

FIRST UNITARIAN SOCIETY OF PLAINFIELD



Minister Tracy Sprowls-Jenks
Religious Ed. Dir Sue Fertig
Music Director Gail Slater
Office Administrator Louise Polli
Phone: 908-756-0750 Fax: 908-769-0452
www.fusp.org (see back page for e-mails)



ESTABLISHED 1889 (UNITARIAN-UNIVERSALIST)

JULY/ AUGUST 2010

WORSHIP SERVICES

DUMBING DOWN AMERICA

JULY 4 - ANDREW GARCIA PHIL-
LIPS & RALPH BRASKETT
Our nation's continued independence
relies on our ability to rule ourselves
with wisdom and intelligence. A di-
rected discussion follows Rev.
Tracy's June 6 sermon on the topic
of the American mind.

SELF MANAGEMENT EMOTIONS

JULY 11 - LEE WALKER
This service will explore the subject
of Lee's book, *Examine Your Emo-
tions*. Most, if not all errors in judg-
ment, occur in the area of Self Man-
agement Emotions (SME), a set of
unconscious functions of the human
nervous system. Come learn how
SME provide for individual survival
via complete control of the body,
from moving individual muscle
groups to focus on what is interest-
ing to forming a response.

THE SPIRITUALITY OF SCI- ENCE FICTION

JULY 18 - SUSAN NEUHAUS
Can science fiction stories, books
and movies ask the question "What
if . . . ?" Can a spiritual journey in-
clude an imagined future or a galaxy
far, far, away?

AN INSIDE LOOK AT WHAT OUR CHILDREN ACTUALLY LEARN

JULY 25 - DEBORAH & EBEN
GORDON
Deborah Gordon and her son, Eben
Gordon, explore their different ex-
periences in religious education
classes and as members of the UU
community. What do UU kids take
away that we didn't know we taught
them? A dialogue.

EARTH-BASED SPIRITUAL- ITY: RETURNING TO OUR "ROOTS"

AUGUST 1 - BECKIE ORTH
We will look at how practitioners of
Earth-based religions can foster a
sense of community across multiple
religious belief-systems and work
together to help save our environ-
ment. Joining forces is especially
urgent in light of the current oil cri-
sis in the Gulf.

IT'S ALL ABOUT THE BREATHING

AUGUST 8
Rev. Tracy Sprowls-Jenks will
preach.

"WE ARE A WELCOMING, CARING COMMUNITY..."

AUGUST 15 - KAREN HAWKINS &
CARL HEATH
Each Sunday we welcome visitors

with these words from our mission
statement. What does it mean to be
welcoming... to family members, to
the stranger, to those who are differ-
ent from us? Let us explore these
ideas together.

AMERICAN PUBLIC SCHOOLS TODAY

AUGUST 22 - MELISSA LOGAN
In our rapidly changing world, our
traditional American public school
system is struggling to keep up to
produce effective citizens. Melissa
Logan, who has been teaching in the
Plainfield Public Schools for 10
years, will give a talk about public
schooling, No Child Left Behind,
and what children are learning today.
The emphasis will be on schools in
New Jersey. **BUILDING
BRIDGES**

AUGUST 29 - REV. TRACY
SPROWLS-JENKS

WE HAVE WORK TO DO
SEPTEMBER 5 - JOHN HAWKINS

Unemployment is high, with little
improvement in sight. Yet we have
so much work that needs doing. This
service reflects on the need for uni-
versal employment and equal oppor-
tunity in a world that needs all of us
to pitch in.

GROWING UP UNITARIAN:

July/August 2010

WORSHIP MINISTRY

BEYOND THE PULPIT

Below is a brief excerpt from my annual report I presented at the annual meeting on June 6:

“One of my goals this year was to get to know you as people and you as a congregation. This clearly is an ongoing exercise! I have had the opportunity to meet many of you but I still have more folks to reach. If you would like to get to know me better, please call or email me! I am around most of the summer.

