

# UUMAC Connections

...newsletter of the Unitarian Universalist Mid-Atlantic Community

Tuesday, July 22, 2008 Volume 27, Issue 2



7:00 Breakfast in UC

8:30 Worship in UC

8:45 Children & Teachers leave

9:15 Theme Talk in UC

10:00 Coffee Break

10:30 Adult Workshops

Noon Lunch in UC

1:00 Afternoon Activities

4:00 Choir Practice UC

4:00 Talk Back UC

5:30 Dinner (UC)

7:00 Intergenerational Games in McShea

9:00 Curfews and Night Owls begin

10:00 Vespers, Drumming



## WORKSHOP NEWS

### FINDING YOUR OWN VOICE

On Monday this spiritual writing group focussed on "Matins", which are prayers, chants or affirmations designed for you to bring yourself into your day. How do you greet your day? What do you choose to pay attention to?

Some examples of the morning affirmations, composed within minutes by each writer:

"I am awake and greet the sun and the day she brings with her. With the day she brings life and reminds us that we, too, are sacred." -- Andy Savadkin

"I am thankful that I have eyes to see, ears to hear and senses to feel." --Penny O'Brien

"In the morning greeting me. Birdy! Birdy! Birdy!" - Tom Zeller

"In every bad there is some good, in every good there is some bad." --Carolyn Bernard

"This morning I greet color -- I welcome color this morning.

This morning I greet feeling -- I welcome feeling this morning.

This morning I greet beauty -- I welcome beauty this morning." -- Tara Stephenson

"See the day, taste the day, live the day." -- Jo Paoletti

## INTERGEN NEWS

### MYSTERY PALS

Mystery pal numbers have been given out. Please check your envelope and correspond with your mystery pal at least once a day. This is one of the highlights of the week for many of our children. The box will be at the dining hall for breakfast and lunch. It will then be up at McShea through Night Owls. Unsure what to say or do with your mystery pal? Here are a few suggestions.

1. Give clues about who you are.
2. Ask questions to get some clues about who your mystery pal is.
3. Give little presents---night owls tickets, candy, gum are a few ideas.
4. Draw a picture.
5. Write a poem.
6. Tell them what you did that day.
7. Make a card.
8. Have fun with it.

If you have any questions or problems with your mystery pal, talk to Julie Watson and she will help you out.

### Intergen Games

If you are not going to Dorney Park, please come join us for Intergenerational Games from 7pm to 9pm at McShea. This includes any teens, tweens, or young adults. We will be playing a lot of familiar games as well as some games you may not already know. If you want a calm evening without travel and a chance to meet new people of all ages, this is the perfect opportunity.

### *Carnival*

The carnival is Thursday afternoon behind McShea, right after the group picture. Wear your bathing suit and come ready for an afternoon of riding an ice block down the hill, sliding on the slip and slide, having your toes glittered, having your face painted, singing karaoke, playing picnic games, a scavenger hunt for people and much more. I am still looking for volunteers for an hour shift at a time, so talk to Julie Watson if you are willing to help out. If you have an idea for a craft or activity during the carnival, we would love to hear it.

### *Ping Pong Tournament*

We will be once again having the annual ping pong tournament. Look for the ladder to sign up in the Dog Pound and start practicing.

### “WISH YOU WERE HERE”

Look for addresses and stationery coming to McShea soon. Think of who's not here. Let's tell them we miss them. Plan your note, write it, and we'll mail it for you. Even double postage for receiving more than one note.

Penny O'Brien and friends

### Director's Corner

Monday was a challenging day for some of our UUMACers. Fortunately, Nina is showing the effects of her bike accident, but it could have been much worse had she not been wearing a helmet. Henry is resting well at the hospital with Chris and his daughter, awaiting the results of additional tests. Our thoughts are with them. The events of today show what we are made of as a community. Everyone rallied to get folks where they needed to be and provide support. Special thanks to Virginia Jarocha-Ernst, our minister of the week, who is really showing us why it is wonderful to have a skilled and caring minister at UUMAC for duties that go beyond the worship service

**Abby's cell: 202-409-5288    Ira's cell: 484-951-8012**  
**Chris' cell: 908-217-2013    Robin's cell: 973-903-4989**

### Attention Dorney Parkers!

**We will leave at 1:15 sharp from McShea.** Drivers please drive to McShea forming a taxi line. As your car is filled, you will be given tickets and directions to Dorney. We will list who is in your car. Tell your riders when and where to meet for a ride home. Upon returning, call Teresa to tell her who returned with you (301-518-8807).

