



## **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
- 7/10 Board Meeting, 7pm
- 7/14 Live Poets, B&N
- Upcoming
- 7/13 Yoga classes begin
- 7/28 Spiritual Exploration

Submit articles for the next Newsletter by the **25<sup>th</sup> of the month** to [fscad@optonline.net](mailto: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](http://uusouthsuffolk.org) [uusss@verizon.net](mailto:uusss@verizon.net)

## July 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**

**June 7:** Norm Roscoe – Humanism Under the Radar

Norm is back from GA in Louisville with a Humanist perspective.

**July 14:** Pennie Wood and Kathy Rial-Hymn Sing

Hear some historical tidbits about some of our favorites and enjoy a summer sing-a-long.

**July 21:** The Septemberists

Joanne Sheriff and Larry Chorowski are The Septemberists. Singing acoustic duets from the 60's to the present in their spot on harmony they will join us for a service of song. Full disclosure, they are good friends. That said, as a rabid music fan I'll tell you straight, they're the real deal. Join UUSSS for an enjoyable morning of song.

## **July 28: Rev. Karyn O'Beirne Adyashanti-The Way of Liberation**

A precursor to the first spiritual exploration group meeting taking place after service (see below).

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## **Board Meeting – July 10, 7pm**

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

## **Yoga Program - July 13**

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 – July 14**

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 1 and 4pm. Contact Noreen for more info 631-581-6740

## **Spiritual Exploration – July 28**

The first spiritual exploration group at UUSSS will meet July 28<sup>th</sup> at 12:15pm in the Sanctuary. The book we will explore 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.

[http://www.adyashanti.org/index.php?file=productdetail&iprod\\_id=533](http://www.adyashanti.org/index.php?file=productdetail&iprod_id=533)

## **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](mailto: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](http://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**

A big thanks to the immediate past members of the Board. Elaine Lockwood, President, Charles Hayward, VP, who is now our President, Jack Finkenberg, Trustee, who is now our VP and Loretta Chillemi, Secretary. Give them your thanks when you see them.

I always enjoy spring into summer with windows wide hearing the hum of night as I drift off. A mockingbird has been mocking me nightly for weeks. I've heard the whole loop, repeatedly, and it really is amazing. I don't know who drifts off first.

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

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Ann Parmely

**Social Justice**

Jack Finkenberg

**Newsletter Editor**

Brian Whittaker

UUSSS

28 Brentwood Road

Bay Shore, NY 11706