

The Chalice Light

Vol. 47, Issue 10 November, 2018



We welcome all seekers regardless of age, creed, race, ability/disability, class, sexual orientation, and gender identity.

Nov. 4: Rev. Chris J. Antal

The Gratitude Trap

How too much focus on gratitude stunts our growth. This service will be followed by an information session where newcomers can meet the minister and learn about Unitarian Universalism.

Nov. 11: Terri Pahucki

Are We Grateful Enough?

A reflection on the theme of gratitude for these times. Service followed by Community Potluck Lunch and Looking Deeply Sharing Circle

Nov. 18: Fall Congregational Meeting

After a brief service congregational members will consider and vote on important issues.

Nov. 25: Diane Diachishin

Dayenu: Developing a Daily Practice of Gratitude

Dayenu means approximately "It would have been enough." It is a way of saying, there are gifts, even in the midst of this hard time. Gratitude is a virtue that, when we cultivate it with practice, allows us to keep our minds on what matters. Please join us for a Thanksgiving holiday service where we will explore together how to develop a daily practice of gratitude.

I'm not what I WANT to be.

I'm not what I OUGHT to be.

But thank God, I'm not what I USED to be!

-found in Eleanor Roosevelt's wallet at the time of death, attributed to an African American preacher.

Message From Your Minister

In 2014, because of our shared ministry, the UU Peace Ministry Network recognized the UUCRT as the tenth Peace Advocacy Congregation in the UUA. The UUCRT has changed since then. I wanted to explore the extent to which the identity "Peace Advocacy Congregation" still resonates, so during the Sunday Service on September 23 I introduced the theme "Peace in Our

November, 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.

Nov. 4, Sunday – New member ceremony during service.

-- Immediately following the service. UU information session and meet the minister.

Nov. 10, Saturday – 7:30 p.m. Hudson Valley Folk Guild Coffeeshouse

Nov. 11, Sunday – Noon -- potluck luncheon. 12:30 a.m. Looking Deeply circle with Terri in the Sanctuary

Nov. 18, Sunday – 11 a.m. Fall Congregational Meeting

Dec. 2, Sunday – 12:15 p.m. Social Action Ministry

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.*

Time” and we created the message together. I invited the congregation to respond in writing to six questions. Then I read the responses I had received from the pulpit and recorded the message. I uploaded the recording and it is available on uucrt.org. I have typed up the responses and you will find them below. I am moved by the moral sensitivity and moral seriousness of this congregation and I am grateful we still share this vital ministry of peace advocacy.

See you on Sunday,
Chris

(Rev. Antal’s recorded sermons are now available on the UUCRT homepage.)

1. What does peace advocacy mean? (21 responses)

I strive to live out the gospel of Jesus Christ everyday by asking God to guide me and be compassionate to others. SOUL SEARCHING. For me peace advocacy means thinking about peace because what we think about is what we attract to ourselves and the world. Peace, seeking better ways to solve conflicts. Peace advocacy means speaking up against statements of violence, unfair characterizations of people or groups of people. Listening, speaking peacefully, walking away but returning. Creating my own peace of mind and spreading it outwards. Involvement in our communities here and abroad. For me peace advocacy means: “actively promoting peace.” For me peace advocacy means standing up for (against) injustice. Peace advocacy means standing up against war – peaceful means to solve conflicts. Respect and tolerance for others. Connecting people of all types. Peace advocacy means taking action in some way to promote peace. Helping families resolve conflicts. Talking individually with people who don’t agree with me. Tolerance. A deep challenge to self; an overcoming. Speaking out-not remaining in silence. Living a life that embodies non-violence and encouraging others to do likewise. For me, peace advocacy means supporting UU and its principles.

2. Who is one peace advocate you admire? (22 responses)

One peace advocate I admire is “Martin Luther King,” and living: “Rev. Chris Antal.” Martin Luther King. Martin Luther King, Jr. MLK. Martin Luther King, Jr. MLK. Gandhi. Gandhi. Gandhi. Rev. Barber. One peace advocate I admire is Rev. Barber (Moral Mondays). One

peace advocate I admire is Jimmy Carter. Barack Obama. Malcolm X. Pete Seeger. Patrick Kennedy. Michael Moore the filmmaker. Nelson Mandela. The Dalai Lama. Thich Nat Hahn. St. Francis of Assisi. ALL OF THEM ALIVE OR DEAD.