If you are a rider and know who you are going with, go to that car and stay with them. Try to go with people who enjoy the same park activities as you so that you can stick together.

The water park closes at 8PM. The rest of the park closes at 10PM. Have fun and be safe.

### Internet Clarification

Contrary to our original understanding, only Dooling, University Center, the library and the Welsh Lobby are set up for wireless Internet. In other locations you will need to use an ethernet cord and the login/password. The computers in the UUMAC office, the McShea lounge, the from to University Center and the library are also available for your use. OR. . . you could wait till you get home to check your e-mail (remember Tip #10).

### Off Campus Trip Coordinators Needed

While Chris is tending to Henry, Ira will be managing trip launches each afternoon in McShea. He will need a trip coordinator for each trip to assist with logistics and payment at the site (he will give you a check). If you are willing to serve this role for your next trip, please let Ira know or say yes if called into service. Thanks to Teresa for taking on the Dorney Park coordination in the true UUMAC spirit.

## Youth Ministry Program for Tuesday 21JUL

Morning program 9 a.m. to 10:15 a.m. "How do I know what I know to be the tTruth?"  
Evening worship 11 p.m.

Stay tuned for info about Dorney Park. Any youth not going to Dorney park and/or coming back early from Dorney park please join in the Intergen Game fun at 7 p.m.- thus making it actually "intergenerational"! :-p

Those of you staying in Welsh may see many youth rooms now labeled with a nametag. Please take note of the finer print in the four quadrants of the nametag. Each quadrant shows one of the following: "I have always believed (blank) about humanity", "I used to believe (blank)", "I now believe (blank)", and "An example of someone who exemplifies what it is to be human is (blank)." What are your answers to these questions? How has your understanding of what it is to be human changed over time and how does that affect the meaning of your life experiences?

### BecomingI

#### News from the Children's Program

On Tuesday, the children's program (grades K-5) will be looking at a book by Jon Muth called *The Three Questions*. The book is based on a story by Leo Tolstoy, and takes a boy named Nikolai on a journey to find answers to three questions: "When is the best time to do things? Who is the most important one? What is the right thing to do?" Our children will be talking to each other about how they can make a difference in the world, and how to know what the right thing to do is.

The tweens will be talking about the questions, "Who Am I? What do I like?" Tweens, please remember to bring your journals to class.

Over the week of UUMAC, all ages will be writing poetry about bullying, after an introduction by Naomi Drew.

All the children, Kindergarten through Tweens, will be tie dying today.

Robin

### AUCTION! AUCTION!

It's not too late to donate your talent, your service, your wares, or your house as a vacation place. We could use more items for the live auction held Thursday night at 7pm in McShea. Silent auction items can be left in the office/cyber café in McShea. See Diane Kraus about any potential live auction items.

Auction items available during the week or after: Speak to the presenters directly to schedule, and pay Theresa York, the treasurer, or add it to your auction tab with Diane.

1. Sheree Mullen offers one hour of private yoga (can be therapeutic yoga). This is worth \$85, minimum offer for the auction of \$55. It can be redeemed here at UUMAC or in Silver Spring, MD.
2. Explore your inner world with a personalized guided meditation with Mary Brower. She offers up to two guided meditation sessions during this week, \$30 for a half hour.
3. How about 30 minutes of soothing guided meditation accompanied by light massage. Offered to smooth your hectic UUMAC day, let Carol Harkrader-Pine help you; recommended bid is \$75.

