



the **Beacon**

*The Newsletter of the
**Unitarian Universalist Fellowship
Of Huntington, New York***

A Liberal Religious Faith

Rev. Nancy O. Arnold, Interim Minister

February 4, 2013 Vol. LVI, No. 8

Upcoming Services

February 10: "Is it True? Is it Kind? Will it Help?"

Communication is often cited as one of the biggest challenges, not just in congregations, but in our personal lives as well. Today's service will focus on the part of the UUFH Mission that invites you to "be in caring relationship with each other..."

Rev. Nancy O. Arnold

February 17: John Coltrane, The Spirituality of "A Love Supreme"

In honor of Black History Month, we will examine "A Love Supreme", the most famous work of jazz giant and former Huntington Town resident John Coltrane. He composed the piece in 1964 at his home in Dix Hills. We will look at the spirituality of this work and the choir will sing two original pieces written specifically for the service.

Michael Amendola,
Sunday Program Committee

February 24: "What They Dreamed Be Ours to Do"

Journeying in the footsteps of courageous civil rights activists is a spiritual pilgrimage. The work that was begun in the fifties and sixties has not ended. Racism and prejudice still exist. What we do today not only connects us with activists of the past, it allows us to "hope their hopes, and seal them true." (from Hymn 358 *Rank by Rank Again We Stand*)

Rev. Nancy O. Arnold

March 3: "To Have and to Hold"

Each of us has a personal value system which shapes the ways we choose to live in the world. Do you live with a spirit of abundance, or from a place of scarcity? Today we'll explore how our lives might become richer with a shift in attitude.

Rev. Nancy O. Arnold

From the Interim Minister

Last fall you participated in small group discussions in private homes. You so enjoyed getting to know each other in social settings that you will have another opportunity to come together next month.

You said that THE UUFH is important to you for its: Religious Education; rites of passage for children and youth; comfortable family feeling; open-mindedness; social action; caring community; intellectual stimulation; personal growth; acceptance; lay-led services; music and choir; sense of belonging; and as a place to be yourself.

Some challenges facing THE UUFH include: limited resources of time, money, and membership; wanting more spirituality in Sunday services; committee/administrative structure; member retention; welcoming and integrating new people; being intentional about growth; diversity; intergenerational integration; diverse age groups; communications; outreach to college students; better marketing; AV and IT upgrades; greater embrace of a range of beliefs; maintenance of physical plant; and more adult education classes. Some of these items are already being addressed.

Now it's time to take the discussion a step further by considering: *how you want THE UUFH to be, and how to get there; how you see the Fellowship in 5 years; and how THE UUFH can better embrace the realities of the 21st Century.*

These questions will guide the conversation toward *Reinventing Ourselves*, also the theme of this year's canvass. As a new ministry approaches, THE UUFH's identity must be re-imagined as well.

You'll want to be part of the conversation that shapes a new direction for THE UUFH. So when you receive your invitation to attend a gathering, please say "yes."

Yours in faith,
Nancy
minister@uufh.org

Next God Group meets: Sunday, February 10, at 12:15 in RE Room 2.



NEW BEGINNINGS
by
Austen Petersen,
UUFH Director of Religious Education

What a wonderful whirlwind of new beginnings this month has brought! I'm excited for all that February will bring! My yoga teacher always tells me that in order for us to begin a new pose, we must finish the pose we are already in with grace and reflection. Since January (the pose we are leaving) is named for the Roman god Janus - the god with a face looking forward in time and a face looking backward - this seems like an especially wonderful time for grace and reflection.

Thank you to Danielle Burby for all the warmth, energy, and hard work she's brought to her time here as the RE Assistant at THE UUFH! Danielle, you've been a delight to work with, and I hope we will continue to see you frequently in the future.

Thank you to the Religious Education Committee for all the hard work they've put into welcoming their new DRE, putting together a RE craft, teacher training, and a number of other things we still have in store for you as the days continue to get longer. Thank you to all the members of the THE UUFH for being so welcoming as I'm getting to know you all better. It is a delight and an honor.

Austen

ALL OF YOUR QUESTIONS ANSWERED!

PLEASE JOIN MEMBERS OF YOUR BOARD FOR A SUNDAY MORNING CHAT



Sunday February 10th (while you wait to give blood), please join us at the front of the Main Hall with any questions, concerns, or other feed back you would like to give us.

