



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
- 2/8 Eclectic Café, 7:30
- 2/9 Live Poets, Islip Library 2-4pm
- 2/12 Board Meeting, 7pm

- 2/23
Spiritual Exploration with Rev. Karyn O'Beirne

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

February 2014

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

February 2: Dave Chapman –
What About YOUR Ministry?

So, you're a Unitarian Universalist? Pretty cool, but what exactly does it mean to *you* to be a Unitarian Universalist? You're may be left of center politically. You may support certain government programs that friends don't like very much. But – wait a sec – aren't we supposed to be the people who believe in "deeds, not creeds"? Well, what do think you should do about it?

February 9: Rev. Julie Newhall

February 16: Hollis Huston

February 23: Rev. Karyn O'Beirne- Good Vibration

Good Vibrations, sound abounds. Some vibrations are joyous and healing, others not so much. Where we vibrate affects our mood and health. Come experience Good Vibrations with special guest musician and crystal bowl Sensei Elyn Sypowitz

The Eclectic Cafe

February 8 – 7:30pm Low n' Lonesome



The Eclectic Cafe, Saturday February 8 presents Low 'n Lonesome. Rob Adkins and Phil Drum are two fine Fingerstyle / Acoustic Blues guitar players and songwriters from Saratoga Springs, NY. As Low 'N Lonesome, they join forces and blend their talents to produce some of the finest old time Blues and Ragtime to be heard anywhere. They perform top-notch originals as well as Blues based versions of tunes from old school jazz, rock, folk and country music, covering great artists from Robert Johnson and Louis Armstrong to Hank Williams and Bob Dylan.

At UUSSS, open mic 7:30, feature performer 8:30
Please bring a non-perishable food item for donation to our in house food bank.
eclecticcafe.org

Live Poets Society – February 9

Meetings for gentle critique. If possible bring 10 copies of your poetry. All invited, some satisfied customers frequent our congregation. Islip Library 71 Monell Ave. Islip between 2 and 4pm. LPS will also be meeting January 12 and February 9 at the same time and place. Contact Barbara Donovan for more info 631-581-2214

Board Meeting – Feb 12, 7pm

If you have a special request or idea please come and add your voice to our ongoing debate and day to day decision making.

Spiritual Exploration – Feb 23

Our spiritual exploration group at UUSSS and facilitated by Rev. Karyn O'Beirne will continue 2/23/14, 3/23/14 and 6/22/14. 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 at www.adyashanti.org. Other dates may be added as we settle into our exploration and discussion.

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.

Piano Lessons - Erve Beiser

Lessons will be held in the Sanctuary. Suggested donation \$10. Please contact Erve if interested.

Committee Vacancies

Openings are available for various committee positions; 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. Thanks to Elaine Lockwood for taking the important role of Membership Committee Chair.

Recyclables Cans in the Corner

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

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 to list.

Freethinkers AA Group

The Freethinkers AA group meets Thursday's 7:30pm in the comfy front room, or RE room if necessary. Contact fscad@optonline.net for more info.

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.

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.

Social Justice

Do you have a Social Justice issue that is of particular concern to you? See our Social Justice Director Jack Finkenberg to coordinate possible further action. Information can be found in the foyer. Check the wire basket and bulletin boards and feel free to take any items of interest.

From the Editor- I got the blues, that is I seem to be in the throes of the usual seasonal affective disorder. I'm not much for fancy psycho-babble but there's certainly something to be said for this one. I'm really not suffering; after all I love the Blues. If you like the Blues and other types of fingerstyle acoustic guitar music come on down to The Eclectic Café Feb 8th right here in our own home. But I digress, my winter weekday evening schedule has included; a cup of tea, fire in the wood stove, music (loud) and an hour or so exercise/practice on the UUSSS drums.

Happy Winter

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

Office: 631-968-0667

President

Charles Hayward

Vice President

Jack Finkenberg

Treasurer

Joe O'Beirne

Secretary

Barbara Scelzi

Trustees

Donna Hayward

Nancy Beyrer

Brian Whittaker

Membership

Elaine Lockwood

Music at Worship

Pennie Wood, Erve Beiser &

Kathy Rial

Co-Program Directors

Karen Finkenberg

Kathy Rial

Religious Education

Ann Parmely

Social Justice

Jack Finkenberg

Newsletter Editor

Brian Whittaker