

The Unitarian Universalist Congregation at Montclair

THE GAZETTE

Our Newsletter for March 2021

Vol. 124 Issue 7

Our Mission:

*Grounded in faith, we come together to nurture the soul,
inspire hope and bring into being a more just and loving world.*



*"The first step towards getting somewhere is to decide that
you are not going to stay where you are."*

—J.P. Morgan



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**THE DEADLINE FOR
 THE APRIL GAZETTE IS
 MONDAY, MARCH 15, 2021**

At the time of this printing, all UUCM staff are working remotely from home. We can be reached at the emails listed below.

OUR MINISTERS AND STAFF:

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- Minister Emeritus:** Rev. Charles Blustein Ortman
- Minister Emerita:** Rev. Judy Tomlinson

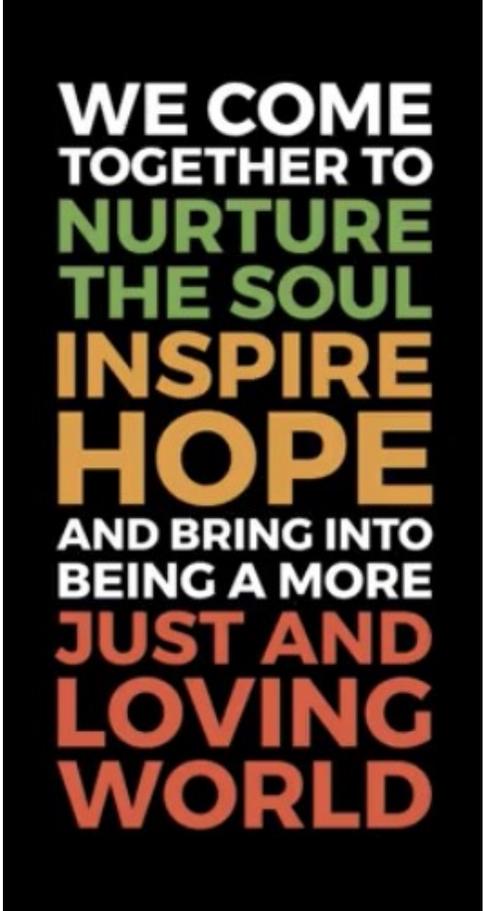
BOARD OF TRUSTEES 2020 –2021

- President:** Peter Arian, boardpresident@uumontclair.org
- President-Elect:** Michael Hetrick
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- Treasurer:** Chris Corbett, boardtreasurer@uumontclair.org
- Secretary:** Shannon Gattens, boardsecretary@uumontclair.org

Trustees-At-Large: Lauren Carlton, Francesca Elms, Elaine Gibson, Ramona Hilgenkamp, Wil Hylton, David Jones, Nick Lewis and Matt Silverman.

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InFaith: Our Commitments Are Covenants

From Rev. Anya Sammler-Michael, Senior Co-Minister

Unitarian Universalists make commitments to one another and to our world through the medium of covenants. Our Seven Principles are a covenant and the Eighth Principle is an extension of this covenant. Covenants are essential for the health and wellbeing of our communities. They define how we wish to be in relationship with one another.



The Eighth Principle that we are studying this year, with the hope of affirming at our annual meeting states:

“We, the member congregations of the Unitarian Universalist Association, covenant to affirm and promote: journeying toward spiritual wholeness by working to build a diverse multicultural Beloved Community by our actions that accountably dismantle racism and other oppressions in ourselves and our institutions.”

Making a commitment to this principle, which I hope we will do at our annual meeting, is not the final but one of the many in a history of commitments that we as a congregation have made to dismantling racism and other oppressions in ourselves and our institutions. Once we have the Eighth Principle as a guide, we will be called to further commitments to bring these necessary covenantal agreements to life in all we do for our congregation and our world. In other words, agreeing to the Eighth Principle is a step on a long and necessary journey of commitments.

iPonder: Commitment

From Ali Bell-Delgado, Intern Minister

To become a UU minister (www.uua.org/careers/ministers/becoming), there are many requirements that we are asked to fulfill. One of them is to do an intern chaplain program.



I did my intern chaplaincy in a Level II trauma center hospital in Pennsylvania (www.amtrauma.org/page/traumalevels). I felt so nervous every time I stepped into a patient’s room. I had a routine, I had a purpose, but I didn’t have a sense of who I was in the space, so I floundered. I hadn’t made a real commitment to my chaplaincy. One day I was walking down the stairs and I asked myself, why am I here? Beyond, the requirement, what is my commitment to the patients, to me, to Unitarian Universalism to the institution?

I spent the rest of the week sorting those answers out. After that, it became easier to do the work of being a chaplain. Johann Wolfgang Von Goethe wrote, “[The moment one definitely commits oneself, then providence moves too.](#)” When I sorted out my commitments, I made a space for myself to live into the chaplain that I would grow to be. How will you grow when you choose to commit?

COMMITMENT

What does it mean to be a people of commitment?

FIVE COMMITMENTS TO YOURSELF

It's hard to imagine keeping commitments to others if we can't keep commitments to ourselves. In fact, many say it is loyalty to ourselves that ultimately gives us the strength, groundedness and self-confidence needed to follow through on the promises we make to those around us. And yet we rarely devote the same level of intentionality to self-commitments that we give to our commitments to others.

So let's use this month to be more intentional about the promises we make to ourselves!

First identify three commitments you've already made to yourself. We bet it will be harder than you think. Very few of us carry our self-commitments at the forefront of our awareness. But the importance of doing so can't be overstated.

As Stephen Covey has said, "Anything less than a conscious commitment to the important is an unconscious commitment to the unimportant." If you find this harder than you expected, enlist a loved one or trusted friend. They can probably name your existing self-commitments easier than you can.

Next identify two new commitments you want to make to yourself. Odds are they're long overdue. Then write all five of your commitments on an index card and place it on your bathroom mirror, bedside table or desk for the remainder of the month. Treat this as both an act of awareness and an act of accountability.

To help you along your way, spend some time with this wonderful poem by Laura Mancuso: My Commitments to Myself: www.uua.org/worship/words/meditation/my-commitments-myself

Next month's theme is...BECOMING!

