

The Chalice Light

Vol. 46, Issue 9 October, 2017



October, 2017 Calendar

All events are held at the UUCRT unless otherwise noted. Italicized events are not UU sponsored but may be of interest to congregants.

Oct. 1, Sunday – Soul Matters 12:30 to 1 p.m. in Room 20.

Oct. 3, Tuesday – 7 p.m. *Orange County Psychic Experiences Group*

Oct. 6, Friday – 6 p.m. New Art Gallery Opening

Oct. 7, Saturday – 8 p.m. Reggie Harris and Charlie King in concert at the UUCRT

Oct. 8, Sunday – 11:45 a.m. New to the UU information session
-- Noon. Potluck Luncheon

Oct. 14, Saturday – 7:30 p.m. *Hudson Valley Folk Guild Rock Tavern Coffeehouse (Diane Diachishin and Rich Newman featured)*

Oct. 15, Sunday – 12:30 p.m. in the Sanctuary.
Examining Whiteness: Racial Identity Journey

Oct. 29, Sunday -- 12:15 p.m. in the Sanctuary. End of Life Issues and Choices with Eleanor Aronstein and Rev. Antal

Nov. 5, Sunday – 11:45 a.m. New to the UU information session

Visitors can now learn about the UUCRT at a more convenient time!

Informational sessions during this fall season will be offered to visitors at (approximately) 11:45 a.m. on Oct. 8th, and on Nov. 5th, directly following our 10:30 service. This is an opportunity to meet our minister, Rev. Chris Antal, and to learn more about our congregation at Rock Tavern. Come to enjoy some light fare, hear about Unitarian Universalism, and get your questions answered.

*Note: These sessions will replace the 8:30 breakfast sessions on the fourth Sundays of the month.

Sunday Services

Our Sunday services are held at 9 Vance Rd, Rock Tavern, NY at 10:30 a.m., unless otherwise noted. *While we make every intention to publish an accurate calendar, topics may be subject to change. Please consult uucrt.org for the most up-to-date listings. We welcome all seekers regardless of age, creed, race, ability/disability, class, sexual orientation, and gender identity.*

Oct. 1: Death and Sadness

Rev. Chris J. Antal

We consider how psychiatry transformed normal sadness into a depressive disorder and examine the place of sadness in a life well lived.

Oct. 8: Musical Musings on Mortality

Charlie King and Reggie Harris

Drawing on personal life experience, songs inspired by that experience, and the work of other songwriters, Charlie King and Reggie Harris will share how death, near death, the hereafter and resurrection can be seen and experienced through the medium of song. From the edge of despair to the ways we live on - a musical journey.

Oct. 15: The Art of Becoming a Bug: Eradicating the Ego as a Path to Serenity in Algonquin Spirituality

Interfaith Minister Evan Pritchard will lead the service and share teachings on the power of humility, as learned from Algonquin elders from all over. He will also compare them to similar ideas in Hinduism, Taoism, Catholicism, and Buddhism.

Oct. 22: Death, Life and Love

Terri Pahucki

Reflections on living and loving in the face of death

Oct. 29: Death with Dignity

Rev. Chris J. Antal and Eleanor Aronstein

Join our minister and guest speaker Eleanor Aronstein, Final Exit Network Capital District Leader, for a program on end of life that includes inspiring stories and practical guidance. Followed by a fifth Sunday forum, 12:15-1pm, led by Ms. Aronstein.

From Your Minister

This month's theme "Death" is meant to facilitate a process of personal reflection, learning, and spiritual growth focused on the topic of death and dying. It brings death, dying, and grief into the light of our daily lives and out of the dark, macabre recesses to which we often relegate it.

Unitarian Universalist views about life after death are informed by both science and spiritual traditions. Many of us live with the assumption that life does not continue after death, and many of us hold it as an open question, wondering if our minds will have any awareness when we are no longer living. Few of us believe in divine judgment after death. It's in our religious DNA: the Universalist side of our tradition broke with mainstream Christianity by rejecting the idea of eternal damnation.

We turn our focus to death this month, not to turn Sunday Services into grief support groups, nor conduct an intellectual study of death, but rather to provide information and encourage theological reflection, personal and shared narrative, creative expression, journaling, and practical learning and preparation.

