

Rev. Karen G. Johnston
Minister

Jillian Post
Director,
Religious Education

Linda Jay
President
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The Unitarian Society, a Unitarian Universalist Congregation

176 Tices Lane, East Brunswick, NJ 08816
732.246.3113

www.unitariansociety.org

#uueastbrunswick

Sunday Services 10:30 a.m.

**August 6, 2017
Forgiveness
Raj Nigam**

Our speaker, Raj Nigam, had never thought much about forgiveness, but a chance encounter, early this year, with a Buddhist abbot and monks led him to think about it. In this complex issue, Raj explores transgressions from the perspective of someone who has been wronged – the victim. And further on three questions: Why should a victim forgive? Who does a victim forgive? and how does a victim act to forgive? Don't expect definitive answers, but maybe you'll run into a chance encounter of your own.

Raj grew up in India and has now been in US for over 50 years. He has delivered a few talks right here, and continues to enjoy writing, tutoring, gardening and photography. He and his wife Elaine continue to be active in the Unitarian Universalist Congregation of Princeton, having previously served as Presidents. Elaine was instrumental in establishing, and continues to be particularly active, in UU Legislative Ministry of New Jersey (UULMNJ). Elaine and Raj have two children and four grandchildren, and so make frequent treks to Boston and Pittsburgh.

**August 13, 2017
The Work That Reconnects
Rev. Karen G. Johnston**

Inspired by the work of Buddhist scholar and deep ecologist Joanna Macy, this Sunday morning will follow a spiral that grounds us in gratitude, connects us with our grief for the world, helps us to see with new eyes, and sends us out to go forth. Poetry will be our companion, as well as music provided by our Music Director Emeritus.

**August 20, 2017
WAKE UP,
IT'S THE APOCALYPSE!
Rev. Allen Wells**

What's it like to live uncertain of the future of UUism, our country, the earth, and of our personal lives? How can we live vitally in the present and contribute to the best possible outcome?

The Rev. Allen Wells is Affiliated Community Minister of The Morristown Unitarian Fellowship, and for 12 years, he was the director of Allen Wells Counseling in Morristown, NJ, a holistic mind/body, spirit counseling center. He continues a mindfulness-based consultation practice of psychotherapy and spiritual direction.

Allen is interested in bridging the internal, personal, psychological world, which we commonly call spiritual, and the external political, social, economic, environmental world, which we usually consider material. He finds himself at home on the picket line or on his zafu teaching meditation.

He is particularly interested in the interplay between neuroscience and Buddhism. He also loves poetry but acknowledges that he hasn't written any books because he'd rather spend the time ballroom dancing.

**August 27, 2017
The Tao of Aging
Esther Barcun**

Some facts and reflections on aging offered by TUS member, Esther Barcun, a retired Geriatric Social Worker. During the service, there will be a Q and A, as well as an opportunity for conversation about the issues we face as we age.



Table of Contents

Sunday Services...1

Musings from
Your Minister...2

Religious Education...3

Summer Schedules...4

Blessing of the
Backpacks...5

School Supply
Collection...5

A Letter...6

Food Donations...6

Treasurer's Tidbits...7

Cash In Basket...7

Thank Yous...7

Gratitude Prayer Flag
Garden...8

Water Ingathering...8

Travel Mug Sunday
Services...9

You, UU & TUS
Workshop...9

TUS Happenings...10

TUS Calendar...11

Information...12

Musings from Your Minister:

If We Use It: Theme-Based Ministry

This coming year, we are doing an experi-learn throughout the whole congregation: theme-based ministry.

After careful consideration, we have bought membership in Touchstones theme-based ministry – a UU resource that will help us cultivate possibilities, respond to some of our congregational dilemmas, and deepen our spiritual maturity.

While last year we attempted a form of theme-based ministry, it was a pale imitation of what is possible.

This year, with the support and technical assistance of Touchstones, we will have access to:

- resources to help shape Sunday morning services, both with words and for music selection;
- focused content for religious education for children and youth that our RE program will review and use to augment their curricula;
- a monthly journal available to all who subscribe to the TUS email blasts, so that you can be inspired on your own; and
- the possibility for folks who want to go deeper spiritually as part of monthly small covenant groups.

