

The Unitarian Society, a Unitarian Universalist Congregation

176 Tices Lane, East Brunswick, NJ 08816
732.246.3113
www.unitariansociety.org
#ueastbrunswick

Rev. Karen G. Johnston
Minister

Jillian Post
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Music Coordinator

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Table of Contents

Sunday Services....1

Musings from
Your Minister...2

Religious
Education...3

Congregational
Meeting...4

You & TUS
Workshop...4

Welcome!...4

Interfaith
Thanksgiving...5

Holiday Food & Gift
Program...5

Harvest Potluck...5

Music Committee...6

Spiritual Nourishment
for Leaders...6

TUS News & Notes...7

End of Life Planning
Workshop...8

UU Faith Action NJ
Training...9

TUS Happenings...10

TUS Calendar...11

Information...12

Sunday Services 10:30 a.m.

November 5, 2017
I Do Believe. Help My Unbelief!
Rev. Karen G. Johnston

Faith and doubt are not opposites, but rely deeply on each other for their shape and meaning. The Buddhist teacher Sharon Salzberg honors Doubt, knowing that it helps us to distinguish between blind faith and bright faith.



November 12, 2017
Mindset List:
Generational Theory For Us
Rev. Karen G. Johnston

Even if we set aside that old joke about grandpa waxing on about walking seven miles to school in the snow without shoes, we know that there are some truths about generational differences, and some wild exaggerations. Let's explore how generational perspectives influence our congregational life now and what shape they lend the future.

November 19, 2017
Multi-Generational Sunday
Rev. Karen G. Johnston

This multi-generational Sunday service will make room for song and story as we connect to a larger sense of gratitude, abundance, and service.

Please plan to stay for our congregational meeting where we will discuss steps to being a more welcoming congregation, particularly for our transgender and gender-fluid friends, family, and fellow congregants.



November 26, 2017
Living with Dementia
Sky Yardley and Rev. Jane Dwinell

Sky Yardley and Rev. Jane Dwinell explore the realities of living with dementia based on Sky's diagnosis of Alzheimer's disease in August 2016. They seek to increase people's understanding of this disease that affects nearly everyone in some way, as well as to help to erase the stigma that comes with a diagnosis.

Sky Yardley and Rev. Jane Dwinell live in Burlington, VT with their son, Sayer and his partner, Emma, where they have fun gardening, playing challenging board games, and heading out for a round of disc golf whenever they can. Sky is a retired family mediator, and Jane is a retired UU small congregation consultant, parish minister, and hospice chaplain.

Musings from Your Minister:

I fill out a lot of forms. You probably do, too. Medical forms. Applications. Registrations. Airline ticket documents. Online or hard copy.

Each time I am asked to complete the male/female designation, I cringe. It's not because I can't find myself in the options – I can. There it is: female.

I cringe because I know there are people whose identity is not there, who are forced to choose something that isn't true to how they understand themselves. It might be because they are transgender and their legal gender hasn't yet been changed. So they have to voluntarily misgender themselves in order to fly. Or have full access to health care.

Or they identify as “genderfluid” – not male or female – and once again, are forced into an untenable situation. And in the process, are made invisible. It is typically folks who identify as genderfluid or “genderqueer” who use the singular pronoun, “they.”

Forms that allow only two options – male and female – do not honor the inherent worth and dignity of any of us, regardless of whether it fits our identity or not, because it does not allow for all the options of the glorious diversity of humanity. Neither do bathrooms.

On November 19, after our multi-generational Sunday service, there is a congregational meeting where, as a congregation, we get to live into being a Welcoming Congregation by discussing our bathroom signage. Back in 2004, you voted to become a Welcoming Congregation. This is a moment of which the congregation can be proud, though it was not easy. Being a Welcoming Congregation is never a once and done kind of thing. It asks us to reflect on and engage how we are being welcoming to all, and most especially, welcoming to those whom the world does not welcome so kindly: our GLBTQI+ siblings.