My other goal was to understand the culture here so that I could understand where we need to go next year and on into the future. For next year, these things are on my mind (these are not goals but simply ideas—I will share goals early in September):

1. Build a stronger and bigger Small Group Ministry program
2. Offer more effective, creative and stimulating Adult Religious Education opportunities.
3. Strengthen leadership through training and workshops (at FUSP & District)
4. Continue Worship Associates and provide a speakers seminar
5. Start a Conversational Spanish

SUMMER AT THE BOOK TABLE



The first batch of the "teal" hymnal, "Singing the Journey" has been ordered and as each one is paid for we will place them in the pews. We will start with 60 but that number has yet to be paid for. Instead of letting them sit idle on a shelf without a bookplate, stop at the Book table and buy one or more

Class

6. Bring more diverse music into worship
 7. Have two non-worship multi-generational events
 8. Connect to the Community of Plainfield
 9. Look at our mission and vision
 10. Reach into the larger community to help with the Restoration Project
- These are things I am thinking about now. Offer me your ideas and if you have the interest, help me to make them more than ideas!

This year our theme was about belonging. Many sermons had the theme of belonging and, of course, you heard many stories about when people first felt like they belonged here. One thing I wanted to do is develop a labyrinth as a kind of symbol of a journey of belonging. This didn't happen although Sue and Steve Keats were willing. Maybe we can figure out how to do a labyrinth here sometime?

A highlight of the year for me was the Installation on April 18 that celebrated our covenantal relationship. What a wonderful, wonderful day! Everyone there kept telling me what

for the church for \$15 each and have an honorary bookplate placed inside. This is one book purchase that is tax deductible. Receipts available for cash donations.

The usual UU publications will also be available as well as church publications such as directories and newsletters. Alice Logie

a good match we are and I wholeheartedly agree. I am looking forward to many, many years of shared ministry with you!"

I hope you will communicate with me this summer about whatever is on your mind!

Because you graciously gave me three weeks of study leave during the year to go to school and an additional two weeks off to go to the Parliament of World Religions that leaves me with only one week of study leave and two weeks of vacation this summer. I will be at SUUSI (Southeast UU Summer Institute) in Virginia from July 18 through 24. I will be at the beach August 13 through 20. I will be on a Yoga retreat July 31 and August 1. At the end of August, I will attend the UU Leadership Team Institute in Ocean Grove, NJ. For the rest of the summer I will be around. I will be in the office on Tuesdays and Thursdays. Drop by, give me a call, or we can meet up for coffee somewhere. I will be out of the pulpit most of the summer but will preach August 8 and August 29. The new church year begins the second week in September.

CONTACTING US

Do not send emails to personal accounts. Emails sent to "**newsletter-website@fusp.org**" are sent to both the newsletter and the website editors, directly. If you send emails to one of our personal accounts, the editor of the other publication will not receive it. Did you know? We, editors, sometimes travel without access to our email accounts. If you sent an email, it could be sitting in someone's email box unread!

RELIGIOUS EDUCATION

MOMENT IN TIME

A warm Sunday in June, it's 10am and Gail rings the bell, the signal for the congregation to bring their attention to worship. Alex Brown sings a song about fathers and it brings a tear to my eye, because of its beauty and sentiment along with his sincerity and emotion. Emma Reading echoes the "Father's Day" sentiment with a poem dedicated to her father and to all the fathers we know and love. Chris Walsh played his trumpet during the offertory with such grace and strength, it lifted

my spirits. Rev. Tracy shared the story of Flower Communion, blessed the buds, the blooms, and the greens brought together for the occasion. The communion or the sharing of the flowers brought thank you's and murmurs of appreciation and contentment. Nic Schrum played the euphonium, with great agility and passion, to end the service on the right note. The highlight of the day was the honoring and celebration of my 15 years as Director of Religious Education with the lighting of a

candle, cards, gifts, a standing ovation and a delicious cake. My heartfelt thanks to Rev. Tracy, Chris, Kate, Denise, Susan, Kit, Amy, Jim, Joanne and Elaine and to everyone present for your gifts of love, generosity and joy.

I hope the summer provides many opportunities for rest, relaxation and growth.

