

# *The Chalice Light*

Vol. 47, Issue 8 September, 2018



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.

**Sept. 2: Bill Domanico**  
**The Inherent Worth and Dignity**

Is there a line that can be drawn with those that wish us wrong or harm?

**Sept. 9: Rev. Chris J. Antal**  
**Ours to Do**

Can we do it? Is it ours to do? We launch the new congregational year discerning call in community. Bring water to share from places near and far for our annual water communion.

**Sept. 16: Mike Landrum**  
**To Be Announced**

**Sept. 23: Rev. Chris J. Antal**  
**Peace in Our Times**

What does the current moment ask of us who have committed ourselves to peace advocacy?

**Sept. 30: Terri Pahucki**  
**Saying Yes**

A reflection on vocation and calling.

## **Message From Your Minister**

### ***Let Your Life Speak.***

Those four words were there to greet me when I entered the main building of Friends Central School in Philadelphia last Saturday. I paused, just for a moment, took a breath, and let the words sink in. The summer offered me little time for still and quiet moments set aside for solitude and contemplation, so I wanted to bask in this one.

It was a summer of movement. I moved my family out of a house in New York and moved them into Pennsylvania. It took four weekends and four Uhaul trucks to move five kids, a spouse, a cat, and ten fish. Phew! Then, just a few hours after bringing my second son Eliot and my oldest daughter Yuna to the first

## **September, 2018 Calendar**

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

**Sept. 9 and 23, Sundays** – 10 a.m.- 1 p.m. Equal Exchange Table.

**Sept. 4, Tuesday** – 7 p.m. *Orange County Psychic Experiences Group*

**Sept. 9, Sunday** –10:30 a.m. Annual Water Communion  
-- Noon, potluck luncheon

**Sept. 15, Saturday** – 7:30 p.m. *Hudson Valley Folk Guild Coffeeshouse*

**Sept. 23, Sunday** –12:15 p.m. Social Action Ministry meets  
--1 p.m. *Veterans For Peace meeting in Room 20*

**Sept. 30, Sunday** –Noon Enrichment Circle

## **Sunday Services**

Our Sunday services are held at 9 Vance Rd, Rock Tavern, NY at 10:30 a.m., unless otherwise noted.

gathering of the Japanese language school that meets at Friends Central, I moved Justin, my eldest son, out of the house in Pennsylvania, and into a college dormitory back in New York.

This bit of Quaker wisdom, *Let Your Life Speak*, could not have arrived at a better moment. That very morning, I found myself wondering what words I had to speak to my son, at this rite of passage, leaving home, going to college. What should I say to him in the four-hour car ride? For every eighteen years of his life I have tried to let my life speak the life I have felt called to live—a life that embodies the values of honesty, respect, responsibility, fairness, and compassion.

These are the values I have hoped to impart in my children. Should that be the topic of our conversation? Perhaps submitting to Quaker wisdom imparted during the brief visit to Friends Central, most of the ride went in silence.

And when we arrived at the dorm and he told me he had forgotten to bring any sheets, blankets, pillows or a trash can for his desk (even though all those items were on the packing list I printed out and handed to him days before), it was clear (once again) that my life had not quite spoken loud enough to Justin, (or maybe he did not hear what my life was speaking because of the earbuds). I did not say what I wanted to say in that moment. Instead, I responded to his irresponsibility with the most compassion I could muster and went shopping. And when it came time to choose a trash can I spent a little extra and got the one with a lid, out of respect for his roommate.

See you on Sunday.

Chris J. Antal

“Vocation does not mean a goal that I pursue. It means a calling that I hear. Before I can tell my life what I want to do with it, I must listen to my life telling me who I am.”

- Parker J. Palmer

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

September is a month of new beginnings for Unitarian Universalist congregations, as we kick off another year of religious exploration and discovery

in community. Learning and growing together across generations- no matter how young or old we may be- is the lifeblood of our liberal faith, as we covenant and affirm to promote the principle of “a free and responsible search for truth and meaning”. We need one another to forge our shared faith and to discern and answer the call to work for love and justice in the world.

At UUCRT, monthly themes are the bedrock of our learning and exploration. This year we will be following the themes that are listed below. Rev. Chris and I will preach on these themes, and invite our lay leaders and guest ministers to also consider these themes on other Sundays. In addition, I will be offering an opportunity once a month to go deeper with the themes in a “Looking Deeply” religious enrichment circle in the sanctuary from 12-1 on the Sundays when I am present, starting Sunday, September 30th. This is an opportunity to reflect on how core theological questions apply to our lives as individuals and in community.