ROOT WORD: Commitment includes three Latin root words: *com* - together, *mit* - to send, and *ment* - a result. This shapes an idea that commitment is not experienced in isolation but with others and with all parts of ourselves. That commitment has an energy that moves, sends us along in a direction. And that commitment is the result of choice.

Three questions for spiritual exploration: What are the covenants/commitments you were born into? What did your family teach you about "responsibilities we have to the world"? Have you kept your promises to yourself?

Words to say upon waking or at mealtime: "Faith is a commitment to live as if certain things are true, and thereby help to make them so. Faith is a commitment to live as if life is a wondrous mystery, as if life is good, as if love is divine, as if we are responsible for the well-being of those around us."
- Rev. Galen Guenrich

Watch: Bold & Untold - Video series celebrating impactful women and their untold stories - - A great way to engage March as Women's History Month!
Season One: www.youtube.com/playlist?list=PLru7kHs-GAenoya0Cfo44IkUfYzagcaOi and
Season Two: www.youtube.com/playlist?list=PLru7kHs-GAelsFehWUEm_-6dohLRS-uUw

Watch: A New Way to Mourn, The Daily Podcast - On finding new ways to fulfill our commitment to mourn and honor lives.
lost: www.nytimes.com/2020/12/29/podcasts/the-daily/coronavirus-funerals.html

Read: 15 Promises Couples Should Make to Each Other - www.lifehack.org/299342/15-promises-all-couples-should-able-make-each-other

FAMILY MINISTRY

Soul Matters for Family Ministries: Commitment

The many ways our UU faith invites us to become “A People of COMMITMENT.”

This month Soul Matters explores the many ways our UU faith invites us to become “A People of Commitment.” Here are the four “UU commitments” we are focusing on this month. Or as we are calling them, “the four C’s”:

- **Curiosity** (Lesson A & The Commitment to Asking Questions)
- **Change** (Lesson B & the Importance of Keeping an Open Mind)
- **Conscience** (Lesson C & The Commitment to Individual Conscience & The Value of Each Person - the 5th UU principle)
- **Compassion** (Lesson D & The Commitment to Seeing the Needs of Others as Your Own - the 2nd & 8th UU principle)

Lesson A: Commitment to Curiosity (The Importance of Asking Questions)

Theme Angle:

When we think about commitment, we think first about our Unitarian Universalist commitment to asking questions and being curious. We encourage people to ask questions of wonder. We support people as they ask questions of doubt. Far from outlawing doubters and questioners, our faith places them at the center. So, what’s one of the ways our non-conformist faith guides us into becoming a people of Commitment? It tells us to “Never lose your commitment to being curious!”



Introduce It (Object Lesson)

What is this?

Reflection Object: a mysterious object whose purpose is not immediately apparent. An obscure tool, an unusual something from nature. [If nothing is available, you can think of something and have the children guess by playing “20 questions.”]

Suggested Script: The theme this month is Commitment and we are exploring what might be called the 4 “C’s” of commitment for Unitarian Universalists.

1. We are committed to **curiosity**.
2. We are committed to **change**.
3. We are committed to **conscience**.
4. We are committed to **compassion**.

Commitment means that we act on what we value and hold important.

This week, we explore our commitment to **curiosity**. In our religion, we act on this commitment by welcoming questions of wonder. What is God? Is there a God? How do we live a good life? Why do people die? How did the universe come to be?

We encourage curiosity because UUs believe that there are always new things to discover, new mysteries to explore.

So in that spirit, today, I have brought this mysterious object. Can you use your curiosity and try to figure out what this is? I love questions, so I invite you to ask questions and make guesses. [Or have your co-leader offer this.]

Lead With Strategy: Who in your congregation has an unusual tool, natural object, or other mysterious something to share?



The Board Corner

From Lauren Carlton on behalf of the Board of Trustees

Reunite and Rise Together

About 100 years ago, our congregation saw our home burn down in the midst of a pandemic. They did not despair (well, maybe they did, but they also raised over \$30,000). Our long-ago family not only rebuilt, but added Fletcher Hall, the Alliance Room and our Kitchen. In today's dollars, their \$30,000 would be about \$500,000. Yup, half a million. Let's do it again!

I hope you are feeling the same energy I am from our UUCM. We cannot safely touch physically, but the warmth that is flowing from our congregation spreads a cloud of sunshine. It goes to you; it goes to our community; it goes to our world. Our services are beautiful online. Our justice ministries are walking the walk. People all over the country, indeed from as far away as Poland, have joined us on Sundays. Long time and new friends are participating, giving to the plate and participating in UUCM worship as only Rev. Anya, Rev. Scott, Intern Ali and our invited leaders can deliver it. We Zoom together for Religious Education, discussions, classes, drop-in time, Connection Café and all the wonderful offerings of the UUCM.

We all need to chip in to keep this congregation going. Our pledge is off to a good start. Won't you please take a moment to fill out your pledge card, or pledge online (3% of your income would be great) at <https://onreal.org/uumontclair/give/pledge>? Pledge now. All pledges are appreciated and received with love.

Thank You from the UUCM Staff

The UUCM staff wishes to express their gratitude for the holiday bonus we all received in December.

"Thank you all for your generous gift. It is a pleasure to be in community with you. I couldn't have chosen a better place to grow my ministerial skills."

—Ali Bell-Delgado, Intern Minister

"In a time when nothing is guaranteed, this was a wonderful gift. Thank you for your generosity."

—Danielle Carlo, Administrator

"I greatly appreciate the Christmas bonus that was given by the congregation. It truly came in handy. It made me feel that I was a valued employee." —Dawn Coleman, Lead Custodian

"This gift is one of many expressions of your kindness. Working here is truly an honor and a blessing. Thank you so much for reminding us of your generosity!"

