

August
2006

Cobblestone News

Unitarian Universalist Church of Cortland: 607-753-0020. Web site: <http://www.uucortland.uuism.org/>

Upcoming Events

Sunday, August 27

10 am – Forum:
“Cobblestone Connections-
A Video Scrapbook” with
Bess Koval

Wednesday, August 30

7 pm - Meditation with
Christyann Maxfield

Sunday, September 3

10 am – Forum:
“Cobblestone Connections
–A Video Scrapbook”
continued with Bess Koval

Wednesday, September 6

7 pm – Meditation with
Rev. Barb Blom

Friday, September 8

7 pm – Dancing and
Dessert at the home of
Bess Koval (RSVP to 753-
8413)

Saturday, September 9

9:30 am - Church clean-up,
“Many hands make work
light!”

Sunday, September 10

9:30 am – Forum with
Barb Blom
10:30 am – Service:
In-Gathering and Water
Ceremony with Rev. Barb
Blom
Noon – Welcome Brunch

Sunday, September 17

9:30 am –Forum with Julia
Ganson
10:30 am – Service:
Celebrating the Equinox
with Julia Ganson

Opening Weekend Events

Friday, September 8:

The year begins with a bang with a
Dance and Dessert event at Bess
Koval’s house (11 Levydale in
Cortland) on Friday, September 8 at 7
pm. No experience or even much
coordination is required for the
dancing according to Bess. If you can
walk and smile you’ve got it made.
Please call Bess at 753-8413 by
Wednesday, September 6 to let her
know if you’ll be attending and if you
can bring a dessert.

Saturday, September 9:

Church Clean-up at 9:30 am. Please
bring cleaning tools and supplies (to be
sure they are safe for people with
chemical sensitivities).

Sunday, September 10:

In-gathering Service with Barb Blom.
Please bring artifacts or water from
your summer to share. Remember to
bring a dish to pass for the Welcome
Back Brunch



Barb's Column



Hi All,

I hope you have all
enjoyed your summer! I spent
a great part of the summer
moving to a big, two hundred
year old house during the
hottest part of the summer but
am now enjoying the fruits of
my labor! After spending the
summer moving, I am ready
to get back to work!

I am looking forward to our
second year together. I hope
that we have the opportunity
to better explore our
individual journeys, enjoy our
fellowship and challenge each
other as a congregation and as
individuals.

The church went through
some changes last year, new
people, new ideas, new
energy. Change, though often
anticipated and looked
forward to, can be difficult;
old habits, old comforts are no
longer the same. We can feel
a little uneasy, but with *cont'd.*

Sunday, September 24

9:30 am – Forum
 10:30 am Service, Rosh Hashanah, Rev. Barb Blom

Saturday, September 30

7 pm, Movie Night with Kim Allen: Viewing “Crash” followed by discussion and munchies

Sunday, October 1

9:30 am – Forum
 10:30 am – Service

Wednesday, October 4

7 pm – Meditation –

Sunday, October 8

9:30 am – Forum
 10:30 am –Service, Rev. Barb Blom

Saturday, October 14

6 pm – Harvest Supper: Bring a dish to pass.

Sunday, October 15

9:30 am – Forum:
 The Importance of Reflecting on the Positive”
 10:30 am – Service: Harvest Communion with John and Chris Ogden

Sunday, October 22

9:30 am - Forum
 10:30 am – Service, Rev. Barb Blom

Saturday, October 28

6:30 pm – Halloween Party for adults and children

Sunday, October 29

9:30 am – Forum:
 10:30 am – Service:
 “Religion and the Bliss Experience” with Rev. Tim Behrendt and Peggy Spencer

Wednesday, November 1
 7 pm – Meditation

Barb's Column, cont'd from p. 1

change and new challenges comes growth. Without change we risk stasis.

As someone said to me as I was questioning moving, an unmoving stone can gather so much moss, it is stuck in a quagmire; sometimes, the stone needs to start rolling. I decided to take the leap and shed some moss, and have found great opportunity and love where I am!

So let's keep rolling! Some change will be difficult for some. Let's remember that we are Unitarians Universalist and as such we can agree to disagree, but we must always do so keeping in mind the worth and dignity that is due to each of us. As we learn to listen and grow together, you may just discover a gem amidst the rolling stones.

