

U2C2 Connection

A monthly newsletter published by the UnitarianUniversalist Community Church

::A Month of Sundays::

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June Sunday Services 9:30 & 11:00 AM services are held every Sunday unless otherwise noted.

----- 9:30 AM Contemplative Services -----

Join us for a quiet time of reflection as we seek to reconnect to ourselves and the "mystery" through readings, silence, music and images.

----- 11:00 AM Traditional Services -----

Sunday, June 7: "Making Peace" - Worship Leader: Allison Claire
Our UU Principles provide a foundation for peacemaking at all levels: personal, congregational, societal, and international. Are the relationships between inner peace and world peace merely metaphorical? This service explores theological frameworks for nonviolence and peacemaking.

Sunday, June 14: "Liberal Religion & Religious Liberalism" - Worship Leader: Rev. Martha Hodges

Rev. Martha will seek to clarify what it means to be a liberal religion. While other liberal movements tend to harden into orthodoxy, ours remains true to its commitment of free thought, tolerance and reason. Or does it? What are the limits of our "liberalism" and what do these suggest about our future as a vital religion? This sermon topic was selected by Stephan Lange at our most recent Action Auction. Please plan to stay after the service for a very important congregational meeting.

Sunday, June 21: "A Bouquet of Celebrations" - Worship Leader: Rev. Martha Hodges

Please bring a flower to share in our traditional UU Flower Communion Service. Flowers representing the beauty and diversity of our congregation will be added to one big, gorgeous bouquet and then redistributed to us as a symbol of how we share out gifts and our lives in this shared community. On this day, we also celebrate fathers and the beginning of summer. This will be a multigenerational service.

Sunday, June 28: "Speaking and Listening About Religious Belief: Are We Actually Communicating?" - Worship Leader: Jim Skow

Men are from Mars, women are from Venus. The British and the Americans are divided by a common language. People of different faiths attribute special meanings to words that define their faiths; yet people of different faiths often use the same words. This Sunday, let us explore the difficulties of genuine communication across religious divides.

Transcripts of UUCC sermons are available on our website at www.u2c2.org. Select "Services" and then "Sunday Sermons."

::June 2009 Planner::

S	M	T	W	Th	F	Sa
	1	2	3	4 Daytimers 10am at church	5	6
7 Sunday Services 9:30 & 11:00am Forum on GA after service	8 Membership Committee Mtg 7-9pm	9	10	11 Daytimers 10am at church	12 Theatre Group 8pm	13
14 Sunday Services 9:30 & 11:00am Congregational Mtg after service Kid's Book Club 12:30-1:30pm Women's Group 2:30pm	15 Newsletter Deadline	16	17	18 Daytimers 10am at church Board Mtg 7:15pm	19	20 Sat Supper offsite Men's Group 9am Parkside Yard Sale offsite
21 Father's Day Sunday Services 9:30 & 11:00am	22	23 Women's Group 7:00pm	24	25 Daytimers 10am at church Church Ops Mtg 7pm at church	26	27
28 Sunday Services 9:30 & 11:00am	29	30	<p>Calendar & Schedule</p> <p>If you don't see your meeting or event posted here, contact the office at 689-2008 or office@u2c2.org.</p>			

	Altar	Greeter	Lighter	Usher
6/7	Bev Boido	Jane Thompson	Monty N.	Bev Boido
6/14	Sybil Lawson	Stephan Lange	Jesse C.M.	Bev Boido
6/21	Georgene Tarble	Rose Kohn	Miley N.	Tom Rintoul
6/28	Jenn Richard	Dick Tarble	James E.	Tom Rintoul

Resisting the Marshmallow

by Rev. Martha Hodges, Minister

Martha will be on vacation through June 7. She can be reached at home in an emergency.

We have all, I expect, berated ourselves at times for our lack of self-discipline. Who has not felt guilty for skipping a workout, taking that second dessert, or indulging in an angry outburst? A recent article in The New Yorker put forth this intriguing idea: There is no such thing as “will power”; there is merely the ability, to a greater or lesser degree, to ignore our desires and refocus our thoughts on some other object.

In a forty-year old study of four year-olds, children were given a choice between eating a marshmallow now, or waiting fifteen minutes and receiving two marshmallows. The children who managed to delay gratification were observed to distract themselves in various ways: refusing to look at the longed-for treat by shutting their eyes or turning their backs on it, or even by pulling their hair. In a longitudinal follow-up study, researchers found that these same children did better in school and, as adults, enjoyed more success in their jobs and relationships. Those children who went immediately for the marshmallow tended to struggle more in all these areas. Since then, researchers have even located the area in the brain’s frontal cortex in which we control our thoughts. Our brains can be observed as they deliberately redirect our thoughts from the marshmallow (the cigarette, the new shoes, the... (you fill in the blank.)

