

UUMAC Connections

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

Wednesday, July 23, 2008 Volume 27 Issue 3



7:00 Breakfast in UC

8:30 Worship in UC

9:15 Theme Talk in UC

8:45 Children's Program

10:00 Coffee Break

10:30 Adult Workshops

Noon Lunch in UC

1:00 Afternoon Activities,
rafting, Allentown Art
Museum, Crayola Factory
and Canal Museum

You Tube parties at 3:30
in UC Commonwealth and
again at 9:00 in the
Residential Life lounge in
McShea

4:30 Choir Practice

4:00 Talk Back

5:30 Dinner in
University Center

7:00 Concert in Dooling
Auditorium
Brooksie & Friends

9:00 Curfews and Night
Owls begin (Commons
and Residential Life
Lounge)

10:00 Vespers, Drumming



President's Corner

As you read this, UUMAC Board President Henry Davis is undergoing brain surgery. Please take a moment to turn your thoughts towards Henry and Chris and send your good wishes and energy their way. We will keep you posted as we get additional news.

UUMAC seems to be on autopilot at this point, taking on its own life. Please be sure to join us for some of the best events UUMAC has to offer. The concert tonite will feature Brooksie Wells and Friends and will begin at 7pm sharp with a children's music set in the basement auditorium of Dooling. We will then take a short break for parents to take their children to bed and then resume with the adult concert.

Other exciting events include the carnival on Thursday followed by a picnic dinner and the auction. All this will be topped off by the teen Night Owls, an annual event not to be missed. Finally, save some energy for our Friday including the Bridging Ceremony and Showcase.

I will be off on the river this afternoon, so please contact Ira if you have the need for assistance.

Rafting Trip—Wednesday, 12:00 noon McShea

-Come to your workshop dressed for rafting with all items you're bringing with you. (Tell your kids to do this too.)

-Leave your workshop early to McShea NO LATER THAN noon.

-Pick up your kids by 11:45 so they can be at McShea READY TO GO by noon.

-Bag lunches will be provided on the bus.

- Wear a bathing suit and protective footwear (no flipflops) and suntan lotion.
- Bring a change of clothes and towel for the busride home.
- Take fruit and/or bread from breakfast for the busride home.
- The trip is "rain or shine". They just wait out the quick storms.
- Ask other UUMACers about wet boat/dry boat options.
- If you are not signed up yet, see Julie Watson for a waiver form and to see if there is room for you.

World Premiere!!!

It's a You Tube Party! If you don't know what You Tube is, now's your chance to discover what all the buzz is about. Mostly, it's for fun. Bring your soda and snacks to the University Center Commonwealth Room (where morning worship and theme talks are) for the 3:30 "showing" and to the Residential Life Lounge for the 9:00. About an hour of pure goofiness. We'll institutionalize it if it goes well.

**Four brothers make this royal band,
Mixed and handed out from stacks,
Three with sword and one with axe,
A strong force when held by one hand.**

What does this refer to?

Intergen News

Ping Pong Tournament

The ping pong tournament is up and running. Keep practicing and come into the dog pound to root for your favorite players.

Carnival

The carnival is Thursday afternoon right after the group picture. Don't forget to wear your bathing suit because you will get wet from riding the ice block, the slip and slide, and water balloons. This year we will also have a bocce tournament—find a partner. We will also have an ultimate frisbee game, a three legged race, wheel barrow race, and an egg toss. Face painting and glitter toes are also back. Ed will be doing karaoke, practice your favorite songs. There will also be a surprise performance from Brazil and an improvisational dance performance. I am still looking for volunteers to help with all aspects of the carnival. Please see Julie Watson to ask how you can help.

Mystery Pals

Hopefully everyone has heard from their mystery pal. If you haven't had any contact yet let Julie Watson know. Mystery pals will be revealed Friday morning at breakfast. Please eat lunch with your mystery pal on Friday so that you can get to know each other better. Julie will be there to help you find your pal if you need help.

Scavenger Hunt

There will be a scavenger hunt starting this morning. There is a list of interesting things about people at UUMAC. Take the list and talk to others. Find the person that fits each question. The winner will win 6 Night Owl Tickets. You have until the end of the carnival to answer the questions. Good luck.

Youth Ministry Program for Wednesday July 22nd

Morning Program 9 a.m. to 10:15 a.m.

"Who or What is in charge? The "God" Question..."
Evening Worship 11 p.m.

(Youth interested in planning Bridging Ceremony please meet Rev. Virginia at 9 p.m. in the "puzzle" lounge adjacent to the Night Owls area.) Contact Ben Barrows for Youth-led Night Owls planning and Julia Stratton for Youth-led Vespers planning.)

Before many youth departed for Dorney Park on Tuesday, they shared some of what they know to be "true". Just what is the Truth or a truth can be widely

debated. First, youth shared "Two Truths and One Lie", making two true statements about themselves and one false statement- leaving the rest of the group to decide which one is the lie. More than discovering who the craftiest liars are, youth learn a tidbit or two about each other- some truths are harder to believe than the fabrications!