We know a lot is going on and quite a few changes have been made. The Board works hard to determine what needs to be brought to the whole congregation but at times we may misjudge what issues you feel most affected by. We are also constantly evaluating what needs to come to the Board and what can be done on a Committee level. We understand that the Board's work is not always as clear as we would like it and we want to make sure you have the opportunity to talk with us.

Again please join us in the Main Hall from 12-1pm on Sunday February 10th. If you can not join us please drop a note in our box or send an email to boardpresident@uufh.org.

Royal Forest

Q&A with the President.

 **Q: How were the changes to the Beacon and Centers made?**

A: Here is my recollection:

Beacon - I attended a Beacon meeting where we discussed the pros and cons of going to one a month. The most important factor was conserving our limited resources of staff, volunteers, and finances. There was also an idea of creating a better Beacon with more interesting "points of view" articles since more time was available to put the Beacon together. The Beacon Committee asked the Board to vote as this is our main form of communication and the Board voted yes. To date only some of goals discussed at that meeting have been accomplished. Few changes have been made to the format and the deadline is still only a week before the published date which gives the

same amount of time as before. However there is only one publishing so it's still less work. There were some wonderful and creative ideas from everyone at the meeting. It would be disappointing if they were abandoned.

Centers - The discussion to make changes to Centers has been going on for a few years. Attendance has been dwindling, the night does not serve it's original purpose which is to have several meetings for people to check out, we do not have the numbers to host and some people feel others don't pull their weight. What was a great night for all had become a burden, stressful and viewed with resentment. With that said, there are many who enjoy the evening and say it serves as a time of community building. Here is how the decision came to be. Once we reorganized the clusters we no longer had enough clusters to host Centers. At the first Centers the attendance was the smallest I think it has ever been. Michael was to work with Marty to come up with a solution to the smaller number of clusters and begin a discussion about reinvisioning centers. At several Centers (Sept - Nov) it was announced that we needed to look at Centers and asked people to speak to Marty or Michael. I believe we also put something in the Beacon. To my knowledge no one came forward. There were a few suggestions floated around from me, Michael, and Marty but they required a significant amount of time organizing so I came up with the bi monthly suggestion. Marty and Michael agreed and here we are. No Board vote, nothing written in stone, the decision was just based on the number of Clusters and months and making it to June. More discussion is to happen to decide on next year and going forward. If you would like to be part of this discussion please see Marty or Michael.

Royal Forest,
President, Board of Trustees

FAMILY SERVICE COMMUNITY FOOD COUNCIL



Let's keep feeding the Family Service Community Food Council. Put your non-perishable donation by your door so you won't forget it when you come to THE UUFH. We have a good reputation at the collection depot. Keep up the good work.

Marty Lipnick

VICE PRINCIPLES UU First Principle

I recently attended an exhibit of Stanley Kubrick's films at the LA County Museum of Art. Among his masterpieces, was perhaps his most controversial film, "A Clockwork Orange," a dystopian fantasy about a vicious criminal who is brainwashed by the government, forcing him to become a more docile citizen.

The great director asks in "Clockwork," "Do we lose our humanity if we are deprived of our choice between good and evil?" I reflected upon this from a UU perspective.

Our First Principle speaks of the inherent worth and dignity of every person. Applying that to Alex, (the violent Malcolm McDowell character), would we be treating him with dignity by forcibly changing his very nature? Alex made a moral choice to be bad. Therefore, if we are to respect his dignity as a human, the correct response would be to punish him to the fullest extent of the law; not render him incapable of making moral choices. To do any less would be to consider him as less than a moral equal, and therefore not accountable for his actions. Tough love, but I think this would be consistent with our First Principle.

After the exhibit, my GPS placed me in areas of LA that would make even Malcolm McDowell nervous. There were panhandlers on every corner. Would giving them money deprive them of their dignity and enable their poverty? UU Minister Patricia Palmer writes "Our First Principle affirms the worth and dignity of EVERY person. Are you obligated to give money to each and every panhandler we encounter? Of course not. But I would hope we would understand the panhandler to be a person, a person with inherent value, a person whose basic human dignity allows them to make decisions for themselves even if they aren't the ones we would make for them." Wise words. I opened my wallet.

