

# UNITARIAN UNIVERSALIST CONGREGATION OF WILMINGTON



## BEACON NOVEMBER 2018

### OFFICE HOURS

#### MINISTER

REV. CHERYL M. WALKER

**TUESDAY 11AM – 4PM**

**WEDNESDAY 11AM – 4PM**

**THURSDAY 11AM – 4PM**

**AND BY APPOINTMENT**

#### DIRECTOR OF RELIGIOUS EDUCATION

LESLIE O'CONNOR

**MONDAY 10:30AM - 3:30PM**

**WEDNESDAY 10:30AM - 3:30PM**

**THURSDAY 10:30AM - 3:30PM**

#### ADMINISTRATOR

JULIE BURCHAM

**TUESDAY 9AM – 2PM**

**WEDNESDAY 9AM – 2PM**

**THURSDAY 9AM – 2PM**

**FRIDAY 9AM – 2PM**

**\*SUBJECT TO CHANGE - PLEASE CALL  
AHEAD**

### NOVEMBER WORSHIP SCHEDULE

**Nov. 4**

**REV. CHERYL**

**Nov. 11**

**REV. CHERYL**

**Nov. 18**

**REV. CHERYL W/CHOIR**

**Nov. 25**

**WORSHIP TEAM  
ONE SERVICE**

### UUCWNC BOARD MEMBERS

PRESIDENT: BILL SINGLETON

VICE PRESIDENT: DON SMITH

SECRETARY: TAMMY ELLISON

KAREN GOTTOVI

MIKE HOSICK

MELTON McLAURIN

RICK NIDA

BETH O'CONNELL

PAMELA WAITE

TREASURER: JOHN GRIGSBY

## BOARD OF DIRECTORS

### Why Unitarian Universalists Just Aren't Funny

Hello. I am Rick Nida, a five-year member of the UU Congregation of Wilmington, and a new member of the Board of Trustees. As a UU since college, I have had the pleasure of being a member of 10 UU groups, including the smallest fellowship in Great Falls, MT and the largest church in the denomination in Tulsa, OK. As a student and former professor of interpersonal communication, I have observed that as a group and individually, UUs just aren't funny. I'd like to tell you why.

Most of you have taken a public speaking course at some time. Communication professors often tell students to start their speeches with some attention-getting device. This might be a story or a quotation or a poem, or, yes, a joke. Many times the teacher will remind students to be careful to pick a joke that will not offend anyone in the class. One thing I know about humor is that to be funny, somebody's ox has to get gored. To prove this point I will provide a joke. Some of you will enjoy the joke more than others, but to truly understand why people laugh at jokes, even religious jokes, I will need to tell you one.

"Three blondes, who had recently bleached their hair, died and went to heaven. At the gate, St. Peter decided to test their skills. After a few moments, he realized that they must be true blondes because they did not know the major feast days of the Church. Finally, exasperated St. Peter exclaimed, 'If any one of you can answer this question, you will all pass the test: What is Easter?' The three thought for a while, then the first said, 'It's the day when everyone lights candles and carves pumpkins and goes door-to-door collecting candy.' 'Wrong,' said St. Peter sadly. 'I know,' said the second. 'It's the day when everyone gets presents, decorates pine trees, and puts up pretty lights.' 'Wrong, wrong,' said St. Peter, shaking his head. The third blond jumped in, 'Wait! I know! It's when on the third day they rolled back the stone and Jesus came out.' 'Yes,' cried St Peter, while the other two cheered. 'Wait, I'm not finished, and he sees his shadow.'

Charles Gruner wrote a book in 1997, entitled, *The Game of Humor: A Comprehensive Theory of Why We Laugh*. After thorough study, Gruner determined that one theory, the "superiority theory" actually explains quite adequately why we laugh. Jay Leno from the "Tonight Show" says it a little more simply, "Jokes have to be demeaning to be funny." That's why he never makes any jokes about his wife.

What then keeps UUs from being funny? I believe it is those pesky principles and purposes that Unitarians profess, especially, "The inherent worth and dignity of every person." If UUs believe and practice their principles, it makes it very hard to make demeaning jokes about other people or their religion.

