



UUSD Newsletter *Beacon at the Beach* - MARCH 2023

TABLE OF CONTENTS

Pledge Campaign Month.....1	LDC Self-Nomination..... 4
Sermons..... 1	Welcome New Members..... 5
Message from Rev. Heather Rion Starr.....2	Committee News ..... 6
Message from Paul Barnette & Board	Events.....9
Highlights..... 3	Contacts.....12

MARCH IS “PLEDGE CAMPAIGN” MONTH AT UUSD: *DREAM IT! DO IT!*



March is “Pledge Campaign” month at UUSD. Members and friends will receive an email letter in a few days kicking off the annual pledge campaign and asking that they pledge their financial support to next year’s operating budget. This is an exciting time as UUSD transitions into a larger congregation. The March 5 Sunday Service will be devoted to stewardship responsibilities with a focus on UUSD’s dynamic future. There will be a forum after the service on March 12 to answer questions and explain the proposed operating budget for the next fiscal year (July 1, 2023 to June 30, 2024). More information will be forthcoming.

MARCH SERMONS

**Sunday, March 5, 10 a.m., “What They Dreamed Be Ours to Do...?” Rev. Heather Rion Starr:** Twenty-five years ago now, there were more than four dozen Unitarian Universalists in southern Delaware working towards a common dream. What would *they* have thought upon being told of a 2020 global pandemic? What about our congregational priorities today of livestreaming, Zooming, and Google Meeting? How do our visions and goals need to evolve and adapt in order to keep on realizing the bigger, more timeless dream?

**Sunday, March 12, 10 a.m., “Ode to Sleep,” Rev. Heather Rion Starr:** On this day when we all “lose an hour,” Rev. Heather will delve into the trending current literature on sleep, “sleep hygiene,” parenting, grandparenting, and the correlating loss of sleep. She will review the practice of studying dreams and other things that...keep her up at night. (Don’t forget to spring your clocks forward on Saturday night.) Rise and shine with us!

**Sunday, March 19, 10 a.m., “Blooming into Your Spring,” Julie Keefer, Director of Music Ministries:** Winter is hard for so many. It consists of short days and long, cold, dark nights. By the end of February, many people are

feeling vulnerable to the barrenness of winter. Our own lives, too, have our seasons, and our own winter, but spring will be here soon. On this first Sunday of spring, we will consider our own season of spring and all the beauty that it offers to ourselves, our community, and the world. What new and fresh ways will you ***Bloom into Your Spring?***

**Sunday, March 26, 10 a.m., “Deeds Survive the Doer,” Rev. Heather Rion Starr and... Dorothea Dix!** Guest speaker, accomplished actor, operatic singer and historian, Pat Jordan, of the American Historical Theatre, will participate in this service by providing a first-person presentation as humanitarian reformer and Unitarian, Dorothea Dix. Join us for this special service celebrating Unitarianism’s longtime commitment to care for all people, and Universalism’s core value of universal love.

**REV. HEATHER RION STARR, MINISTER**



Dear UUSD Members and Friends,

Every January, Unitarian Universalist congregations in the United States “certify” our numbers and other data with the Unitarian Universalist Association (UUA). The numbers we report to the UUA impact the number of delegates we’re eligible to have at our national denominational conference each June—General Assembly—and they also help the UUA track demographic realities and changes within our congregations.

The UUA develops guidance and resources for our congregations, provides support at critical moments, and represents our faith nationally and internationally—but they don’t actually fund our congregations in a day-to-day, year-to-year way<sup>1</sup>, and they aren’t able to dramatically change a congregation’s course.

In Unitarian Universalism, we practice what is called “congregational polity,” which basically means that each congregation governs itself. We are affiliated with Unitarian Universalism, and our faith calls us to covenant with one another, to partner together and work together as faith siblings—we are independent and interdependent congregations.

This distinction may seem trivial, but from my perspective it is hugely significant. I took the time this past week to take a close look at the 2023 numbers reported to the UUA for every congregation I have worked for in any ongoing capacity—as an Intern Minister, Consulting Minister, Program Staff, Sabbatical Preacher, or Settled Minister—10 congregations in all, now. I’ve experienced people saying things to me over the years: “You know, the Minister makes all the difference,” and “You might really be able to turn things around here”...but I have become convinced that the opposite is actually true: the long-term health of a congregation is not about me, or any minister really. In the role of Minister, I can have a positive or a negative impact on the overall health and trajectory of the congregation; I can sometimes have a significant short-term impact, but I am not the primary determinant of its long-range future. No one of us is.

Instead, we are all a part of tending the congregation’s spirit. Together, we work proactively towards the community living out its mission—its reason for being—or we participate or are complicit in its stagnancy or its languishing. Of the 10 congregations I have worked for since 2004 when I began my internship in northern Minnesota, all of them are further along a trajectory that was palpable to me even when I was with them. They are larger in membership number or smaller—often based most on contextual realities that none of us have the power to change. Some are tiny, some are steady, and some are robust. Almost all of them are communities I’d

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<sup>1</sup> In fact, UUSD will send about \$14,383 in dues to the UUA in FY24—this number, determined by the UUA, is based on a percentage of our Operating Budget.

love to visit again one day—and I'd expect a certain vibe at each, a unique-to-each energy that is almost impossible to describe, a sense of their character, connection to place, and persevering Unitarian Universalist identity.