The intent is to help the community move from viewing death as an abstract concept to developing a personal recognition of its meaning in their life, with the goal that all who engage in the monthly theme find a closer and more comfortable relationship with their own inevitable death. This theme invites participants to experience death and dying as a healthy part of life, including the preparation, the moment of death, the grieving, and the living on.

See you on Sunday,
Chris

**Reflection from the Lay
Commissioned Minister**

I wasn't prepared when my father died- out of the blue, in the middle of a work day, at the age of 54. I was

washing the dishes when my sister called to tell me that he had had a heart attack at work. In the days that followed, I found my grief needed to be expressed. I needed to cry out in sorrow, and lean on the love of family and friends. I also needed to find my own way. Grief for me meant withdrawing from well-intentioned people who tried to attach meaning to this experience. Religious answers felt stifling, and following my father's death I seemed to wander in a kind of spiritual desert.... Months later, I found my way for the first time into a Unitarian Universalist church. There I found I could still wander, but with a compass and friends for the journey.

No one grieves or experiences death in quite the same way. I have sat with many grieving families. Some are stoic, others lament. Some people need to be surrounded by community; others desire privacy. Some people grieve openly for years; others hold their grief inside and barely speak a word. Some hold tight to their religious beliefs and practices for strength and comfort; others need to create their own meaning from loss. There is no right or wrong way to grieve.

As we move into this month of wondering about Death, let us remember that each one of us holds stories and experiences, as well as personal meanings of great importance. Let us hold all of these with respect and love as we wander together on this journey.
--Terri Pahucki

**End of Life Issues and Choices --
Forum This Month on Oct. 29**

Our UU principle asserting the inherent worth and dignity of every person includes the end of life. The right to a good death, being surrounded by love and compassion, was officially endorsed in 1988 by the UUA.

Final Exit Network (FEN), successor of the Hemlock Society, advocates nationally and works directly with suffering people who face obstacles and challenges to help make this vision a reality.

On October 29, Eleanor Aronstein, FEN Capital District Leader, will join Rev. Antal to explore the moral and spiritual implications of ending life on one's own terms. This will be followed by an interactive presentation during our Forum that will cover the legal, medical and practical aspects.

From our Ministries



Social Action Ministry Examining Whiteness: Racial Identity

Journey, Oct. 15 at 12:30 pm in the Sanctuary

The purpose of racism is to provide power (political), privilege (economic) and benefits for whites. In this session the video “True Colors” is used as an exercise for recognizing white power and privilege. There is also a personalizing exercise that helps participants recognize how they benefit from white privilege in their lives.

You can read the material ahead of the workshop at: http://www.uua.org/documents/gardinerwilliam/whiteness/power_privilege.pdf
<https://youtu.be/8XprcqeZ5-E>



ARTS MINISTRY Dark Into Light: Gallery Exhibit to Open on Friday Evening, Oct. 6th.

Join us to celebrate the message that Art offers us even in the most difficult of times. It shows that light can come out of the dark in a way that makes for beauty. Our new exhibit features pen and ink drawings of graphic artist Jamie Capach, painter and collage artist Billie Robson and photographer Casey Purtell. Join us and invite your friends.

Illustration: “Rhapsody” by Billie Robson

NEWS

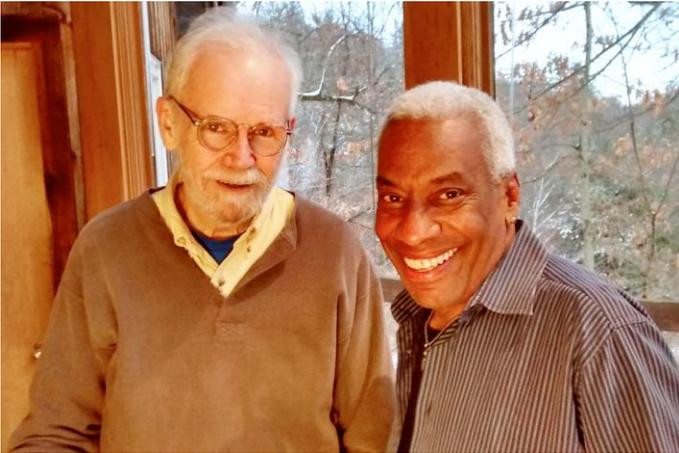
This Year’s UUA Common Read

(Please contact Rev. Chris J. Antal if you’d like to participate in a group order for a 20% discounted price while supplies last for the 2017-2018 UUA Common Read: <http://www.uua.org/books/read>. There will be a Saturday meeting in February to discuss *Daring Democracy* and one in April to discuss *Centering*)

A Common Read invites participants to read and discuss the same book in a given period of time. A Common Read can build community in our congregations and our movement by giving diverse people a shared experience, shared language, and a basis for deep, meaningful conversations.

