

COBBLESTONE NEWS

October 8, 2013

Volume 5, Issue 1



Unitarian Universalist Church of Cortland, 3 S. Church Street, Cortland, NY, 13045
On the web: uucortland.uuism.org

Celebrating the 200th Birthday of Our Congregation!

By Marion Lutz

Fall is my favorite time of the year. We get settled into a routine with our busy lives of back to school, work, and church.

We have many new beginnings to be thankful for.

I'm thrilled that Kathy Tew Rickey joined us as our minister and Ashley Vormwald joined us as the RE Director and Teacher.

We are celebrating our 200th year as a congregation. WOW! Stay tuned for upcoming celebration events in November as we mark our Birthday. Continue to stay tuned for many other events throughout this celebratory year.

In preparing for our Birthday kickoff, we want to put our best foot forward. The Reverend Richard "Dick" Gilbert will be in our pulpit on **November 10th** as a start to our celebratory events. Dick has

A Seeker's Story

By Kathy Tew Rickey, Consulting Student Minister

In preparing to write my first *Cobblestone* column, I realize in my bio that went out via email a few weeks ago, I said nothing about my theology, how I came to be a Unitarian Universalist, or how I came upon my path to ministry. As your appointed religious leader, I thought you might like to know a little about where I'm coming from, so to speak.

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deep roots in the Universalist tradition and he's sure to delight us with his sermon.

Plan to attend the service on November 10, and invite several of your friends and acquaintances to join you, as well. It promises to be a special day for the church – a chance for us to be at our best and perhaps an opportunity to invite folks back. More seekers come to us through invitation and word of mouth than by any other medium. So spread the word of our long liberal religious history in Cortland!

Most of all enjoy this season of color and harvest!

Marion

I call myself a humanistic mystic religious naturalist – a mouthful and a description perhaps only a Unitarian Universalist can proclaim! As for the humanist part, I am slightly more theist than not; however, to me, being humanist means that I start with the anthropological; in other words, I start with what we can humanly know and experience. Outside my human limitations is the mystery to which I can only point but not define. I use *God*, *The Divine*, and *Spirit of Life and Love* interchangeably and always broadly – these nouns

Please see *Seeker's Story* on page 4

Monthly Worship Themes

By Kathy Tew Rickey

Starting this month, I invite you into a framework of monthly worship themes. These themes will give shape to our worship services and will provide a page, so to speak, for the entire congregation to be on, including the children.

I will introduce the theme in the newsletter and provide sources for further exploration such as links to articles, TED Talks, books, etc. Ashley Vormwald, our religious education coordinator will work something into her curriculum for the children. As parents, I encourage you to talk with your children about what they learned in relation to the theme – it's a great opportunity for

Pastoral Care at UCC

By Kathy Tew Rickey

Pastoral care is a good example of shared ministry in a congregation. This means we should be looking out for each other, have each other's "backs" when it comes to a time of extreme need in a fellow member's life. It's probably safe to assume that many in the congregation are willing to help; however, the lines of communication sometimes get tangled so that help doesn't come in a timely way. Therefore, Kathy, Consulting Minister; Marion Lutz, President; and Kim Allen, Board

Here are the themes for the remainder of the church year. Each is to be preceded by the thought of, "What does it mean to be a person of..."

October: Integrity

March: Generosity

November: Hospitality

April: Gratitude

December: Fallowness

May: Connection

January: Awareness

June: Play

February: Commitment

introducing the idea of values to your kids and what it means to live out those values. As adult members of the congregation, I encourage you to talk with one another about what you've discovered – it's not to be a debate but an opportunity to listen closely to each other and know each other's hearts a little better. Lastly, this is an invitation – engage and explore these themes only as you are willing, able, and inspired to do so – no tests after the service!

Trustee, would like to be point persons for crises. Please give one of them a call (see box at bottom left) in the event of acute illness, hospitalization, a death in the immediate family, or other event that might require pastoral presence and/or help with coping. Other help might include meals or assistance with managing your household during a crisis.