Families who would like to share the themes together, or youth ages 13 and up interested in “coming of age”, can inquire with me directly for additional support and resources. Our first circle will be held on Sunday, September 30th, and all are welcome. Other great lifespan learning opportunities are included in this newsletter, so read on to find out more. And if you have an idea for something new, let us know!

September’s theme, “vocation and calling”, seems fitting as a place to begin. At this time in history, the “calls” are many and pull at our sleeves in many directions. How do we decide what is ours to do? To what or whom do we give our hearts? Parker Palmer’s short book- *Let Your Life Speak: Listening for the Voice of Vocation*- is an excellent resource for those who would like to read more on this subject. *What do our UU sources tell us about vocation? What are you- and we- called to do? Which voice(s) are we accountable to? What does the calling ask of us?* Let us explore these questions and more in the month ahead together.

Peace,  
Terri Pahucki

Monthly Themes 2018-19

- September- Vocation and Calling
- October- Unity and Diversity
- November- Gratitude
- December- Peace
- January- Grace
- February- Prayer/ Spiritual Practice
- March- Letting Go
- April- Salvation
- May- Mystery
- June- Transcendence



***Happy Birthday, Verne!***

Verne Bell (right) celebrated her 90<sup>th</sup> birthday recently and the congregation celebrated with her after services on Aug. 26. Patti Beaumont, who baked the cake, helps Verne do the cutting honors.

**From our Ministries**

**Fair Trade Booth Under New Management!**

The fair trade booth is under new management! Thanks to the hard work of Eliot, Yuna and Sulhee the Fair Trade table at UUCRT has become a great opportunity for our youth to contribute in service to the congregation. Tessa will be following in their footsteps and managing the fair trade table on select Sundays in the coming year. Many thanks to Rev Chris and his family for bringing this opportunity to our congregation.

Fair Trade purchases at UUCRT support sustainable farming, guarantee fair prices for farmers that offer farmers a sustainable source of income. Fair trade also means good working conditions for farmers and prohibits child labor or forced labor.

The UUCRT Fair Trade table will be fully re-stocked for the upcoming dates and will feature organic coffees, tea, chocolate, olive oil and other items that support the values of justice, compassion, and equity.

All the profits from sales at UUCRT Fair Trade table go to support the good works of the congregation.

September's featured items: Green tea & Jasmine green tea. Fair trade green tea from "small tea growers at Potong Tea Garden in Darjeeling, India. Once a colonial plantation, The Potong tea Garden is now run collectively by its workers."

Green tea boxes will be on sale for \$3.50 for the month of September.

Multiple health benefits have been attributed to green tea consumption including anti-cancer benefits, improved cardiac health and improved immune cell function.

(Source: Medicinal Benefits of Green Tea Part I , Review of non cancer health benefits.

Cooper R, Morre DJ, Morre, DM.; J Alt. Complementary Medicine, 2005, Aug; 11 (4)639-52.)



Be sure to check out the green tea and other high quality teas for sale in September

Upcoming dates:

September 9 & 23rd

October 14 & 28th

November 18

December 16

--Jeanette Lamb

## Religious Exploration

### A Warm Welcome to the 2018-2019 RE School Year

Welcome to the 2018 – 2019 Religious Exploration Program for children. This year, Religious Exploration (RE) lessons will focus on what it means to be a Unitarian Universalist through the study of the seven principles and the sources used by Unitarian Universalism.

RE will begin Sunday, September 9<sup>th</sup> and will continue through the end of May, 2019. Lessons take place during the Sunday morning service after The Time for All Ages for children ages seven through twelve. A regular schedule will be followed on the first, second, and fourth Sunday of each month.

Babysitting for children from newborn through age six is available on the third Sunday of each month. However, we are actively looking for additional babysitters and hope to provide this service on a more regular basis. If you know of any responsible teenagers who might be interested in this position, please contact Laura Bair at 845-542-4881 or lagbair@aol.com. This can be a paid position.

For interested young people age thirteen and older, please speak with Laura Bair. Opportunities exist to work with the Fair Trade exchange program and to assist with the RE lessons.

"If we just worry about the big picture, we are powerless. So my secret is to start right away doing whatever little work I can do. I try to give joy to one person in the morning and remove the suffering of one person in the afternoon. If you and your friends do not despise the small work, a million people will remove a lot of suffering. That is the secret. Start right now."  
- Sister Chan Khong



### *A Meditative Walk*

Members and Friends walk the newly refurbished labyrinth after Jay Beaumont's Aug. 26 service on the history of labyrinths and our own, which was designed by Jay and built by Jay and members and friends.