When you encounter a person for the first time – someone you don't know – you don't assume to know their name by looking at them. If you want to engage that person, you might ask, “What is your name?” Better still, you might start with, “My name is Karen. What's yours?”

We have been socialized to believe that there are only two genders and that we can know a person's gender just by looking at them. This is no longer true (and wasn't fully true ever). It's time to stop assuming we can know each others' gender just by looking. It's time to honor our glorious diversity and practice letting people name themselves and their gender.

This is why the “signature” at the end of my email has my pronouns written out: she/her/hers. This is why I have asked that all staff do the same. To grow my comfort – our comfort -- with this way of conversing. To be in solidarity with those in our community for whom naming pronouns is an act of claiming one's dignity and proclaiming one's inherent worth.

This is why I am moving towards using the singular pronoun “they” more often when I do not know the gender of a person and am unwilling to assume it. It takes practice and persistence. I don't always get it right. Though my young adult children help me out. As a rule, it's been my experience that the youth do not struggle with this, and are a great resource for those of us in older generations.

I am aware that there are folks who express grammatical distress at the use of the pronoun “they” to describe an individual, saying that “they” is meant to be plural. Did you know that the poet 19th century Emily Dickinson used “their” as a singular pronoun? I learned this from Merriam Webster's (yes, the official dictionary) website: <https://www.merriam-webster.com/words-at-play/singular-nonbinary-they>, where the web site notes that the singular they has been in use since the 1300's.

Regardless of the ever-in-flux nature of grammar rules, we can also go solidly back to our first principle to help us through any grammatical distress or personal discomfort you might experience: we are here on this earth to honor the dignity and inherent worth of every individual.

I am blessed to be on this journey with you,

Rev. Karen





RELIGIOUS EDUCATION NEWS



FROM YOUR DRE, JILLIAN POST

News from LREDA Fall Professional Day



The professional groups for UU Ministers and Religious Educators hold a workshop every fall where we explore various topics. This year we explored the changing demographics and lifestyles of U.S. families and the impacts felt by religious education programs by this ongoing change in dynamics. The presenter is offering a six-part webinar as a continuation of this topic and as your DRE, I will be participating. Sometime after the conclusion of the series, the RE team will facilitate a congregational conversation about the new directions we may need to take to meet the needs of our RE families. Watch for details in early spring.

Big Questions for Little Minds

As part of a recent lesson plan in the Signs of Our Faith Class, TUS children were asked Why Do I Come/What I Like About Coming to TUS. The answers were illuminating and ... well, precious. Here are some of the answers: **Everything!, hanging out, coloring, talking, seeing friends, the music, Rev. Karen's stories, and hearing what other friends did that week. To me, this is manifestation of Beloved Community!**



Unitarian Universalism's Seven Principles Represented by the Rainbow Connection class.

This is what the Rainbow Connection kids get to pass through each week as they enter their classroom! —>

Youth Group at TUS? – What is Our Collective Level of Interest?

Currently, the Youth Empowerment Program (Y.E.P.) is one way TUS is keeping high school aged youth more involved in programming. This allows several of our post affirmation youth to serve as paid childcare providers and learn valuable skills. Mention has been made about re-building a youth group, with perhaps a social-action focus. This will require a commitment of two lay leaders if we are to pay attention to safe congregation protocol. Jillian, the DRE, would love to see this take root but we need input from the families, the youth, and the congregation. If you will, please take a few minutes and answer some questions by clicking on this link. Thank you!! <https://www.surveymonkey.com/r/8LQ9FD7>



Our Whole Lives (OWL)

This season, our youth grades 7 -9 are taking part in this high quality sexual education class. It is a collaborative project with UU Congregations from Plainfield and Somerville. Dan Strombom, trained this summer to be the facilitator from TUS. They meet on select Sunday afternoons through April from 2 to 5. The Unitarian Society hosts three more of the classes this fall in the Gathering Room on November 5th, 19th, and December 3rd.



