

UUMAC Connections



Sunday, July 20, 2008

I don't know what volume and issue

3:00 Registration in University Center (take stuff to rooms and unpack)

5:30 Dinner at University Center—Teens and younger **check in** w/parents, guardians

7:00 Opening Ceremony and Orientations in University Center (UC)



8:00Mandatory parents' meetings

9:00 Curfews and Night Owls begin Music Check-in (McShea Gallery Lounge)

10:00 Vespers (McShea's Kender), Drumming (Outside McShea)

Gail Compton and Donna DiStefano are the UUMAC food service liaisons this year.

They reviewed your feedback from last year's evaluations and have worked with the food service people to plan a menu to meet our dietary needs. While not every single food preference can be met, we are aiming for a food-happy week. Please bring any food questions or concerns to Gail's or Donna's attention.



Director's Corner by Abby Crowley

Welcome, rejoice and come in! Whether this is your first UUMAC or 20th, we hope you are getting off to a great start. A few things to remember as you begin your adventure:

*Stuff happens, and Ira (assistant director AKA Superman) and I (AKA Wonder Woman) want to help. If you have needs or concerns, please do not approach college staff directly. Instead, please contact one of us and we will be sure that your problem is fixed.

*This year, THINK MUSIC. To get us started, come at 9pm tonight to McShea Gallery Lounge WITH YOUR INSTRUMENTS AND IDEAS, to meet with Brooksie and Ed, our dynamic music coordinator duo.

*Speaking of music, this year's concert featuring Brooksie and Friends is a "don't miss" activity for all ages in a new location. Be sure to be in the Dooling auditorium (in the basement of Dooling) Wednesday at 7pm.

*Something new! We have a message board near the side doors of McShea. Check it to see what activities have been added and to add one of your own if you care to do so!

*Night Owls will begin in 2 locations at 9pm tonight. In addition to the McShea Commons which we have used in the past, this year we also have use of the Resident Life Lounge next door to it. This room has comfy tables and chairs and will be great for conversation, board games, puzzles, and relaxing. Food and beverages will still be sold in the Commons and there will be lots of room for dancing and socializing there as well.

• *You can find the Mystery Pals envelopes in their usual location on a table in McShea Commons .

• *Looking for the bookstore? We are in new and beautiful quarters this year- University Center, Heritage Room.

• *And, of course, the annual plea: Please be sure to unlock your bathroom door when you leave it so that your suite mates are not locked out of the bathroom (**bummer**).

Abby's cell: 202-409-5288
Ira's cell: 383-951-8012

Welcome! Welcome! Welcome! We have made it to another great UUMAC week.

I want to take this opportunity to introduce myself. My name is Ira Lerner (I'm the one with the superman cape). This is not my first year at UUMAC. Some of you might remember me in the bookstore for the last few years. This year, I am the assistant camp director and expect to learn much from our camp director, Abby Crowley. She is a great leader and teacher and is so open to sharing.

I am currently a full time student at Penn State, finally finishing up my bachelor's degree. In the past, I held different leadership positions and teaching assignments in my former church in San Antonio, TX and here in the church in Bethlehem, PA. We live just west of Allentown so we are almost neighbors to DeSales. My family consists of my wife Andrea (you know her from previous Night Owls and this year as the bookstore manager) who is the UUA's district executive for Metro New York. Ben, our 26 year old is a trained chef. Our daughter, Katie, is 23 and works at a local social service organization with

autistic clients. She also has a part time job at Lane Bryant. Last year she worked at UUMAC with Bryan

Schlieder in the tweens class. Edward is 21 and is graduating from Penn State's physics program next year. He wants to teach physics either in high school or college. Jon, now 18 is our child most of you know. This year, he is coordinating YA activities at UUMAC. Starting in August, he will attend Northampton Community College in their auto technician program.

During the week, I would appreciate you sharing your thoughts about the camp with me. At the end of camp there will be an evaluation we will ask you to fill out. It will help us prepare for UUMAC 2009. It is really important for you to take the time to share your thoughts at that time, as well.

I look forward to meeting each of you this year.

Happy camping, in faith and fun, Ira



Book Store Manager—Andrea Lerner

Got Love? Got Joy? Got Hope?

These great shirts pictured above that many of us fell in love with at General Assembly will be available at UUMAC!!!

