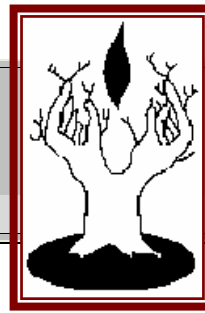


UUMAC Daily

...newsletter of the Unitarian Universalist Mid-Atlantic Community
Volume 26, Number 2



Tuesday July 24, 2007

Today

7:00-Breakfast

8:30-Morning
Worship

8:45-Children's
Program

8:50-Children's
Chapel option

9:15-Theme
Talk

10:30-
Adult/Youth
Workshops

12:00-Lunch
1:00 or 1:30
Off-campus
Activities

4:30-Choir
4:30-Talk Back
5:30-Dinner

7:00-
Intergenerational
Games (McShea)

9:00-
Night Owls
Begins (McShea)

Curfews

Up through g.2
in bed by 9
g. 3-5 in dorm
room by 9, in
bed by 10
g. 6-8 in bed by
11
youth's in dorm
15 minutes
after Night
Owls, in own
rooms by 2

10:00
Vespers (Kender)
10:00 Drumming
(outside of
McShea)

Theme speakers' Cliff notes, as requested:

Monday

"Family Values" is about:

- the art and discipline of interdependence, which is the generative power of existence
- the art and discipline of respecting one another, which is the core ingredient of love
- the art and discipline of community, which is a microcosm of the world at large

Articulating and exercising liberal religious family values is ultimately about healing the world, as each enriched community emboldens the hope of harmony.

Core Religious Liberal Family Values:

- o Unconditional positive regard for life
- o Belief in the equal value of all
- o Embracing truth about oneself
- o Commitment to relationship as a healing, strengthening, wisdom producing dynamic
- o Honoring covenant

We will follow Lao Tse's framing to work a change in our way of being through systematic intention:

"If there is to be peace in the world, there must be peace among the nations,
If there is to be peace among 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 in the heart."

Tuesday's Lecture: Peace in the Heart and Home
Principles of compassion, forgiveness, intention, integrity and trust.

We will also explore our core values through some guided meditation

Wednesday's Lecture: Peace Between Neighbors and in Cities

Principles of diversity, civility and responsibility
We will also do some work together, identifying family or relational values

Thursday's Lecture: Peace Among the Nations
Principles of interdependence, communication and goodwill.

We will also workshop some framing of our values and practice communicating them

Friday's Lecture: Peace in the World
Principles of humility, wholeness and transformation.

We will celebrate the web we have created.

CREATE A UUMAC WEB TOGETHER IN THE WORSHIP/LECTURE HALL

All ages are welcome to add their responses to questions posed each day. To the left of the entrance there is a table with instructions.

MONDAY'S WEB ASSIGNMENT

Answer this question: Who are your people?
"Your people" are those you resonate with who follow a bit of the path you are following. You will have many different groupings that resonate.

e.g. Santa Clause may say his people are:

- Jolly old men
- World travelers
- Lover of cookies
- North Pole residents
- Keepers of deer
- Friends to elves
- A nationality and/or culture (don't know Santa's)

* Effective Immediately!!!

Watercolor Workshop has been moved from Dooling 105 to Dooling 214/215.

KIDS IN CHURCH

3-year-old Reese:

"Our Father,
Who does art
in heaven,

Harold is His
name.

Amen."

A little boy was
overheard
praying:

"Lord, if you
can't make me
a better boy,
don't worry
about it.

I'm having a
real good time
like I am."

After the
christening of
his baby
brother in
church,

Jason
sobbed all the
way home in
the back seat
of the car.

His father
asked him
three times
what was
wrong.

Finally, the
boy replied,

"That

Answers to yesterday's word game:

- #1 letters of the alphabet
- #2 wonders of the world
- #3 Arabian nights
- #4 signs of the zodiac
- #5 cards in a deck (with the jokers)
- #6 planets in the solar system (some say 8, not 9)

Today's puzzlers:

- 7. 88 = P.K. _____
- 8. 13 = S. on the A.F. _____
- 9. 32 = D. at which W.F. _____
- 10. 18 = H. on a G.C. _____
- 11. 200 = D. for P.G. in M. _____
- 12. 8 = S. on a S.S. _____

Tuesday Night Owls

including your dance favorites and a mini concert
by Pete Leary, UU troubadour

Pete presents Sunday services, house concerts, yodeling workshops, and storytelling at UU societies, folk festivals and people's homes from NY to Key West. His song "Roots and Wings" has been used for bridging, Coming of Age, Mother's and Father's days all over the US. Pete is a regular at SUUSI, SWIM, Shelter Camp.