Michael Goldsmith
Vice-President, Board of Trustees

STILLPOINT

Stillpoint services will be held on the first Wednesdays of the month (only) for February, March and April. That will be February 6, March 6, and April 3. Other services are cancelled. Thanks,



George Murphy

CENTERS FEBRUARY 11

February 11 is the date for the next Centers. As you know Centers is now every other month, (February, April, and June.) Our hosts for February are Our Home Cluster

The Centers tradition, established over 30 years ago by our first full-time minister, Ralph Stutzman, has two purposes- pleasure and business. Come to socialize and have a wonderful pot luck dinner. After dinner attend a meeting or just hang out. Bring a main dish, side dish or a salad. A \$1.00 donation covers dinner, and wine is \$1.00 per glass. The hosting group brings desserts. Newcomers are most welcome.

Marty Lipnick,
Centers Coordinator

SPEAKING "ON BEING" DISCUSSION GROUP TOPIC: BRENÉ BROWN "ON VULNERABILITY"



**TUESDAY, FEBRUARY 12, 2013
7:00PM - 9:00PM
UUFH BOARD ROOM**

Courage is borne out of vulnerability, not strength. This finding of Brené Brown's research on shame and "wholeheartedness" shook the perfectionist ground beneath her own feet. And now it's inspiring millions to reconsider the way they live, parent, and navigate relations with members of the opposite gender.

This conversation is full of revelations. Took my breath away. Brené Brown is a brilliant thinker and Krista Tippett is at her interviewing best.

I hope to see you there.
Andrew Feigin

SAVE THE DATE

FELLOWSHIP SEDER

March 30th

THANKS TO ALL!

Last month a group of volunteers assembled to help get our Castle into good shape to welcome our new minister. Many tasks, large and small, were taken care of. However, just as in your own homes, the list seems to replenish itself, as if by magic!



We would love to have your help at our upcoming Second Saturday Shared Maintenance Day, on February 9. Please try to arrive around 9:00 AM., and join us for coffee and bagels. We usually finish by noon, glowing in the knowledge that together, we have made a difference!

See you on February 9!

The Castle Care Committee
Frank Sappell, Andy Feigin,
Ginny Kushnick, Jon Nielsen,
Susan Peters and Mary Jane Wochinger

PHOTOGRAPHY WORKSHOPS



Attention all photographers and picture lovers! Member and professional photographer, Alex M. Wolff, will conduct 2 workshops at the UUFH. "What Is So Special About

Your Photographs" **February 17 at noon** is an interactive workshop designed to help identify your past personal style and directions to focus on in the future.

A few questions that might be answered by the end of the workshop are:

Nature vs nurture or create vs capture?
Art or photograph/photographer or artist?
Who do I really shoot for?

When does a photograph stop being a photograph?

To register contact the office at office@uufh.org

Sue Mc Govern

WOMEN'S GROUP **Tuesday February 5, 7:30 PM**



The next meeting of the UUFH Women's Group will be this Tuesday evening, February 5, at 7:30 in the Main Hall. Wine and snacks will be served. We will have a thinking, writing, and sharing evening, with a

focus on sharing.

Please join us as we deepen our connections. Please bring usable clothing and toiletries for donation to the women and children of Haven House, the Huntington Women's Shelter.

Judie Gardner

NOT NECESSARILY SENIORS **Wednesday, February 6**

Laura from the Family Service League will address NNS on their Project Hope at the February 6 meeting. Project Hope is a program that offers the following services: Crisis Counseling, Emergency Assistance, and Filing of Tax Returns. The presentation will start at 1 pm. From 12 noon to 1 pm we will have lunch and conversation. Bring a bag lunch and join us from 12:00 Noon to 1:00 PM (coffee, tea, and cookies provided) or come at 1 pm for the Project Hope talk. Everyone is welcome!

Dorothy Burns (NNS)

THIRD ANNUAL BLOOD DRIVE **SUNDAY, FEBRUARY 10**

The third annual Joan McWade & Todd Stutzman Memorial blood Drive will be held in the Social Hall from 9:30 AM to 2:00 PM on Sunday, February 10th. Please consider donating blood, and sharing this lifesaving gift. Call me at (631) 673-3539 to schedule an appointment..

Johanna Leopold

FELLOWSHIP FAMILY

Paul King, whom many of you will remember along with his daughter Jennifer and son Paul, was a long time member of the Fellowship from the 1960s to the '90's. While visiting Jennifer in Costa Rica, Paul has had a massive stroke. After 20 days in ICU and surgery he has regained consciousness and is lucid

some of the time. Jennifer and young Paul are with him doing everything necessary and comforting. They will greatly appreciate emails to them and to Paul at hiddencanopy@yahoo.com

(Submitted by Susan Waldron via Marilyn Kopp-Hecker because Susan's computer is down.)