This article raises a couple of interesting questions in my own mind. We hold “will power” in high regard in this society. Our puritanical roots show in our respect for “self-control.” At the same time, we, the nation of double cheeseburgers and road rage, are notorious for our lack of that same quality. We like to “go for the gusto” and then beat ourselves up for it. Now we learn that we can actually be taught to delay gratification – to practice “will power” – by learning certain techniques of refocusing. On the one hand, this is reassuring. We are not hopeless spendthrifts, gluttons and flirts. We can learn to mend our ways. So much for the seven deadly sins. On the other hand, this places the responsibility for our behavior squarely back on our shoulders. If there is no such thing as will power, we can’t claim to be helpless against our desires.

But what about fun, and enjoyment? A little self-indulgence is not a bad thing. Having a choice in the matter is perhaps the key here. No one wants to be driven by their desires. We’d like to be free to choose whether or not to eat the marshmallow.

I wonder, too, about the implications of this research for living with less in the present economy. Maybe cutting back on spending and lowering our standard of living need not be quite so painful if we learn to think about it differently. We don’t have to eat the marshmallow right now. We can think about something else – like the future rewards of avoiding or paying off debt, or the pleasures of life that are available for free. Easier said than done, I know. At least by viewing our choices as just that – choices – we may avoid some of the sense of hopelessness that is so pervasive in these trying times.

A Sad Note

We are very sad to report that our former Director of Religious Education, Dawn Rose, died on May 15 of multiple myeloma. Many of us remember with great fondness and appreciation the contributions she made to our RE program and the dedication she showed to our children. Our condolences go out to all her friends and family.

Stewardship Update

Despite our economic woes, we had a successful stewardship campaign and gathered record-breaking pledges!

To Jim Skow, Ernie Tomassilli, and all the visiting stewards who spoke with our members about the meaning of UUCC in their lives — a tremendous thank you!

To the Finance Committee and the Board who have wrestled with the hard decisions, thank you! And to all of the friends and members of UUCC who dug deep to come up with those extra dollars — thank you!

We face major cuts in our budget, true. Our monthly challenge to meet our rent has not yet been resolved, also true. But without all of you, the situation would be much worse than it is. Together, we will see this through!

Forum on UUA Presidential Candidates & GA Issues

Our congregation is sending 2 delegates to the General Assembly of the Unitarian Universalist Association at the end of June to elect the next UUA President, vote on a Statement of Conscience regarding Peacemaking, and consider changes to the UUA Bylaws. Please stay after church on June 7 to learn about and discuss these matters. For more information about the candidates, please go to www.moralesforuupresident.com and www.hallmanforuupresident.com. Details about the proposed statement and revised bylaws can be found at www.uua.org.

UUCC Annual Congregational Meeting

WHEN: Sunday, June 14th

TIME: Following our late worship service (approximately 12:15-ish)

WHO: Everyone is invited! UUCC Visitors, Friends and Members. Membership is required to vote; however, UUCC Friends / Visitors often attend also.

WHAT: We will vote on the new slate of candidates for the Board and vote on our budget for the new fiscal year (July 2009 – June 2010).

The Nominating Committee is happy to propose the following slate of candidates for the Board, Nominating Committee, and Endowment Trustees:

Board of Trustees:

President: **John Sugar** (transferring from Vice President to President)

Vice President: **Allison Claire** (new to board)

Secretary: **Richard Leimbach** (transferred from At Large to Secretary to fill a Secretary vacancy last August)

Treasurer: **Eric Walle** (serving year two of a two year term)

At Large: **Patrick Cody** (was appointed last August to fill a board vacancy)

At Large: **Sonia Duffoo** (serving the second year of her two year term)

At Large: **Alison Navas** (new to board)

Nominating Committee: The Nominating Committee is responsible for filling Board, Nominating and the Endowment Trust Fund Committees. This three-person committee serves one year only, then is completely replaced annually.

Chairperson: **Wynne Skow** (an outgoing board member chairs the committee, per constitution)

Member: **Maggie Melnick**

Member: **Antonio Gonzales**

Endowment Trustees:

New member: **Tonie Darling** (3 year term)

Member: **Patrick Cody** (2 years remaining in 3 year term)

Member: **Terry Chekon** (one year remaining in 3 year term)



-- from Paula Braxton,
Director of Religious
Education

Recap of District 2009

I spent the first weekend of May with my family in Fremont attending the Pacific Central District Assembly. The weekend was full of workshops, food, fun, meeting new people, and connecting with friends from the past. During the lunch on Saturday, there was an awards ceremony and I accepted the Growth Award for our congregation that was given to us from the District. This was one of two Growth Awards presented by the District. Our award was for the greatest net increase in membership for the past year. This is an award that historically has gone to large congregations. I believe that this says something about our church. It was an honor and a privilege to accept this award for our congregation.