## Social Action Ministry

Next meeting is Sunday, 9/23, 12:15. This fall the SAM invites our congregation to begin a monthly practice of writing letters to our Congressional delegation as part of the "Write Here! Write Now!" campaign organized nationally by the Unitarian Universalists for Social Justice. Their mission is "to mobilize and amplify the voice of Unitarian Universalists as we seek to change the world through acts of love and justice."

Each month UUSJ chooses an advocacy topic, and UU congregations from across the country submit copies of letters that are then reprinted and hand delivered on Capitol Hill by members of the UUSJ's Advocacy Corps.

All interested in social action are invited to attend. Future SAM meetings will be on the 4th Sunday in Oct. Feb. and April. Otherwise we will meet on the 3rd Sunday of each month.

## Book Group Forming

Perhaps you would like to join a small book group to read and discuss "Silence - The Power of Quiet in a World Full of Noise" by Zen master, Thich Nhat Hanh, the author of many books, and one of the world's most respected religious leaders. "Combining powerful stories, timeless wisdom and mindfulness techniques, he shows how to harness our most powerful inner resource --silence--to discover happiness, purpose and

peace." If interested, please contact Verne M. Bell, 845-569-8965 or verneMB@aol.com for details.

## Stewardship and Finance

It is a new year! Thank you for your continued financial support of our Congregation.

Two thoughts: Have you considered using the payment service that is available on our website? Click the 'donate' button on the upper right side of the page and you'll be taken to a screen that invites you to sign in and create an automatic payment---to complete your pledge weekly, monthly, or any way you choose. Random donations are, of course, also possible, and greatly appreciated!

The second thought involves Legacy giving. For many years, the UUCRT has received regular dividend payments



from the investment of bequests made many years ago by members and friends. Now, the sight of the beautiful chalice above our door, (as well as the huge reduction in our mortgage) made possible by Anne Beck's forethought and generosity, can be a constant reminder of the difference a bequest can make! Have you considered remembering this congregation in your will or financial plan? Information about how to do that is available. Send a request to Alan at

[UUCRT.Treasurer@gmail.com](mailto:UUCRT.Treasurer@gmail.com).

Or ask any S&F ministry member!

Stewardship & Finance

Alan Hone, Rebecca Jones, Jackie Jordan and Linda Mangelsdorf, chair

## NEWS

### UUCRT ANNUAL RETREAT

Refresh, Recharge, Renew

Sept 21-23, Friday 5pm - Sunday 12 pm

Sharpe Reservation – Camp Mariah, 436 Van Wyck

Rd, Fishkill NY, 12524

Camp Ground and Recreational Area

Escape into the woods and welcome the turn of the season at the tranquil Sharpe Reservation. Enjoy mountain vistas, swim or paddle a canoe across Beaver Lake, wander along winding mountain trails. Play sports and join the campfire circle in the evening for a lively singalong. Take part in workshops exploring individual identity, and current societal issues. Or just bask in the peace and quiet, and drink in Nature's serenity. We hope you will join us!

To register: Sunday mornings at the UU Fellowship of Poughkeepsie after 10:30am Service, or by emailing the person of contact below, with "2018 UU Retreat" in the subject line.

Fri-Sun: \$130/adult, \$70/5-13 yr old, 2nd child free, \$300 family cap  
Sat-Sun: \$90/adult, \$50/5-13 yr old, 2nd child free, \$250 family cap  
Saturday Only (2 meals): \$50/adult, \$20/5-13 yr old, 2nd child free, \$120 family cap  
Additional Meals: \$10 /each (Breakfast or Lunch Sat, Breakfast Sun) or \$15 (Dinner, Sat) Linens (Optional): \$10 /each

All Fees Due first day of the Retreat. Fees are not required for registration.

Contact: Merrill

Sunderland, [merrillsunderland2@gmail.com](mailto:merrillsunderland2@gmail.com) French brought

a message of adult responsibility

**THE CHALICE LIGHT** is the official newsletter of the Unitarian Universalist Congregation at Rock Tavern.

Mailing address: PO Box 502, Washingtonville, NY 10992-0502. Phone: (845) 496-9696.

Our minister, the Rev. Dr. Chris J. Antal, serves us part-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).

Editor and email distribution: John Kinney. Copy proofing: Athena Drewes and Keith Jordan; print distribution: Athena Drewes.

Webmaster: Jay Beaumont, [jaybeaumont49@gmail.com](mailto:jaybeaumont49@gmail.com)

Website: <http://www.uucrt.org>

Please send news to: [johnpkinney@hotmail.com](mailto:johnpkinney@hotmail.com) by the 15<sup>th</sup> of the month.