



GREETERS AND HOSTS

If you are volunteering to host please serve light refreshment.

If you arrive early and wish to greet - kindly welcome guests and invite them to sign the visitor's book.

All members are invited to serve your congregation by greeting and hosting. If you wish to volunteer, contact the editor or sign the sheet in the foyer.

Calendar

- Tues & Weds: Holistic Health Center
- Mon, Weds, Fri: Food Pantry
- 8/3, 8/10 Yoga
- 8/11 Live Poets, B&N
- 8/14 Board Meeting, 7pm
- Spiritual Exploration
See Rev. Karen

Upcoming

- 9/2 Beyrers
Labor Day Pool Party
- 10/20 UUFSB
Ministerial Installation

Submit articles for the next Newsletter by the **25th of the month** to fscad@optonline.net
Submissions welcome!

The Bay Watch

of the Unitarian Universalist Society of South Suffolk
28 Brentwood Road, Bay Shore, NY 11706-8011
631-968-0667 uusouthsuffolk.org uusss@verizon.net

August 2013

Statement of Mission

We, the Unitarian Universalist Society of South Suffolk, are a church fellowship that creates a safe home for all people in their spiritual search. We offer services of worship, religious education, and community outreach in an atmosphere that promotes serenity, compassion, mutual support and fun. We celebrate the inner spiritual spark that connects us all.

THANK YOU for turning off cell phones and please, no clapping during Service.

PLEASE NOTE There is no parking in the driveway during Service.

Worship begins at 10:30 A.M.

SERVICES OF WORSHIP

August 4: Elaine Lockwood – Labyrinth

A relaxing jaunt around our labyrinth, thank you Elaine.

August 11: Laura Albert - Breathing Into Serenity

Part II where Laura will be focusing on breathing and the vagus nerve. In addition, there will be some light stretching and breath work. Come, relax, and stretch your mind and body.

August 18: Nancy Beyrer – Poetry Heroes

Nancy will talk about some of her poetry heroes, recite some of the work and maybe encourage participation from the congregation. Do you have a poetry hero?

August 25: Karen Finkenberg Words to Grow By

Children's literature isn't just for kids.

A. A. Milne, best known as the author of Winnie the Pooh, has lessons for all of us. If you have a favorite passage from a children's book, please share it with us.

Yoga Program – August 3 & 10

A five week gentle progression yoga session will begin July 17 and run through August 10 on Saturday mornings from 9 until 10:15am. See Laura Albert for more information, email: laura4250@gmail.com or 631-747-1976

Live Poets Society – August 11

Meetings for gentle critique. If possible bring 10 copies of your poetry. All invited, some satisfied customers frequent our congregation. Barnes and Noble Manor Lane Bay Shore between 2 and 4pm. Contact Noreen for more info 631-581-6740

Board Meeting – August 14, 7pm

Add your voice to our ongoing debate and day to day decision making.

Spiritual Exploration –

The first spiritual exploration group at UUSSS met July 28th at 12:15pm in the Sanctuary. The book being explored together is *The Way of Liberation, A Practical Guide to Spiritual Enlightenment*, by Adyashanti, an American spiritual teacher who studied Zen Buddhism but has developed his own style of guiding seekers to their own liberation. You can order a printed book for \$10, or download an e-book for free through the link below.

See Rev. Karyn for information on dates and times going forward.

http://www.adyashanti.org/index.php?file=productdetail&iprod_id=533

Farewell to Summer-Pool Party/Fundraiser

Labor Day; September 2, 2013

4 pm to 8 pm.

11 Dana Lane

East Islip NY

A cash donation of \$7 per adult, \$5 per senior, \$3 per child is requested.

Also BYOB - Bring Your Own Bottle – and something you would really like to eat.

RSVP Nancy Beyrer at 277-3953 or

516-446-9709

UUFSB – Ministerial Installation

The congregation of the Unitarian Universalist Fellowship at Stony Brook requests the honor of your presence at the Service of Installation of our minister, The Rev. Margaret H. Allen, at 4:30 in the afternoon of Sunday, October 20, at the Fellowship 380 Nicolls Rd., East Setauket, NY (specific directions may be found at www.uufsb.org)

Clergy and religious educators are invited to process. Please arrive by 4:00PM to allow time for robing and centering.

Hymnal Quest

While we appreciate that you may have borrowed a hymnal in order to study all the hymns in an effort to be ready to sing out sweet and clear to any hymn called, we really need to round up and return any stray hymnals. If you happen to have one at home, in the car or wherever please return.

Committee Vacancies

Openings are available for a Membership Chairperson. See any Board member with questions. If you would like to help with the Buildings and Grounds Committee or have any questions, suggestions or requests see Brian or Charlie.

Recyclables Cans in the Corner

The congregation has private carting which precludes UUSSS from recycling. When possible please bring a bag home.

Freethinkers AA Group

The Freethinkers AA group meets Thursday's 7:30pm in the comfy front room.

Contact fscad@optonline.net for more info.

The Eclectic Cafe

The Eclectic Café thanks you for your support over the last year. First show of the next season is The Ukeladies, September 13 eclecticcafe.org

T Shirts Still Available

Many thanks to Emily Napear for taking over the inventory and distribution of the new UUSSS T Shirts. If you don't have one yet, and why would you not, the new T-shirts are available in S, M, L, XL and children's M and L. Only \$12 with proceeds toward more UU Pocket Guides for new members. See Emily for more info.

U-SHARE



Have something you want to get rid of but would prefer not to throw away? Please contact your editor with details regarding the item you wish to list.

Hosting

If you are volunteering to host, please try to arrive a little early to set up the foyer for coffee and light refreshment. Also, kindly welcome members and guests and hand them a program. Invite guests to sign the visitor's book. If you wish to host please see a member of the board.

Social Justice

Do you have a Social Justice issue that is of particular concern to you? Would you like to see others moved to action regarding the issue? See our Social Justice Director Jack Finkenberg to coordinate possible further action. Information on social justice issues and community topics can be found in the foyer. Check the wire basket and bulletin boards and feel free to take any of the items that interest you.

Friends and Membership

Thank you to all who have signed the information sheet in the foyer in order to be kept up to date on happenings and getting the Newsletter. For those who would like to inquire as to how to become a pledging member please talk with a board member, Rev. Karyn or a trustee.

From the Editor

What a delightful run of pleasant weather we've been blessed with the past few weeks. Hope you're enjoying your summer.

There are seven principles, which Unitarian Universalist congregations affirm and promote:

- The inherent worth and dignity of every person;
- Justice, equity and compassion in human relations;
- Acceptance of one another and encouragement to spiritual growth in our congregations;
- A free and responsible search for truth and meaning;
- The right of conscience and the use of the democratic process within our congregations and in society at large;
- The goal of world community with peace, liberty, and justice for all;
- Respect for the interdependent web of all existence of which we are a part.

Connect with Lay Leaders
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