3. When were you a peace advocate? (21 responses)

When I helped my spouse with organizing and establishing the first official Amnesty International organization in Orange County; we met in our old building. I was a peace advocate when I marched with Women in Black. Marched in NY for nuclear disarmament. I was a peace advocate when I marched for peace remembering Hiroshima and what harm we caused. Overcame my own violence. Diffused an argument in a public place. WHOLE LIFE. I was a peace advocate when I stopped an 8th grade class from tossing around the room an unpopular girl’s purse and put my body over a girl in 7th grade who was crouching on the ground while being teased mercilessly. I was a peace advocate when I failed to engage or talk about negative ideas. A member of Orange County Peace and Justice. I carried supplies to a country embargoed by the U.S. government. When I was drafted into the army and realized the futility of war and worked from within to help others. Stood on the street with Women in Black. Was canvassing for a political party and attempted to see both sides. When I marched to protest nuclear weapons. Participated in demonstrations in the city. Mediated between my sons. Attended the Women’s March. Went to the Women’s March. I was a peace advocate when I “refused to fight in Vietnam.” I was a peace advocate when I came home from Viet Nam.

4. When were we, as a congregation or denomination, peace advocates?

UUs demonstrated for peace and against fascism wearing “Standing on the Side of Love” shirts in NC. Marched for peace at rally for peace at different locations. We were peace advocates when we did not interrupt others who were speaking their opinion. Marched in NYC to protest nuclear proliferation. Had a non-violent communication service after the May congregational meeting. We were peace advocates when we had a healing circle when we were upset with each other over a publishing in the UU newsletter. Got through rough times and controversy within the

congregation. Marched in support of UN resolution to ban nuclear weapons. We were peace advocates when we supported refugees. We were peace advocates when we had programs on drones, nuclear war, went on a bus to NYC. Invited the community to discuss the vandalism of the sign/flags. Offered to help the refugees. Marched for peace in NYC. Marched in Albany. Joined the social action committee. Voted to be a Peace Advocacy Congregation. We were peace advocates when we? (questioned) THE WRONG IN THE WORLD. Voting to send Chris to DC.

5. How will you be a peace advocate? (16 responses)

I will be a peace advocate by doing more than I have done in the past. Courage-if I have it. Genuinely appreciating others. Learning more about the connections/actions here. Keeping open communication and listening to others. Looking for opportunities to stand up against drones and greed in the government. Writing opinion pieces for newspapers and other periodicals. Advocating for legislative and diplomatic solutions to domestic and international conflicts. Supporting peaceful actions and acting in peaceful ways. I will be a peace advocate by helping support Palestinian causes now that Trump has withdrawn humanitarian support. Listening; voting. HAVE BEEN WHOLE LIFE. I will be a peace advocate by thinking about and living as peacefully as I can and attempting to be at peace. I will be a peace advocate by: "Voting on Nov. 6!" Standing up for people being discriminated against and reaching out to people who do not share my views. I will be a peace advocate by sending contributions to UU and other organizations that help refugees find relief.

6. How should we, as a congregation or denomination, be peace advocates? (19 responses)

Reaching out to the community, especially other faiths, nationalities, beliefs. We should be peace advocates by talking about various world issues and deciding if and how to act collectively or individually. Supporting peaceful actions and acting in peaceful ways. We should be peace advocates by "promoting peace in our personal, social, and political lives." We should be peace advocates by our actions and behaviors. Supporting each other. Honoring, including, and accepting those who come thru our doors. By boycott, letter writing and

greater participation with peace groups. Looking for local opportunities to shelter and aid the oppressed from unfair treatment. Working to end development of weapons of mass destruction. Supporting peaceful efforts locally and in government. Speaking up in difficult circumstances with those who don't agree and not giving up. Continuing to work for peace now and in the future. Seeking to resolve conflicts within ourselves and others for peaceful solutions. Our individual and collective actions. Supporting financially and otherwise those in positive struggle at home and outside our community. Networking with other faith groups. Willing to risk our comfort zone of confronting others. Don't know yet but taking up the challenge seriously.