See you on September 10th! Remember to bring some water and a story of how and where you spent your summer! Kids will have the opportunity to share first!

In the Spirit of Shalom,

Barb

**Chris's Corner**

Greetings! I hope the summer treated you all well and that as we spend time together, we'll have the opportunity to listen to each other's stories of how we spent our time, be it an adventure far away from the area or one right in our own backyard.

As we gather together again in the community of our church, may we realize the richness of our differences and cherish those things we hold in common.

I'm looking forward to a memorable year, one filled with interesting programs and warm fellowship. With your enthusiasm, it can be such a year for all of us.

Chris Ogden,
 President of the Board

The Winds of Summer

You and I and all of us
blew about
With the winds of
summer,

Following the sun in
different
Ways of freedom and
play,

Finding rest in the cool
stillness of
Shadows, and moving to
the slow
heatstruck rhythms which
turned
the long hours of summer
light.

Now it is time for
gathering in.
We come together at this
time
And in this place on the
bridge of
autumn.

Summer is fading
backward into
Memory' and winter waits
in snowy
brilliance.

We meet with eagerness
and delight,
Needing one another for
sharing.

We have joys and sorrows
and hopes
To share, questions, things
we care

Awakeness

What life we have should be "awakenly" savored --slowly, slowly,
slowly...
With creativity; we each have unique gifts to share as partners in
creation.
With authenticity; to what our hearts and minds really want; our time
is limited.
With enjoyment; without this all else fades to bleakness.
With reliability; many are counting on us.
With truth; for it keeps us safe.
With gentleness; there is so much hardness around us and within us.
With assertiveness; lest we be devoured.
With beauty; for it is the crowning fulfillment of all that was, is and
will be.
With acceptance; we can do only so much and then----

*Timothy Hume Behrendt,
Minister/Counselor*



Help With Programming

The Program Committee is looking for volunteers to do Forums on
Sundays at 9:30. Topics can range from social issues to religious or
spiritual ones – or anything else that might trigger interest among
participants. The format should include introduction of the subject and an
opportunity for discussion.

The Committee is also looking for people to offer services during the
year. You need not have done one before and you need not prepare the
entire service yourself. If you have an idea for a “sermon” or presentation
and would like help creating the whole service, please contact a member of
the Committee or our Interim Minister, Barb Blom.

Program Committee Members

- John Ogden, Chair
- Kim Allen
- Joyce Morgan
- Helene Maxwell

Winds of summer, cont'd.

About and want to help make better.

Things that we would like to understand,
ideas waiting to be heard.

As we gather together in gladness,
once more the special community
that we call our church,

A community of all ages that sings its songs, tells
its thoughts,
asks its questions, and searches
together with courage and with love.

Patricia Shuttee

Speak to Us of Miracles

Why, who makes much of a miracle?
As to me I know nothing but miracles- –
To me every hour of night and day is a miracle,
Every cubic inch of space a miracle.

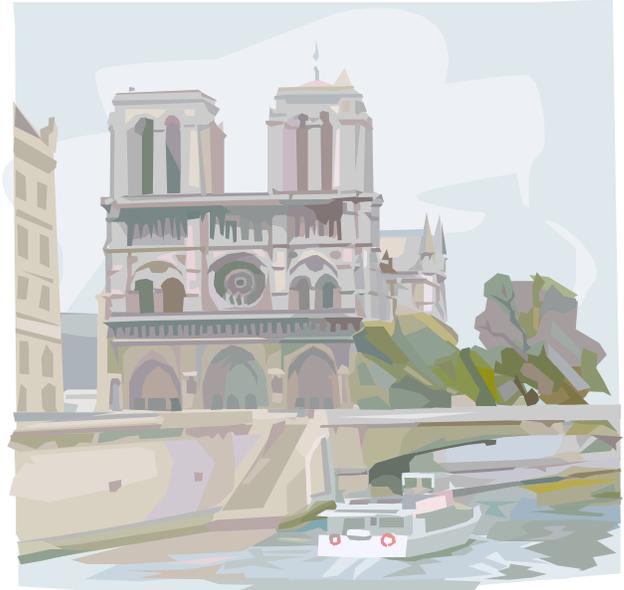
Walt Whitman, 1819-1892

I am where I am because I believe in all
possibilities.

Whoopi Goldberg, born 1955

Where there is great love,
there are always miracles.