Registration for Childcare and RE classes

Continue to use this link if you are planning for your children to attend childcare or RE classes at The Unitarian Society. We appreciate having the information on hand so we can provide the best care possible. <https://www.surveymonkey.com/r/C26PZBM>

Congregational Meeting

We will have a Congregational Meeting on **November 19th starting at 12 noon.**

The topic of the meeting is discussing new bathroom diversity signage for a Welcoming Congregation.

Thinking about becoming a member?

Want to learn interesting things about UUs?

Want to welcome and get to know new folks?



**You & TUS:
A Workshop**

**Saturday
9:30 - 1:30
Nov 4, 2017**

PATH TO MEMBERSHIP

just want to know more about TUS or Unitarian Universalism?

child care provided with advanced registration

strongly recommended to become a member of TUS



NEW MEMBERS INTRODUCTION

Rich Corridore:

Rich is not really very new, because he has been coming for two years and has become involved in many activities, including participating in a Sunday Service and even attending our national UU meeting, GA, in New Orleans last summer.

He grew up in Brooklyn, and lived in Chicago and North Carolina, before returning to New Jersey in 2012. He has two sons, 23 and 21, who live in North Carolina. He was raised in a Jewish tradition, but enjoys his new membership in TUS and UUism. He likes the emphasis on becoming a good person, while allowing each person to develop their own beliefs.

His occupation is as an IT Service Manager for a company that builds networks. Rich coordinates technical and business resources needed to support them. He has a wide variety of interests also, listing aspiring carpenter, learning to play guitar and doing yoga. He and his partner, TUS member Angela Pineiro, are now involved in brewing beer – a new craft beer coming?

Welcome Rich!

BOARD APPOINTMENT

It is with great joy that the Board and the Leadership Development Committee announce the Board's appointment of Barbara Kubey as **Secretary of the Board.**

Vacant since May, Barbara will move into this position beginning with the November board meeting. As per the congregation's by-laws, if there is a vacant position on the board, they are allowed to appoint someone to fill it. Barbara is a longtime member of TUS who raised her two sons in the congregation and held the position of Director of Religious Education several years ago.

Welcome, Barbara!

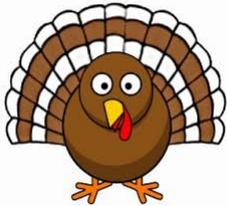
Interfaith Thanksgiving Service

Please save the Tuesday before Thanksgiving, November 21, for the East Brunswick Interfaith Thanksgiving Service! Time and location to be announced in upcoming e-blast.



Holiday Food & Gift Program

As is past years, TUS will be sponsoring a food drive to benefit five East Brunswick families identified as eligible for the Holiday Food & Gift Program through The East Brunswick Department of Recreation, Parks and Community Services. Your food and money donations will provide a thanksgiving meal with "all the fixings" for these families. Donations will be accepted until November 19.



Look for the "turkey" in the lobby with a list of food suggestions. To participate, simply take a feather, labeled with a food item, purchase the item, and then put your donation/s in the container. Your efforts to bring Thanksgiving to families in need are appreciated!

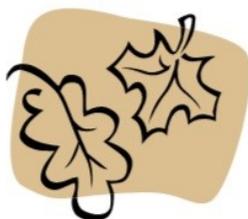
For more information contact Coleen Tyler, coleen_tyler@yahoo.com

Welcome adults and children of all ages to the TUS annual multigenerational harvest potluck, singalong, and game night!

Please bring an entrée or dessert to share and your favorite game. There will be activities and games for one and all.

Paper goods and beverages will be supplied by the membership committee.

Save the date! Saturday, November 18th, 2017 5pm-9pm



Be a Song Bird before the Sunday Service

practice new hymns
so we all sing them better
9:45 -10:05
imperfect voices only



From the Music Committee:

On Sundays, when announced, singers can gather early at 9:45 am before service to learn new hymns. Thank you to the singers who have already been able to join Nick, our Music Coordinator. Please contact Carol Church, Music Committee Chair, at car227ol@hotmail.com if you have musical talents you would like to share. Together, we are creating beautiful music!

