



# UU Matters

(September 2010: Vol. 5 No. 8)

The Mt. Vernon Unitarian Universalist Fellowship

~A Welcoming Congregation~

1600 Isabella, Mt. Vernon, IL 62864; (618) 241-9644

## Sunday Morning Service Schedule

(All Sunday morning services are held at 10:00 a.m. at the fellowship building and are open to the public. If you are interested in leading a service or delivering a sermon, please use the Service sign-up sheet at the back of the sanctuary.)

- 5 September:** A volunteer is needed to lead this Open Readings service.
- 12 September:** *Water Communion:* Donna Beaumont will be leading the “Mingling of the Waters” ceremony introduced last year. Attendees are encouraged to save water samples from their travels or other spiritual experiences (for example, the Summer Solstice) over the summer to bring to this service.
- 19 September:** Adam Stone will lead this service.
- 26 September:** Gail DeVilbiss will lead this service.

# Other Upcoming Events

(All Upcoming Events, held at the Fellowship Building, are open to the public.)

**1 September:** Board of Trustees Meeting  
-First Wednesday of Each Month-  
-6:30 p.m.-

Meeting open to anyone interested in MVUUF business.

Board of Trustees: Nina Peacock, co-chair; Kelly Taylor, co-chair;  
Diane Schwitz, co-chair; Adam Stone, secretary; Angela Czapiewski,  
treasurer.

**3 September:** Drum Circle  
-First Friday of Each Month-  
-7:00 p.m.-

Bring a drum or other percussion instrument to play at this relaxed and informal drum circle, or simply come to listen and enjoy the good vibrations.

**12 September:** Social Justice & Action Taskforce  
-Second Sunday of Each Month-  
-Following Social Hour-

Join this group to learn about and discuss social justice concerns and actions. This group discusses issues that affect local, national, and global communities. This group seeks out various projects and issues to take action on as individuals, as a group, and/or as a congregation. (You may want to bring a sack lunch.)

**24 September:** Meditation Group  
-Fourth Wednesday of Each Month-  
-6:30 p.m.-

No description available

# Other UU Matters

The recent letter of official recognition from the UUA of our status as a Welcoming Congregation:



UNITARIAN UNIVERSALIST  
ASSOCIATION OF CONGREGATIONS

23 August 2010

Mt. Vernon Unitarian Universalist Fellowship  
1600 Isabella Avenue  
Mount Vernon, IL 62864

25 Beacon Street  
Boston  
Massachusetts 02108  
USA  
617 742 2100 *tel*  
617 367 3237 *fax*

[www.uua.org](http://www.uua.org)

Dear Welcoming Congregation Committee, Members and Friends,

It is with great pleasure that I inform you that your congregation may be recognized officially as a Welcoming Congregation.

Our history shows that the liberal religious tradition is affirmed every time another congregation commits itself to being a human place that affirms, welcomes, and celebrates the presence of bisexual, gay, lesbian, and transgender persons. Though there remains a great deal of work to do in the Association before homophobia and transphobia become things of the past, it is congregations like yours that serve as an inspiration for those who have yet to begin the work of greater inclusion and understanding.

We are also sending you two posters, suitable for framing, that read: "We are a Welcoming Congregation: This Unitarian Universalist community welcomes and celebrates the presence and participation of bisexual, gay, lesbian, and/or transgender people."

Congratulations, and thanks!

Sincerely,

Tracy Ahlquist  
Multicultural Growth Program Coordinator

## **Email to MVUUF from John Kirszenberg:**

Subject: UU Inspired meditation web log  
Date: Tue, 10 Aug 2010 14:42:50 -0500  
From: [john.kirszenberg@meditationandspiritualgrowth.com](mailto:john.kirszenberg@meditationandspiritualgrowth.com)

Dear fellow UU congregation,

I have been a member of the UU Church of Akron for many years. In our services Reverend Tim Temerson often sets aside a few minutes for silent prayer and meditation.

To encourage the practice of meditation and provide some useful information on that topic I have started a web log (blog). As I have been a teacher of meditation for over 35 years there is much to write about.

Perhaps you and other members of your congregation would be interested in reading this blog? If so, please mention it to your members in your monthly congregation newsletter or other forum.

I hope that you will read some of the blog posting and share that information with your members.