Be Well and Use Sunscreen,
Sue L. Fertig
Director Of Religious Education

ADULT PROGRAMING FOR 2010/11

There are several Adult Religious Education Programs planned for next year. Mark your calendars. Details will be forth coming. Contact Denise Soppas if you have any questions or want additional information on any of these programs.

Rev. Tracy will be teaching the following Religious Education programs this year:

o **First Sunday Explorers** - Oct 3, Nov 7th, Dec 5th, Feb 6th, March 6th, April 3rd, May 1st - 11:45-1:30

o **Articulating Your Faith** – Thursday evenings Oct 7, 14, 21, 28.

o **Deepening Your Faith** – Thursday evenings March 10, 17,

24, 31.

Last Year 20 women from FUSP met and shared **Cakes for the Queen of Heaven Part 1**. It was such a success that we will be running part 2 of Cakes for the Queen of Heaven this year. Part 2, called **On the Threshold**, is a 6-week series which reclaims the stories of powerful women in ancient Judaism and early Christianity. Denise Soppas and Meredith Slotoroff will be facilitating this class. The class will be held on Thursday evenings Nov 11, 18, Jan 13, 20, 27, Feb 10, 24.

Welcoming Congregation will be running a workshop this fall called **Your So Gay – Children/ Youth and BGLT Issues**. This workshop helps adults explore some of their own issues, con-

cerns, and anxieties around BGLT (Bisexual/Gay/Lesbian/ Transgender) issues through group discussion, role play and review or children's books. It will be held on Sunday Oct 10th 11:45 AM - 1:30 PM. Denise Soppas and Pat Heath will facilitate this class.

HAPPY BIRTHDAY!

July

Tyler Baglieri Spencer Gowen
Connor Maguire Jessie Orth
Tara Sciortino
Christina R. Vydelingum

August

Sarah Douglas
Emma Budiansky
Anna Leistikow
James M. Sciortino
Parker Blaney



LEADERSHIP MINISTRY

SOMETHING IN THE AIR

Well, here's a fresh start on a fresh sheet of paper. Actually just a fresh screen on my computer, but I prefer the romantic imagery of the frustrated writer and the pile of crumpled sheets in the waste basket. You see, it can sometimes be a challenge to craft an interesting newsletter article when you are only four hours away from the submission deadline, but here's my best shot!

Let's get the ball a rollin' with a salute to the entire congregation for the insightful and respectful discussion and debate that went on at the Annual Meeting. We had a lot of serious business to conduct in a small window of time and we stayed on topic and on schedule. The congregational approval of the entire agenda was also a vote of confidence in the policies and direction that your leadership has been developing this past year to ensure the success of the Restoration project and the overall financial health of our Society. The Board of Trustees looks forward to serving you with enthusiasm and professionalism again this next year and have already welcomed Paul Monti and Kathy Roberson to attend current Board meetings and help mentor them in their new positions of leadership as Board members.

I need to take another look back at June so that I can share with everyone the rousing success of the Service Auction. Our Society consistently steps up to the plate every year, and this year's Auction is proud to boast some \$13,900 in to-

tal revenues. Thanks go out to the entire fundraising team who put together the Auction and to everyone who donated their services, hospitality and their checkbooks as well.

The Restoration project can report some progress but has also been pestered by a delay in the permitting process regarding some minor revisions of design detail. I have the utmost confidence in Historic Building Architects to resolve these minor discrepancies in a timely fashion so we can proceed at a much more vigorous pace. In the meantime, our beloved Robinson window now lays dismantled and in pieces on a work table in Media, Pennsylvania awaiting its reconstruction by the skilled artisans at "The Art of Glass" studio. The next push in the project will focus on the lift installation and we will most likely have the brunt of physical disruption occurring during the summertime when interruption and impact on day to day activities will be minimal.

The Building Use Task Force Upgrade Committee has taken the initial steps in organizing the new kitchen pantry with heavy duty shelving and 2 sturdy carts, and has instilled a semblance of organization despite all the chaos of construction in and around the Kitchen. The Kitchen Utilization Networking Team, looks forward to establishing sound policies for kitchen facilities use and educating the general populace about acceptable storage and

usage of our kitchen space and equipment. Contact Melissa Logan if you'd like to be part of the team!