Look for **change ups** at Night Owls.

What is a change up? It is when we have had a lot of the same type of music and it is time for a change. We want to include everyone in the Night Owls.

If you signed up as a Night Owls volunteer, please introduce your self to Pete (with the hat) and say how you want to help.

Children's Talent Show

Calling all the talented children of UUMAC! If you have a talent, please see Ed Crowley and sign up for Wednesday evening's Talent Show. Acts will be limited to 1 per child NOT to exceed 3 minutes.

If anyone would like to play some social tennis (level 3.5 and above—singles or

What is Vespers?

Join us at 10:00 each evening in the Kender Room of McShea for Vespers, an intimate, small-group worship gathering. Give yourself this gift of time to process and reflect upon your experiences here at UUMAC and beyond. Our wonderful team of Vespers leaders will help end your day in peace.

Vespers Leaders this week are:

- Sunday-Carla Miller
- Monday-Karen Scrivo
- Tuesday-Richard Speck
- Wednesday-Carole Harkrader Pine
- Thursday -Young Adults
- Friday-Teens

Carla Miller, Vespers Coordinator

Charlotte's Web—Special Needs Advisor

In our community this week, getting from point A to point B may require a circuitous route. Our corridor and meeting rooms are beautifully congested, and while we may be preoccupied with reaching our destination or achieving our task, we need to be mindful of those among us who need to go in a different direction.

In addition to those of us who are visibly encumbered with wheelchairs, walkers and canes, we have among us others whose physical strength and stability may be in question.

The point, then, is to remind ourselves and our children to proceed with caution when moving about in a crowded area.

A fitting analogy might be driving in traffic. Watch out for the "other guy" and yield right of way as necessary.

From the Adult Music Coordinator

Due to popular demand, the choir rehearsals have been moved up to 4:30 each afternoon. If this time suits your schedule better, please come join us at 4:30 in the same place as morning worship and the theme talks take place.

<p>preacher said he wanted us brought up in a Christian home,</p> <p>and I wanted to stay with you guys."</p> <hr/> <p>One particular four-year-old prayed,</p> <p>"And forgive us our trash baskets</p> <p>as we forgive those who put trash in our baskets."</p> <hr/> <p>A Sunday school teacher asked her children as they</p> <p>were on the way to church service,</p> <p>"And why is it necessary to be quiet in church?"</p> <p>One bright little girl replied,</p> <p>"Because people are sleeping."</p>	<p><i>doubles), contact Carolyn at 732-261-5477.</i></p> <p>Services for Auction: This year three individuals are donating their valuable talents to support the auction. Their talents can easily help us create ourselves as more peaceful beings. Won't you support UUMAC and try these? Everyone benefits!</p> <ol style="list-style-type: none"> 1. Kay Wylie Jacob is offering personalized instruction in Pilates. This session can occur any time during the week until Friday afternoon. Make a bid as a group and you pay less and UUMAC gets more. Value \$120, minimum bid \$30. If you are bidding as a small group, minimum bid \$75. 2. Be guided to your secret sanctuary and visit your inner realms through a guided visualization with Mary Brower. Minimum bid \$10, value \$30. 3. Enjoy a soothing session of relaxation and guided meditation to include light touch. Unblock tension points so you can smoothly go with the flow. Offered by Carol Harkrader Pine this 30-minute relaxation session has an estimated value of \$60 with a minimum bid of \$20. <p>To benefit from these sessions, speak directly to the person offering the service. They are in charge of arranging the sessions and will coordinate the finances with our Treasurer, Theresa York.</p> <p>Anyone still wanting to drop off their silent auction items please do so by Wed. night in the corner area of the office where there is pile started. (The office is in McShea). Anyone still interested in donating a live auction item or willing to play Vanna White or supermodel (and fashion off items), please contact Diane Kraus.</p> <hr/> <p>My family is like blue It sounds like lots of noise It feels like claustrophobic (?) It looks like 4 people It tastes like blueberries It smells like pretty flowers</p>	<p>Mike</p> <p>Tuesday's Informal Workshops <i>Chi Gong</i> is an ancient practice to cultivate energy or chi to promote vitality and relaxation. We will practice a 45 minute session using a DVD with animation to demonstrate the subtle energy field. 2 pm in Trexler or Hurd at University Center. Kathy Clay</p> <p><i>Dream Analysis</i>—Analyze dreams and discuss their importance and relevance to waking life. 7pm in McShea Board Room Terri Ebaugh cell 443-789-2307</p> <p><i>Learn the Diagonal Block Crochet Stitch</i> (for experienced crocheters) my favorite crochet stitch-for blankets or potholders. Evenings (Night Owls) at McShea (or wherever) Inge Hyder—I have some yarn and crochet books; first come, first served.</p> <p><i>Annual Shop Till You Drop</i> Burn a hole in your credit card, but don't tell Noel about this trip. Leave from McShea @ 1:30 to go to Chico's Abby and Carla</p> <p><i>Sewing!!</i> Appliqué patches for your clothes, etc. We have 2 sewing machines, assorted fabric, other supplies. 1:30 in McShea Commons Andrea Coffey and Dahlia Wigfall</p> <hr/> <p>Sound Poems from Monday worship My family is blue like the sky It sounds like arguing It feels like love It looks like 5 people It tastes like carrots It smells like my socks</p> <p>My family is blue (a voice/warm cloud) It sounds like a harmonica/song It feels like felt/a warm blanket It looks like beauty/a bouquet of flowers It tastes like oatmeal/cinnamon toast It smells like wood/maple syrup</p>
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A mother was preparing pancakes for her sons, Kevin 5, and Ryan 3.