Interested in Meditation and Spiritual Growth? Check out the new internet blog started by UUCA member John Kirszenberg: [www.meditationandspiritualgrowth.com](http://www.meditationandspiritualgrowth.com)

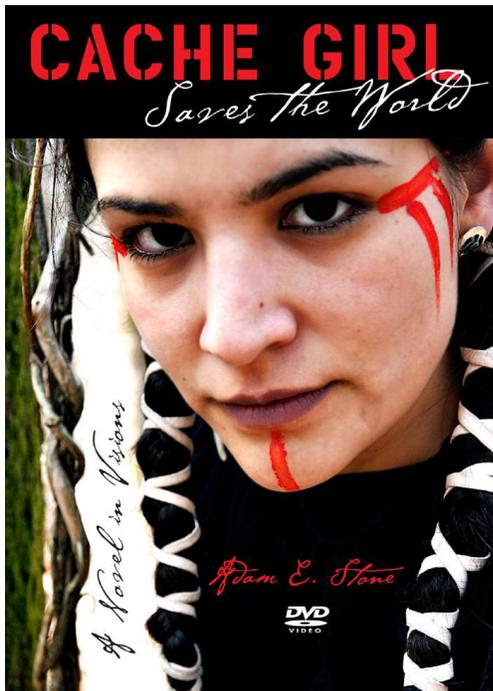
Kind regards,

John Kirszenberg

## **Newspaper Announcement Submission Guidelines:**

Submissions for the Friday "church news" sections of both the Sentinel and the Register-News are due on the Wednesday morning prior to the service or event. If you are leading a service, or planning a fellowship event, please email your information to Beth at: [bethvito@mvn.net](mailto:bethvito@mvn.net) by (at the very latest) 8 a.m., on the prior Wednesday. It need not be complicated--a few sentences would be fine. (Also, please let Beth know if you do not wish for your name to be included in the press release.) Many new attendees have told us that they found MVUUF through these articles in the newspaper, so this is an important way to let people know what is happening.

## Member News:



MVUUF member **Adam E. Stone**'s new work of fiction, **Cache Girl Saves the World: A Novel in Visions**, is now available on DVD. An event celebrating the release of the work will be held in the main auditorium at the Cedarhurst Center for the Arts ([www.cedarhurst.org](http://www.cedarhurst.org)) in Mt. Vernon at 7 pm on Friday, September 24, 2010. Adam invites all MVUUF members and attendees to the event, which will feature excerpts from the DVD, as well as Question and Answer sessions with Adam, Grammy Award-winning musician Thirza Defoe (who stars in the project), and Sarah Dalby (who took most of the photographs for the project). Copies of the DVD will be available for sale at the event, as will be autographed posters. The event is free to the public, and complimentary snacks and beverages will be provided. Additional information about the project, including ordering information, is available at [www.adamestone.com](http://www.adamestone.com).

## Newsletter Submission Guidelines:

All submissions for UU Matters should be emailed to Luke at [LukeSanfordCrawford@yahoo.com](mailto:LukeSanfordCrawford@yahoo.com). Submissions for the October edition must be emailed no later than **Monday, September 20**.

If you are leading a service or speaking in a service, you need to submit the title, date, and synopsis of your service/sermon.

If you are coordinating a special meeting or event that is open to the public, you need to submit the date and description of the event.

UU Matters is an opportunity for you to share your personal work relating to Unitarian Universalism, to the MVUUF congregation, or to liberal religious thought in general. Please consider sharing your photography, poems, short stories, "deep thoughts," etc.

**Considering MVUUF membership?** Please ask a Board of Trustees member for a prospective member folder, or a membership form.

**Treasury Matters:** Financial contributions may be made in the offering basket located on the round table at the back of the sanctuary. If you would like to mail contributions instead of putting them in the offering basket, you may mail them to: MVUUF, 1600 Isabella, Mt. Vernon, IL, 62864. Please make checks payable to MVUUF. If you would like your offering to be used for a specific purpose, please clearly mark that purpose on the memo line on your check or on the envelope in which you place your offering.

**Library Matters:** The MVUUF Library catalogue is available online. The catalog can be accessed at [www.librarything.com/catalog/MVUUF](http://www.librarything.com/catalog/MVUUF)

**Contact Information:** If you are looking for more information about the Mt. Vernon Unitarian Universalist Fellowship or would like to be added to our mailing list, you can do so in the following ways:

1. By Mail: The Mt. Vernon Unitarian Universalist Fellowship 1600 Isabella Mt. Vernon, IL 62864
2. By Phone: (618) 241-9644. Please leave a voice mail message.
3. By visiting our website: [www.mtvernonuuf.org](http://www.mtvernonuuf.org)
4. By emailing our fellowship: [information@mtvernonuuf.org](mailto:information@mtvernonuuf.org)

In every glass of water we drink, some of the water has already passed through fishes, trees, bacteria, worms in the soil, and many other organisms, including people...Living systems cleanse water and make it fit, among other things, for human consumption.

- Elliot A. Norse