in the Ronald McDonald Family Room on the Pediatric floor of Stony Brook U. Hospital. This room serves as a respite for parents of children 21 years and younger who are hospitalized for serious illnesses or require surgery.

By collecting tabs you too can help this wonderful outreach continue its good work. So far this year, 175 tabs have been collected. At 50 cents a pound, the money donated was \$87.50. Some may wonder how this small amount of money can serve any real purpose. However, any amount is worthy of recognition: small purchases such as linens, or a lamp, or some toys, or books, can be purchased to stock the House. In other words, no amount is too small.

Please consider collecting tabs and/or getting your children involved in collecting tabs.

Aluminum tabs only (**not steel**) can be put in the large plastic jar on top of the cabinet in the Fellowship lobby. There is a label identifying it as a collection jar for this purpose. For those of you who have been collecting tabs all along, thank you very much. Keep the tabs coming!



Shelly Psaris



## **HOW TO GET HELP—CUT This Out and POST**

### **Need to talk to your minister?**

I am most likely to be in my office on **Mondays**, 1:00 – 3:00 pm; **Tuesdays**, 2:30 –4:30 pm; and **Thursdays**, 10:00 –1:00 pm (Staff meetings happen on 1<sup>st</sup> and 3<sup>rd</sup> Thursdays, from 10:30—1:00). Sometimes obligations in the community, emergency calls, or appointments disrupt my best laid plans!

My own Sabbath day is Wednesday. If you need to talk or make an appointment, email ([minister@uufsb.org](mailto:minister@uufsb.org)) or call (cell: 203-228-0911; home: 603-675-1052) to make an appointment. I try to flex to your schedule. I am sometimes available on Fri-Sat-Sun for appointments with folks whose schedules preclude other days. In an emergency—any day, any time—I am yours.

### **Need an ear, a resource, ideas, advice, support, a meal, a ride, a visit?**

Linda Kirk, Chair of the Pastoral Assistants: 473-0689 ([lkirk@optonline.net](mailto:lkirk@optonline.net))

### **Having trouble finding a thing or a person or an answer?**

Susan Catanzaro, Congregational Administrator, 10:30-4:30 M-F; 751-0297 ([office@uufsb.org](mailto:office@uufsb.org))

### **Want to talk to someone professionally attuned to the needs of families, youth and children?**

Gretta Johnson-Sally, Director of Religious Education: cell 387-5270; home 864-3010 ([gjsdre@hotmail.com](mailto:gjsdre@hotmail.com))

### **Need to connect with the Board of Trustees?**

Maureen Shaiman is our President this year: 588-8292 ([maureentvs@gmail.com](mailto:maureentvs@gmail.com))

### **Have an issue with an aspect of our ministry or an idea for moving us forward towards fulfilling our mission as a congregation?**

The Committee on Ministries of the Congregation is a great place to go to discuss a problem, get help with a conflict or float an idea. Dave Tarbell chairs the committee this year: [dwtarbell@optonline.net](mailto:dwtarbell@optonline.net).

## **Annual Goods & Services Auction: “Thanks.giving” – Saturday, Nov. 22<sup>nd</sup>**

Thanksgiving is on its way...and so is our Goods and Services Auction. It's a great time to give thanks for our UU community, to clear out your home and to exercise your creativity.

- Do you have an objet d'art that doesn't fit with your current décor?
- How about that lovely unwanted gift that would really look better in someone else's home?
- An interesting or antique piece of jewelry?
- Do you create something, whether fabric, wood, metal or something we can't even imagine?
- Can you make a wonderful soup, host a themed dinner, tempt us with a favorite dessert?
- Got a great idea for a get-together, a walk, a skill to share, a learning experience? How about an evening sharing that interesting vacation?
- These are very popular events and give us opportunities to know each other better.
- If you've never attended our auction, people have offered herring salad, handmade jewelry, boat rides, lessons in photography, Japanese dinners, rides to the airport, spring cleaning, guided walks to interesting places...



Get the idea? You may want to scheme with a friend. Our combined skills and energies have been what make this occasion such a memorable event. Please speak to Friendly Auction Advisor, **Linda Kirk**, about your idea for an offering at: 473-0689 or [lkirk@optonline.net](mailto:lkirk@optonline.net).