--Markus Grae-Hauck, Director of Music Ministries

"Dear Congregation and Board Members: Thank you so very much for your generous gift. I am sincerely grateful for your kindness!" --Judith Hogan, Director of Religious Education

"Thank you all for always making me feel appreciated for the work I do at UUCM. What a wonderful and generous gift to receive." --Jaclyn Puleo, Office and Communications Manager

"Seeing the congregations' donations to our staff bonus made me smile. From December 10 to January 7 your giving was pouring in to total \$4,876.00! I very much appreciate my portion of your generosity. I am here for you." --Emilia Sadonis, Bookkeeper



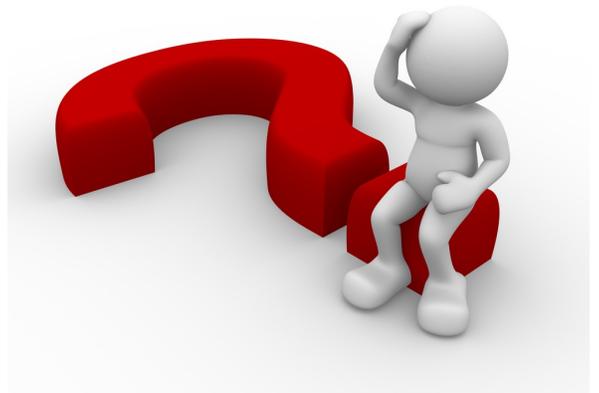
FAQ'S

Where can I watch Sunday Services?

On Sundays, watch live at 10am visit: <https://www.facebook.com/uumontclair/live>. Watch past sermons on our YouTube page (www.youtube.com/user/uumontclair).

How can I access Closed Captioning for virtual services and meetings?

There are apps available for iPhone (<https://otter.ai/login>) and Android (<https://www.android.com/accessibility/live-transcribe/>) that can assist you.



How do I schedule a meeting with a minister?

Contact Rev. Scott (revscott@uumontclair.org) and Intern Ali (intern@uumontclair.org) directly. To schedule a meeting with Rev. Anya please use this application: calendly.com/revanya.

How do I submit an announcement?

Direct communication to the congregation via all-congregation announcements, postings on the website, social media posts, and printed materials should all go to our Office & Communications Manager Jaclyn Puleo (officemgr@uumontclair.org). Leaders can communicate with the congregation by sending their announcement with this form: forms.gle/Bq9bh4mckxU9HJbb7. We send out our weekly email blast on Monday. All announcements for the coming week are included in the blast and also added to our website and social media pages. UUCM-related events take precedence over outside events but we do our best to accommodate all requests.

How do I submit a remembrance?

If you would like a candle lit during Sunday service, please email remembrances@uumontclair.org no later than Thursday 8:00 AM with your request. Please include a brief description of your candle of sorrow, joy, etc. We will include in our Sunday service along with our weekly eblast and newsletter.

How do I login to Realm?

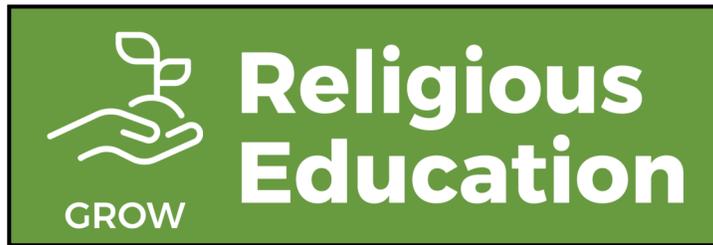
Visit: www.onrealm.org/uumontclair. Don't have a login? Contact Danielle Carlo at admin@uumontclair.org.

Where can I find links to online meetings?

In two places: Realm and the weekly e-blast. To be added to the eblast list, please email officemgr@uumontclair.org.

Can someone help me with virtual programming?

We have several volunteers in the congregation who can act as a 'Buddy' to help you navigate thru Virtual Programming, Zoom and/or Realm. If you would like a Buddy to help you learn any of these platforms, please send Administrator Danielle Carlo an email (admin@uumontclair.org) and she will connect you to one of our willing Buddies.



Family Ministries—Religious Education

From Judith Hogan, Director of Religious Education

“I have a loyalty that runs in my bloodstream, when I lock into someone or something, you can't get me away from it because I commit that thoroughly. That's in friendship, that's a deal, that's a commitment. Don't give me paper - I can get the same lawyer who drew it up to break it. But if you shake my hand, that's for life.” -- Jerry Lewis

Commitment. Hmm... Let me free think this concept a moment and throw out some random word associations that pop up when I conceptualize the word COMMITMENT:

Associations: Drive, determination, dedication, fervor, intensity, passion, decisiveness, focus, hone in on, deep dive, etc., the list goes on. Mostly I feel that at the root of all things commitment there is loyalty. I don't really don't how anyone could possibly commit themselves to a cause, idea, person, task, or self without loyalty. And as I peel away the layers even further, the notion of loyalty as a foundational platform for commitment comes forward and makes absolute sense.

In loyalty there is agreement or allegiance to someone or something. For the purpose of this statement, I look at loyalty to self and the example often used about saving oneself before saving others, putting the oxygen mask on myself first before I can help my fellow travelers. My commitment to self is a habitual covenant that I hold dear. A covenant to self that I revise and revisit daily to ensure that I am and I do remain committed to all the ideas, ideals, people and things that matter most to me and my path forward. A covenant that is informed daily by the experiences, exchanges, and extraordinary diversity of all things that life has to offer me that is adjusted and refined as I evolve and grow in order for me to reflect what I learn and live by back to my environment and world around me.

The journey to commitment, paved with loyalty and bolstered by constant opportunities for growth and change, is in my eyes much like Dorothy's quest in the movie “The Wizard of Oz.” There will sometimes be companions and fellow travelers on this journey, and often there may even be sidetracks, questions, napping, distractions, and evil personified (there are falling houses for the latter), but as long as I stay true to my heart's desires (Tin Man), whilst keeping a level head (Scarecrow), and do so with courage (Lion), my journey along this yellow path will be one that I can be proud of acknowledging with conviction/commitment.



All of this to say that while the path of commitment may become entangled with myriad opportunities for growth and expansion, by staying humble and true to myself while I constantly refine my personal covenant, will hopefully allow me to offer up the best version of myself as a contributing member of my environment. While Oz may not be the end result of the journey along my path of commitment, recognizing the auspiciousness of the opportunities as I encounter the unknown and unknowable makes the quest of life all the more fun.

Have a wonderfully committed March.



How do I make a monetary donation to UUCM?