Approaching Multicultural Worship

The Approaching Multicultural Worship workshop at Pacific Central District Assembly was a mixture of worship, experiential sharing, and question and answer sessions. Songs, readings and meditation were incorporated into the workshop which enriched the session with their diverse nature. The essence of the presentation was that one must approach multicultural or multi-faith worship with reverence and deep respect for the sources and with some knowledge of their intended use, purpose and history within context. A number of resources are being compiled by the UUA which should soon be available on the UUA website.

MUUGS

Calling all 6th to 8th graders! Starting in June, a Middle School UU Group (MUUGS) will be forming and will start off the summer with a party!

Classroom Helpers

Even though we are a small congregation, it is important for the safety of our children that we commit to being a Safe Congregation. One of the biggest ways this impacts us is that we need two people in each classroom on Sundays. This means we need a teacher AND a helper every Sunday. Most of our teachers are recruited for summer and the next school year but we still need Sunday Spirit Guides (helpers). If you would like to become a Spirit Guide, please email me or talk to me at church. You can be a helper one time or on a regular basis. All Spirit Guides must be fingerprinted and have a background check completed prior to being in a classroom.

Registration for Fall 2009

We are implementing a new registration and sign in procedure for Fall 2009. Starting Fall 2009, all children will need to have a parent sign them in and out of RE. This is another example of our congregation becoming a Safe Congregation. This will take some time to get used to, and it may feel strange at first, but the safety of our children is a priority.

End of the RE Year

The RE year is quickly coming to an end. We have a great group of children, volunteer teachers and helpers. The children had one small field trip up to the park and it was wonderful to see the older children watching over the younger children as we crossed the street. A field trip to the Sacramento Zoo is in the works. By the time you read this, the annual cleaning of the RE supplies will have been accomplished, and planning for summer and next year will be in full swing. If you are interested in either teaching or being a helper, contact Annette Emery or talk to our wonderful Director of Religious Education after church.

-- from Annette Emery,
Religious Education Chair

Once a Week Vegetarian

Welcome to the Green Corner, a column with the goal of fostering ecological education and offering tips and tools to diminish the negative human impact on the precious resources of the Earth. In this edition, we will look at the impact of eating vegetarian just one day per week.

Many of you may know that the average American consumes approximately 250 pounds of meat per year. By eating vegetarian one day per week, you would reduce your average annual meat consumption by 35 pounds.

The www.wannaveg.com website indicates that there are at least 10 social and environmental reasons to make this type of change. In just one year, you could have the following positive impacts:

- Save 84,000 gallons of water
- Save 245 pounds of grain
- Save 7,700 sq. feet of rain forest
- Save 15.5 gallons of gasoline
- Reduce over 400 pounds of manure produced by food animals
- Reduce your contribution to global warming

Certainly, there are other reasons to eat vegetarian; however, if one thinks about the toll that food production takes on the environment, it does seem like an easy way to make a change for the better. There is a popular saying about supporting something that you believe in, and it seems appropriate on many levels here, "put your money where your mouth is". Buying less meat and enjoying more fruits and vegetables really can make a difference.

-- Candy Wood & UUCG Carbon Ring Groups

Special Appreciation

A big thank you goes out to Ernie Tomassilli and Patrick Cody for organizing the Italian Dinner last month. The food and the company were both outstanding! Thank you both!

Share the Plate

Our April "Share the Plate" donation to SSIP was \$97.33. We also received a \$50.00 check written directly to SSIP, so our total April donation was \$147.33. Our February, March and April donations combined came to \$410.28, and our FY 08/09 budgeted congregational commitment to SSIP was \$328.00, bringing our total contribution to \$738.28 for this fiscal year.

::Ongoing Activities::**Women's Group**

The UUCG Women's Group is now meeting twice a month on the 2nd Sunday and 4th Tuesday of each month. Therefore, the June meetings of the Women's Group are Sunday, June 14 at 2:30 PM and Tuesday, June 23 at 7:00 PM. We meet at UUCG and all women are invited to attend. A big thanks to Rebecca Fain for encouraging us to share "how to get unstuck in our lives" and Gayle Newman for typing up the suggestions so that we can remember them throughout the year. Some of the suggestions: take time for music and dancing, take on a project that you can finish so that you have a feeling of accomplishment and QTIP (Quit Taking It Personally) when you find yourselves at odds with others. If you are interested in the Women's Group, contact Annette Emery.