I have already begun to see a positive cultural shift in the way we use our space, which is most evident in the Parish Hall. Members and renters alike are now consistently using the Furniture Storage closet to stow away tables and chairs after each use. I hope you agree with me that this lack of clutter makes our common space easier on the eye and more inviting to newcomers to our home. I thank everyone for their cooperation in this and have the same aspirations for our kitchen when it is finally turned back over to us!

We've got a few churchyard barbecues slated for the summer and I hope to see you there on the last Sunday of each month in June, July, and August for all the fun and food! There's also a few special BBQ events slated for autumn and I'm getting ahead of myself now but how does "Clam Bake" and "Pig Roast" sound to you!

I don't want to bore you with anymore blah, blah, blah! It's summertime, it's probably a beautiful day and you should be outside enjoying yourself instead of staring at this computer screen; so I'm going to cut you all loose and wish you all a relaxing and restful summer so we can all get ready to start this whole show again next September!

Guy J. Mastroianni, President

THE GREEN CORNER

ETHICAL EATING TIP #1



Tips for Making Healthier Food Choices-Reducing our exposure to pesticide residue.

Since 1995, the Environmental Working Group has taken government data and identified which type of produce contains the most chemicals. This year's 'Dirty Dozen' represent the **foods that we should try our best to purchase certified organically grown** as these contain high levels of identifiable chemicals that can't be washed away (from The Daily Green):

- | | | | |
|--------------|------------|----------------|----------|
| Celery | Apples | Watermelon | Broccoli |
| Bell peppers | Peaches | Papaya | Tomatoes |
| Blueberries | Spinach | Sweet potatoes | |
| Strawberries | Nectarines | | |
| Kale | Cherries | | |
| Potatoes | Grapes | | |

The 'new' Clean 15 – less pesticide use, **considered safer than others** to buy from conventional farming:

- | | |
|---------|------------|
| Onions | Pineapples |
| Peas | Avocados |
| Mangoes | Kiwi |
| Corn | Asparagus |
| Cabbage | Eggplant |

Although necessary to eliminate bugs, grubs and fungus, remember pesticides are meant to kill. It's hard to know what a lifetime of ingesting these substances is doing to our bodies. There is little regulation on foreign farming practices so locally grown is a better choice.

With the higher cost of organic produce it's great to know there are choices. Think about these when purchasing fruits and vegetables for your family.

ETHICAL EATING TIP #2



If you've been looking for a place to purchase fresh-laid eggs and grass-fed meat from free-roaming cows, lambs and pigs, you'll

want to visit Cherry Grove Farms in Lawrenceville; their website is www.cherrygrovefarm.com. The store is open 10-6 everyday and if

you arrive at 4 PM you can watch them milk the cows for the cheese they also make and sell there.

Google maps says they are 46 minutes from Park Ave. via Rts. 22 & 206 or 54 minutes on Rte 1. It is higher priced than the supermarket but there is a definite difference. One way to look at it is, a dozen 1 day old eggs is \$5.00 and a pound

of their bacon is \$9.00, that's \$14.00, enough for 4 people for breakfast, 4 people couldn't go to the diner for \$14.00 and the difference in taste and quality is beyond comparison.

So, if you're trying to find healthy alternatives to commercially raised animals, they are not far and definitely worth the trip.

PSE&G'S RESIDENTIAL WHOLE HOUSE ENERGY EFFICIENCY PROGRAM

Thanks to Lenore Washington-Graham and GreenFaith for presenting the PSE&G plan to our members. If you or someone you know who lives in Plainfield, New Brunswick, Patterson or Passaic would like more informa-

tion, please contact Lenore at 1-866-620-4322 #1 or lwg.Greenfaith@gmail.com.