In theme-based ministry, people of all ages explore common themes in age-appropriate ways and on multiple levels, thus providing a possible bridge to some of these distances...if we use it. It extends congregational presence beyond Sunday morning, and quite possibly into the realm of social media: continuing the conversation on the car ride (great for families) or over the dinner table, or online...if we use it. It's accessible on many levels, at all ages, for whomever would like to go deeper...if we use it. It helps increase common points of reference that can spur new conversations, create synergy, deepen shared identity, and spark creativity...if we use it. It can help each of us individually, and all of us as a community, to embrace a practical theology that we use in our everyday lives...if we use it.

For 2017-18, Touchstones has an overarching theme: *Reimagining the Common Good*. Monthly themes are:

September: *Beauty*

October: *Hospitality*

November: *Faith*

December: *Hope*

January: *Justice*

February: *Love*

March: *Humility*

April: *Transformation*

May: *Beloved Community*

June: *Wisdom*

July: *Liberty*

August: *Unity/Diversity*



While Touchstones helps to weave a central thread throughout much of our congregational programming, it does so in a way that allows flexibility and creativity. This model has been successfully used in congregations of all sizes: from those with an attendance of 35 to those with attendance close to 1,000. As your minister, I am excited at the possibilities. I am also aware that this may not be the right fit for TUS, and we will be assessing its usefulness at different points throughout the year. I hope you will join me in engaging with Touchstones to strengthen our community, improve our sense of shared identity, deepen spiritual practices, and cultivate a synergistic experience at TUS.



RELIGIOUS EDUCATION NEWS



Religious Education Teaching Teams for 2017-18 Need You!!

We have a start to the formation of our R.E. Teaching Teams for the next season of classes, but there is still more to do. Check out the Sign up Table and RE Memories Photo Poster on most Sundays between now and September. Fill out a form if you want more information but aren't sure about volunteering. The RE team would love to have a conversation with you about teaching. You can start by emailing Jillian, the DRE at tusdrejillian@gmail.com or Lynn Mayfryer at nursielynnie@hotmail.com.

SPECIAL CURRICULUM MEETINGS OF THE RE COMMITTEE—Thursdays, August 3rd/10th at 7 pm

Parents, teachers of the past and future, former leaders, and interested congregants are cordially invited to special sessions of the RE Committee. We'll talk about the curriculum Jillian has been exploring, look at some sample lessons, and see what decisions we can begin making. If you would like to attend but can't carve out the time to drive to TUS, please consider attending virtually. Here is how:



By computer, click on this link 10 minutes before start time. <https://zoom.us/j/4620343682>

Or using the Zoom mobile app, enter this Meeting ID number where applicable: 462 034 3682

Or finally, from your phone dial 646 558 8656 and enter the meeting ID number from your keypad.

We are looking forward to a fruitful meet up and discussion!!

Blessing of the Backpacks – Wednesday, August 30, the service starts at around 5:15.

There will be pizza and beverages for all. The service is advertised to the public. In conjunction with this service, TUS is also a collection point for Teen Hub of New Brunswick. TUS congregants can now begin dropping off items in the lobby to support this project which helps families who need a little extra boost before school starts. Find the list of preferred items on the table next to the bin and on page 5. Contact Bob Munson, Coleen Tyler, or Vanessa Colon for more details.



Y.E.P Childcare Training class – Thursday, August 31 from 4 to 8 pm

This is the first step in preparing our post affirmation youth to become part of our paid childcare staff. They'll get oriented to the position and learn valuable skills.

Y.E.P. First Aid and CPR class – Saturday, September 9 from 10 am to 2 pm

This is second crucial step in preparing our youth who've been through affirmation to become paid childcare providers. This workshop will be facilitated by Jordan Sanders, who is an EMT and a part of the TUS congregation.



Fall RE starts with One Room Schoolhouse – Sunday, September 17, 10:30

We'll start in the sanctuary and move to the outside for a beauty/nature themed class for kids of all ages. Enjoy our enchanting grounds and beloved community!!