The back says – *More Love...More Hope...More Joy* around a chalice with *Unitarian Universalism* at the bottom. Shop early for the best selection of colors and sizes!

We'll have LOTS more to offer in the bookstore – this year located in the University Center.

*Books, of course, from the UUA, on leadership, religious education, spirituality, and many other topics.

*Music from UU Musicians *Jewelry *Cool stuff for kids *T-shirts *Notecards *Chalices

We accept cash, checks and credit cards (MC, Visa, AmEx). See you soon!!!!

Thanks, Andrea (914) 373-0193 alerner@uua.org

Calling all Digital Photographers!

Please take lots of pictures of your friends and activities at UUMAC this week! We need content for our web site, and your

personal photos can tell our story better than any amount of text. Think about ways to capture these aspects of your UUMAC '08 experience:

- Programs (children, youth, young adults)
- Worship (daily services, vespers)
- Music (choir, concert, open mike, orchestra, ...)
- Theme Talks and Workshops
- On Campus Activities (carnival, contradance, showcase, drum circle, ...)
- Off Campus Activities (hiking, Dorney, rafting, ...)

We'll collect your photos towards the end of the week for inclusion in the photo directory, and feature many of them on the web site when we update it for next year.

Thanks!

Bill Stratton

UUMAC '08 Webmaster

Night Owls Changes in Store

Veteran UUMACers will notice some major changes in Night Owls refreshments this year. The biggest one is the presence of a bartender, which is required by state law (no more frostbite from digging around in the ice). Coordinators Jean Smyth-Crocetto and Jo Paoletti have also streamlined the food and tried to find healthier choices (less candy right before bedtime). The microwave is gone, and the nachos have been replaced by tortilla chips with your choice of salsa or low-fat bean dip. Jo and Jean are also planning some one-night "specials"; if you have an idea or special recipe of a no-cook, crowd-pleasing finger food, they'd love to hear it. There will be a last call for beverages and snacks at 11:45 most nights (12:45 on Sunday and Friday) so the coordinators and volunteers can get their beauty sleep. Look for the volunteer sign-up at registration and join the 2008 Night Owls snack crew!

THE GIFT OF MINDFUL PRESENCE

Observe the wonders as they occur around you. Don't claim them. Feel the artistry moving through and be silent. -Rumi

The most precious gift we can offer others is our presence. When mindfulness embraces those we love, they will bloom like flowers. - Nobel nominee, Thich Nhat Hanh

Parents have gotten so busy these days they tend to miss important moments without even knowing it.

Sometime ago, when I realized this was happening to me, I promised myself to be present to each moment of my life, be it good, bad or neutral. Since then, mindfulness has become a daily practice that's enabled me to experience things I ordinarily might have missed. For example, the other day as I pulled into a parking space at a busy mall, I stopped for a moment before getting out of the car and looked up at the sky. There before me was this amazing sight -- a cluster of brilliant colors at the intersection of back-lit clouds. Luminous oranges, reds, and ambers swirled together in this lovely configuration, the likes of which I'd never seen before. I sat there and stared at it, mesmerized. Before long I became aware of all the busy shoppers rushing back and forth. No one of them was aware of the magnificent sight right above their heads.

The colors soon faded, but I will always have the memory of this moment, the source of which would have been absent had I been as distracted as the people in that busy parking lot.

So, at least for the next few days, I urge you to give yourself the gift of mindful presence, and experience those moments that would otherwise be lost. Involve your children in this practice too.

Now that my children are grown, sometimes when we're out together they'll stop and say, "Mom, look at how magnificent the sky looks," just as I used to say to them when they were little. If you start sharing the practice of mindful presence with your children now, they'll learn a whole new way of appreciating life.

5 Ways to Nurture the Gift of Mindful Presence

Here are five things you can do to develop the habit of mindful presence in each moment. None of them takes very long, yet they'll have a tremendous impact on the quality of your life,

1. When you wake up each morning, get present to at least two things for which you are grateful. Once you practice doing this, your list will grow, but start with two for now, and let the sense of gratitude really fill your mind. If you feel rushed and tired when you awaken, all the more reason to be mindful of sources of gratitude. For example, this morning when I woke up, I got present immediately to the gratitude I felt for having a warm bed t

sleep in (how many people don't?), my good health, and my wonderful children. The presence of gratitude creates a peaceful foundation for the day.