Though little time was left, we shared some of what we consider truth- "Butter doesn't taste like cream cheese", "There is more love in this room than you will find elsewhere." Perhaps there are layers of truths, pieces of a greater Truth, that are revealed through everyday experiences.

Tweens-Topic for Wednesday

"My perfect day" If there were no obstacles, how would you spend your perfect day? Goals and the tools to achieve them.

Becoming!

News from the Children's Program

On Wednesday, the children's program (grades K-5) will be looking at *Grandad's Prayers of the Earth* by Douglas Wood and P. J. Lynch. In the book, a boy and his grandfather walk in nature, experiencing the wonder of the infinite. Granddad explains all earthly beings pray: trees in reaching for heaven, rocks by being still and silent, streams while splashing and flowing, flowers by releasing their fragrance, birds in song, and so on. As the boy grows older and loses his grandfather, he begins to understand that letting one's God-given beauty shine, and finding the beauty in others and in the world, is a prayer in itself.

The Tweens will finish tie dying today.
Watch out for the river pirates, everyone!

Robin

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

FINDING YOUR OWN VOICE

On Monday, the participants worked on "matins", summonings to wake up and realize one is alive. Tuesday they took their awake selves into centering prayers; pieces that communicate one's intention toward a way of being in the day.

Again, in less than 15 minutes, they composed gems, simply by inviting their voices of wisdom to emerge. A small taste:

Oh sincere, compassionate human heart filled with loving kindness for all beings

Open my eyes and mind to see and find goodness, truth, beauty and justice in this day ahead.

In wisdom may I walk and work to create the peaceable kingdom longed for by all human kind in the here and now.

With hopes of building paradise on this Earth, this day, in the present moment, let me become willing to discard anything that impedes this hope.

May I find bread for the journey among friends, in poetry, in music and song, in nature and meditation.

May I be released from past hurts and errors to understand what changes need to happen and be willing to risk.

May I trust in the love, goodness and faith that have brought me to this day to be part of all that is.

Lilly Gioia

Still, gentle center

So uncommon and so awesome

I am here, not making demands to conform to what I already know-but vulnerable.

What will be, will be.

I have time, and solitude, and loving presence when I need it.

No more "make it happen", no more perfectionism; I am enough.

We are all enough and I am glad of it.

Mystery of mysteries, beyond anything I can grasp, until the end.

Tara Stephenson

The Umpteenth Annual 2nd Floor Conmy Lounge Story Time

Thursday at 8:30 come in your pjs, bring a blanket and pillow. While your parents are finishing up at the auction you will be entertained with story and song. Parents, please pick your children up at 10pm. *Volunteers still needed. See Zoë.

UUMAC Gives Blood

Please consider donating blood this Thursday afternoon. We have 8 volunteers so far, but we need at least 20 for the bloodmobile to come to McShea. See JoAnne King to sign up for your time slot.

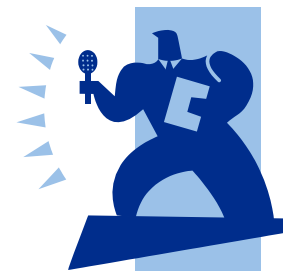
Children's Talent Show Reminder

Talent Show is Thursday at 4 pm. Talent Show sign up sheet is posted on the announcements wall in McShea. Any questions, please see Ed Crowley.

Editorial Policy (in process)

UUMAC week happenings and feelings, spontaneously arising or planned, are treasured! We want to read about what you are doing. If you see something wonderful this week, let us all know! Submit workshop news, outdoor activity news, a parent's perspective on your child's experience, a child's perspective on your parents--- whatever. Write a poem, (very) short story, article. Try to keep it to about 100 words. Submit electronically to uumacnews@yahoo.com or just drop a handwritten note (I have to be able to read it!) in the manila envelope hanging on the office door. Don't worry about spelling perfectly—I'll help to fix that. I'd especially like to hear from historically underrepresented populations such as Youth and Young Adults. (Yes, that's a hint.)

Tara



Creativity : Left and Right Brain The brain is made up of a left hemisphere and a right hemisphere, which are connected in the middle by a bundle of nerves called the corpus callosum. Each side of the brain controls the opposite side of your body. When your left hand moves, it's the right side of your brain that is telling it to do so, and vice versa. Each side also processes information in different ways; the left side tends to be the rational side and the right side tends to be more intuitive or artistic. People are often dominant in one side or the other. Since the thinking process is improved when both hemispheres participate, strengthening your less dominant side is a good idea. If you are right-brained, you might try some logic brain teasers and if you are left-brained, you might try some of our Mentalrobics exercises for creativity.

Some additional characteristics of each hemisphere:

Left Hemisphere

- Handles verbal tasks (reading, writing, talking)
- Solves problems logically
- Looks at differences
- Prefers multiple choice tests
- Likes to plan and structure information
- Prefers analytical tasks

Right Hemisphere

- Looks for patterns or similarities
- Is fluid and spontaneous
- Acts upon hunches or guesses
- Handles visual tasks (like drawing)
- Prefers open-ended questions
- Synthesizes ideas
- Handles aesthetic appreciation

Good Night, Irene