Teacher Orientation and Training – Sunday, September 17 starting at 12 noon

If you are teaching this year, get the new RE season off to a strong start with an orientation and training, complete with a behavior management component, facilitated by Kere Loughlin-Presnal. Lunch will be served midway. All teachers are asked to join in covenant at this training, so we can make the best of our talents.



Connecting RE Families – Breakfast – Sunday, September 24 at 9:30

Meet the RE parents for the 2017-18 season. Spark up conversations about OWL, Building Bridges, and have some yummy breakfast items to start your day. Look for the sign up link in the coming weeks, or R.S.V.P. to Jillian at tusdrejillian@gmail.com as the date nears.

TUS Summer Schedules

During the months of July and August, our office will be open
Mondays, Tuesdays, Thursdays, and Fridays, 10 - 4:30 -- closed on Wednesdays.

Of course, if you are hoping to have a conversation with **Megan, our Office Administrator**, it's always best to email or call her to make sure that she is available.

Our **Director of Religious Education, Jillian**, will be continuing to work a Wednesday/Friday/Sunday schedule throughout the summer - present at TUS most weeks. She will be exploring, researching, and planning curriculum, organizing supply cabinets and the library, and attending important professional development opportunities. She will be at an RE retreat from August 13th through August 16th and will not be at TUS. On Sundays when she is not present, there will be a point person in place for any questions.

Rev. Karen will be on leave (both vacation and study leave), returning to preach on August 13th and to work on August 15th.



AN INCONVENIENT TRUTH - SEQUEL

Reading Cinemas
in Manville

7:30 Aug. 10

Rev. Karen is going &
would love your
company.

Buy your own ticket,
let's meet at 7:20
in the lobby.

On Sunday (8/13)
after Rev. Karen
leads worship, we
can gather from 12-
1pm to reflect on the
movie





**Wednesday, August 30
5:15 - 7ish pm**

1. Bring school supplies & new backpacks for kids in need. List of what to get will be in our August weekly emails and on our web site.
2. Eat pizza together. Catch up with your TUS friends before the first day of school. Invite other friends to come along.
3. Celebrate the impulse to learn & the joy of curiosity by blessing the backpacks -- the ones we are giving away and our own (so be sure to bring yours).

**Come for the Blessing,
Stay for the Pizza!**

**Wednesday Starting at 5:15pm,
August 30th**

TUS is holding a Blessing of the Backpacks to kick off the new school year, Rev. Karen Johnston officiating. That's right - a blessing for backpacks, laptop cases, briefcases, followed by a pizza party. Start the school year right, or new job, or just to refresh yourself with friends. The invitation extends to people in the local community.

Items to Collect

Please note that we can **ONLY** accept new, unopened school supplies. Items accepted for the School Supply Drive include:

- . Backpacks – separate from school supplies
- . Binders
- . Book covers
- . Journals/Planners
- . Calculators
- . Colored Pencils
- . 1,3 and 5 Subject Notebooks
- . Dividers
- . Erasers
- . Folders
- . Glue Sticks
- . Highlighters
- . Washable Markers
- . #2 Pencils
- . Pencil Cases
- . USB Memory Sticks
- . Pencil sharpeners
- . Pens
- . Rulers (12")
- . Child Safety Scissors
- . Tape
- . Composition Notebooks
- . Blank CD-R or CD-RW
- . Dictionary/Thesaurus
- . Wal-Mart gift cards (to help provide the a “first day of school” outfit)

School Supply Collection

**Don't you just love those
Back to School Sales?**

Indulge yourself while helping kids in need. TUS has teamed up with the New Brunswick Teen Hub Center in collecting school supplies (the Teen Hub Center to distribute). A collection box is located between the Sanctuary and the kitchen. Get a little nostalgic in buying the items, but get them to the church on time (August 30th).

Check out the full list 

Dear TUS,

I wanted to take the opportunity presented by the Monthly Newsletter to share with you my gratitude for your generosity and loving support. I was both surprised and thrilled by the fabulous picnic following the July 16th service, and I feel honored to have experienced the palpable love of this community over the years. I am still overwhelmed by (and exceedingly thankful for!) the bountiful gifts you showered me with to send me on my way. With everyone's busy summer schedules, I find it unlikely that I will be able to thank each of you personally before I head off for divinity school at the end of August; I hope each of you knows that words cannot fully express how grateful I am, how blessed I feel, and how much I treasure this congregation and the people who form it. I would certainly not be who I am today had I not been raised in this wonderful, complicated, endlessly loving and fantastically supportive community. Know I will carry some piece of this place in my heart, even as I move forward on my own journey. Wishing you all the best in the coming months, and once again,
THANK YOU!!