SPIRITUAL NOURISHMENT FOR LEADERS B.Y.O.DINNER & DISCUSSION

FIRST TUESDAYS 6:15 -7:45

beginning November 7

REV. KAREN'S OFFICE

Spiritual Nourishment for Leaders

November 7, 6:15pm-7:45pm

Would you like to take part in this engaging discussion?

Rev. Karen has copies of the book
Almost Church Revitalized,
by Mike Durrall.

We'll be reading Chapter 1 for
November.

WE
COMMIT TO
READ,
HIGHLIGHT,
GATHER &
REFLECT
EACH
MONTH





TREASURERS TIDBITS

Bob Munson

You May Have Wondered: Can I start to pay my 2017-2018 pledge? Yes! Our 2017-2018 financial year began 9/1/2017. You can pay by cash or check in the Sunday envelope, marking it “Pledge.” Of course, you can also mail TUS a check or pay by Credit/Debit card. See Bob Haug if you’d like to set or modify your pledge amount. If you missed a pledge payment for 2016-2017, you can also still pay – just note the year.

Scrip

Grocery store card (aka “scrip”) purchases by credit/debit card (Visa, MC, Discover or AmEx) are now available. We offer \$50 and \$100 cards for Stop and Shop and Shop-Rite. Of course cash and checks are still accepted (and preferred, since we don't share the 5% profit with credit/debit card companies).



See Lynne, Judy, or Harriet in the lobby before or after the service to purchase cards
—and remember, they make great holiday gifts!

Cash In Basket for November

Nov 5 & 12 - UUA Disaster Relief Fund
<https://giving.uua.org/disaster-aid>

Nov 19 & 26 - Doctors Without Borders
www.doctorswithoutborders.org



Souper Sunday **Wonderful News!**

\$130 was collected from Souper Sunday on October 8th!
Thank you to the soup makers and the soup eaters!



Join us for our next Souper Sunday on November 12!

Our soup makers have served up some fabulous soups each year and this is a great way to raise some money for TUS while also warming up your belly. Souper Sunday is usually the second Sunday of each month and is served right after the Sunday service. We can always use new soup makers, so please contact Carol Church at car227ol@hotmail.com if you want to share your soup making talents!

TUS Office Hours for 2017-2018 are:

Monday—Friday, 10am-4:30pm

May you not forget the infinite possibilities that are born of faith in yourself and others. ~Saint Terese of Lizeaux

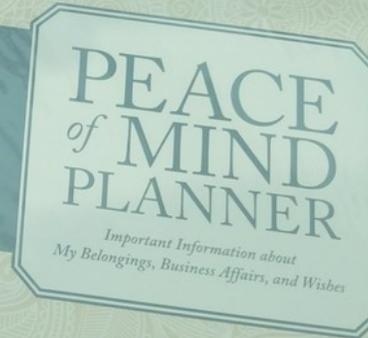
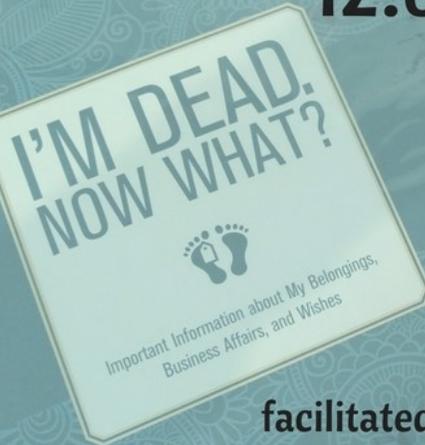


The greatest act of faith some days is to simply get up and face another day.