If Gruner and Leno are right and someone has to lose something as the butt of the joke, then none of us can live up to the admonition that our public speaking teachers taught us, "Don't tell a joke that is offensive." In point of fact there may not be any other kind. I will leave you with the last thought, however, that explains my thesis of why UUs aren't funny. UUs are basically good people who, for the most part, try to live by the ten suggestions.

## MINISTER'S MUSINGS

What a month November will be. We change the clocks back one hour (Nov. 4), there is a mid-term election of crucial consequence to the nation (Nov. 6), we honor our Veterans (Nov. 11) and gather with friends and family to give thanks (Nov. 22). That's a lot for one month, and through it all we still must fit our daily lives. The laundry will still need to be done, we still have to go to work or school, we still have to do the grocery shopping (maybe even more this month). Babies will be born and ones we love will die. No matter what the calendar says, life still happens.

Holidays are days when we take time from our daily lives to remember something or do something, a time to pause. Almost all of them are artificial in nature. Only holidays from Earth centered religions link holidays to something that is actually happening such as a solstice or equinox. There is no reason to change the clocks other than we decided, a while ago, to do so. Election Day is currently the Tuesday after the first Monday of November because Congress said so in 1845. Veteran's Day was chosen because it marked the end of World War I, we have had many wars since. And Thanksgiving was chosen to celebrate our American mythology of a peaceful meal between the Pilgrims and the Indigenous people of Massachusetts. Each of these holidays are a time to pause.

It is good and right that we do take time to pause and remember something or do something. It gives a moment to reflect not just on the meaning of a day, but how that day may mean something greater in our everyday living. Thanksgiving, as flawed a holiday as it is, gives us time to reflect upon what is good in our lives for which we should be grateful. And it is a reminder to give thanks not just one day but every day. Veteran's day gives us time to reflect upon those who have served this country, albeit in the military, and remind us that we too can serve this country and not just in the military. Election Day is a reminder that every citizen of this nation should have the right to vote. We have the privilege of exercising our right, but voting is not just for the privileged. Voting is our right to shape our government. And changing the clocks reminds us that we are part of the web of the universe and dependent upon the sun.

Life happens beginning the day we are born. What we do with the short amount days we have are what gives life meaning. Most of our days are filled with the mundane and we could live our lives that ways. It is the times that we pause when perhaps we ask ourselves about what meaning we are making of our lives. It should not always need to take a holiday, but sometimes it does. May we pause in gratitude and humility, and ask what shall I make of my days?

Many kind blessings, Rev. Cheryl



## RELIGIOUS EDUCATION REFLECTIONS

“Books may be the only true magic.”

*-Alice Hoffman*



Todd Bol lived in Wisconsin and to honor his mother - a teacher and book lover - he built a doll-sized schoolhouse and filled it with his mother's books. He mounted it on a post in the front yard as a book exchange for his neighbors.

Today, just nine years later, there are more than 75,000 such “Little Free Libraries” around the world. There are six of them right here in Wilmington. Todd died from cancer recently, so his simple gesture that became a global movement has been in the news. I think Little Libraries caught on quickly because so many people in the world have a passion for books, and when you have a passion, you are usually passionate about sharing it. They promote a friendly, sharing economy. No one tracks who took what. There's no due date. No fines. You might never return a book. You might leave another instead. It is inspiration on the honor system.

The concept of a Little Free Library reflects several of our UU principles, but especially the ones about how we are free to learn together and search for what is true. The city of Wilmington is hardly served by six Little Libraries. There are many neighborhoods where residents of all ages might truly benefit from having a Little Free Library to call their own. We have a congregation full of book lovers, teachers and people who are passionate about acting on our UU principles. We have children who are eager to put their faith in action and to observe the adults they love do the same. We might even have a woodworker who would be willing to help create a little library with recycled materials. There is an international non-profit that provides a registry, support and news for libraries throughout the world. ([littlefreelibrary.org](http://littlefreelibrary.org))

I intend to start UUCW's own Little Free Library. In coming weeks, look for the antique, wooden cabinet in the corner of Dobkin Hall. The top shelf will be books for adults and the bottom shelf will be for kids. This library will be ‘off the grid’ of the official Little Free Library, available only to our congregation and visitors. The Little Free Library is not a substitute for visiting a brick & mortar library, nor is it a holding place for books bound for our annual Book & Plant sale. The ‘LITTLE’ free library is small scale on purpose.