The challenges, the call, and the opportunity of this moment in Unitarian Universalism and in the broader US American society are compelling. Unitarian Universalists must be prepared and willing to look inward, examining, exploring, and acting to dismantle white supremacy culture in our association, in our congregations and groups, and in ourselves. At the same time, we must be prepared and willing to look outward and act to lift up Unitarian Universalist values in the political and civic challenges of our time. After much deliberation, the Common Read Selection Committee has chosen *two* books for this year’s Common Read:

1. *Centering: Navigating Race, Authenticity, and Power in Ministry*, edited by Mitra Rahnema (Skinner House, 2017), centers the stories, analysis, and insights of a number of Unitarian Universalist religious leaders of color as they explore how racial identity is made both visible and invisible in Unitarian Universalist communities.
2. *Daring Democracy: Igniting Power, Meaning, and Connection for the America We Want*, by Frances Moore Lappé and Adam Eichen, (Beacon Press, September 2017) lifts up the importance of democracy itself. It examines the anti-democracy movement that led to the Trump presidency, then offers a vision and call to action to save the democracy we thought we had and to take our civic life to a place it has never been.



Reggie Harris, right, and Charlie King

Charlie King and Reggie Harris Concert in Rock Tavern on Sat., Oct. 7

A concert by Charlie King and Reggie Harris will be held on Saturday, Oct. 7 at 8 p.m., at the Unitarian Universalist Congregation at Rock Tavern.

Charlie King has been at the heart of American folk music for half a century and has been writing songs for the past 40 years. He is a musical storyteller and political satirist and he sings and writes passionately about the extraordinary lives of ordinary people. Charlie has recorded a dozen solo albums since 1976, as well as three albums with the touring ensemble Bright Morning Star, and numerous compilation albums with other artists. In addition to a full time career of concert touring, King has sung in support of numerous groups working for peace, human rights, environmental sanity and alternatives to violence. His central vision as an entertainer is to leave audiences with a sense of optimism and possibility about the future. "I try to cover a broad emotional landscape in my concerts. The stories I collect and the songs I write take the listener on a journey of humor, heartache and hope. What I most value in a song is the way it helps us see an old reality in a totally new light."

Reggie Harris has earned wide acclaim and respect from peers and audiences alike throughout the U.S., Canada, Europe, and around the world. He is known for songs of joy, hope and freedom as he combines spirituals and roots music, historic inspiration, and moving original songs, often in the themes of unity and social justice. A songwriter of great depth and passion, Reggie writes from a personal sense of mission that merges a world view full of wisdom with a singularly hopeful stance that life, though often challenging, is

filled with possibility and hope. His songs reveal thoughts about life and love and some of the deep aspects of the human experience, and cover topics ranging from his own personal journey to world issues and history. His performances showcase a fluid vocalist, arranger, and guitarist whose open spirit and wide smile create an atmosphere that rewards the ears, opens the heart, and consistently earns trust and joyful admiration from audiences of all ages and backgrounds.

Tickets for the October 7 concert are \$10 through Sept. 30 and \$15 at the door. For advance tickets or more information call Keith Jordan at 845-978-5620.

Too Tall's Transition

(Editor's Note: This article, by Anne Quick, a good friend of the congregation, is published courtesy of Animal Wellness Magazine, Volume 19, Issue 5, www.animalwellnessmagazine.com.)

By Anne Quick

As an Animal Intuitive, I literally talk to animals, both alive and in spirit. Whether or not you believe this is possible, I ask that you suspend your disbelief and listen to my story about Too Tall, my best friend and heart dog, who made his transition last year. Too Tall was a retired racing greyhound who broke his leg during a race in May of 2008. I adopted him four months later. He was a tall and handsome brindle who stole everyone's heart. You could not help being affected by him; in fact, he told me he was here on Earth to not only teach and help me, but to teach and help everyone he came in contact with.