You can visit our website at www.uumontclair.org. Our homepage has buttons on how to donate electronically. You can also text **UUCM Plate \$5** or **UUCM MESH \$5** (or the dollar amount of your choice) to **73256**. Standard text message rates do apply. Checks may also be made out to UUCM. Please use the memo line to indicate to us your intentions (i.e., Annual Pledge, Plate Collection, MESH). You can also make donations via electronic funds transfer (EFT).



Planned Giving

Whether or not you are writing your first will or updating an existing one, we hope that you'll include a gift to our congregation. Bequests and other estate gifts come in all shapes and sizes and are different from family to family. Anyone who wants to make a gift to our Congregation in their will currently has the option to do so.

In the past year we have received three significant "planned gifts" to our congregation that will help us to grow our Endowment and fund many of our future activities. You do not have to be a millionaire to make a planned gift to our congregation. Now is an excellent time to be thinking about the legacy we leave not only to our families but also to the broader world. Our Congregation with its emphasis on both Social Equity and Social Justice is an excellent recipient for a part of that legacy.

Planned Giving is part of Stewardship which is about giving in a variety of ways to ensure the robust future of our Congregation. Stewardship is rooted in giving as a spiritual practice and not just about money. Planned giving can occur today or in the future and it is a donation above and beyond our regular giving through pledges, fundraising, or giving at the weekly service. The basic methods of planned giving are:

- Cash today – a donation to the Endowment or other Congregation fund.
- Cash in the future – part of a will, trust, or a beneficiary designation on a retirement account. If the giving is in the future it is known as a bequest.
- Stocks Given today for a tax deduction or in the future as a bequest.
- Life insurance Policy beneficiary designation which is also a future gift.
- Retirement income today to take tax advantage of the tax benefits.
- An immediate contribution to a pooled income fund for current income and the remainder to the Congregation after death.

If you are interested in finding out more about how to make a planned gift, you can talk to either Judy Lutzy or Michael Mernin. Judy is the head of our Planned Giving Committee and Michael is an attorney who can help you complete all four of your estate planning documents for a reasonable fee.

Supporting UUCM on Amazon

Please consider supporting UUCM by shopping on AmazonSmile. Amazon donates 0.5% of the price of your eligible AmazonSmile purchases to UUCM. AmazonSmile is the same Amazon you know—same products, same prices, same service. AmazonSmile has donated over \$200 million to charities worldwide! You can help increase AmazonSmile donations to Unitarian Universalist Congregation at Montclair by shopping at smile.amazon.com/ch/22-1526651 or with AmazonSmile in the Amazon Shopping app.





Below are Sacred Wheel CUUPs' upcoming Zoom meetings:



Spiritual Gardening – Saturday, March 6, 2021 at 7:30 PM. Gardening as a facet of faith. Learn some gardening tips and advice to start your vegetable, herbal or flower garden for spiritual health.

Join on Zoom: tinyurl.com/y9q4khw8, Meeting ID: 815 8241 3692, Passcode: UUCM



Ostara Ritual — Saturday, March 20, 2021 at 7:30 PM. We will celebrate the Northern spring equinox, which falls on March 20, divides the light and dark halves of the year. Ostara is a commonly used name for the holiday, and the root word of Easter, from which Easter got its name.

Join on Zoom: tinyurl.com/y9q4khw8, Meeting ID: 815 8241 3692, Passcode: UUCM



Monthly Open Healing Circle — Saturday, March 27, 2021, at 7:30 PM. If you would like to assist or have a request for yourself or someone else, please join us. For those unfamiliar -healing circles are similar to prayers. It is the intent we put into it. If you like to join in and have no experience, we will teach you. Alternatively, if you are new to this, you are welcome to just sit back and observe.

Join on Zoom: tinyurl.com/y8zqfj4, Meeting ID: 879 7095 1812, Passcode: UUCM

All are welcome to Sacred Wheel CUUPs events. For more information, contact Ann Trip at sacredwheelcuups@uumontclair.org or visit us on Facebook: facebook.com/groups/UUCMSacredWheel.

On That Note...

From Markus Grae-Hauck, Director of Music Ministries

As part of our ongoing development of the ministries at UU Montclair, we are in the process of merging the Worship and Music Teams. This is a reflection of the highly collaborative way in which the ministers and I have been engaged in our work. At a recent virtual gathering with a number of members (including liturgists, hymn leaders, and other stakeholders), we generated a lot of great ideas. Some of these we'll be able to implement right away, others will have to wait until we can meet in person again - but one thing became very clear: there is plenty of creative energy here. It is a joy to witness the vitality of our community.



Here are some musical selections related to Commitment, which is our theme for March:

- I Won't Back Down - Drew Holcomb: www.youtube.com/watch?v=r7HD6gBs7lc
- We Shall Not Be Moved - Sweet Honey in the Rock: www.youtube.com/watch?v=C7f31gMNZvA
- As It Seems - Lily Kershaw: www.youtube.com/watch?v=utXz08lCZg4
- Light On - Maggie Rogers: www.youtube.com/watch?v=MSFjYe54uv4
- Stand by Me - Tracy Chapman: www.youtube.com/watch?v=8XL6C3vY0jM

One Year Apart-Together

Participate by March 1, 2021

On March 8th, the second Sunday of 2020 we hosted our last in-person service. On March 21st, the third Sunday of 2021, we will recognize **One Year Apart-Together**. This momentous stretch of time apart-together has transformed us all. As individuals, families, a community, and a congregation we are changed. As we moved apart-together through the dual pandemics of Covid-19 and racist violence in our America we ached and we grew; we experienced extreme isolation and profound connection.

To recognize this monumental milestone of One Year Apart-Together we will gather remembrances. The resultant collection of photographs, film clips, artistic renderings and quotes will be woven together into a single video. This video will become a time-capsule of sorts, a solitary expression of our interdependent experience.

Please participate by March 1st. Send your offerings to Jaclyn Puleo at officemgr@uumontclair.org.

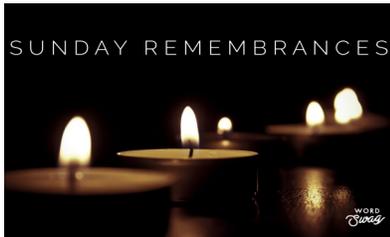
What should you send?