THANK YOU

Thank you to all in the congregation whom contributed to the Staff Holiday Gift Fund. I just received my portion of it this morning... and here I thought Christmas was over!!!! I really do appreciate your generosity and wish everyone a very happy and healthy new year! Thank you.

Marianne Reuter, Bookkeeper

To everyone at the UUFH. I would like to thank you for the generous staff holiday gift! It has already been put to very good use! I want to wish you a happy, healthy and prosperous new year!

Barbara Weingarten, Fellowship Administrator

FRIDAY NIGHT MOVIES **February 15, 7:00 PM**



Our choice for a movie about families this month is "Little Miss Sunshine", made in 2006, and starring Greg Kinnear, Alan Arkin and Abigail Breslin. This dysfunctional family sets out to take the daughter to a child beauty contest in California, riding in their old VW bus. You'll be rooting for her to win, against all odds.

Come at 7:00, for a fun film about a family who eventually learns to live together.

Beverages and popcorn are provided. A \$5 donation benefits the Fellowship.

Joan Caly and Ginny Kushnick

BYLAWS CHANGES

There will be a Special Congregational meeting on Sunday, March 3rd, immediately following services. The agenda will be to vote on changes to THE UUFH bylaws. Here is a summary for the proposed bylaw changes. **Attached is a link for the actual changes:** The proposed changes to the bylaws shall be to the following categories: □

1 - The restructuring of the cluster system. The purposes are to streamline our operation, allowing for information to flow directly to the Board, enabling more direct access and quicker response. Eliminate position of cluster coordinator (an additional layer of bureaucracy. Replace with Board Liaison). □
Bylaw provisions affected:

Article

2.3.4

3.1

4.2.10 and 4.2.14

6.1

6.2

8.1

2 –Make technical corrections, clarifications, etc.

Article:

1.2.4.5

1.2.4.6

2.4

2.1.4

3.5.3 and 3.5.4

4.1

4.2.3

5.3.5

3 -Add a conflict of interest policy - All new not-for-profit corporations in New York must have one. It doesn't have to be as detailed as the proposed provision, as it can be incorporated to as to reference a policy in our policy manual. However, this proposed policy is clear and reflects sound policy. □ Article XIII

4 - Reduce the number of standing committees in conformance with UUA recommendations. These committees will still exist and be operational, but would be better served if they were removed from the bylaws, and their rules written into the policy manual. It would make the committees more flexible and adaptable than if they were required to amend the bylaws whenever a change in procedure was needed.

Article 8.2

Article 8.1

Article 8.2.3 – Redefine and clarify the role of COCM (now called Committee on Ministry)

5 – Make existing numbering system consistent.

6 - Add to duties of President Article 5.2.6

7 - Allow for electronic mail notification of special meeting agenda □

Article 3.2

Article 3.1.4

Article 2.7

UNSUNG HERO AWARDS



Time passes so quickly these days that it is not too soon to begin considering nominees for our Unsung Hero Awards which will be presented in June.

Unsung heroes are members who work tirelessly for the Fellowship, but so quietly that their efforts often slip by under the radar. Sometimes we are aware of some of their efforts, but there may be many other things that they do behind the scenes. Last year's winners were Cathi Zillman and Kim Kayal. They will be the committee making the decision this year. Other recent winners have been Joan McWade, Frank McWade, Zoe Taylor, Bill Hecker, Judy Green and Don Knight.

Please send your ideas to me at my new email address: BoardSecretary@uufh.org.

Susan Kenler

THANK YOU FOR YOUR CONTINUING GENEROSITY

Below are the Split Plate donations from this fall:

July and August - Sweetbriar Nature Center - \$954
September - Project LEAD \$992
October - UUUNO \$1,121
November - H2Empower – Ethiopia \$1,420
December - Community Food Pantry \$2737.50
UUSC \$838.50

Susan Peters
For the Finance Committee

CERG UU DISASTER RELIEF FUND

“Hurricane Sandy is a cascading crisis.”



“Now we can assess the extent of the damage created by “Sandy.” it’s obvious that it will take lots of money to aid the afflicted.