If needed, Kathy will travel to Cortland or

Please see *Pastoral Care* on page 5

PASTORAL CARE CONTACTS:

Kathy Tew Rickey, Consulting

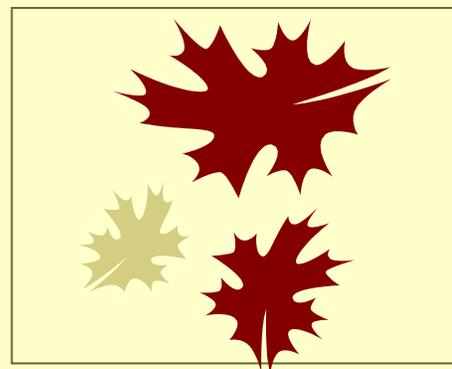
Minister: 585-789-8494;

k2rickey@gmail.com

Marion Lutz: marionlutz@mac.com

Kim Allen: kallen30@verizon.net

[See Congregation Directory for Marion & Kim's phone numbers]



Children's Religious Education

By Ashley Vormwald, RE Coordinator

This year's curriculum theme is "Getting In Touch With Our Spirit." Classes will focus on helping the children to recognize, appreciate, and express the unique spirit within themselves through exploration of spiritual principles, practices, and ideas. We are currently delving into the connection between our body, mind, and spirit. This month we are looking at how we can use our body to get in touch with our spirit and to express our spirit, how what we think affects our spirit, and what we mean when we talk about our spirit, or the light within us. For more details, look for my emails after each class!

I am grateful for the opportunity to be teaching this year's RE class!

Sincerely,
Ashley Vormwald



General Information about Our Children's Religious Education Program:

Childcare is provided downstairs for children 3 years old and younger. Older children start in the service with the adults for about the first 20 minutes. When the service leader announces the *Story for All Ages*, children are invited to come up front and sit with the storyteller. Afterward, the children are sung out of the

Please see *Children's RE* on page 4

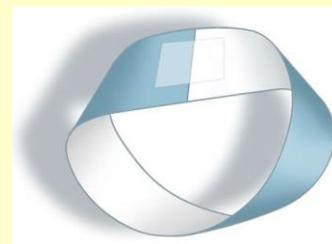
What Does it Mean to be a Person of Integrity?

By Kathy Tew Rickey

Often the word integrity is used synonymously with the word honesty. But in the context of spirituality, integrity is more about wholeness. It can also be expressed as being authentic, being true to yourself, and living seamlessly between your values and how you live in the world. It is nearly impossible to be 100% integrated (Jesus or the Buddha might have been) but it's a worthy goal to strive for.

A graphic example of integrity is the Mobius Strip. First imagine a strip of paper one inch wide and a foot long. Imagine that you join the two ends into a circle. There's an inside and an outside to it and never the twain shall

meet. But if you were to cut that circle, lay it out in a strip, give it a little twist, and put it back together again, you would have something that looks like an infinity sign, called a Mobius Strip:



Please see *Integrity* on page 4

Seeker's Story from page 1

are simply my pointers to the ineffable which I can, at fleeting moments, experience but am often at a loss to put into words. Lastly, my grand narrative of life, the universe, and everything must include a unified story between theology and the natural world. I reject any dualism between a belief system and the science we can humanly know. My two sources on religious naturalism are *Sacred Depths* by evolutionary biologist, Ursula Goodenough and *Thank God for Evolution* by Michael Dowd – excellent reads if you are interested.

Integrity from page 3

With the Mobius Strip there's a continuity between the inside and the outside. It could be so in our lives, as well. But we can't necessarily will it to be so. Believe it or not, access our deepest, most authentic selves takes time and effort. This is because, as Quaker writer, Parker Palmer says, "the soul is shy," and it takes a circle of trust to draw it out. In the UU world, we call the latter,

"If at any time you as a parent want to go with your child to their class you are welcome to do so."

I came to Unitarian Universalism 17 years ago as an agnostic with children – a typical seeker of our liberal faith tradition. I knew it was the right place for me from the moment I walked through the door. I jumped in with both feet and for many years, served as lay leader in two churches – first in Kalamazoo, Michigan, and then in Marietta, Georgia. My call to ministry came in 2005 and I entered seminary, part time, in 2007.