Getting in touch with Rev. Antal

Rev. Antal will be at the UUCRT on 11/4, 11/18, 12/2, 12/23, 1/6, 1/27, 2/3, 2/24. He is available by appointment on those Sundays between 1-3pm. Contact him by email at antal@uuma.org to schedule an appointment. Rev. Antal will be on sabbatical from March 1 through June 30.

The UUA Common Read Book Study

In January and February Rev. Antal will lead a book study of the UUA Common Read for 2018-19, which is *Justice on Earth: People of Faith Working at the Intersections of Race, Class, and Environment*. Copies will be available for purchase at the UUCRT in December.

Reflection from the Lay Commissioned Minister

November is a month to remember all we are thankful for. Veterans Day reminds us to remember our veterans who have sacrificed, and Thanksgiving Day reminds us to offer gratitude for the many gifts in our lives.

Election Day on Tuesday, November 6th is also an important time to lift our voices in expressing gratitude through our actions. I am thankful for the right to vote-- for all the suffragists who put their voices and bodies into the work of expanding democracy for U.S. citizens. I am grateful for people who continue to challenge voter

suppression, knowing that we still have work to do in our times.

I will show my gratitude on November 6th by voting and giving rides to the voting booth to anyone who may need this. I urge you to join me in the most important action of voting on this day (and reach out if you need a ride).

As we explore the theme of gratitude this month, I also invite us to move beyond the verbal expression of thanks, into reciprocal relationship with the sources of our thanks. Allow gratitude- for people, food, water, animals, freedom, and more- to fill your heart, and then listen to what it asks of you. Robin Kimmerer, an indigenous woman and botanist, writes in her book *Braiding Sweetgrass* about the Honorable Harvest- how we can live with the earth and all beings in a covenant of reciprocity.

Drawing her lessons from the daily gratitude practices of native people, she writes: "Take only that which is given to you. Share it, as the Earth has shared with you. Be grateful. Reciprocate the gift. Sustain the ones who sustain you, and the Earth will last forever."

May we share the journey of deepening our gratitude, expressing it through our words and our actions, in relationship.

Terri Pahucki

Monthly Themes 2018-19

November- Gratitude

December- Peace

January- Grace

February- Prayer/ Spiritual Practice

March- Letting Go

April- Salvation

May- Mystery

June- Transcendence

Message from the Board of Trustees

Last Sunday we had a lovely concert performed by our own pianist, Hollis Kellogg, and his dear friend, violinist Elfin Vogel. They gave us beautiful renditions of three fabulous Sonatas from Beethoven, Schubert and Dvorak. For a couple of hours twenty of us sat transfixed by the music of geniuses from long ago. It was a deeply moving thrill as only great music performed with skill and feeling can provide.

In the long history of this congregation, there have been many such moments in our sanctuary. We UUs have the good sense to be worshipers of the human spirit and we find spiritual growth and inspiration in the arts. Over the years our members and friends have showered us with the blessings of all kinds of art.

Howard and Judy Garrett have contributed to our congregation and to the cultural life of our area with her weekly contribution of music to our worship services; and of course, they have teamed up as tireless impresarios for over thirty years with the music programs they've produced in Montgomery.

Jackie Jordan has lifted her superb voice for us, and Keith Jordan has hosted the Hudson Valley Folk Guild for many Saturday evening performances here in our meetinghouse. Artists and craftspeople from around the Hudson Valley and beyond have brought their creations to us to hang on our walls to support themselves and our gallery.

Years ago our dear departed friend Katherine Asante would be brought to us in her wheelchair to favor us with readings of her poetry. People would come from far and near to pack the sanctuary. Chris Farlekas, a brilliant journalist and lifetime supporter of the arts used to love to bring whole casts from performances he had reviewed to entertain us on a Sunday morning.

So it's a tradition that we're glad to see continue and want to find new ways to build on the work that has gone before. This holiday season we're inviting Elfin Vogel's talented wife Deborah to perform her cabaret show for us. We're looking for the perfect date now.

We could invite the kids of the Birch School to join us in an old fashioned "Whiz Bang" show with songs, games and silliness; how about a writer's night with readings of poems and short stories? Or perhaps next year we should put on a nineteenth century style evening of recitals to honor our 150th anniversary of our founding in 1869?