While UUs, as individuals and as groups from many congregations, were both “hands on” and generous financially in the relief efforts in November that was only “first aid.” Sandy is not a crisis *du jour*. It will take years to rebuild – buildings and lives. It wasn’t just flood water and downed trees – there are lingering effects. As of January 23, the Times reported that in NYC 1,893 buildings are without heat and hot water. Also, the Senate has not yet voted on the \$50 billion relief bill. Mold is rampant. Many small businesses have been destroyed. Marginalized people suffer most. Undocumented people can’t apply for any government relief. Faith communities are trying to work against that.

By Rev. Rosemary Bray McNatt,
Fourth Universalist Society, NYC

SPLIT PLATE FEBRUARY AND MARCH

Our UU Central East Regional Group (CERG) established the CERG UU Disaster Relief Fund to collect donations to assist fellow UUs with storm damage clean up, members' immediate needs and in rebuilding efforts. Funds are used to provide the basics needed for UUs who have been displaced or are in need of emergency support, to assist congregations in rebuilding damage, to assist our own Murray Grove conference and retreat center, and to support congregations who are working in their larger communities. By early January the fund had received \$306,000; much, much more is needed.

So our initial one Sunday collection last November, though generous, is insufficient to make a significant dent in the huge need. Please be generous and help bring a chance for a better life to those affected

Marc Leopold
For BOW (Beyond Our Walls) Committee

IS THERE ROOM FOR “GOD” IN THIS FELLOWSHIP?

The following two articles are from members of the COCM (Committee on Congregational Ministry)

Seeking to promote healthy discussion, COCM members are responding to this intentionally provocative question raised by Rev. Nancy in a recent COCM meeting. This addresses a long-standing underlying concern within our congregation.

Is there a place in our Congregation for God? I would take that to mean "since there are many definitions of God as used by Unitarians, "a resounding 'Yes' is the answer.

If you are asking, is there is a specific amount of time we should be devoting to sermons that deal with the Judaeo, Christian notion of God, as a Greater (not necessarily Higher) power, then the answer should also be "Yes". If a substantial number in the congregation would benefit from more mention of God, here's another "Yes'.

If we accept occasional sermons based on the sciences, the arts, literature, and the law, then equal time can be given to the more scriptural notion of God.

Now, whether such a practice would encourage growth in numbers and also be welcomed by the younger members and would not result in practices that were too pious or uncomfortable for some, remains to be discussed and evaluated and tried in an open loving way.

Ray Forest
Member COCM

This raises further questions for me. We proclaim “acceptance of one another and encouragement of spiritual growth...” But what does this really mean? How do you ‘encourage’ spiritual growth for individuals on paths ranging from secular to theistic? Does having “room” mean just offering acceptance, or does it also include welcoming and providing nourishment for growth on that path? Regarding “a free and responsible search for truth and meaning”, what about “truths” and “meaning” of the heart that are beyond the realm of rational justification?

Through the “God Group” and an upcoming Sunday Service, Rev. Nancy will be inviting discussion of this issue, so important to the health and growth of our congregation. Please join the conversation.

Pat Testa (COCM member)

**CONGREGATIONAL MEETING SCHEDULE
REFLECTS CHANGES**

**MARCH 3, 2013 AT NOON
SPECIAL CONGREGATIONAL MEETING**
Agenda: Changes in the Bylaws

**APRIL 28, 2013 AT NOON
ANNUAL CONGREGATIONAL MEETING, PART 1**
Agenda: Election of officers, additional business from the Board or the floor. Approval of the Ministerial Search Committee's recommendation and a celebration of our New Minister.

**JUNE 9, 2013 AT NOON
ANNUAL CONGREGATIONAL MEETING PART II**
Agenda: Discussion and approval of the Annual Budget, possible additional elections, and swearing in of newly elected officers.

Royal Forest
President, Board of Trustees

**SPECIAL CONGREGATIONAL MEETING
Sunday, March 3, 2013 at Noon**

Items on the agenda for the Sunday, March 3, Congregational Meeting include the approval of Bylaw changes.

Members who have signed the membership book at least 90 days before the meeting may participate and vote. The Congregation is the basic governing body of the the UUFH. Your attendance is important for a successful meeting.

Bagels will be available and childcare provided.

Inquires and suggestions can now be sent to my new mailbox, BoardSecretary@uufh.org.

