



# UU Matters

(Sept—Oct 2016: Vol. 11 No. 8)

The Mt. Vernon Unitarian Universalist Fellowship

*~A Welcoming Congregation~*

1600 Isabella, Mt. Vernon, IL 62864

## 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 fellowship hall.)

**4 September:** This service on “Caring” will be led by Susan Trotter.

**11 September:** Open Reading service, coordinated by Roberta Price. Please bring readings or music that you are inspired to share.

**18 September:** This Ingathering, or Homecoming, service marks the end of summer, when friends and members return from their summer travels. This service includes the Mingling of the Waters ritual, also called Water Ceremony or Water Communion. It is a UU way to witness both to the elemental things and to the spiritual quality of life. This year, the service will feature traditional religious stories from around the world about water.

**25 September:** David Trotter will lead this service, “Om Nhama Shivia, The Spirit Within.”

Please check the MVUUF [website](#) for updates to the schedule  
& at end of September for our October schedule.



David Restivo [Creative Commons Attribution-Share Alike 2.0 Generic](#)

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# Other Upcoming Events



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

## **7 September**                      **Board of Trustees Meeting**

-First Wednesday of Each Month-

-6:30 p.m.-

Meeting is open to anyone interested in MVUUF business. **Board of Trustees:** Greg Gibbs, Co-chair; Mike Miller, Co-chair; Roberta Price, Co-chair; Larry Sidwell, Treasurer, and Susan Trotter, Secretary.

## **11 September**                      **Buddhist Meditation**

- Second Sunday of Each Month- -9:00 a.m.-

Buddhist meditation group meets downstairs. One need not be Buddhist to attend.  
For more information: Debbie Czarnopys-White [bdcw@frontiernet.net](mailto:bdcw@frontiernet.net)

## **11 September**                      **Social Justice Interest Group**

-Second Sunday of Each Month-

-11:30 a.m. following Social Hour-

Learn about, discuss, and take action on social justice concerns-- issues that affect local, national, and global communities. Our group seeks projects and issues to take action on as individuals, as a group, and/or as a congregation.

## **21 September**                      **Open Minds Discussion Group**

-Third Wednesday of the Month **6:30 p.m.-**

Topic: Black Lives Matter, presented by Donna Beaumont  
The public is welcome.

## **27 September**                      **Meditation Group**

-Fourth Tuesday of the Month 6:00 p.m.-

-Upstairs in the Fellowship Hall-

For those who want to learn and practice a variety of visualization, meditation and relaxation techniques. For information: Nina Peacock at [peacock.nina@gmail.com](mailto:peacock.nina@gmail.com).



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## ***New MVUUF Facebook page***

MVUUF is updating our Facebook presence with a new [MVUUF Organization page](#), as our public voice, for current attendees, prospective attendees, and anyone who's interested. Sunday Service announcements and other announcements will be posted on this new Facebook **Organization** page. If you use Facebook, and haven't been to the page yet, please visit and "Like" our new page. Feel welcome to share our MVUUF Facebook content with your FB friends when you wish.



Some clarification, since there are now two MVUUF Facebook pages: The new MVUUF **Organization** Facebook page is different than the previous MVUUF Facebook **Group** page (with all the member photos at the top).

The MVUUF Facebook **Group** page is for communicating internal working information for the Board and Committees, as recommended by UUA. (such as-- how is the air conditioner working? could someone help mow? Shall we add this to the library?) In a few months we will see how we are using the Group page, and whether we will keep it, or transfer to a new group page.

Either page could be used to continue a discussion that began over coffee, but the Group page would have a smaller audience.

### **Facebook pages from the wider**

#### **UU community**

Other UU resources on Facebook to "Like", if you're interested

- [UUA Facebook link](#)
- [UUSC Facebook link](#)
- [Standing on the Side of Love](#)
- [UU World](#)
- [Church of the Larger Fellowship](#)
- [Worship Web](#)

As a layed fellowship, many of us, when composing services or otherwise, read interesting articles that align with the seven principles. Please do share items of interest to the MVUUF organization page, or bring them to the attention of a Page administrator (Debbie, Marji -- backups Nina, Larry, Susan), to add interest to our Facebook site .

## **Open Minds**

### ***Sept 21, 6:30 p.m. Black Lives Matter Discussion***

Open Minds discussion will be held on Wednesday, September 21, led by Donna Beaumont, on the topic of Black Lives Matter.

The Social Justice Interest Group hosts the Open Minds discussion series on the third Wednesday of each month **at 6:30 p.m.** at the fellowship building, to encourage exploration and discussion of social justice and related issues. The series is open to the public.

If you have a topic to discuss, concerning social justice, economic justice, environmental justice – or just being an informed citizen – please contact Donna or Vito.



Mindfulness service August 21, 2016, led by Nina Peacock

“Be happy in the moment, that's enough. Each moment is all we need, not more.”