But after using it for a while, we may decide to make the commitment and build a library for a Wilmington (or Leland or Pender) neighborhood where the gift of a book is a gift of creative life and learning. At that point, I will engage with the Little Free Library association to make sure that we are registered and following global guidelines, and with community organizers to ensure a protected, but accessible, location. It would be a great way for all generations in our congregation to put our faith in action and provide a local community with the magic of books. Enjoy your own Little Free Library while you consider making one for others who may need it even more.

Shalom.

**Leslie O'Connor**

*Interim Director of Religious Education*

## GENEROUS LIFE TEAM

### Be Generous and Stay Healthy

The Generous Life Team has been exploring research and resources related to volunteering. We wanted to share some of what we've learned with all of you.



Did you know that, “countless studies have found that generosity, both volunteering and charitable donations, benefits young and old physically and psychologically”? According to Steven G. Post, founding director of the Center for Medical Humanities, Compassionate Care, and Bioethics at Stony Brook University School of Medicine in New York, “volunteering moves people into the present and distracts the mind from the stresses and problems of the self.” Post suggests that engaging in “simple acts of kindness” is “one of the best ways to deal with hardships in life.”

There has been a great deal of research on the effects of volunteering on our health. Some of the findings from various studies indicate that:

- Older adult volunteers have a lower risk of dying than non-volunteers, as long as they volunteered for altruistic versus self-oriented reasons
- People who volunteer have less trouble sleeping, less anxiety, less helplessness and hopelessness, better friendships and social networks, and a sense of control over chronic conditions.
- Among seniors, volunteering is likely to reduce the risk of dementia and is associated with reduced symptoms of depression, better self-reported health, fewer functional limitations and lower mortality.
- Volunteering has been shown to lower blood pressure.
- Students who spent an hour a week helping children in after-school programs have lower levels of inflammation and cholesterol, plus a lower body-mass index.

As Steven post noted, “We are on the cusp of reaching the point where we are going to see more areas in clinical care, including preventive medicine, psychiatry, adolescent pediatrics, geriatrics, pain clinics and cardiology, where health care professionals recommend volunteering as a therapeutic behavior.”

There are many opportunities within the UUCW for volunteer work. We encourage each of you to consider engaging with us in volunteer work within our faith community.

Sara Jarvis

volunteer  
do good, feel good



## Caring Committee

Acting in concert with the minister, members of the caring committee provide short-term support and assistance to UU members and friends who are experiencing illness, injury, or crisis. We are here for you. Please let one of us know if we could provide a meal, a ride to the doctor, some clean laundry, or just a friendly visit. Personal information is always held in the strictest confidence unless you wish it to be shared with the congregation.

If you are looking for a tangible way to make a difference, consider becoming a member of the caring committee, or of offering occasional help such as a ride or a meal. Just speak with any one of our “carers”.

This month, we would like to express our condolences to the family and friends of Johanne Trotter who passed away on September 14<sup>th</sup>. She had been a member of our congregation since her move to Wilmington in 2009, and she will be missed. A memorial service will be held for her at a later date in Buffalo, New York.

Dee G. returned home after a spell at Bradley Creek rehab center. Judging from her singing in the choir, she is already back to full strength!!

Tom P. found new lodgings and got his belongings moved there, after having been evicted from his apartment on short notice due to Hurricane Florence damages. Thank you to all the UU's who helped in Tom's move and in Dee's recovery process. We really have a wonderful caring community!

The members of the committee are: Kami O'Keefe, Diane Halley, Kim Singleton, Carol Anne Davis, Jeannie Lennon, Tina Schenk, Jane Linn and Rev. Cheryl M. Walker. The chairperson for October is Tina Schenk and the chair for November is Kim Singleton.

## OPEN HOUSE for November

Sunday, November 18 from 4-7:00

Home of Kami O'Keefe

This drop-in social is a great way to meet interesting new people and connect with old friends. Our UU 3rd Sunday Open House provides an opportunity to enjoy stimulating conversation and eat delicious food. **EVERYONE IS WELCOME!** It's a potluck, so bring something to share. Mark your calendar and watch for fliers in Dobkin Hall or call the Office at 910-392-6454 for details.