Susan Kenler
Secretary, Board of Trustees

POT LUCKS

We have two houses lined up for February 16 pot luck dinners. There are a few spots available. If you would like to have a fun, friendly, filling night, please let me know.



You can get me at 631-427-5371 or
hhmotivates@gmail.com.

Helene Holtz

HELENE'S HOSPITALITY HINTS

Who have you spoken to you didn't know?
Who have you spoken to who is visiting us for the first time?
Who have you spoken to you know but don't usually speak with? someone older? someone younger? a child?



Let's all make an effort to greet someone after services we haven't spoken to before.

There are so many possibilities awaiting us, if we just reach out .. and if we make ourselves available to others who maybe reaching out. Have fun with it. I'd love to hear your experiences.

Helene Holtz

SERVICES AUCTION SECOND CHANCE

13th Annual Poker Party - Saturday, March 2
at 7:45 pm
\$20 – call Lois Ann Sepez 631 271 9418

Yogatta Do This! - -Saturday, March 2
at 10:45 am
\$30 – Call Johanna Leopold 631 673 3539

“Name the Movie” and other Parlour Games -
Friday, March 8 at 7 pm
\$10 – call Susan Kenler 631 673 9585

MANY HANDS

Several members of the Congregation have been very busy! At the risk of leaving something or someone out here goes! The Social Hall Task Force has been hard at work planning the best use of funds left for updates to the Social Hall. Lois Ann Sepez, Bea Coryell, Mary Jane Wochinger, Ginny Kushnick and Alice Link have been flexing their muscles weeding out books so that the Library/Board Room will be more inviting and useful to the Congregation. The Search Committee along with Danielle Burby and our New Transitional Director of Religious Education, Austen Petersen have been straightening up all the RE Rooms and closets. The Fellowship's 1001 storage rooms/nooks are in the process of being organized by Alyson Dalton. The medical professionals in our midsts have been taking note of our first aid needs. AND a plan for new visual equipment has been presented! A LOT HAS BEEN GO-

ING ON! On behalf of the Board I want to say THANK YOU for all the hours you have put in and your thoughtfulness and caring of our Spiritual home. In our recent Adult RE course, "Spirit in Practice", we discussed the various ways we can try to incorporate spirituality into our daily lives. The following article is adapted from that course.

Maria Nielsen

HOW TO GET THE MOST OUT OF SUNDAY SERVICES

Try to get to worship services with the least amount of stress possible. If you're always rushing out the door, trying to get there "on time," you might arrive in time, but it's unlikely that you'll be truly present.

Use the prelude. It's nice to catch up with friends, but that can be done outside the sanctuary or during coffee hour. Use the time before the first words are spoken to center yourself, and to prepare yourself to truly participate in a celebration of life.

Don't overanalyze. This can be hard for us UUs. Have you heard the joke that we're such poor hymn singers because we're always reading ahead to see if we agree with the words? Instead of analyzing and critiquing, open yourself up to simply *experiencing* the service.

Appreciate your fellow congregants. Take at least one moment each week to look around and remember that you're all in this together. Each and every person in that sanctuary with you has his/her own joys and sorrows, celebrations and concerns, and is as wounded—and as wonderful—as you are. As Francis David said, "We need not think alike to love alike."

Make an additional offering to the collection plate. Experiment with being even more generous, if you can, putting your money where your values are -- not because you have to because you've pledged, but simply because you want to, out of the largeness of your heart.

When something turns you off, say a silent "thank you." Wouldn't it be boring to simply hear your own views week after week? It's often in our encounters with the unexpected that the "magic" really happens. Ask yourself, "What can I learn from this? How can this help me to expand?" Then really listen for answers.

Use the "coffee hour." We have other ways to conduct congregational business. Coffee hour is for engaging

with other people. If the worship service included joys and sorrows, at coffee hour talk with someone whose sharing touched you. Seek out someone you haven't seen in a while or haven't yet met. Talk about the service with people—ask them what they think and how it affected them.

Come back to the service between services. If you journal, make a practice of reflecting back on the service midweek. If you don't journal, set aside some time to think about what you heard—and what you felt—and whether it's had any impact on you in the days since.

Attend services as regularly as your circumstances allow. In UUism there is no threat of hell for people who miss worship, but there is the very real danger of disconnection. Regular weekly attendance at religious services increases our sense of connection to other individuals and to the congregation as a whole.