- A photo
 - A quote (your words or someone else's)
 - A film clip and/or
 - A photograph of a piece of artwork
- ... Something that expresses your or your families experience during our time apart-together.

The examples below include a photo of the first bouquet of flowers displayed during our first at-home virtual worship, a quote and a testimony from George Floyd, and a picture of Rev. Anya wearing a mask sewn by UUCM member Becky Doggett at a Black Lives Matter protest.



"I can't breathe."



Yes, you can still share remembrances at our virtual services. If you would like to have the Sunday worship leader share your remembrance please send it to Remembrances@uumontclair.org by **Thursday at 10am**.

If you would prefer not to have your concern read aloud, email your name, address, phone number to PastoralCare@uumontclair.org and explain your situation or concern.

Judie Rinearson lit a candle of deep sorrow for her former Australian paralegal, Karen DenToll, who died after a brief battle with liver cancer. We also lit a candle of healing for Judie and her 3 sisters who are mourning the loss of their beloved aunt Ceil, who died after a brief illness. Judie and Nick Lewis also lit candles for three close friends who are suffering losses during these difficult times. For Kevin Knicely, whose mother died after a long battle with dementia. For Lynet Gaia, whose husband died suddenly from chronic health conditions, complicated by COVID. And for Pam Braye, whose breast cancer chemo treatments continue in North Carolina, where she is also trying to care for her elderly parents.

Shannon Gattens lit a candle of support and healing for her friend, Robert, whose father suffered a massive stroke and remains in critical condition.

We lit a candle in witness and vigilance. Throughout this pandemic anti-Asian violence has spiked. Recent deadly incidents continue. This candle reminds us of our commitment to build a community where the kinship of all humanity is clearly visible and upheld.

We lit a candle for the Showalter family. Chelsea, Anthony and their children are with Chelsea's father in Tulsa, OK. Chelsea's father has pancreatic cancer and a few months to live. Hold the Showalter family and Chelsea's parents in your thoughts as they complete this journey together.

Debbie Ann Tripoldi lit a candle of remembrance for Richard A Carroll-Dickon, a former co-worker at the Nutley Sun and a long time friend. Richard died on January 30, 2021 after battling bile duct and liver cancer.

We lit a candle of gratitude for Diane Specht who reached out to members of our congregation to help her through the intricate and difficult process of signing up for COVID vaccinations. This good work was a ministry of love that enticed other members to do the same for those in their circles of care.

This candle recognized with gratitude the many volunteers whose incredible work and resilience through this time of challenge has sustained our congregational home. Thank you for your tenacity. Thank you for your presence. Thank you for your love.

We lit a candle for Susan and Joe Spanier, who had been diagnosed with COVID-19. We hold this dear couple in our hearts and our prayers for healing.

We lit a candle for Rev. Scott who received a six month post treatment blood test that declares he is, for now, wholly cancer free!

Anne Sailer lit a candle in celebration of her mom Patricia Patrick's birthday on January 27th; may her playful approach to life and living inspire us all.

We lit a candle in celebration of the overturning of the ban on Transgender individuals serving in the military.

Owen and Kieran Wells lit a candle of mourning for their grandfather, John Wells, who passed away on January 17 2021, at the age of 80. They will always remember their Pop-Pop with love.

Jane Gaertner is sad to share that her brother Louis' wife, Terry Caraway died on January 20 2021 from COVID-19 in Loma Linda hospital in California. In addition to Louis, Terry leaves two sons and Louis' four children and two grandchildren and many friends. Please hold this family in your heart.

Foxy Pullen and Ann Trip lit a candle for Herm, Foxy's late husband and Ann's elder. January 25 was the eighth anniversary of his passing. They both miss him very much.

Intern Ali lit a candle for their father John and his wife Sarah who were admitted to the hospital with COVID-19.

We lit a candle for the over 400,000 Americans that have succumbed to COVID-19. Many of these were our elders, those gifted with the wisdom of years. We ache with this loss and pause in silent witness to their memory.



You are invited to join us for our virtual Connection Café every Sunday at 11:00 AM via Zoom. If you haven't yet experienced our online Connection Café, give it



a try. Participants report that this format allows us to build relationships across the congregation in ways that will sustain us as individual participants and support our growth as a community. So grab your coffee and join us for a fun way to connect on Sunday morning. All are welcome. We hope you can join us! **Zoom Link:** uuma.zoom.us/j/518132538 / Phone # +1 646 876 9923 / ID: 518 132 538

Hatha Yoga Class

Join UUCM member Roseann Shaiman for a weekly Gentle Hatha Yoga Class while supporting the U. Donation will be \$10 a class and all the proceeds go to our congregation. Roseann is a practicing psychotherapist, certified yoga instructor and a long-time member of UUCM. Classes will be held weekly on **Tuesday** from 9:30 to 10:45 AM via Zoom. Classes will include stretches, breath work and deep relaxation and is suitable for beginners as well as experienced practitioners. Contact Roseann via Realm to be included on the list. Donations can be made at <https://onrealm.org/uumontclair/give/Sunday>; just click on the drop-down menu for donations and you will see YOGA DONATIONS at the bottom of the list.

Find us on social media!

Join us on social media by visiting us at:

Facebook: [UU Congregation at Montclair](#)

Twitter: [@uumontclair](#)

Instagram: [uu_montclair](#)

YouTube : www.youtube.com/channel/UCiu_muZvGuzpyiDUfT88hMg/



If you have an update or announcement you would like posted through our social networks or on our website, send to officemgr@uumontclair.org.



We are looking for congregational help in identifying members who are in need of support. If you know of someone who has been absent from the services for a while, please forward the information to Arlene Marin at careteam@uumontclair.org, with CTM in the subject, so the team can follow up. If you are in need of support or know of someone who could benefit from the services the Care Team provides, such as a call, visit, a ride or meal or help with shopping, please contact Arlene.

Looking for Volunteer Opportunities? The UU Care Team Ministry is a wonderful way to do service and help out your fellow UU's. The Care Team and Membership Team are actively reaching out to all members of the congregation. If you are interested in volunteering with this effort or other services we offer, please email careteam@uumontclair.org.

Rev. Anya is the point of contact for our Care Team Ministries, but both Revs. Anya and Scott are available for pastoral care. They can be reached at revanya@uumontclair.org or at revscott@uumontclair.org.