## NEWS from the MEMBERSHIP team

The fall Welcome Classes will start this Sunday, November 4. If you are interested in attending, there is still time to get your name on the list.

The dates for these classes are:

*November 4, Sunday at 1pm to 2:30pm*

*November 7, Wednesday at 6pm to 7:30pm*

*November 11, Sunday at 1pm to 2:30pm*



Please stop by the Welcome Table and sign up for any or all of the classes. Childcare is available but you must sign up for this immediately in order to have adequate childcare provided.

***Any and everyone are invited to attend these classes!***

The content of these classes differ enough that attendance to all three classes is highly recommended. There are no mandates to becoming a member of UUCWNC after the classes. Membership is an individual commitment but does require a private meeting with Rev. Cheryl before the church membership book can be signed. This being said, you are encouraged to become a member of the church to benefit from all that our members enjoy.

You may stop by the Welcome Table to talk with a member of the Membership Team and to obtain information on the classes or for membership in the Unitarian Universalist Church of Wilmington NC.

## ***GROW YOUR SOUL***



Our Small Group Ministry program will begin in November. Get to know yourself and others as we make time for reflection and sharing about topics that may test our personal spiritual awareness. There are two cohorts sharing duplicate programs, once a month for seven months. One will meet the second Tuesday of each month and one will meet the second Thursday of each month. The groups are closed, so one may not switch days, or join a group after the program has started.

Group A Meets: Tuesdays, Nov. 13, Dec. 11, Jan. 8, Feb. 12, Mar. 12, Apr. 9, May 7

Group B Meets: Thursdays, Nov. 15, Dec. 13, Jan. 10, Feb. 14, Mar. 14, Apr. 11, May 9

Each group is limited to 10 participants.

So, sign up soon for one group or the other!

Please contact Leslie O'Connor to register, or for more information: [dre@uufwilmington.org](mailto:dre@uufwilmington.org)

## Social Justice at UUCWNC: A new focus for the year ahead!

Written by Pamela Cook

Thirty congregants came together on Sunday October 21 following the second service to recognize on-going social action efforts, learn about upcoming initiatives, and discuss the future of our social justice work. Much thanks to Eden Avery, Elizabeth Terry, and Leslie O'Connor for leading a vibrant conversation around many ideas and issues. We saw that; where efforts to address immediate needs through community service work such as Mother Hubbard's Cupboard, Family Promise, and Support the Port are vital and must continue; they are not designed to address the deeper root causes of the problems. The most effective way to address system change, in ways that are reflective of our UU values, is through coalitions with existing, effective partners.

So, what could the future of our congregation's social justice work look like? Our partnership with the NAACP, or our new relationship with the UU Justice Ministry of NC, might provide models. And, we'll have the opportunity to learn more about the whys and hows of coalition building with community-based partners for effective change in an upcoming "Love Resists" workshop. This important, 4 hour workshop has been scheduled for Saturday, November 17. Mark your calendars, details coming soon!

This year we also plan to renew our Welcoming Congregation commitment to acceptance and support of LGBTQ+ people within Unitarian Universalism. The UUA recommends all approved Welcoming Congregations renew their commitment every 5 years.

Some key upcoming events to mark in your calendar: Commemoration of the 1898 Massacre (November 4 - 11, 2018), the MLK Breakfast (January 19) and MLK Day Parade (January 21), Historic Thousands on Jones Street, HKonJ (February 9) and the NC NAACP Centennial Celebration on May 31, 2019. Mark your calendars, details will be coming soon. In addition, Seeds of Healing's HIV/AIDS awareness brunch takes place on Dec 1, 2018 and their HIV/AIDS walk is on March 23. Again, details coming soon.

It's looking like an energizing, engaging, growth year for Social Justice at UUCWNC. We'll have broader and deeper opportunities to live into our UU values, and we hope you will all join in.