Theatre Group

We will see "Children of Light" on Friday, June 12, at California Stage, 2509 R Street at 8 PM. This is a retelling of the Greek drama "Electra" by Euripedes, written by a local playwright, Rick Foster. One reviewer tells us to "expect something classic". Reservations (\$12-\$20) to Frieda Fergus by Sunday, June 7. Note to all readers: The Theatre Group is NOT a closed group. All are welcome. Just let us know if you will be joining us!

Daytimers Group

The Daytimers Group meets each Thursday from 10 AM-12 PM at the church. Anyone may join our lively discussion group. We are currently discussing a public radio program called "Speaking of Faith". If you are interested in participating, please contact Dick Tarble.

Saturday Supper

The Saturday Supper is a potluck dinner held on the 3rd Saturday of each month. The next dinner is on Saturday, June 20th. Normally, we divide up into small groups of 6-12 and share a meal in someone's home. At each dinner, we ask a question and take turns answering, if we choose. It's okay to participate without ever hosting and it is okay to come occasionally. Participants are with a different group of people each month. We would love to have you join us! Thank you to our hosts for May: Fred Deneke & Jim Eastman, and Terri Riley & Richard Leimbach. Please contact Terri Riley if you are interested in coming to our June potluck.

Kid's Book Club

Our next meeting will be June 14. Questions? Contact the Newmans.

Mission

The ministry of the Unitarian Universalist Community Church is to foster open minds, caring hearts, helping hands, and growing spirits in a congregation of all ages. By living and sharing Unitarian Universalist values, our spiritual and intentionally diverse community seeks to bring compassion and justice to the world.

UUCC is a member of the Unitarian Universalist Association (UUA) and the Pacific Central District (PCD) of the UUA.

Membership

Would you like to be a formal member of this congregation? We would love to have you as a member!

If you would like membership information or if you feel ready to sign our membership book, you may talk to Rev. Martha Hodges or Laura Osborne.

Membership requirements are:

- 1) you must be at least 16 years old
- 2) you accept our principles and purposes
- 3) you make and fulfill a commitment to an annual contribution of record through a pledge of money and/or services.

We are a wonderful congregation and we will welcome you with open arms.

Affiliates

All Unitarian Universalist affiliates in California's mountain and valley areas:

www.uuvalleysierra.org

Pacific Central District (PCD):

www.pcd-uua.org

Telephone: (510) 601-1437

Unitarian Universalist Association:

www.uua.org

Telephone: (617) 742-2100

UU Legislative Ministry:

www.uulmca.org

Telephone: (916) 441-0018

Unitarian Universalist Service Committee:

www.uusc.org

Telephone: (617) 868-7102

Sacyouth - Faith-Based Activities for Youth:

www.sacyouth.com

South Sacramento Interfaith Partnership (SSIP)

Emergency Food Closet:

www.ssipfoodcloset.org

Telephone: (916) 428-5290

Contact

Newsletter

U2C2 Connection Editor:

Newsletter contributions should be mailed to the UUCC church address, phoned in to 689-2008, faxed to 689-2282 or emailed to office@u2c2.org by the 15th of each month.

Editorial Advisor - newsletter:

Nancy Flagg 689-2008

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UUCC office 689-2008 or office@u2c2.org

Editorial Advisor - website:

Nancy Flagg 689-2008

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Leadership

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Rev. Martha Hodges, 689-2073

minister@u2c2.org

Director of Religious Education:

Paula Braxton 689-2008 office@u2c2.org

Board of Trustees:

President: Marion Randall

Vice President: John Sugar

Secretary: Richard Leimbach

Treasurer: Eric Walle

At-Large Members: Wynne Skow,

Patrick Cody, Sonia Duffoo

Endowment Trust: Terri Riley,

Terry Chekon, Patrick Cody

Committees:

Church Operations: Alison Navas

Committee on Ministry: Tom Rintoul,

Celia Buckley, Jim Eastman

Finance: John Sugar

Membership: Rev. Martha Hodges

Religious Education: Annette Emery

Stewardship: Jim Skow, Ernie Tomassilli

Worship: Jim Skow

Justice Coordinating Team: Julia Walle,

Antonio Gonzalez

Openers/Closers Supervisor:

Rev. Martha Hodges

About the Unitarian Universalist Association of Congregations

The Unitarian Universalist Association of Congregations (UUA) represents the interests of more than one thousand Unitarian Universalist congregations, on a continental scale. The UUA grew out of the consolidation, in 1961, of two religious denominations: the Universalists, organized in 1793, and the Unitarians, organized in 1825.



UNITARIAN UNIVERSALIST COMMUNITY CHURCH
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