~Amy Gatliff

Planning Workshop: Taking Control of the Last Chapter of Your Life

Sunday, November 12
12:30 -2pm



facilitated by Mary Kelly, RN

The Unitarian Society
176 Tices Lane East Brunswick

End-of-Life-Planning Workshop: Taking Control of the Last Chapter of Your Life

facilitated by Mary Kelly, RN

Sunday, November 12 12:30 -2pm

Some of us have prepared all the necessary documents for our eventual end of life, but too many of us have not. If you have not, don't worry: you are in good company. Come to this 90-minute workshop that will cover a wide range of topics with the aim to empower you to be proactive in decision making and how medical care and the decision-making process both evolve as a disease progresses. The workshop will include information about common documents and processes that will help you -- and your family members -- be better equipped to know your preferences and advocate for them. *A great practical companion to our spiritual Writing Your Own Obituary workshop in October.*

Mary Kelly comes to us recommended by TUS member, Dr. James Salwitz. She is the Senior Nurse Practitioner at Robert Wood Johnson Hospital, working in palliative care for the past ten years. She trained as a nurse in Dublin, Ireland, where she grew up and got her master's degree from NYU. She lives in South Brunswick.



**Public Protest/Upstander Free Training
Saturday, November 18 10am-12pm**

Have you ever given thought to how *best* to prepare for taking part in public protest? Wondered what you could possibly do to help someone being harrassed? Ever considered taking part in an act of civil disobedience? Knowledge = Power. Come to find answers to these questions and more at our FREE two-part workshop on how to become a (better) social activist.

Date: Saturday, November 18th, 10:00 am-2:00 pm

Time: Part 1: 10 am–12 noon = Upstander Training

Part 2: 12:00 pm–2 pm = Protest and Civil Disobedience Training

Working Lunch (Bring your own lunch & snack to share!)

Place: Central Unitarian Church 156 Forest Avenue, Paramus, New Jersey 07652. Parking is available on site; please consider carpooling to save space and Go Green!

Register: Registration required - Please indicate which training(s) you will be attending. Space is limited to 60 participants per training so register now!

http://salsa4.salsalabs.com/o/51510/c/301/p/salsa/event/common/public/?event_KEY=10061

A two part training--come to both or choose the one that fits you best! (You will indicate your choices on registration)

Part 1 10-12: How to go from being a "bystander" to an UPSTANDER!

What do you do if you see hate-based harassment? Learn to better predict incidents *before* they happen; how to align with potential targets; de-escalation; safe escape, and much more.

Part 2: 12-2 (Working Lunch, see details above) Veteran activists and newly involved neighbors are invited to participate in an interactive training on how to be an effective and safe person of conscience in today's political environment. Topics include: Safety, safety, safety!; Rules of engagement; Finding the types of actions that are right for you; All the what-ifs; and yes, How to get arrested. (Also, how NOT to get arrested!)

Hosted by UU FaithAction NJ, Central Unitarian Church in Paramus, Hudson Civic Action and American Friends Service Committee. Facilitated by Elena Waldman of Artemis Defense (www.artemisdefense.org) . Free will donations taken at the event.

TUS Happenings



Buddhist Meditation Group

The Buddhist Meditation Group will meet
Sunday, November 5, at 12:15 pm

Rev Allen Wells, a long-time Buddhist practitioner and also a UU minister, will join us. Allen will be teaching about the Buddhist understanding of karma.

All adults are welcome to join us; no previous knowledge or experience is required.
You can find us in the sanctuary at 12:15 pm.

Any questions? Contact Jackie at
Jacalyn21@aol.com

Socrates Café®



Come and join our exploration of life's most profound and universal questions. More than just a conversation, we use Socrates' questioning approach to explore and challenge our assumptions, broaden our understanding, and consider different viewpoints relating to an infinite number of philosophical questions.

It's a great time for mental stimulation and fellowship. A rare chance to exercise your mind and challenge your thinking – just for the fun of it.

Socrates Café® takes place the second Sunday of every month

Next Meeting: **Sunday, Nov. 12**

Bagels & Coffee at 8:30 AM

Discussion Starts at 9:00AM - Ends at 10:00AM

Questions: Contact Doug at:
dougliebau@gmail.org



TUS Spanish Class

Learn or practice your conversational Spanish with congregant Carmen Heredia.

Aprenda o practique su conversación!
We will be meeting **Fridays at 11 am** at TUS.
All are welcome to drop in! Bienvenido!



