

# The Chalice Light

Vol. 46, Issue 10 November, 2017



## November, 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.*

**Every Sunday** – 10 a.m. to 1 p.m. Equal Exchange Table.

**Nov. 5, Sunday** – 11:45 a.m. New to the UU information session  
– Soul Matters 12:30 to 1 p.m. in Room 20 with Rev. Chris J. Antal.

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

**Nov. 11, Saturday** – 7:30 p.m. *Hudson Valley Folk Guild Rock Tavern Coffeehouse.*

**Nov. 19, Sunday** – 11 a.m. Fall Congregational Meeting  
– 12:30 p.m. in the Sanctuary. Examining Whiteness with Jamie Capach: Developing a Positive White Identity

**Nov. 26, Sunday** – Soul Matters 12:15-1 p.m. in Room 20 with Terri Pahucki.

### 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 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](http://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.*

### **Nov. 5: Living in This Moment** **Rev. Chris J. Antal**

Mindfulness is the work of being in the here and now, paying attention to and responding to the present moment with action in service to our values. This service will be followed by a Soul Matters session with Rev. Chris at 12:30 p.m.

### **Nov. 12: Choosing to Love** **Rev. Erica Baron**

Is love something that happens to us? Or is it something we can choose? How do we go about choosing love?

### **Nov. 19: Fall Congregational Meeting**

After a brief service conducted by Rev. Antal, our next congregational meeting will be on Sunday, Nov. 19, 2017. Letters have gone out inviting those listed as members and friends, but attendance is not restricted to those groups. We invite all who are interested in the life of our congregation to come and participate, although, only members may vote. We are seeking your participation in the task force on racial justice and Black Lives Matter. Also, any member who would be willing to serve on the Board of Trustees, or could serve on the Leadership Selection Ministry is encouraged to step forward.

### **Nov. 26: Ring-a Ling: A Reflection on Mindfulness** **Terri Pahucki**

How do we move from Thanksgiving into the busy holiday season with mindful awareness and presence? This service will be followed by a Soul Matters session at 12:15 with Terri.

## From Your Minister

On Oct. 1, I discovered the vandalism of the road sign and theft of the Black Lives Matter flag, contacted the *Times Herald Record* and wrote a statement and posted it on [uucrt.org](http://uucrt.org). That afternoon a [story](#) was online and

the next day it was in print. John Kinney wrote a press release and several other media outlets picked it up, including WAMC, which ran a [story](#) on Oct. 7. The UUCRT leadership hosted a forum on October 8 and Spectrum News covered it with this [story](#). On Oct. 2 uucrt.org site stats reported “best ever” results with 620 unique visits. At the time of this writing, (Oct. 26), uucrt.org had 2,200 views in the month of October. In the whole month of September, uucrt.org had 40 views.

Verne Bell, on behalf of The Black Lives Matter task force, announced in the June *Chalice Light* that after the almost unanimous congregational vote in May to display the flag on Route 207 “Our work is done. This Task Force is discontinued.” She envisioned that an ongoing Anti-Racism Task Force might emerge from the Examining Whiteness study group led by Jamie Capach. I share this hope and vision for an Anti-Racism Task Force, one aligned with Allies for Racial Equity ([ARE](#)), which aims to build an anti-racist movement among white Unitarian Universalists in ways that are accountable to communities of color, and Diverse Revolutionary Unitarian Universalist Multicultural Ministries ([DRUMM](#)). I have recommended the Board move to create a UUCRT History Review Task Force with the goal of rewriting the public history as it appears on uucrt.org to include honest acknowledgement of racism and white supremacy. This History Review Task Force could be one of several tasks taken up by an ongoing task force.

This month we explore mindfulness, which is the work of being in the here and now, paying attention to and responding to the present moment with action in service to our values. What do we see when we look deeply into the present moment? Oct. 31 is “Reformation Day” and this year commemorates 500 years since Martin Luther nailed his 95 theses to the door of the church in Wittenberg, Germany, igniting the Protestant Reformation. Luther was called before Holy Roman Emperor, Charles V, at the Diet of Worms, who confronted him, and he famously responded: “I cannot and will not recant, because acting against one’s conscience is neither safe nor sound. God help me,” popularly remembered as, “Here I stand, so help me God.” Unitarian Universalists trace our heritage back to the Protestant Reformation. We like to identify with Martin Luther King, Jr., yet are often unaware that daddy King visited Germany and then changed his own name to Martin Luther and named his son the same

because of the example he saw in the life of the German Christian. I believe mindful attention to the present moment is essential to generate the kind of moral courage Luther and Martin Luther King, Jr., demonstrated with their lives.