A Realm of Possibilities

From Judith Rew on behalf of the Communications Team

Like all of us I'm sensitive about my money and contact information. With so much electronic foul play out there it's understandable that some of us mistrust the UU's platform Realm.



- **Please put your doubts to rest.** Our ministers, staff, and lay leaders versed in online tech have fully researched Realm and find that it is time-tested and used by thousands of faith communities.
- **We each control our own information.** We can change passwords and banking information. Realm includes a running balance of donations, which keeps me on top of my UU spending.
- **We stay connected as a community.** Our ministers and staff, committees and teams can post event dates and details, ZOOM and website links. This information goes to OUR COMMUNITY only.
- **We can keep in touch personally** through email, snail mail, or that "old school" telephone, which I hear is enjoying a comeback.
- **Realm is flexible.** Get a new email address or disable your landline? Kids go off to college or you move? Just change your information.

UUCM has your information but Realm only includes members by name unless you choose to show more information. You can select your own "privacy" settings: If you choose "Everyone in Church" your name and contact information will appear on the Realm directory. But you can select who sees it: anyone at the UU, leaders and groups/team members, UU Staff. Many members have not done this, so Realm for personal communication hasn't been effective.

Find out more by visiting: <https://www.uumontclair.org/realm/>. Please let us know if you would like assistance setting it up by emailing our Administrator Danielle Carlo at admin@uumontclair.org.

The Return of UUCM's Theater Group

Led by UUCM member Laura Thomas, the Theater Group will start after its hiatus much as it originally started - with play readings and a hope that in the future, actual productions will follow when possible. The idea is for a monthly schedule to start.

As always, much respect and gratitude to the original founders Jack Drucker and Vince Wares, and to all who made the group a robust and inspiring undertaking in UUCM's past. We are hoping for your help in reconstructing the history of past UUCM productions as well as hearing what your visions for the future of the group might be!

This month, we'll start with a Zoom play reading of James Baldwin's "The Amen Corner" on Saturday, **February 27, 2021** at 2:00 PM. In keeping with Rev. Anya's and Rev. Scott's guidance that we incorporate UU monthly themes, this complex and lesser-performed work explores Beloved Community.

No memorization and no rehearsals necessary! Laura will get the scripts to those interested about a week before each reading and you can contact Laura with questions about anything in the script beforehand. There will be a prompter for the inevitable losing of places, tech glitches causing actor disappearances, etc. that Zoom will produce.

Reading times will vary by show and by actors' interpretations but we are estimating 2-3 hours. Participating in one reading doesn't obligate anyone to come to all readings. If there is interest in historical/critical/dramaturgic aspects, or in discussing issues the show raises, those who want can remain after the reading and those who don't can wave goodbye. Please indicate if you are interested in such an add-on.

Please contact Laura at theater@uumontclair.org if you'd like to be added to the group, and please help spread the word to those who might be interested!





Since 2001, Covenant Groups have been an important lay led small group ministry at UUCM. Now, more than ever, they're instrumental in providing the opportunity to build and strengthen social and spiritual connections in our community. Information on our current groups is listed below. Please consider signing up to engage in a Covenant Group at UUCM. Explore our existing Covenant Groups by visiting: www.uumontclair.org/commuunity/covenant-groups/ or contact Covenant Group Program Coordinator Claudia Sanders at covenantgroups@uumontclair.org with any questions you may have.

- **Soul Matters Covenant Groups:**
Each will meet monthly and consider the theme of the month and to share personal reflections of our respective life journeys relative to each theme.
 - **Monday Soul Matters** meets on the fourth Monday at 4:00 PM.
 - **Wednesday Soul Matters** meets the third Wednesday at 7:30 PM.
- **Drop In Covenant Group** meets weekly on Wednesday from 4:00 to 5:00 PM. Looking for spiritual connection in this time of distancing? This group creates connection through a chalice lighting, check-in and discussion. No commitment is required - drop-in any week. Open to High School Youth and Adults. **Zoom link:** uuma.zoom.us/j/670520878
- **New Member Covenant Group** is for new members & visitors who wish to know the congregation better.
- **Art and Soul** welcomes anyone with a passion for the visual arts; anyone who finds spiritual connection and personal expression within the act of making, contemplating and/or discussing visual creation and ideas relating to it.
- The **Poetry Covenant Group** is open to those who enjoy reading poetry and sharing this love with others. After the reading of each poem there is an opportunity for a discussion of the offering. You can also bring a favorite poem to share.
- Our **Food Diplomacy Covenant Group** is returning! Stay tuned for more information in the coming weeks.
- Our **Positive Place Covenant Group** welcomes family members of people with a mental illness. Our mission is empowerment, friendship and support.

MEMBERSHIP CORNER

Membership Poll

The Membership Team is reaching out to better understand the needs of the UUCM community and to make sure our team is visible and connected to the congregation. Please take a moment to take our Membership Team Poll (poll.app.do/uucm-membership-committee-poll) to better serve our community, whether you are a new (or seasoned) member, need assistance during COVID-19, or whether you'd like to join our very awesome team in the future.

Newcomer Connections

Are you new to the Unitarian Universalist Congregation at Montclair? Join with one of our ministers and other newcomers to for a short, honest, in-depth conversation. We will meet on the first Sunday of the month. Our next meeting will be held on **March 7, 2021** at 11:00 AM.

Zoom link: <https://zoom.us/j/96688023261> / Phone # +1 929 205 6099 / Meeting ID: 966 8802 3261

Pathways to Membership Class

Join us for our 2-session Pathways to Membership Class on Wednesdays, **March 25 & April 1, 2021** from 7:00 to 8:30 PM as we deepen our understanding of the intricacies of the UU tradition as well as the complexity of our congregational life. This class is your path to becoming a member and joining UUCM. **Register:** <https://tinyurl.com/y6k8x58l>

New Member Covenant Group

Brand New to UUCM, or new in the past few years? This welcoming group is for new members and visitors who wish to know the congregation better. Please contact Rev. Anya (revanya@uumontclair.org) for more information and upcoming meeting dates.

Please email admin@uumontclair.org for Zoom links.