All animals are our teachers. They come into our lives to teach us about unconditional love, and to help us learn our life lessons. Too Tall helped me learn that I'm loved and worthy of love. He came into my life at a time when I really needed a friend. He helped me through

my mother's death from breast cancer, my severe depression and resulting hospitalizations. He was my rock during a very difficult time. I could always count on him when I needed some love and a snuggle.

On September 7 of last year, I found out that Too Tall was in liver failure, and likely had liver cancer. I knew without hesitation that saying goodbye was the right thing to do.



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He was suffering and had been for weeks. We set up an appointment for Too Tall to be euthanized at 3 pm the following day, which meant we had less than 24 hours left.

That night, I took Too Tall on a walk. We spent several hours lying together under the stars near a lake. I told him I wasn't sure what I was going to do without him. I do have another greyhound named Kelly, and I love her of course, but she isn't as affectionate as Too Tall, and is more independent and aloof.

The next day, I was lying next to Too Tall on the floor. Again I said, "I don't know what I'm going to do without you." In my mind, I heard Too Tall say, "Don't worry, I will always be there. Kelly is going to take my place. We've had a talk." I found comfort in this, but still wasn't sure how I was going to handle having Too Tall around. Over the next day or two, he showed me.

Both dogs always travelled with me. If I could take them somewhere, I would. They were both therapy dogs as well, so we often went to schools, libraries and other places. During the trip, Too Tall always laid down in the back of my SUV, while Kelly constantly changed positions. When we stopped, I didn't open the hatch until both dogs were lying down, so that I could attach their leashes before they jumped out. Too Tall would already be lying down, but I would have to wait a couple of seconds for Kelly to follow suit. But on Too Tall's last day, when we arrived at the vet's office, it was Kelly who was lying down. I had to wait a little for Too Tall to lie down as well. I noticed the difference but attributed it to mere coincidence. I should have known better.

Before Too Tall passed, I told him I was going to miss his smell. I have never noticed another person's or animal's smell the way I did Too Tall's. I would often receive weird looks from people because I loved to smell his neck. As I was lying with Too Tall in the lobby of the vet's office, I buried my nose in his neck to get one last whiff. To my surprise, his smell was not there. Too Tall told me he was already starting to transition, and that if I noticed his smell after his passing, it would mean he was letting me know he was with me.

As we drove home from the vet after Too Tall was euthanized, Kelly lay down the whole time, the way he used to. The next morning, I noticed Kelly was acting like Too Tall in the way she moved, and in the positions she took. She even came over and nudged me the way Too Tall did. At one point, I was looking at Too Tall's empty bed and thinking to myself, *I wish I could smell you*. I then received an intuitive hit to smell Kelly. Sure enough, she smelled like Too Tall! I then saw Too Tall in my mind's eye, rolling over as if laughing hysterically. He loved it that I kept being surprised!

Through the rest of that day, I lost count of the number of signs Too Tall sent me – through a song on the radio, for example, or in the clear shape of a racing greyhound in the clouds. I also find it's much easier to talk to him now that he has transitioned to spirit. He told me he would always be with me, and he certainly showed me how Kelly was taking his place. I should have known the first time Kelly acted like Too Tall was no coincidence, as there are none.

I want to share this story to reassure others that our loved ones, human and animal, are always with us. We just need to ask and they will send us signs. We then need to trust that what we receive is in fact a message, and not a coincidence. Death is merely a transition, and just as in life, animals remain our loving teachers.

THE CHALICE LIGHT is the official newsletter of

the Unitarian Universalist Congregation at Rock Tavern.

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Our minister, the Rev. Dr. Chris J. Antal, serves us half-time and is available to the congregation two Sundays a month and most Thursdays. To contact him, leave a confidential voicemail at (845) 297-2792, or send an email to antal@uuma.org.

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Please send news to: johnpkinney@hotmail.com by the 15th of the month.

FairTrade Café



NEW!!!



- ~Chocolate chips
- ~New flavors of coffee
- ~More coming soon!

**Every Sunday
10-1 pm**

**New volunteer orientation
Sundays at 10:00!**



12 oz. Coffee	\$8
Tea Box	\$4 or 3/\$10
Chocolate Bar	\$4 or 3/\$10
Dried Mangos	\$6
<i>Come check out more at our table!</i>	



Don't forget!

BYOM (Bring your own mug) for a free cup of coffee!