I want to hear your story as a seeker, too; I know some of you are life-long UU's, a distinction I envy a little. No matter though – our path is our path and I am happy to be on it with you this year! In faith, hope, and love....Kathy

small covenant groups. Perhaps there is a place for this in our congregation. In the meantime, I heartily recommend, Palmer's book, *A Hidden Wholeness: The Journey toward an Undivided Life*. Here is a link that's sort of Cliff Notes to the book: <http://www.couragerenewal.org/approach>. The website is sponsored by Parker Palmer. Check it out and learn more about cultivating a life of integrity.

Children's RE from page 3

service with "Go Now in Peace." The children follow the Religious Education Coordinator or an appointed Religious Education teacher downstairs for classroom activities during the remainder of the service.

If at any time you as a parent want to go with your child to their class you are welcome to do so. Also, your child may remain with you in the service; however, your child may be more comfortable in the child-friendly atmosphere of our downstairs classroom.

Please let us know how we can help you and your child feel safe and comfortable at our church. You may contact Ashley Vormvald, Marion Lutz, or Kathy Tew Rickey with questions or concerns.

Pastoral Care from page 2

nearby communities in the event of acute illness or death in the immediate family. Please call her directly at 585-789-8494. Her voicemail is confidential so please leave a message with a return phone number even if you think she already has it.

PASTORAL CARE CONTACTS:
Kathy Tew Rickey, Consulting Minister: 585-789-8494; k2rickey@gmail.com
Marion Lutz: marionlutz@mac.com
Kim Allen: kallen30@verizon.net
[See Congregational Directory for phone info]



News from the Wider Community

The **Women and Spirituality Group** continues to meet the second Tuesday of every month from 6:30 to 7:30 at the Congregational Church in Homer. Women from many faith traditions share insights, questions, stories and prayers. All are welcome. For more information, call Lynn Olcott at 607-749-4873.

Behind the Kitchen Door is the 2013-14 Common Read
Behind the Kitchen Door by Sara Jayaraman is the 2013-14 Unitarian Universalist Association (UUA) Common Read.

“Help build community in our faith movement by taking part in this year’s Common Read. Learn more about the UUA Common Read.”



Blending personal narrative and investigative journalism, Jayaraman shows us that the quality of the food that arrives at our restaurant tables depends not only on the sourcing of the ingredients. Our meals benefit from the attention and skill of the people who chop, grill, sauté, and serve. *Behind the Kitchen Door* is a groundbreaking exploration of the political, economic, and moral implications of dining out.

As part of the UUA's commitment to ethical eating and economic justice, *Behind the Kitchen Door* invites Unitarian Universalist individuals, groups, and congregations to advocate for just working conditions for the 10 million restaurant workers who bring passion, tenacity, and insight into the American dining experience.

Help build community in our faith movement by taking part in this year's Common Read. Learn more about the UUA Common Read, including selections from past years at [the UUA website](#). Receive a discounted rate when you purchase multiple copies of this book through the [UUA Bookstore](#)

October

5 & 6 Pumpkinfest!

6 10:30 am - 11:30 am Sunday Service with Kathy Tew Rickey: Making our Food Visible

13 10:30 am - 11:30 am Sunday Service with Tim Behrendt and Peggy Spencer

20 10:30 am - 11:30 am Sunday Service with Kathy Tew Rickey: Making the Darkness Conscious

27 3 pm - 4 pm Silent Meditation

4:30 pm - 6:45 pm Harvest Dinner Dish-to-Pass

November

3 Daylight Savings Time Ends

10:30 am - Sunday Service with Kathy Tew Rickey: Kick-off Celebration of our 200 Years as a Congregation!

10 10:30 am - Sunday Service with special guest, the Reverend Richard "Dick" Gilbert

17 10:30 am - Sunday Service with Kathy Tew Rickey: A Friendly Emptiness

24 3 pm - 4 pm Silent Meditation

4:30 pm - 6:45 pm Dish-to-Pass Family Supper

Please refer to the website for the full calendar:

<http://uucortland.uuism.org/calendar.html>

Celebrating 200 years
Of Liberal Religion in
Cortland