The **UUCM Dream Group** meets on the second Monday of the month from 7:30 to 9:00 PM. Our next meeting will be on **March 8, 2021**. Are you interested in learning more about what your dreams can reveal about you and your life? Bring a brief written description of a recent or past dream to share. Feel free to bring in a snack as well (which is optional). Instructions for new members will be provided.



The **Senior Lunch Bunch** meets on the second and fourth Wednesday of every month from Noon to 1:30 PM. Our next meetings will be on **March 10 & 24, 2021**. Our meetings focus on simply sharing general conversation about things that we have done recently and things going on around us. Remember, all UUs and their friends are welcome; there are no age constraints on participation. For more information, contact Gary Sanderson via Realm.

Our **UUCM Women's Group** meets on the second Friday of the month. Our next meetings will be on Friday, **March 12, 2021** from 7:00 to 9:00 PM. Please email womensgroup@uumontclair.org to get info or get on the email list. Come and enjoy the company and support of other women! Our intention is to be compassionate to one another by being responsive to each other's needs, maintaining and respecting each other's confidentiality, while being responsible for our own needs.

The **UUCM Men's Group** welcomes everyone who identifies as male to share mutual support and discussions about our lives, triumphs, and struggles. We will meet online via Zoom on the 2nd Saturday at 8:30 AM. Our next meeting will be on **March 13, 2021**. Email mensgroup@uumontclair.org for information.

Our **Grief Support Group** provides a caring and confidential environment that allows its members to share their experiences with others around their loss. We all experience losses throughout our lifetime, whether they are a loss of loved ones, others important to us, or important parts of our lives. The group is facilitated by an experienced group leader and participation guidelines are provided. Our next meeting will be on **March 15, 2021** at 6:30 PM. contact Dick Kessler at griefsupport@uumontclair.org for info.

UU's for Jewish Awareness, is open to all members and friends of UUCM who have Jewish roots or relatives and/or an interest in learning more about Jewish customs and culture. Led by UUCM members Hilary Fandel, Marcia Mandel and Helen Lippman, the group will provide an opportunity to honor Jewish heritage, share cultural and religious memories, and explore feelings about dual identity as UU and Jewish. We will gather next on Monday, **March 15, 2021** at 7:30 PM.

The Crazy QUilters continue to stay connected through Zoom on the third Saturday at 11:00 AM. Our next meeting is on **March 20, 2021**. Riding on the success of the MESH hat project in December, over a dozen people are contributing to 50 scarves and neck warmers to share with MESH guests in February. Join this growing community whether you are a novice or expert crafter. Email us for knitting and crochet patterns at crazyquilters@uumontclair.org. Financial support to help with our supplies can be made using the Donate button at www.uumontclair.org, for the fund for "Crazy QUilters Donations". Much thanks to all who contributed to the success of the hat project and to this new scarf and neck warmer project.

Our **Short Fiction Group** reads 30-35 pages of short fiction from various collections of short stories each month, and we welcome those who read the stories and come prepared for a good discussion. Our next meeting will be on Tuesday, **March 23, 2021** at 1:30 PM.



Allies for Racial Equity (ARE) is a race based affinity group intended to ground white people in accepting their own whiteness without shame or defensiveness, with curiosity around how whiteness has played out in their family and history to build healthy anti-racist identities.

Additionally, ARE disrupts oppression, uproots white supremacy, and plants seeds of justice. This is a ministry of faith which leads all who participate to spiritual growth and wholeness. We honor each other's humanity and capacity for growth by offering ourselves and each other grace and accountability. Our next meetings will be on Tuesdays, **March 9 & 23, 2021**, at 7:30 PM.

Have you heard of BLUUM?? Black Lives of UU of Montclair (BLUUM) is for all people connected to Unitarian Universalism that identify as Black. We recognize that Identity is a deeply personal and sensitive subject for many of our members and we are committed to creating and maintaining safe, and supportive space for our diverse communities. Our group was created to meet the needs of our growing, diverse communities with the help and Focused Initiative of Intern Minister Ali Bell-Delgado, and is coordinated by member Dana N. Moore. BLUUM, as it is affectionately known, meets on the 3rd Friday of each month from 6:00-7:30 PM. We will meet next on **March 19, 2021**. We invite all Black, Indigenous, Persons of Color (BIPOC) UUCM Members, and "UU Friendly" folks to join us at one of our upcoming meetings. Please connect with us via email at (bluum@uumontclair.org) and find us on Realm for regular updates.



Sharing Our Riches

As Unitarian Universalists, one thing that we value is the interdependent web of existence of which we are a part. The health of this web relies on us giving of our time, our talents, and our resources. When you give monetarily to the U, 80% of your gifts will care for the Unitarian Universalist Congregation at Montclair, and 20% will support our justice recipient.

- Our March recipient is [Nancy's Place](#), Montclair a residential crisis center for youth who have suffered from abuse, neglect, abandonment, homelessness, and human trafficking build a life for themselves. Their values align with our UU values of "inherent dignity of every person - with an equal claim to life, liberty and justice".
- Our January recipient was RIP Medical Debt, Essex County, a campaign developed by the Montclair Interfaith Clergy Association. Together, we collected \$414.34 including \$100 given privately. Visit: secure.qgiv.com/event/mica/ for more information.
- Our September recipient was the NAACP Legal Defense and Educational Fund, Inc. (LDF), whose mission has always been transformative: to achieve racial justice, equality, and an inclusive society. Together, we collected \$343.50. Visit: www.nagopld.org for more information.

We are the Social Justice Coalition of the Unitarian Universalist Congregation at Montclair. Learn about our work and let us know your capacity to bring about change, please click here: forms.gle/Lf7KN3bZNCIMG2Hh9.

**Social Justice
Coalition**



Sisters in the Wilderness: The Challenge of Womanist God-Talk

Part of UUCM's "8th Principle Project"

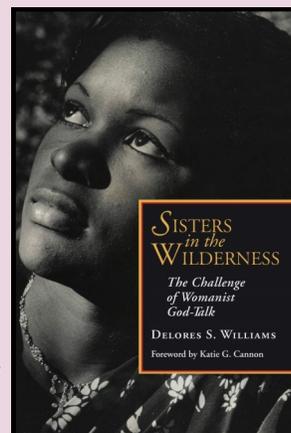
Join UUCM member Dionne Ford-Kurtti, Intern Ali Bell-Delgado and Rev. Scott Sammler-Michael on a deep-dive into the classic text of Womanist theology, *Sisters in the Wilderness: The Challenge of Womanist God-Talk*, by Delores S. Williams. Womanist Theology is theology from the perspective of Black Women, though one needn't be black or female in order to be deeply rewarded for engaging this seminal text.