2. Throughout the day, notice the simple things. We usually rush so much, our minds focused on what we need to do next, that we miss the simple things that are right before us: the look on our child's face when we tell him we love him, a lovely floral arrangement on a colleague's desk, a compliment someone gives us that we'd normally let slip by.

By the way, I like to "bank" some of the compliments I receive. I write them down and store them in a file on my computer to revisit on days when I need a lift. I'm thinking of doing the same with moments of mindful presence that have special meaning to me. By writing things down we expand their impact. Be sure to have your kids do this -- having a bank of compliments and positive memories is a real mental health booster. But we have to take a moment to let the compliment in completely first. Otherwise it can slip away and be lost forever.

3. Take some time each to really see your children and hear the words they speak. We miss so much by rushing through our lives. Blink an eye and your child is a moment older. We never get to recapture the moments that are gone, so be present right now to as many as you can. Moreover, when we're present to our children, they learn through our example how to be more present to us.

4. When people talk, really listen. Be present to their words, facial expression, nuances. When you get used to doing this, it almost becomes like a form of meditation. You can get lost in someone else's words if you let yourself. And it's an amazing gift to the other person. How often do people really listen to each other? In terms of building positive relationships, this may be the most important thing you can do, especially with your children.

5. Be present to yourself. Ask yourself throughout the day, "Is there something I need?" If you can, give it to yourself. Do you need a five minute break from whatever you're doing in order to feel sane? If at all possible, take it. You'll be that much more available to the people in your life. Do you need a cup of tea or some form of nourishment? Give them to yourself as well. Too many of us go through our day depriving ourselves of simple basic needs. Being present to yourself means giving your mind, body, and soul what they most need.

Please share all of this with your children. By doing so you'll be giving them a gift of the present that may very well last them for the rest of their lives. Greater peace, health, and happiness are available to us and those we love through these practice. And remember this, the quality of our lives is determined by how we spend each moment. As parents, this is something we must always remember and pass on to our children.

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Naomi Drew is the author of Peaceful Parents, Peaceful Kids and five other books. For more information or to schedule a workshop, go to www.LearningPeace.com.

Informal Workshops

Had a hard time choosing between workshops? Are you teaching during workshop time and couldn't take one? Are you a workshop leader and wanted to see what else is being offered? Had a good idea for a workshop? Have a passion to share? At UUMAC, we have what-we-call informal workshops. This could be a sampling of your week-long workshop for others to try or a stand alone one-time fun activity. There is a large info board in McShea that we can use this year to post times and meeting rooms for these workshops. Good times to pick? ... during the afternoons when some, but not all, are participating in off-campus activities, or late afternoon before dinner around 4:30, maybe outside during carnival, or in the evening before Vespers around 8 or 9 PM. Find Nina, Workshops Coordinator, for questions about this.

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Body Conscience
Personal Training & Fitness Consulting
hm. 703-361-7205
cell 571-275-3992

Becoming!

News from the Children's Program
Welcome to UUMAC 2008!

One of the pleasures of being the Children's Program Coordinator at UUMAC is that I review some beautiful children's books. This year's batch of books is especially inspiring and thought provoking; I'll be writing about each book so that you can have conversations with your children about each day's program.

The children of UUMAC will be taking a look at **Becoming** this summer, and we have a great line-up of crafts, activities, games, and projects for them to complete as they think about Becoming.

As the coordinator for the children's program, part of my job is to help you and your family have a great time at UUMAC! My phone number will be published every day in the newsletter, so please call me if you have any questions or need some help.

- Parent Orientation for Kindergarten through tweens at 8:00 pm .
- Sign up for Mystery Pals this afternoon at registration.
- Teen group orientation at 8:30 pm.
- Sign up for Dorm Monitor today, to get the best time for your schedule

Your teachers and I are looking forward to seeing you!
Robin Slaw
Cell phone: 973-903-4989

UUMAC Connections Newsletter Submissions

I love electronic submissions! Please use the e-mail address uumacnews@yahoo.com for articles written during the UUMAC week, and remember to put your article in the body of the e-mail (just in case I can't open your attachment). Handwritten articles are still fine, put them in the envelope on the office door.

Tara Stephenson

p.s. Check-out the online calendar for the week...put the address <http://freecal.brownbearsw.com/UUMAC> into your search engine, single left click July 20 and VOILÀ!!!!

Editor's word for the week: Thank-You