These are just some of the ideas that have come up as we look to expand our cultural footprint in the Hudson Valley. If you have any ideas, or if you have a desire to perform, make art or feel moved to help in any way, talk to your friendly board member.

See you at the Congregational Meeting on Nov. 18th!

Mike Landrum

President, Board of Trustees UUCRT



An Artifact from the Fire

FOUND! A piece of the graceful arch (held by President Mike Landrum) supporting the beautiful A-frame UUCRT that was lost to fire in 2006. What to do with it? Bring your creativity to our Sanctuary and create a sketch to be reviewed at the Congregational meeting Nov. 18!

Look for the beam and sketch pads in the corner near the display of the 'old building' opposite the piano.

From the Secretary:

Board minutes October 28:

Motion passed to accept the minutes of the 9-23-18 Board meeting: Moved by Jane O'Donnell, seconded by Laura Bair.

Motion passed to create a Caring Ministry due to Rev. Chris' long distance ministry (from PA.), and the upcoming end of Terri Pahucki's Lay Led Ministry as she transitions to her internship after June, 2019. Moved by Linda Mangelsdorf, Seconded by Jane.

Motion passed to not accept a recent request for a concert. Moved by Linda, Seconded by Jane.

Motion passed to present a Resolution supporting Rev. Chris' work to end the War in Afghanistan to the membership at the Semi-Annual Congregational meeting. Moved by Linda, Seconded by Laura.

Any member who wishes to sell products or creations during Fellowship Hour be allowed to do so, providing that said member agrees to donate at least 10% of the proceeds to the General Fund of the UUCRT. Members should notify the Administrative Assistant (AA.UUCRT@gmail.com) before Wednesday of the week in question so that a note can be added to the Friday e-blast for their chosen date.

Motion made by Jane, Seconded by Bill, passed.

Full copies of Board Minutes are posted monthly on the bulletin board in the Foyer when they have been approved by the Board.

From our Ministries

Stewardship and Finance

The Stewardship and Finance ministry is happy to report that our Congregation's finances are much more manageable due in part to:

a) that huge recent reduction in our monthly mortgage payment—and, just reported by our Treasurer, a gift of \$500 to be applied to the mortgage principal! Many thanks to this generous, anonymous donor!

b) the advent of fall, which brings with it the return from another successful summer camp program of the Birch School—along with the return of the monthly donations they offer to our coffers. Best wishes to the staff and students for an exciting school year!

As we near the 1/2 way point of our fiscal year, please review your pledged contributions! Are you half way there? Would making a regular Vanco deduction simplify your giving? Have your circumstances changed such that you need to contact the Treasurer to make a pledge adjustment so our budgeting process stays on track? Or, conversely, have your circumstances changed such that your pledge can be increased a bit? Have you

checked with your employer's matching gift program to see if UUCRT can benefit? Alan can be reached at Treasurer.uucrt@gmail.com

Here's another generous gift from a member! Check out the wonderful ad running at the Downing Film Center in Newburgh! Smile next time you support this excellent theater, see our denomination being promoted, and enjoy a movie!

Thank you each for all you do to support our Congregation as we continue to serve not only each other, but the wider community! See you at the Semi-Annual Congregational Meeting on November 18!

--Linda Mangerlsdorf, chair, Stewardship and Finance Ministry



Social Action Ministry members, friends and congregants dispatch letters to congress.

Learn about the UUCRT!

Informational sessions during this fall season will be offered to visitors at about 11:45 a.m. on November 4th and December 2nd, directly following our 10:30 a.m. service. This is an opportunity to meet our minister, Rev. Chris Antal, and to learn more about our congregation at Rock Tavern. Come and enjoy some light fare, hear about Unitarian Universalism, and get your questions answered. Hope to see you there!

Bonus Alert from Administrative Assistant Kris McGrath!

Please check Facebook/Instagram for an exciting promotion - a designated parking spot just for you. Don't miss out!