<3 Alia Shinbrough :)



Can you be a TUS Helping Hand?

A small effort can make a big difference when we respond with help and support. The Pastoral Care Team is beginning to use the online service called LotsaHelpingHands.com to organize our efforts to support members and friends of TUS who need us. If you join the TUS Helping Hands team, you will be notified when an online "community" is made for someone who needs some extra attention -- perhaps a dinner delivered to their home, perhaps a ride to a doctor's appointment. You will be able to choose whether to join that community, as well as in what ways and how often you can help out. Just one meal? That's fine. A meal every week for a month? That works too. Please send your name and email address to Phyllis Shaw to be added to the list: grenthum@gmail.com

Keep those Food Donations Coming!

We thank everyone for donating food items to the basket in the lobby (behind the reception desk) this year! We have dropped off 20+ boxes of food items and toiletries since September at the East Brunswick Recreation and Community Services building, a distribution point for the Middlesex County Food Organization and Outreach Distribution Services (MCFOODS).

As noted on its website, MCFOODS collects and distributes nonperishable items at no cost to over 80 local food pantries and soup kitchens throughout the County, as well as an additional 25 agencies including: residential facilities, shelters, social service agencies, programs for women and children, senior citizen housing facilities, and other outreach services that are also a part of our network.

Some of the most needed nonperishable foods and necessities include rice, tuna fish, peanut butter, vegetables, canned meats, beans, soup and pasta, as well as personal products, baby items and paper goods. (No glass containers, please). The donations are always greatly appreciated!!

Feel free to make food donations to the lobby basket during the summer months. Christina and Jeff Siebens will be taking care of getting the food to the Community Center while we are away. (Thank you Jeff and Christina!)

Thank you, Paula Lieb & Jim Lieb





TREASURERS TIDBITS

Bob Munson

You May Have Wondered: What is the Financial Year for TUS? Our financial year runs from September through August 31st. To complete your 2016-2017 pledge on time, have it arrive by Aug 27th (Sunday) and any vouchers by Aug 24th (Thursday). The earlier dates are so we can do paperwork.

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 August

August 6 - Elijah's Promise
<http://www.elijahspromise.org>

August 13 & 20- Earth Justice
<http://www.propublica.org><http://earthjustice.org/>

August 27 - American Federation for Aging Research
<https://www.afar.org/>



Thank You From Past Recipients of Our Cash-In-Baskets Efforts

Thank you for your generosity and support, which helps protect drinking water, our home, and the home of future generations.

—Delaware Riverkeeper Network, 5/5/17

Thank you for your generous support, which enables blind and visually-impaired people to transform their lives through the use of Seeing Eye dogs.

— The Seeing Eye , 6/16/17

Thank you for your donation supporting Black Lives of Unitarian Universalism. This support has helped BLUU come together to organize, enrich and support Black UUs, and also to send a powerful signal to Black UUs that General Assembly is a place to “fully and unapologetically belong.”

— Black Lives of Unitarian Universalism, 6/29/17



Exciting News
Coming for Fall!



Gratitude Prayer Flag Garden is coming to TUS

stay tuned
for more info
mark September 10
on your calendar

From wherever and however you spend
your summer days, please collect water
to bring to our Water Ingathering
September 10

As a community we will gather your
waters into a collective bowl

backyard hoses
tears you have shed
bodies of water where you have swum
springs that quenched your thirst
the kitchen tap in honor of the
miracle of indoor plumbing
waterfalls
summer rain puddles

choose a
word or two
of your
intention
for the year

Save a piece of
Summer
for the Start of
Our New Year!



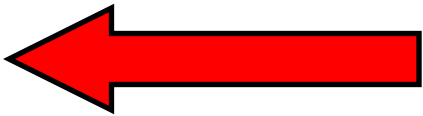


this summer it's
**TRAVEL MUG
SUNDAY
SERVICES**

after the service, there'll be cool
drinks, light snacks & fine fellowship

if you need a caffeinated drink,
feel free to bring your own!