CHURCH YARD

BARBECUE

Join us this summer for our BBQ fun-raisers in the Memorial Garden. \$10 per person gets you burgers, dogs, sides, drinks, desserts. Vegetarian options available! **Sundays, July 25th and August 29th, after the service.**

FINANCE MINISTRY

SUPERMARKET CARD \$20 FOR \$1 PROGRAM CONTINUES IN SUMMER

Summer is here and so are your Supermarket Cards Sellers every Sunday in the Parish Hall after services. You can give our church a small part of your supermarket bill at no additional cost to YOU! For every \$20 you spend at your supermarket, \$1 goes to FUSP! Every item you buy can be paid for with Supermarket Cards - even prescriptions or soda - as well as food, paper goods, etc. Use the cards just like debit cards; they come in varying denominations - similar to paper money.

How? It is so easy: Buy Supermarket Cards with check or cash every Sunday for use at: Kings,

Pathmark, Shoprite, Stop&Shop. Where? Buy them at our table in the Parish Hall next to the office during the coffee hour after services every Sunday.

We encourage you to buy larger amounts of cards, if possible, since many of us attend church services less in the summer. Please inform us beforehand if you want a large amount of cards.

If you cannot get to church in the summer, perhaps we can arrange deliveries. If you have any requests or questions, see us at our table, or call Pat Heath or Ralph Braskett.

RECYCLING

No one has signed up for recycling Saturdays July 17 and July



31. Denise Soppas and Fred Lange are coordinating this effort. We need 12 people 8:45 AM to 1 PM at the Fanwood Recycling Center. We unload cars with recyclable items and sort the material into bins. FUSP receives \$225 for each day and this not only helps our operating budget but also the environment. Anyone 12 or older can help. Please contact Denise or Fred.

MEMBERSHIP DEVELOPMENT

MEN'S BREAKFAST

Our tradition has always been responsive to the needs of our time, but are we ready to adapt to our increasingly multicultural society? Is UU congregational culture a barrier to a more diverse faith?

What is UU culture?

That's the topic for our next breakfast on **July 10th at 9 AM in the Stevens Room**. David Nowlin will lead the group, assisted by Sandy Kaplan. Come,

and take part in a provocative exiting discussion!

Our next Newsletter will be a July-August issue so look in your future Orders of Service and e-mails for our August program.

WOMEN'S ALLIANCE SUMMER PICNIC

Saturday, July 17th 11:30 AM — Weather permitting, meet on the patio behind the Stevens Room, We would love a big group for this so, even if you have never attended a Women's Alliance meeting, please join us.

Learn about our ideas for the upcoming year. Relax, enjoy good conversation and good food. Celebrate summer!

Please bring a picnic dish to share --- nothing that requires cooking.

To help us plan, sign up with Bonnie Rowan or Karin Harris. We will not meet in August. September 18th is the next meeting -- come prepared to share your summer reading and movie favorites.

SOCIAL JUSTICE & COMMUNITY OUTREACH

“COME OUT” FOR A SUMMER NIGHT OF FILM, FUN, AND FLAMBOYANCE

The Welcoming Congregation presents *The Adventures of Priscilla, Queen of the Desert* -- a fabulous, flaming, and versatile film that combines elements of comedy, drama, and musical into a drag Easy Rider-type story. And across the Australian outback in a ramshackle school bus (the *Priscilla* of the film) no less!

Tick (Hugo Weaving) faces a crossroads as a drag performer when his wife — a person he's declined to mention to his cabaret colleagues — calls in urgent need

of professional and parental help. Determined to try out a new life, Tick sets out for his wife's resort, taking along fellow performer Adam (Guy Pearce) and his grieving, widowed friend Bernadette, a transsexual wonderfully played by veteran actor Terence Stamp.

And so begins a journey of many laughs, striking self-discovery, glorious costuming, and sobering sensitivity. So take a night out of the heat and beat of everyday life to enjoy the color, creativity, and

buoyancy of this surprisingly recognizable tale.

Emphasis of the Welcoming Congregation films is on the LGBT experience. All are welcome - LGBT or not – who have an interest in exploring and learning more deeply about this focus. And, we have fun doing this!

Friday, July 23, 7 PM, Steven's Room. Popcorn and refreshments provided. Childcare available (call Valerie Mead if needed). Discussion to follow film-viewing.