Art Exploration Group

Every Wednesday in November
except Nov. 22nd
Meeting at 7pm in classroom 8.



Shakespeare Reading Group

The Shakespeare Reading Group will meet
Tuesdays, November 14 and 28 at 7:30 PM
at The Unitarian Society. We will be reading "Othello". Please bring a copy of the play. Contact Harriet Lindblom (732-846-3395 or Dhindblom@aol.com) for more info or if attending for the first time.
We welcome new readers!

TUS CALENDAR

For The Fridge



NOVEMBER

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		Sun Nov 12 12:00 pm Souper Sunday 12:15 pm End-of-Life Planning Workshop	1 7:00 pm Art Experience Lab	2 	3 10:00 am Spanish Class	4 9:00 am You & TUS Workshop 3:30 pm Robert Kubey Memorial
5 2:00 pm OWL 10:30 a.m. Sunday Service 12:15 pm Buddhist Meditation Group	6 7:00 pm UU Faith Action NJ 7:30 pm Philomusica	7 Election Day 	8 7:00 pm Art Experience Lab 7:15 pm Sunday Service Committee	9 4:30 pm Elijah's Promise	10 10:00 am Spanish Class	11 Veterans Day
12 8:30 am Socrates Cafe 10:30 am Sunday Service 12:00 pm LDC 12:15 pm RE Committee	13 7:30 pm Philomusica	14 7:00 pm Montessori School Board Mtg 7:30 pm Shakespeare Reading Group	15 7:00 pm Art Experience Lab	16 	17 10:00 am Spanish Class	18 2:00 pm Membership Committee Event
19 10:30 am Sunday Service 2:00 pm OWL	20 	21 7:30 pm TUS Board Meeting	22 Newsletter Due 7:00 pm Committee On Ministries	23 Thanksgiving Day	24	25
26 10:30 am Sunday Service	27 	28 7:30 pm Shakespeare Reading Group	29 7:00 pm Art Experience Lab	30 		

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Welcome All Into Our House

NEWSLETTER FACTS: The deadline for the December 2017 newsletter is **Wednesday, November 22nd.**

Leave a submission in the newsletter box in the TUS office or send by email to uutus@comcast.net.

WEEKLY ANNOUNCEMENTS: Announcements are sent out on Wednesday afternoon. Please submit your information to uutus@comcast.net no later than Tuesday.

UU WORLD MAGAZINE: If any TUS member is not receiving their free copy of UU World, or if you have a change of address, please contact Judy at jgrasberg@hotmail.com, a co-chair of the Membership Committee.

SOCIAL JUSTICE WEEKLY: The list is sent typically on Tuesday. Please send suggested events or meetings to sj.ueeastbrunswick@gmail.com no later than Monday evening.

THE UNITARIAN SOCIETY

President	Linda Jay
Vice President	Kathy Scarbrough
Treasurer	Bob Munson
Secretary	Vacant
Trustee	Clif Ashcraft
Trustee	Doug Liebau
Trustee	Rich Phelan
Trustee	Eldridge Dunn
Youth Representative	Vacant
Montessori School Board Chair	Marty Mussman

UNITARIAN MONTESSORI SCHOOL BOARD

Marty Mussman, Chair
Paula Lieb, Vice Chair
Joyce Browning
Eileen Chant
Kathy Huston
Rose Vydelingum
Joy Ward
Himanshu Pandit
(former UMS parent)

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Jillian Post, Director of Religious Education—tusdrejillian@gmail.com

Nick Place, Music Coordinator— NickPlaceTUS@gmail.com

Susanne Biancamano, UMS Director—sbiancamano@comcast.net

Rev. Karen is available for Pastoral Care at (732) 649-8110 (voice message or text is fine). Mondays are Rev. Karen's day of rest and Thursdays are her day for writing sermons/focusing on worship. She limits responses to email and phone calls on these days and does not attend TUS meetings. If you would like to see her, it is best to email her to set up a time. Please go to this link to make an appointment: calendly.com/revkarentus For emergencies call or text.