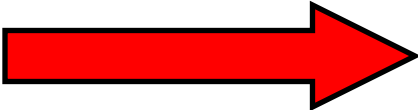
All Summer!



Thinking about
becoming a member?

Want to learn
interesting things
about UUs?

Want to welcome
and get to know new
folks?




**You, UU & TUS:
A workshop**

PATH

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

OR

**Sundays, 12:15 - 2:15
April 8 & 15, 2018**

TO

MEMBERSHIP

just want to know
more about TUS or
Unitarian Universalism?

required if you want to
become a member of TUS



TUS Happenings



Buddhist Meditation Group

The next meeting of our Buddhist Meditation Group will take place on **Sunday, Aug 20th at 12:15 pm.**

Rev Allen Wells will teach us about the brahmavihāras.

These are Buddhist virtues and the meditation practices made to cultivate them. They are also known as the four immeasurables:

- loving-kindness or benevolence
 - compassion
 - empathetic joy
 - equanimity

Allen will also be leading the service that day at 10:30 am.

In September, Rev Wells will also join our group on **Sunday, Sep 24th at 12:15 pm.**

All adults are welcome to join us; no previous knowledge or experience is required.

Any questions/ Contact Jackie Held-Rubin at Jacalyn21@aol.com

Art Exploration Group

Art Exploration Group will meet Wednesdays, **August 2nd, 23rd, and 30th at 7pm.** Join us and try your hand at drawing, painting and collages to name a few projects.



Care Givers Circle

The Care Givers Circle will meet on Tuesday, August 22nd at 7pm.



Women's Group

The Women's Group will gather at Joyce's house for our annual summer picnic, **Thursday, August 24 at 1 pm.**



Shakespeare Reading Group

The Shakespeare Reading Group will still be on summer break during August. Our first meeting in September will be Tuesday, September 26th.

Please note change of date.




TUS CALENDAR

For The Fridge



AUGUST 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Rev. Karen on leave until 8/13 →	2 7:00 pm Art Experience Lab	3 7:00 pm RE Committee Meeting	4	5 
6 10:30 am Sunday Service	7	8 	9	10 4:30 pm Elijah's Promise 7:00 pm RE Committee Meeting	11	12
13 10:30 a.m. Sunday Service	14	15 7:30 pm TUS Board Meeting	16 7:15 pm Sunday Service Committee	17 	18	19
20 10:30 am Sunday Service 12:15 pm Buddhist Meditation Group	21	22 	23 Newsletter Due 7:00 pm Art Experience Lab 7:00 pm Committee On Ministries	24 1:00 pm Women's Group	25	26
27 10:30 am Sunday Service	28 7:30 pm Philomusica	29	30 7:00 pm Art Experience Lab 5:15 pm Blessing of the Backpacks	31 4:00-8:00 pm Y.E.P Childcare Training		

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Welcome All Into Our House

NEWSLETTER FACTS: The deadline for the September 2017 newsletter is **Wednesday, August 23rd**. 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 Jackie at jacalyn21@aol.com, the chair of the Membership Committee.

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

THE UNITARIAN SOCIETY

President	Linda Jay	lindamjay@comcast.net
Vice President		Kathy Scarbrough
Treasurer		Bob Munson
Secretary		Vacant
Trustee		Clif Ashcraft
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Trustee		Rich Phelan
Trustee		Eldridge Dunn
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Marty Mussman, Chair
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Joyce Browning
Eileen Chant
Kathy Huston
Rose Vydelingum
Joy Ward
Himanshu Pandit,
(former UMS parent)

TUS STAFF EMAIL ADDRESSES

Rev. Karen G. Johnston, Minister—revkarentus@gmail.com

Megan Britton, Office Administrator—uutus@comcast.net

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

Acting Music Coordinator— To be filled in September

Susanne Biancamano, UMS Director—sbiancamano@comcast.net

Rev. Karen is available for Pastoral Care by appointment. Please contact her at revkarentus@gmail.com or 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.