NOVEMBER 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>28</b>                      9:30 AM Quest (D)                      9:30 AM Worship Service (S)                      9:30 AM Youth Religious Ed                      11:00 AM Worship Service (S)                      4:30 PM Set up SSC (S, C1,2)                      5:00 PM Spiritual Soul Center (S) (C2,1)                      6:00 PM AA Group (D)                      6:00 PM Clean-up SSC (S, C1,2)</p>	<p><b>29</b>                      10:00 AM Tai Chi (D)                      6:30 PM Beginner's Yoga (D)</p>	<p><b>30</b>                      10:30 AM Yoga (D)                      1:00 PM Gentle Yoga (D)                      6:00 PM S-Anon (C2)                      6:30 PM Set up Zen                      6:50 PM Zen Group (D)</p>	<p><b>31</b>                      10:00 AM AA Group (D)                      5:00 PM Recorder Consort Practice (S)                      6:45 PM Choir Rehearsal (S)</p>	<p><b>1</b>                      12:00 PM Ministerial Round Table (D)                      7:00 PM SMART Recovery (A2)                      7:00 PM WPYG (D)</p>	<p><b>2</b>                      8:00 AM Weekly Cleaning                      1:00 PM Mah Jongg Group (C3)</p>	<p><b>3</b>                      10:00 AM GLT Meeting (C1)                      10:00 AM Set Up AA Group (D, C3)                      11:00 AM AA Group (D)(C3)</p>
<p><b>4</b>                      9:30 AM Quest (D)                      9:30 AM Worship Service (S)                      9:30 AM Youth Religious Ed                      11:00 AM Worship Service (S)                      12:30 PM Set up WC (D)                      1:00 PM Welcome Class 1 (D)                      2:30 PM Clean up WC (D)                      4:30 PM Set up SSC (S, C1,2)                      5:00 PM Spiritual Soul Center (S) (C2,1)                      6:00 PM AA Group (D)                      6:00 PM Clean-up SSC (S, C1,2)</p>	<p><b>5</b>                      10:00 AM Tai Chi (D)                      6:30 PM Beginner's Yoga (D)</p>	<p><b>6</b>                      10:30 AM Yoga (D)                      1:00 PM Gentle Yoga (D)                      6:00 PM S-Anon (C2)                      6:30 PM Set up Zen                      6:50 PM Zen Group (D)</p>	<p><b>7</b>                      10:00 AM AA Group (D)                      3:45 PM RGMS Cheer (D)                      5:00 PM Recorder Consort Practice (S)                      5:30 PM Set up WC (A)                      6:00 PM Navigator Scouts (D)                      6:00 PM Welcome Class 2 (A)                      6:45 PM Choir Rehearsal (S)                      7:30 PM Clean up WC (A)</p>	<p><b>8</b>                      3:00 PM Finance Committee Meeting (C1)                      5:45 PM Caring Committee (C2)                      6:30 PM BOT. Exec. Meeting                      6:30 PM Grow Your Soul (C1)                      7:00 PM SMART Recovery (A2)                      7:00 PM WPYG (D)</p>	<p><b>9</b>                      8:00 AM Weekly Cleaning                      1:00 PM Mah Jongg Group (C3)</p>	<p><b>10</b>                      10:00 AM Set Up AA Group (D, C3)                      11:00 AM AA Group (D)(C3)                      6:30 PM Wilmington Progressive Coalition Potluck (D)</p>
<p><b>11</b>                      9:30 AM Quest (D)                      9:30 AM Worship Service (S)                      9:30 AM Youth Religious Ed                      11:00 AM Worship Service (S)                      12:00 PM Soup Sunday (D)                      12:30 PM Set up WC (D)                      1:00 PM Welcome Class 3 (D)                      2:30 PM Clean up WC (D)                      4:30 PM Set up SSC (S, C1,2)                      5:00 PM Spiritual Soul Center (S) (C2,1)                      6:00 PM AA Group (D)                      6:00 PM Clean-up SSC (S, C1,2)</p>	<p><b>12</b>                      10:00 AM Tai Chi (D)                      3:45 PM RGMS Cheer (D)                      6:30 PM Beginner's Yoga (D)</p>	<p><b>13</b>                      10:30 AM Yoga (D)                      12:30 PM ROMEO's Lunch                      1:00 PM Chalice Quilters (A1)                      