We will help set this text into context, teach theological thinking, highlight how our life's stories are the building blocks of any good theology, and learn how to 'read against the grain' the histories of white supremacy, patriarchy and other oppressions. We also aim to empower and equip attendees to compose their own stories in the spirit of Narrative and Identity Theology.

The class runs for 5 consecutive Thursdays from **February 25 thru March 25, 2021**, from 7:00 to 8:30 PM. Cost is \$10.

Register here: <https://tinyurl.com/yahck4ur>

Find the text here: <https://www.amazon.com/Sisters-Wilderness-Challenge-Womanist-God-Talk/dp/1626980381>



Announcing the UU FaithAction NJ (UUFANJ) Gala

Friday, March 5, 2021, 7:00 to 8:30 PM

UU FaithAction NJ's (UUFANJ) **UU Justice Gala 2021** will be UU FaithAction NJ's annual fundraiser. With the pandemic, they have shifted to a virtual event that will be presented via Zoom. **Racial Justice** has been chosen as the theme to highlight the overarching goal of the dismantling racism work across all our Task Forces.

The gala is a great chance to celebrate what they have accomplished through Faith Action and where they are going. You will be hearing about the work of UUFANJ from Task Force Leaders, and the new UUFANJ Youth Caucus will have a segment. They will also be honoring the Rev. Craig Hirshberg, their early Executive Director who led them in establishing UUFaithActionNJ (then called the UU Legislative Ministry of New Jersey) and Ms. Kim Gaddy, a coalition partner and longstanding activist with Clean Water Action, the Department of Environmental Protection, and her hometown of Newark.

The gala will also have music, a breakout activity to get people moving, and bidding via the UUFANJ website before the event for Task Force themed gift and food baskets, delivered to the winners' doorsteps. There will be a drawing for a door prize from among event attendees.

Money to run UUFANJ comes from congregations, grants, and a significant portion from individuals. There will be a sliding scale registration fee for the gala - youth and friends of UUFANJ are warmly invited too! Participating in the gala is a great opportunity to support UUFANJ and its important social justice work, as well as join together for an evening of fun and friendship. Please save the date and look for details and the registration link at www.uufaithaction.org.



“Women and Power Advancing Justice”

In honor of Women’s History Month, please join us for a virtual celebration on Sunday, **March 21, 2021**, from 7:00 to 8:15 PM of the achievements of women of color, highlighting the way they are using their power to make positive change during these galvanizing times.



This year’s panelists are dynamic women making their marks in local politics and union organizing - all in an effort to confront and undo systemic and institutional racism. They each have an inspiring story to tell.

- **Senator Nia Gill**, State Senator representing the 34th District in New Jersey. Gill, a Montclair resident, has been serving in the State Senate since 2002. She is a tireless advocate for women’s rights, public education, human rights, and expanding healthcare. She is the first African American and the first woman in the history of New Jersey named to serve on the powerful Senate Judiciary Committee. She was honored in Selma, Alabama as one of “100 Women in the 20th Century” who contributed to the struggle for civil rights.
- **Milly Silva-Bermudez**, Executive Vice President for 1199 SEIU United Healthcare Workers East. The Service Employees International Union is the world’s largest local union with nearly 400,000 members. Ms. Silva, who lives in Montclair works with her team to represent employees in the healthcare industry. Her focus is not only to improve their benefits, salaries and overall working conditions, but also to “improve the quality and care patients, clients and consumers receive.”
- **Devany Kurtti**, Center for Social Justice activist, and senior, Montclair High School.
- There will be music featuring **Dr. Jessica Valiente**, an internationally renowned flutist and educator specializing in Afro-Cuban and Latin styles, traditional global music, and jazz.

Register at: tinyurl.com/y9xn4sjy



Sen. Nia Gill



Milly Silva-Bermudez



Dr. Jessica Valiente

Montclair Emergency Services for Hope (MESH) Update

While the pandemic continues, the MESH team and Social Justice Coalition (SJC) carry on their efforts to make sure the homeless and hungry receive weekly meals and extra food. The initial project of adding groceries and bagging take away food is evolving, and both groups continue to reflect upon and revise the process to make sure our guests and volunteers are safe and our work is effective.

- **Volunteer slots:** All hands-on volunteering will be done through the MESH Sign Up Genius (SUG) pages. We send an update monthly with links to the SUG pages. We also post them to our UUCM MESH Facebook page. If you are interested in getting on the MESH email list, contact David Bronstein at meshcafe@uumontclair.org.
- **Grocery shopping:** Purchasing supplemental groceries for our guests will continue to run through the SJC. The SJC will send emails with a link to sign up for purchasing and instructions on delivering and reimbursement. As always, NOTHING (food or other donations) can be delivered to the UUCM without coordinating with MESH leaders.

Thanks for all of your support as we work through this difficult time. The MESH team and guests all feel your love and generosity!

UNITARIAN UNIVERSALIST CONGREGATION AT MONTCLAIR
67 Church Street, Montclair NJ 07042



DATED MATERIAL ~ PLEASE EXPEDITE

MARCH 2021

A Month of *Commitment*

SUNDAYS SERVICES WILL BE STREAMED LIVE AT 10:00 AM
AT WWW.FACEBOOK.COM/UUMONTCLAIR/LIVE

*To navigate our videos and live streams on Facebook,
click on the "More" option where you will see a button for Video and Live.*



March 7, 2021

"To Witness and to Testify"

Rev. Anya Sammler-Michael

March 14, 2021

"Your Sincere Devotion"

Rev. Scott Sammler-Michael

March 21, 2021

"Storming Jericho, One Year Apart - Together"

Rev. Anya & Rev. Scott Sammler-Michael

March 28, 2021

"Be Strong and Let Your Heart Take Courage"

Intern Minister Ali Bell-Delgado