— Mother Teresa

“Do every act of your life as though it were the very last act of your life.”

— Marcus Aurelius, Meditations

## *May We Hear the Melody of Life*

By [Joseph Cleveland](#)

May we hear the melody of Life and find ourselves singing harmony.  
May we be open to the dissonances in the Song of the Land and Its People,  
that we might be part of the World's urging toward Justice, Peace, and Love.  
May we feel in our bones the rhythms of Life and the Land,  
and find ourselves dancing.

Copyright Joseph Cleveland

Closing benediction from July 3, 2016 “This Land is Your Land” Open Readings Service



## Gathering of the Waters

Please take a moment to collect samples of water from your travels and meaningful experiences this summer, to be used in the Gathering of the Waters Ceremony at summer's end.

## *Bimonthly Newsletter*

UU Matters is on a bimonthly publication schedule. On the off-month, dates for [Sunday Services](#) and [Events](#) will be posted to the [MVUUF web site](#) and a link emailed for convenient access to view the monthly update. Please bookmark those links if it is helpful. Please continue to send news for the newsletter to the editor by the monthly deadline. See last page of each newsletter for the current deadline.

## If There Is to Be Peace

If there is to be peace in the world,  
There must be peace in the nations.  
If there is to be peace in the nations,  
There must be peace in the cities.  
If there is to be peace in the cities, There must be peace  
between neighbors.  
If there is to be peace between neighbors,  
There must be peace in the home.  
If there is to be peace in the home,  
There must be peace in the heart.

~Lao-Tsu

#601, *Singing the Living Tradition*, copyright 1993, UUA



*Thank you* to Terry Schwitz of the Building Committee for overseeing attention to the air conditioner and dehumidifier, **T**hank you to Susan and David Bullock for mowing

Unitarian Universalists claim no statement of doctrine. We believe there is no one right way to lead a religious or spiritual life. We value each individual's spiritual journey, and believe in reason, freedom, equality, and love. Join us as we gather in community, seeking peace and justice for all persons. [Seven Principles of UU](#)

## Other UU Matters

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

### Library Matters:

The MVUUF Library catalogue is available online at [www.librarything.com/catalog/MVUUF](http://www.librarything.com/catalog/MVUUF). More than 700 books are available on a variety of subjects and may be viewed in the LibraryThing catalog, browsed in the reading room, or signed out on the clipboard.

### Treasury Matters

Financial contributions may be made in the round bowl on the back table in the Fellowship Hall. If you would like to mail a contribution, please mail 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.

## Committee Matters:

Contact committee chair via [information@mtvernonuuf.org](mailto:information@mtvernonuuf.org)

### Welcoming & Hospitality

Volunteers needed

### Nominating

Vito Mastrangelo

Greg Gibbs

### Building & Grounds

Terry Schwitz

### Religious Education

Deb Czarnopys-White

### Music

Volunteers needed

### Programming

Donna Beaumont

Theresa Rowe

Roberta Price

### LGBT Concerns

Roberta Price, chair

Deb Czarnopys-White

Vito Mastrangelo

Diane Schwitz

### Publications & Library

Nina Peacock, chair

Beth Brennan, Library

Debbie Czarnopys-White,

Newspaper & FB announcements

Marji Gibbs, Web/Newsletter

## Newspaper Announcement Guidelines

Submissions for the Friday "church news" sections of both the Sentinel and the Register-News are sent on the Monday morning prior to the service or event. [If you are leading a service, or planning a Fellowship event, please email your information to Debbie at: \[bdcw@frontiernet.net\]\(mailto:bdcw@frontiernet.net\) by 8 p.m., on the prior Sunday.](#) A few sentences is fine. Many new attendees have told us that they found MVUUF through articles in the newspaper, so this is an important way to let people know what is happening.

## Newsletter Guidelines

Please email submissions for *UU Matters* to [marji.gibbs\(at\)gmail.com](mailto:marji.gibbs@gmail.com) by [deadline of Monday, September 26](#) for October web site updates, and by [October 24](#) for the November issue. [Feel free to email dates for the website as soon as available.](#) If you are leading a service or speaking in a service, please send title, date, and description of your service/sermon. If you are coordinating a special meeting or event that is open to the public, please 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," favorite quotes & web links, etc.



## Contact Information

For more information about the Mt. Vernon Unitarian Universalist Fellowship or to be added to our mailing list, please contact us in one of the following ways:

1. By Mail: The Mt. Vernon Unitarian Universalist Fellowship, 1600 Isabella Mt. Vernon, IL 62864
2. By visiting our website: [www.mtvernonuuf.org](http://www.mtvernonuuf.org)
3. By emailing our Fellowship: [information@mtvernonuuf.org](mailto:information@mtvernonuuf.org)