**IT'S NOT TOO LATE TO GET YOUR RAFFLE TICKETS FOR LORRAINE'S BEAUTIFULLY MADE EMBROIDERED QUILT!!** See Diane at meal times for tickets.

Is there anyone willing to go door-to-door here & ask employees or other non-UUMACers to buy tickets?

### HELPING KIDS MEDIATE A CONFLICT

by Naomi Drew  
Author of *Peaceful Parents, Peaceful Kids*

"Peace is not the absence of conflict but the presence of creative alternatives for responding to conflict."  
~ Dorothy Thompson

Is conflict among between your kids the bane of your

existence? If the answer is yes, you're not alone. Are bickering, fighting, put-downs, and the like draining time, energy, and peace from your life? If the answer is yes, you are among the company of many! Parents from every walk of life list conflict among their kids as one of the top stresses in their lives.

If you've already tried intervening, ignoring, reasoning, and threatening to no avail, don't despair because help is at hand. What follows are five practical but highly effective steps to help you help your kids work out the conflicts that are driving you nuts. Best to use with kids 5 and up, but modifiable for younger kids.

First, an important caveat. Try this process in your own life first. Then introduce it to your kids at a neutral time. Expect that your kids might be resistant at first. This is normal, so don't give up. This is the process that helped save me when my kids were young, and now that my kids are grown, they still use it (even though they also resisted it when they were young). It's like learning how to ride a two-wheeler -- over time, it gets easier, and before long, it feels perfectly normal.

#### FIVE STEPS TO MEDIATING YOUR KIDS' CONFLICTS:

1. Have your kids cool off first. The number one mistake adults make when it comes to kids' conflicts is trying to get them to talk out the problem while they're still mad. As you've probably seen, this doesn't work. Think of yourself. If you've ever tried to rationally talk out a problem when you're in the throes of anger or hurt, you probably know just what I'm talking about. Rational solutions require clear minds.

Before having your kids make any attempt to solve the problem, give them time to calm down. Separately, have them take time out, get a drink of water, or do something physical to let off steam. When tempers are calmer and tears are dried, sit down with them and go on to step #2.

2. Set the tone for listening. Tell your kids they're both going to have a chance to say what's bothering them, but they're going to need to listen respectfully to each other without interrupting. Then ask each child to state what's bothering them, starting from "I", not "you." Example: "I'm mad 'cause you grabbed the remote control without asking." This is a lot less inflammatory than, "You're so mean. You took the remote away from me!" (By the way, be sure to teach them how to start from "I", not "you" ahead of time.

Teaching a new skill during a conflict never works.)

3. Paraphrase what each child said. Hearing you paraphrase what was said teaches them how to do this themselves. For example, "Jason, it sounds like your angry because Todd grabbed the remote. And, Todd, sounds like you were frustrated because Jason wouldn't share the remote with you.) As your kids get used to hearing each others' words paraphrased, start asking them to "say back" what each other said. Let them know that "saying back" doesn't indicate agreement, but shows respect, builds understanding, and makes it easier to work out problems.

4. Now ask this question: How can the two of you work out this conflict? Then wait. Don't jump in with a solution. If your kids are over five, they're perfectly capable of coming up with solutions on their own. For younger kids, offer several suggestions for them to choose from. For kids over five, give extra time if needed. Walk away if you have to, and let them know you have faith in their ability to work out the problem in a fair and respectful way.

5. Have them tell you the solution they came up with. If it's an ongoing conflict, write down the solution, have them sign it, and hang it up. Affirm them for working out the problem, and let them know how proud you are that they used their creativity and energy to make things better. Later, if they forget what they agreed to, remind them that they need to honor the solution they came up with.

Most importantly, let your kids see you working out conflicts in a similar manner. Modeling is your most powerful teaching tool. Also, let your kids know that you expect them work out problems in a humane and fair way. By teaching them how, setting an example, then guiding them through the process when problems arise, you'll be preparing them to do this independently. It's a tool they'll be able to use for the rest of their lives.

From the free on-line newsletter "Peaceful Parents," by Naomi Drew. To subscribe go to [LearningPeace.com](http://LearningPeace.com)