No one is as capable of gratitude as one who has emerged from the kingdom of night. We know that every moment is a moment of grace, every hour an offering... Our lives no longer belong to us alone; they belong to all those who need us desperately.
-- Elie Wiesel (b. 1928), Jewish-American Holocaust survivor

Social Action

WRITE HERE! WRITE NOW! is off to a good start! On Oct. 21, during coffee hours, members and friends wrote 12 letters to our congressman asking him to support H.R. 922 which defines Presidential wars not declared by Congress as an impeachable offense. Writing on this issue will continue for a few weeks until all who wish to write can do so. Come! Bring your coffee and write.

PETITION FOR STEWART STATE FOREST: On Sun. 11/4 and 11/11 the SAM will have a petition available for your signature. It is addressed to the NYS Dept of Environmental Conservation (DEC), and it is in opposition to establishing a PERMANENT FIRING RANGE on the S. Barron Rd. section of the Stewart State Forest. As many of you know, the land directly across the road from us on Rt. 207 is part of the beautiful 7000 acre SSF. So we are particularly concerned to be good stewards and take action if anything threatens its current use. Your Signature is Needed!

Next meeting Sun. Dec. 2.

NEWS

Rev. Antal, Other Activists Demand End to Afghan War in D.C. Immediate Witness

On Oct. 2 Rev. Antal went to Washington D.C. for an Action of Immediate Witness to demand an end to the war on Afghanistan that is now in year #18.

He was one of seven speakers including Hoor Arifi, Brian Terrell, Medea Benjamin, Matthew Hoh, Ann Wright, and David Swanson.

They gathered and spoke in front of the White House at noon and then delivered a petition with over 20,000 signatures to the Trump Administration. The event was livestreamed and is available online here -- <https://worldbeyondwar.org/no-to-an-18th-year-of-war-on-afghanistan/>

Rev. Antal Leads the way in Peace Advocacy, Outreach and Healing

Rev. Antal has been working with the Interfaith Network on Drone Warfare since its Princeton conference in January 2015.

In 2016 he was the UUA representative for disarmament peace and security on an interfaith delegation that met with staff members of the National Security Council. In 2017 he was the keynote presenter at the UU-UNO office Spring Seminar on disarmament; and he hosted a drone education and advocacy event at the UUA General Assembly in New Orleans.

In 2018 he was the guest speaker at six UU congregations, providing education and building their capacity for legislative advocacy, and he spoke at three regional conferences.

In May of this year, Rev. Antal was interviewed by Eyal Press for a NYT magazine article on the moral wounds of drone warriors (June 17, 2018), and in September he was appointed by Bruce Knotts to be the UUA representative to a National Project Committee, consisting of representatives of denominational bodies, faith groups and religious organizations concerned about drone warfare. Other members of the Committee include representatives from Evangelical Lutheran Church in America, Alliance of Baptists, Christian Church (Disciples of Christ) in the United States and Canada, Friends Committee on National Legislation, Church of the Brethren, Presbyterian Church (USA), United Church of Christ, American Sikh Council, Mennonite Church, United Methodist Church, Reformed Church in America, and the Episcopal Church.

In his role as a VA chaplain, Chaplain Antal is offering a one-day event on Thursday, Nov. 8 at the West Point Jewish Chapel. This event is free, and VA is providing lunch. If you feel called to make the UUCRT a more welcoming congregation for veterans and their families then this is the training for you. You can learn more and register here -- <https://www.eventbrite.com/e/a-free->

[community-clergy-training-event-at-us-military-academy-registration-50243573882](https://www.eventbrite.com/e/community-clergy-training-event-at-us-military-academy-registration-50243573882)

Rev. Antal is leading the next Community Healing Ceremony at the Philadelphia VA Medical Center on December 3. More than 65 people have already pre-registered for this event! You can learn more and register here -- <https://www.eventbrite.com/e/community-healing-ceremony-tickets-49984146929>

Food Items Needed for Thanksgiving Baskets for Needy Families

Newburgh Loaves & Fishes is in need of food items to make Thanksgiving baskets for families in need. Items needed are turkey, instant potatoes, gravy, rice, cranberry sauce, canned sweet potatoes & stuffing. Volunteers are also needed to pack & distribute the baskets. Please call (845) 401-8154 to help out.

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.

Editor and email distribution: John Kinney. Copy proofing: Keith Jordan; print distribution: Kris McGrath. Webmaster: Jay Beaumont, jaybeaumont49@gmail.com Website: <http://www.uucrt.org>

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