## The Word "Fellowship"

When some of our members mention they are going to the Fellowship, they sometimes say "I am going to the UU." This sounds odd to me, because UU means "Unitarian Universalism," which is a religion, and not a building or organization. I usually say, "I am going to the Fellowship." (Our name is the "UU Fellowship.")

I know that some people may not know the word "fellowship" to represent a religious group. We UU's are a minority in this country, but I would rather not call our organization a church or temple, words closely associated with other faiths. We're a Unitarian Universalist faith -- in a congregation of like-minded folk -- and we formed a group (fellowship) in 1962 to support one other.

So what does the word "fellowship" mean? According to Dictionary.com, the word dates from 1150-1200; (Middle English *felaweshipe*.) Contrary to some opinions, it does not have a male root, but an associational one. It simply means those who are associated around a common venture, understanding, or outlook. So the word "fellowship" means "to hold something in common." We all have our Seven Principles in common, and our UU heritage. We are all in fellowship with one another. So that is why I call our place "The Fellowship" for short.

*Yours in fellowship,  
Linda Volkersz*

## Shawl Ministry



I was a newcomer to UUFSB, and the women of the Shawl Ministry did not know me, never having met me. Somehow the sad news reached them that my 53 year-old son on life support for 10 days had died after suffering a major heart attack. Their nimble fingers, along with their compassionate hearts, created and gifted me with a short prayer and a beautiful shawl.

I knew then that I was in the right place; caring supportive women were there for me when I didn't even know I needed them, but they did. The shawl has helped me through very difficult days but the sun does come out much more often lately. The kindness of strangers has touched my heart and the shawl works its magic once again.

*Bless you Shawl Ministry,  
Lillian Horn*

## The Joy of Presenting a Shawl

I brought a shawl I had made to Star Island this summer and donated it to the silent auction held every year to support their scholarship fund. The shawl and the prayer used when members of the ministry make a presentation to someone in our congregation were put on display.

A mother of three young sons, whose husband lost his battle with brain cancer during the year, attended our conference on Star Island. Tony and I have known this family for several years. I saw a bid on the shawl made by the widow's mother-in-law. All of a sudden I wished I had not donated the shawl to the silent auction because now I wanted to give it to the mother of the three boys. What to do? I guess I could go home and mail her one, but I did not like that option. I wanted to present it to her that week, on beautiful Star Island. Her mother-in-law loved the idea! When the auction was over, she gave me the shawl she luckily won the bid on. In a quiet place, I presented my shawl to the widow and read the prayer to her. Her eyes welled up with tears and we embraced and kissed each other.

There is something special about the Shawl Ministry that transcends folks getting together to knit or crochet and chat a little. It's about the gift of our fingers and our hearts that go into making shawls for good times as well as sad ones. The Shawl Ministry meets at 6:00 pm for 1.5 hours on the 2<sup>nd</sup> Thursday of each month. We welcome new members (women and men), and instructions are available from one of the "Woolsters" as one member delightfully refers to us. For further information, contact Rev. Margie.

*Shelly Psaris*



## Greg Galluccio Extravaganza at Grounds and Sounds - October 10<sup>th</sup> - 8:00 p.m.

Grounds & Sounds is proud to present the bi-annual "Greg Galluccio Rock/Funk/Soul/Blues/ Gospel/Folk Review," (otherwise known as "The Extravaganza") on Friday, Oct. 10<sup>th</sup> at 8:00 p.m. Every two years Greg assembles a large and diverse group of extraordinary musicians to perform songs from a range of genres. With the help of arranger/musical-director Dan "Dr. Dan" Weymouth, the concert builds from a stripped down acoustic set to a full blown finale with a horn section, backup vocalists and full choir. There is no other show like it on Long Island, and it plays to a full house every time. [For more info or tickets, click here.](#)



## UUFSBers on Stage!



On October 25<sup>th</sup>, former UUFSB member **Barbara Malley** will celebrate her 80<sup>th</sup> birthday by performing a benefit show for Cabaret Cares, an organization dedicated to raising funds for medicines and many other things needed by people born with HIV or AIDS. In 8 years, Cabaret Cares has raised over \$100,000. Barbara says her show is "an upbeat, fun, and often very funny show on the night of my birthday."