1:00 PM Gentle Yoga (D)                      6:00 PM S-Anon (C2)                      6:30 PM Grow Your Soul (C1)                      6:30 PM Set up Zen                      6:50 PM Zen Group (D)</p>	<p><b>14</b>                      10:00 AM AA Group (D)                      3:45 PM RGMS Cheer (D)                      5:00 PM Recorder Consort Practice (S)                      6:00 PM Progressive Book Club (D)                      6:00 PM Worship Meeting (C2)                      6:45 PM Choir Rehearsal (S)</p>	<p><b>15</b>                      5:30 PM Set up Board Mtg (S)                      6:00 PM Board Meeting (S)                      7:00 PM SMART Recovery (A2)                      7:00 PM WPYG (D)</p>	<p><b>16</b>                      8:00 AM Weekly Cleaning                      12:30 PM Rumi Reading Group (D)                      1:00 PM Mah Jongg Group (C3)</p>	<p><b>17</b>                      10:00 AM GLT Meeting (C1)                      10:00 AM Set Up AA Group (D, C3)                      11:00 AM AA Group (D)(C3)</p>
<p><b>18</b>                      9:30 AM Quest (D)                      9:30 AM Worship Service (S)                      9:30 AM Youth Religious Ed                      11:00 AM Worship Service (S)                      1:30 PM UUCWNC Community Speaker Series (S, C1)                      4:00 PM Open House                      4:30 PM Set up SSC (S, C1,2)                      5:00 PM Spiritual Soul Center (S) (C2,1)                      6:00 PM AA Group (D)                      6:00 PM Clean-up SSC (S, C1,2)</p>	<p><b>19</b>                      10:00 AM Tai Chi (D)                      3:45 PM RGMS Cheer (D)                      6:30 PM Beginner's Yoga (D)                      6:30 PM UU Book Group (A2)</p>	<p><b>20</b>                      10:30 AM Yoga (D)                      1:00 PM Gentle Yoga (D)                      6:00 PM S-Anon (C2)                      6:30 PM Set up Zen                      6:50 PM Zen Group (D)</p>	<p><b>21</b>                      10:00 AM AA Group (D)                      3:45 PM RGMS Cheer (D)                      5:00 PM Recorder Consort Practice (S)                      6:00 PM Navigator Scouts (D)                      6:45 PM Choir Rehearsal (S)</p>	<p><b>22</b>                      CHURCH OFFICE CLOSED                      THANKSGIVING DAY                      7:00 PM SMART Recovery (A2)                      7:00 PM WPYG (D)</p>	<p><b>23</b>                      CHURCH OFFICE CLOSED                      8:00 AM Weekly Cleaning                      1:00 PM Mah Jongg Group (C3)</p>	<p><b>24</b>                      10:00 AM Set Up AA Group (D, C3)                      11:00 AM AA Group (D)(C3)</p>
<p><b>25</b>                      9:30 AM Quest (D)                      10:15 AM Worship Service (S)                      4:30 PM Set up SSC (S, C1,2)                      5:00 PM Spiritual Soul Center (S) (C2,1)                      6:00 PM AA Group (D)                      6:00 PM Clean-up SSC (S, C1,2)</p>	<p><b>26</b>                      10:00 AM Tai Chi (D)                      3:45 PM RGMS Cheer (D)                      6:30 PM Beginner's Yoga (D)</p>	<p><b>27</b>                      10:30 AM Yoga (D)                      12:30 PM ROMEO's Lunch                      1:00 PM Gentle Yoga (D)                      6:00 PM S-Anon (C2)                      6:30 PM Set up Zen                      6:50 PM Zen Group (D)</p>	<p><b>28</b>                      10:00 AM AA Group (D)                      3:45 PM RGMS Cheer (D)                      5:00 PM Recorder Consort Practice (S)                      6:00 PM Progressive Book Club (D)                      6:45 PM Choir Rehearsal (S)</p>	<p><b>29</b>                      7:00 PM SMART Recovery (A2)                      7:00 PM WPYG (D)</p>	<p><b>30</b>                      8:00 AM Weekly Cleaning                      1:00 PM Mah Jongg Group (C3)</p>	<p><b>1</b>                      10:00 AM Set Up AA Group (D, C3)                      11:00 AM AA Group (D)(C3)</p>



Happy Veterans Day

"As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them."  
 -John F. Kennedy

**thank you**

for your service, protection and support