The UUCRT has a historic opportunity, perhaps a break through moment, to act in accordance with conscience, to stand firm in the UUA covenant, both for a free and responsible search for truth, and for justice, equity and compassion in human relations. There are risks, yet I believe only when the UUCRT stands firm with the courage of convictions will the UUCRT be a catalyst to transform the culture of Orange County and beyond. I hope you will be present at the congregational meeting this month and participate in this critical moment of conscientious discernment.

See you on Sunday,  
Chris



Vandals defaced the UUCRT roadside sign and the Black Lives Matter banner early in October

## Statement from the Board and Membership on Sign Vandalism

(Editor’s Note: On behalf of the board and membership, President Mike Landrum released the following statement after the vandalism and before the forum.)

Our Unitarian Universalist covenant commits us to live in accordance with seven principles, the first of which is to affirm and promote the inherent worth and dignity of every person. In that spirit we decided to support the Black Lives Matter movement in our words, deeds and hearts. We proudly hung their banner on our property to be seen by all who passed.

We understood that, in these contentious times, we might encounter opposition to that stance and indeed, opposition has made itself felt. Vandals have defaced that banner as well as our roadside sign with spray paint announcing “Blue lives matter.”

Because we feel that spray paint and slogans are an inefficient method to discuss important civic principles, our minister has offered another way. We will not seek the arrest and punishment of the person or persons who committed this vandalism, but are hoping they will join us in a discussion forum next Sunday, Oct. 8, at 12:30 pm in our meetinghouse.

We are all humans; we are all Americans and every life matters regardless of the color of skin or uniform. “Matterhood” is not a zero sum game. Asserting the importance of one group does not diminish the inherent worth and dignity of another. We earnestly invite those who feel differently than we do to join us in a peaceful exploration of this unhappy conflict.

Again, our address is 9 Vance Road, Rock Tavern (New Windsor), NY 12575, Forum on Sunday, Oct. 8, 12:30 pm. My phone number is 917-647-7893.

Sincerely,  
Mike Landrum  
Board President, UUCRT

## **Reflection from the Lay Commissioned Minister**

This month we explore the theme of Mindfulness. Mindfulness is a spiritual practice with Buddhist origins; it invites us to focus our attention on the present moment with non-judgmental awareness. Mindfulness is an important theme to explore in November. Holidays such as Veterans Day and Thanksgiving encourage reflection, a mindfulness of gifts, sacrifice, joy, and pain. We might notice more fully the movement of nature-- from trees bursting with color to branches brown and barren. We might become mindful of the preciousness of each moment, the sacredness of our lives, by slowing down and focusing attention.

As mindfulness has gained popularity in American culture, it has become commodified and promoted in a variety of settings-- from self-help books to corporate offices-- as a tool for personal growth and stress reduction. In the process, mindfulness has changed in its very nature and intent. Critics have termed the

explosion of this money-making trend “McMindfulness”.

But there is another kind of mindfulness that is socially engaged and active in the world. Engaged mindfulness moves us beyond the privatized bubble, to face the conditions that create oppression on a systemic level. When I think of the mindfulness I wish to embody, I turn to Zen teachers-- like Thich Nhat Hanh, Bernie Glassman, and angel Kyodo Williams--for guidance. These teachers demonstrate how to bear witness to human greed, violence, and injustice. They teach us how to mindfully witness and transform suffering beginning with ourselves.

Our Unitarian Universalist community invites us to explore engaged mindfulness: to face the seeds of suffering in ourselves and in our world with nonjudgmental mindful awareness. How have we embodied white supremacist values? How have we made accommodations to a dehumanizing, materialistic culture? Spiritual teachings remind us: the world is in me, and I am in the world. How, then, might I transform the world, beginning with myself? May we continue to explore these questions and act mindfully together.

In faith,  
Terri

## **From our Ministries**

### **Stewardship and Finance**

GOOD NEWS concerning the probate process for the estate of Anne Beck; her generous bequest to our congregation, is nearing completion—at last.

Our expectation is to be able to review the final figures so that the Board can make a recommendation for use of the funds at the November Congregational Meeting. Stay tuned, and plan to attend!

Thank you to those who have navigated our fiscal year switch, and are doing your part to support the UUCRT financially! This is an important way to be of service to the Congregation. Not the only way, of course, but important!

On another note, we are working with Building and Grounds to create a sign pole that celebrates our central location! Our building is the perfect spot for meetings and celebrations! Building use can augment

our financial resources. Let's use our location as a huge bonus! The Hub of this area—The Thruway, I-84, NYS 207 and 208---many, many roads lead to the UUCRT! And, as former member the late Bertil Taube was fond of saying, we are on the hilltop. Therefore: UUCRT: the Hub on the Hill!

Holiday season is fast approaching. Do remember to breathe!