The show will take place at the Roy Arias Stage in the Times Square Theater Art Center on W. 43 St., just a few steps from the corner of 8th Ave. The stages are on the 4th floor. If some UUs are able to come, Barbara would be delighted!!

## UUFSB Events

**FIRST FRIDAY BOOK DISCUSSION GROUP.** Oct. 3<sup>rd</sup>, 7:30 p.m. *The Secret History* by Donna Tartt (novel) hosted by Jeff and Karen Foernsler. Nov. 7<sup>th</sup>, 7:30 p.m. *James Madison* by Lynne Chaney (non-fiction) hosted by Harold and Sylvia Kirk. Questions? Contact Harold Kirk at [hkirk@bnl.gov](mailto:hkirk@bnl.gov). More info: <http://uufsb.org/get-involved/uufsb-groups/book-discussion-group>.



**DEMO SHARING CIRCLE.** Oct. 12<sup>th</sup>, 12 noon. Ever wondered what happens in a sharing circle? On Sunday Oct. 12<sup>th</sup> after the service there will be demo sharing circles open to all. You can experience a sharing circle for yourself and get a sense of what it is like. At this demo, of course, you will only get a taste of the ways sharing circles give you opportunities to know yourself better and get to know others in the fellowship. Come and participate! Linda Anderson, [revlin23@gmail.com](mailto:revlin23@gmail.com)

**HUMANIST DISCUSSION GROUP.** Tuesday, Oct. 7<sup>th</sup>, 7:00 p.m., in the Green room. For details about the group see <http://www.uufsb.org/get-involved/uufsb-groups/humanist-discussion-group>.

**YOGA CLASSES.** Fall session now open. Classes at 8:45 a.m. and 6:00 p.m. For full information about Kripalu yoga at UUFSB please go to <http://www.uufsb.org/get-involved/meditative-arts/kripalu-yoga>.

## Ongoing Contact Info

- **Shawl Ministry:** Rev. Margie Allen [minister@uufsb.org](mailto:minister@uufsb.org)
- **Souper Sunday:** First Sunday monthly. Joanne Hammer [joanne.hammer@gmail.com](mailto:joanne.hammer@gmail.com)
- **Tai Chi, Chi Gong and Yoga Classes:** Linda Mikell (543-0337)
- **Labyrinth:** Thursdays 1:30 p.m. Evenings as scheduled. Linda Mikell (543-0337)
- **Sangha (Buddhist meditation):** Saturdays 9:00 a.m. Rev. Linda Anderson [revlin23@gmail.com](mailto:revlin23@gmail.com)
- **Sharing Circles:** On the web at <http://uufsb.org/ministries/small-group-ministry>
- **Our Calendar** can be found at <http://uufsb.org/info/calendar>

## November Newsletter Deadline – Friday, October 24<sup>th</sup>

Please submit newsletter items via our [online submission form](#) or email [uufsbnews@uufsb.org](mailto:uufsbnews@uufsb.org) by 10/24.



## Unitarian Universalist Fellowship at Stony Brook



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Linda Volkersz

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Linda Cortese, Tom Pelletier, Colleen Rudman

### Upcoming Sunday Services 10:30 a.m.

**Sept. 28 – "Enemies" – Rev. Margie Allen**

On this Sunday between Rosh Hashanah and Yom Kippur, we recognize the call to reconciliation these high holy days amplify and support.

**Oct. 5 – "Ten Commandments" – Rev. Margie Allen**

A look at the text and popular take on the commandments Moses received from his God and carried down the mountain to the Israelites, his people. What UU ten do and don'ts might we helpfully keep in mind as we envision the future Fellowship we want to live into?

**Oct. 12 – "The Fifth Principle: In the Beginning" – Rev. Margie Allen**

A look back at the roots of American democracy, the priorities and concerns of the founding fathers of our country and the relationship between faith and government.

**Oct. 19 – "First Come, Last Served: the Rights of Indigenous Peoples" – Rev. Margie Allen**

Youth and adults who attended the 2014 UU United Nations Office Spring seminar on "Sacred Roots: Indigenous Rights, Resistance and Reclamation" reflect on their experience together there.

**Oct. 26 – Intergenerational Service led by DRE Gretta Johnson-Sally and the RE Committee**

TBA

**Nov. 2 – Lay-led**

TBA