GREETINGS FROM OUR FOOD PANTRY

Last month Jill Niedweske, a non-FUSP member, Breda May and I served 40 families for a total of 97 people, giving large bags of food, including frozen meats, bread canned goods, cereal, milk and potatoes. Barbara Rall came with her van to assist me in picking up \$800 worth of free food at the Hillside Foodbank. Thank you all!

We are open longer hours (11

AM to 2 PM the last Saturday of each month [check dates for holiday months]) to comply with Hillside Foodbank criteria.

Starting September 2010 we will be opening our doors the last two Saturdays of each month from 11 AM to 2 PM for a total of 6 hour per month. WE NEED YOU TO SIGN UP FOR THE FOOD PANTRY to make this happen.

June 26 - Wayne Foti, Denise Soppas, Joanne Macaluso

Food pick up - Jim Sedwik, Joanne Macaluso, and Fred Lange unloading at FUSP J

July 31 - You are needed!

August 28 - You are needed!

Contact Joanne Macaluso for other positions in coordinating the Food Pantry. Many hands make light work, and happy hearts!

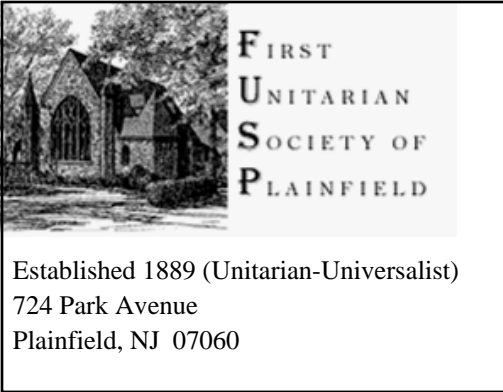
GRADE 5-6 SERVICE PROJECT A GREAT SUCCESS!

Thank you for supporting the Grade 5-6 Service Project in May. With your help, our Mini-Sports Camp raised \$100.72. With that money, we purchased: Measles

vaccines, Soccer ball and pump to be used in refugee camp, Notebooks and pencils for a school, and Mosquito netting,

all of which will be distributed through UNICEF.

Kathleen H. Leistikow



Established 1889 (Unitarian-Universalist)
724 Park Avenue
Plainfield, NJ 07060

FUSP Email Addresses:
info@fusp.org
Newsletter-
website@fusp.org
membership@fusp.org
president@fusp.org
publicity@fusp.org
music@fusp.org
minister@fusp.org
dre@fusp.org
fuo@fusp.org
finance@fusp.org
property@fusp.org
worship@fusp.org
Canvass@fusp.org



DATED MATERIAL – PLEASE RUSH

CARING COMMITTEE

Congratulations to **Janice Meyer, Grace LaForge, Dan Zucker,** and **John Shaw** on their family members' graduations.

Continued good wishes to **Ralph Braskett** who is still struggling with dialysis.

Congratulation to new members **Nicolai Cowel** and **Peter Darien**.

Congratulations to **Martha Reading** on the 9 year anniversary of the adoption of **Matthew, Robert, and Carolyn**.

Congratulations to **Theresa Jefferson** on her beginning of advanced Yoga classes.

We were glad to hear that Wayne **Foti's** mother is now doing well, but we offer our condolences to him on the loss of two of his high school

teachers.

Congratulations to **Lori Reading** on her election as board president of her UU church in Delaware.

Our continued good wishes to the **Toscano family** with regard to Jessica's illness.

Condolences to **Sue Keat** whose friend and neighbor, Yolanda, died.

Congratulations to **Lillian & Herb Goss** on their 33rd anniversary.

We are happy to hear that Robin **Brumfield's** daughter is doing well.

Congratulations to **Joanne Macaluso** on her son's marriage.

Congratulations to **Jack Schrum** and his parents as they celebrated their 50th anniversary.

NEWSLETTER DEADLINE

Advertising or Print: August 16
Electronic submissions: Aug. 23
Assembling & Mailing: Aug. 30

Submit to newsletter-website@fusp.org, not to personal email accounts.