Willa Cather, 1876-1947



Chris and John Ogden,
Newsletter Editors

(If anyone has a digital photo of the church
you'd be willing to have appear in the
newsletter, please email it to John Ogden at
blueheron2@twcny.rr.com. The picture of
Notre Dame does seem a little pretentious!)

UU Jokes (from the Web at
<http://stoney.sb.org/uujokes.html>)

One UU to another UU when asked if they had
read the Bible: "Hey! Started to - but I got half
way through and the hero died."

For the members of any religion...To have a few
doubts is normal. To have many doubts is a crisis
of faith. To have constant doubts is a conversion
to Unitarian Universalism.

A Unitarian is just a Quaker with Attention Deficit
Disorder.

The clergy in other denominations have a hard
time figuring us out. One time at an ecumenical
service the Episcopal rector said, "Let us pray.

Ways to Get More in Touch with Your Life

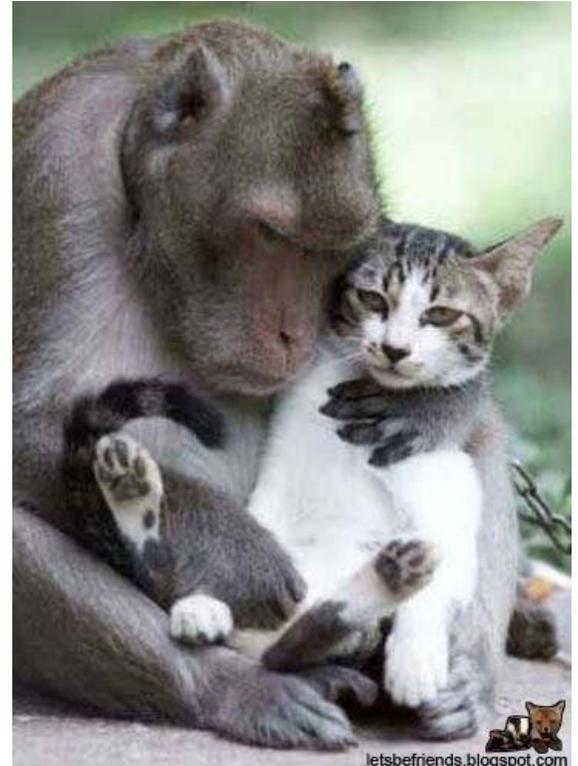
Here are a few ways to boost your tactile quotient:

1. **Barter Back Rubs.** Enlist a friend to trade shoulder rubs, foot rubs, or hand and scalp massages. You don't need any special training; just follow your instincts and your partner's feedback, applying more or less pressure as needed.
2. **Help Yourself.** Surprisingly, you can get the health benefits of touch by doing your own massage. Your hands, feet, legs, neck, and face are good places to start, using your thumbs to apply moderate pressure and kneading your flesh as you would bread dough...Or try rolling a tennis ball over the muscles of your thighs or underneath the soles of your feet to stimulate pressure points.
3. **Reach Out.** Link arms with a friend the next time you're out walking. Lay a hand on his or her forearm during an intimate conversation. And, with friends, and family, ask for a hug upon meeting or saying goodbye. Simple acts of touch break down the barriers of isolation around us and deepen our bonds with those we love.
4. **Clean up.** In the bath or shower use a loofah sponge to exfoliate dead cells and stimulate pressure receptors in your skin. After, towel off vigorously to increase circulation and wake up your body.
5. **Get out there and dance.** Swing dance, ballroom dance, square dance, tango,-all are easy and fun ways to share human contact with friends or even strangers. **So, see you at Bess Koval's house on Friday, September 8th at 7 pm for dancing and dessert!**

6. **Get a hobby.** Gardening, cooking, carpentry, sewing, the list is endless. These are all ways to exercise the precious sense of touch. Or go for a walk and experience the sensation of the wind and the sun on your skin; go swimming and revel in the silky feel of the water. Through these and a hundred other common place activities, we literally get "in touch" with the world, feeling more alive and real in the process.

Excerpted from the AARP Magazine

What Peace Really Looks Like...



letsbefriends.blogspot.com

**UNITARIAN
UNIVERSALIST
CHURCH OF
CORTLAND**

c/o 49 Madison St.
Cortland, NY 13045

PHONE
607-753-0020



Congregation active
since 1813
Building dedicated
in 1837