The boys began to argue over who would get the first pancake.

Their mother saw the opportunity for a moral lesson.

"If Jesus were sitting here, He would say,

'Let my brother have the first pancake, I can wait.'

Kevin turned to his younger brother and said,

"Ryan, you be Jesus!"



Our 2nd & 3rd graders were talking about types of family today when we discussed the fifth UU principle and practiced the democratic process. We are a

class of 10 and wanted to represent a consensus when we decide on our different activities. We decided to vote for a new name instead of the generic "2nd & 3rd graders". We started with 12 names and voted on the list to ***The Skipping Stones***. Our door has a welcome sign now with our new name and we'll use it for Showcase!

Tuesday Off-Campus Afternoon Activities

6. Hawk Mountain Hikes-- Meet at McShea at 12:00 Noon to get your box lunch and join your carpool.
7. Velodrome and Rodale Fitness Park-- Meet at McShea at 1:00 to drive over together (except for the few folks who are biking over).
8. Dorney Amusement Park and Water Park – Meet after lunch (1 pm) in McShea. Rental lockers are available at Dorney Park for \$1.50 (single use) to \$10 (large, repeated use). If you want to visit both the water park and the amusement park you may want to bring both swimming clothes and dry clothes. Shoes and shirts must be worn at all times while outside of Wildwater Kingdom water park, except while riding Thunder Canyon and White Water Landing. Swimwear must be sufficiently covered while outside of Wildwater Kingdom water park. Carpool lists are posted in McShea. You must return to UUMAC with the same driver who took you to Dorney Park, unless both drivers agree to a change. Drivers please do not allow any of your riders to change to another vehicle without confirming with the driver of that vehicle that a seat with seat belt is available. Some vehicles will be returning in time to make dinner at UUMAC, others after the park closes, and possibly one or two others at an intermediate time. Look for other UUMACers during your visit!
9. Martin Guitar-- Meet after lunch (1 pm) in

McShea to join your carpool.
10. Seeds of Peace Service Learning Project—
Meet at McShea at 12:00 Noon to get your box lunch and join your carpool.

News from the Children's Program

The FUZZ has notified the tweens that their help is needed to prevent a Very Bad Thing from happening at UUMAC! I hope you all cooperate in helping the tweens solve their clues so they find out what that mysterious Very Bad Thing might be. They are working hard to prevent it from happening!

Some of the 4th and 5th grade class will be helping Rev. Claire with her service on Tuesday!

Everyone else spent their rainy Monday practicing songs for Showcase with Music Ed, learning about families, and making beads.

On Tuesday, we'll be talking about the meaning of Friendship, from K-5, and starting work on our lemonade stand as our way of supporting the Seeds of Peace service project this summer. The children will be marking themselves with their tribe symbols ... be sure to admire them!

Bring your t-shirts to class today to prepare for tie-dying or stamping on Wednesday.

There has been some confusion about the curfew time for 4th and 5th grade. I checked with the UUMAC Board, and they let me know that the 9 pm time means that the 4th and 5th graders should be quietly in their rooms. At 10 pm, they should have lights out and be asleep.

Don't forget to attend one worship service, either 8:30 am or 8:50 pm!

Robin
Children's Director
973-903-4989