Maria Nielsen

UUFH REPRESENTED AT MEMORIAL BREAKFAST



Left to Right: John Kamena, Bea Coryell, Donald Clark, Paul Glatzer, Susan Glatzer, Marilyn Kopp Hecker, Bill Hecker, Frank McWade

On Monday, January 21, the Federal MLK holiday, at 8 a.m., ten stalwart UUFH members joined over 500 other attendees from across Suffolk County at the Hyatt Windwatch in Hauppauge to pay tribute to the legacy of Martin Luther King, Jr. Following a sumptuous breakfast and rousing gospel singing, both the keynote speaker and five honorees focused on the critical need for personal service and continuous effort in identifying and erasing current forms of racism. Frances W. engaged her cellphone to capture some moments to share.

Susan and Paul Glatzer,
Co-chairs, JTW

**DISASTROUS FIRE IN BURUNDI
Affecting our micro-loan recipients**

The UUFH has been supporting the UU church in Burundi in many ways, Recently there has been a devastating fire in Bujumbura, with long term catastrophic consequences. The International Council of UUs is organizing a relief fund and is encouraging people to support it. One aspect of the developing world is the fact that there is NO system of support, insurance, or replacement. All is lost means that ALL is lost. This is hard for us to imagine, living in the United States.

For more information please call our office.

Helen Boxwill



*Seeking
A Small Apartment
or
Room & Bath
For \$500 per Month
OR
A Housesitting Position for
the Winter Months*

*Call Nancy Hume
631-239-1002*

FEBRUARY IS NATIONAL HEART MONTH

LIFE LINE SCREENING, Thursday, February 21

****Please Note That This is NOT a UUFH Event*****

I want to tell all of you about an important service that we are bringing to Unitarian Universalist Fellowship of Huntington on February 21.

Do you have high cholesterol or high blood pressure? Have members of your family suffered from these ailments? Do you have a poor diet? If you answer "yes" to any of these questions, you may want to consider being screened for your risk of stroke through the services of Life Line Screening. Life Line Screening uses ultrasound technology to view the plaque build-up in your carotid arteries, the main arteries that carry blood to the brain. Blockages in these arteries are a leading cause of stroke. We are pleased to host this Life Line Screening event February 21 at Unitarian Universalist Fellowship of Huntington.

We are happy to announce that Life Line Screening is working with us to provide our members \$10 discounts off any screening package (priced at \$149 and higher) in addition to a \$10 donation to Unitarian Universalist Fellowship of Huntington. If you would like to take the next step in possibly saving your life or the life of someone you know and if you would like to help Unitarian Universalist Fellowship of Huntington as well, please call 1-800-324-9458 today. Please note that you must sign up through this number in order for us to receive our \$10 donation as well.

Fliers are available in the Social Hall.

Barbara Weingarten, Fellowship Administrator

**For Care/Share Needs and Concerns
Please contact Judie Gardner
631-549-9191
Judiedelano@aol.com**

**UUFH INCLEMENT
WEATHER CLOSINGS**

The **UUFH office and entire building will close/delay in opening, in accordance with the closings/delays in opening of the Huntington School District.** All closings, including weekend closings, will be noted on Long Island radio station **WMJC 94.3**, and on the web, **www.news12.com**. Please check these sources during inclement weather. During the week and **on weekends, we will also note the closing on our Fellowship answering machine message and website www.uufh.org.**

IMPORTANT, PLEASE NOTE: If you run a group at UUFH, please watch for these school closings during the week and make sure that the members of your group know not to come to the Fellowship when the building is closed.

Barbara Weingarten
Administrator

The Beacon

THE UNITARIAN UNIVERSALIST
FELLOWSHIP OF HUNTINGTON
109 BROWN'S ROAD
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for for for

Rev. Nancy O. Arnold, Interim Minister
Austen Petersen, Transitional Director of
Religious Exploration

Richard Hyman, Music Director
Barbara Weingarten, Administrator
Royal Forest, President



UPCOMING SERVICES

February 10:
Is it True? Is it Kind? Will it Help?

February 17:
John Coltrane, The Spirituality of "A Love Supreme"

February 24:
What They Dreamed Be Ours to Do

March 3:
To Have and to Hold

Today's Editor: Lois Ann Sepez
Next Beacon: Monday March 4, 2013
Beacon Deadline: Monday, February 28, 11 AM

UUFH email for Beacon submissions
office@uufh.org