Your S&F Ministry  
Alan Horne, Rebecca Jones, Jackie Jordan, Heather Stuelitze and Linda Mangelsdorf, Chair

## Social Action

### Examining Whiteness: Developing a Positive White Identity

*Nov. 19 at 12:30 pm in the Sanctuary*

From Jamie Capach

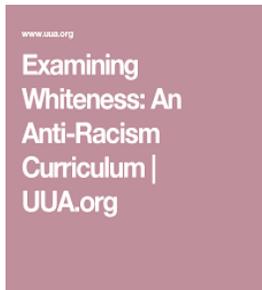
One of the difficult challenges we face as white people is to identify a positive way of being white while recognizing we live in a culture based on white

supremacy. To affirm our whiteness in a culture of white superiority we may end up affirming or supporting white supremacy.

But most of us abhor white superiority and all it stands for. Personally, I want to have a racial identity that is not based

on the oppression of people of color. I want a racial identity that is not based on the deification of whiteness or white supremacy. Here we discuss the actions that white people can take that can lead to a useful way of being white in the world.

- Be an accountable ally to people of color.
- Work to change racist institutions.
- Learn to live as multi-racial people.
- Take responsibility for our own racial identity journey.
- Learn the truth about the racist history of our country.
- Build a White anti-racist collective.



We will also decide as a group whether to pursue the two additional optional modules that address the history of white supremacy in the UU denomination and steps our congregation can take to have an anti-racist identity and do the work of justice in the greater community and the world.

You must read the material ahead of the workshop at: [https://www.uua.org/documents/gardinerwilliam/whiteness/positive\\_white\\_identity.pdf](https://www.uua.org/documents/gardinerwilliam/whiteness/positive_white_identity.pdf)

## NEWS

### Trash 2 Treasure Event Nov. 24

Don't spend your money on Black Friday. Get free stuff at the UUCRT. Our popular Trash 2 Treasure event will be back at 9 Vance Road on Friday, Nov. 24 from noon to 4 p.m.

Do your holiday cleaning or just cull through your garage or attic to find those items you've been meaning to get rid of just haven't used in a few years and then bring your stuff to the UUCRT.



This is like a tag sale but it's free. No pricing. No setting up in your driveway. Just bring it! We need your stuff so we can give it away. And you need to get some free stuff of your own, i.e. someone else's trash is your treasure.

There'll be a bake sale and a 50-50 raffle so feel free to bring some goodies for the bake sale. Volunteers for this event would be treasured. Please email [broadleafhouse@gmail.com](mailto:broadleafhouse@gmail.com) for further information or call Amanda at 845-421-8006.

### 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.

## November 2017 UUCRT Newsletter

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.

## Harmonic Alchemy to Present Sound Journey Friday, Dec. 15 at UUCRT

ROCK TAVERN -- A Sound Journey with Harmonic Alchemy will take place on Friday, Dec. 15 from 7-8:30 p.m. at the Unitarian Universalist Congregation at Rock Tavern, 9 Vance Rd.

Sound has been used for healing and expansion of consciousness for thousands of years. Therapeutic vibrations are known to reduce stress, quiet the mind, and relax the nervous system. The resonance and

frequencies of sound healing instruments affect us at the physical (cellular) level, the energetic (chakras and channels) level, and the mental (brain waves) level, restoring the natural harmony of body, mind and spirit.

Using ancient and modern healing instruments, such as Himalayan bowls, crystal bowls, gong, drums, shakers, flutes and chimes, Celine Daly and Julie Harris will create a field of sacred sound and guide the group into deep meditation. This state of expanded awareness is where we can access insights from our deepest intuition and highest wisdom.

Participants usually lie on the floor so please bring a yoga mat and blanket. Some people like to have an eye mask. Chairs will be available for those who prefer to sit.

Exchange: \$20 at the door (cash only). For questions, email [HASoundbath@gmail.com](mailto:HASoundbath@gmail.com)

*Celine Daly* is a musician and sound practitioner with a background in medicine, yoga, and meditation, and has also studied alternative healing modalities, such as sound healing, acupuncture, craniosacral therapy and Reiki. Visit her website at [www.celinedaly.com](http://www.celinedaly.com)

*Julie Harris* is a Holy Fire II Karuna Reiki Master and an award-winning Native American-style flute player who has studied sound healing. She is trained in acupressure and is a minister in the Heart River Center for Intuitive Healing.

Celine and Julie also perform in the organic fusion band, Heartwood ([www.heartwoodband.com](http://www.heartwoodband.com))

**THE CHARLOCE 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](mailto:antal@uuma.org).

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Please send news to: [johnpkinney@hotmail.com](mailto:johnpkinney@hotmail.com) by the 15<sup>th</sup> 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
- Come check out more at our table!***



**Don't forget!**  
BYOM (Bring your own mug) for a free cup of coffee!