When I was a young adult and considering attending seminary, I remember hearing from some in my family that they avoided attending "Celebration Sunday"—the Annual Pledge Drive Sunday (or whatever it was called at that UU congregation at the time). They didn't want to hear a whole sermon about money. I get that. I promise you though that on March 5, when we kick off *our* Annual Pledge Drive (which we try very hard to limit to the month of March), the emphasis of the service will not be all on money, but on how we work together to be a critical part of UUSD's future, of UUSD's long-term story. Every single one of us has ways that we contribute to the energetic vibe of this community. How do we talk about UUSD with our friends, neighbors, and family? Do we invite in and reach out to newcomers? Do we lean on the congregation for spiritual support and make connections between its vitality and our own? Do we strive to live up to our challenging Unitarian Universalist values and give ourselves and one another the opportunity to be our best versions of ourselves, over-and-over again?

UUSD is at an incredible, pivotal moment in our trajectory. It will necessitate all of us working together to move this congregation forward to this community's next lively stage of growth and development—and I know that it is doable. I can see it! Let's dream it! And do it! Thanks to all of you for your support, your contributions, your engagement, your confidence—together, we co-create this community anew, every day.

Warmly,



**PAUL BARNETTE, PRESIDENT, UUSD BOARD OF TRUSTEES (BOT)**  
**PRESIDENT'S MESSAGE AND BOARD HIGHLIGHTS**

**January 24 Business Meeting**



**Review/Approve Month-End Financial Documents:** Co-Finance Officer Kent Sprunger reported that the financial system migration project is on schedule. Power Church is now frozen, with all new data being entered in to Breeze and QuickBooks. FY23 pledges have been successfully loaded into Breeze. Quarterly activity reports have been sent to all committee chairs with the status of spent funds.

Co-Finance Officer Richard Wheeler reported that the FY24 budget process has begun; a review with the Finance Committee will take place, and the BOT will be asked to approve the Phase I FY24 draft budget at the Board meeting on February 14.

**Update on UUSD Congregation Certification:** Rev. Heather reported that the congregational certification process is now 100% complete. We are reporting 204 members, with the new information showing up online with the UUA in the April-May timeframe.

**Stewardship for Us Visioning Process:** Board President Paul Barnette will contact Mark Ewert, Consultant with Stewardship for Us, concerning cost and scheduling availability for Phase II, "Searching for the Future." Mark will be informed that the Board will approve moving to Phase II at the next business meeting.

**Board of Trustees Job Description:** Ellen Loewy, Chair of the Leadership Development Committee, discussed with the Board potential revisions to the job description for Board Trustees prior to the start of the Self-Nomination Process in March-April of 2023. The Board recommended several revisions, and a motion was made to approve the revisions which passed unanimously. Ellen agreed to make the revisions to the job description.

**Hiring of Two New Staff Positions:** Rev. Heather presented to the Board the need to hire a half time Director of Faith Exploration for Children & Youth. Her vision is to have someone on board by August 1, 2023. The Board will be provided a job description for the position to review prior to the February 14 Board Planning Meeting. Rev. Heather will be working with Richard Wheeler and Pat Murdock on salary and benefits for this new position. After the Board approves the job description at the February 14 Board meeting, the job announcement will be advertised immediately. The candidate will be presented in May 2023 after the FY24 Budget has been approved. Approval of the candidate will be necessary prior to the Annual Meeting.

### February 14 Planning Meeting

**Review/Approve Director of Faith Exploration for Children & Youth Job Posting:** Children's Faith Exploration programs are currently two Sundays a month. There are 22 children enrolled, with four new families. The program is quickly growing, with only five or six children enrolled when Rev. Heather arrived at UUSD. A part-time Director is needed to manage the program. The goal is to have someone selected for a half-time position by the end of this church year. Advertising for this position will begin shortly; lead time is necessary to get the word out. Advertising will include the UUA Jobs Board, Liberal Religious Education Association (LREDA) website, along with local postings. A motion was made and seconded to approve the job posting. The motion was approved by the Board unanimously.

**Review/Approve FY24 Draft Phase I Budget:** Richard Wheeler, Co-Finance Officer reviewed the draft of the FY24 Phase I budget. The majority of increased costs for FY24 are related to personnel, with proposed committee budgets remaining the same as the current fiscal year. A large portion of proposed personnel costs are the half-time DFE position. There is potential for 142 Pledge Units, with a possibility of 19 new units. The average pledge is \$2,442, and the median pledge is \$1,200. The average pledge is skewed by the median of larger donors. The Phase II Budget will be completed once the pledge drive is finished. After much discussion, a motion was made and seconded to accept the proposed Phase I Budget. The motion was passed unanimously.

**Discussion of Expansion Planning Committee (EPC) Next Steps:** Paul Barnette, Board President, advised the Board that the EPC Co-Chairs have resigned, and the committee will be moved to inactive. The Expansion Planning Committee is a committee of the Board.

**The BOT Planning Meeting takes place on the 2<sup>nd</sup> Tuesday of the month at 10:00 a.m. and is a Hybrid meeting. The BOT Business Meeting takes place on the 4<sup>th</sup> Wednesday of the month at 3:30 p.m. via Zoom. Please contact Richard Wheeler or Paul Barnette for the Zoom link.**

See you in church! Paul Barnette, Board President

### LEADERSHIP DEVELOPMENT

*Enriched by our diversity, we seek connections with everyone, regardless of race, physical ability, socio-economic status, gender identity, whom you love, or any other human characteristic.*

### SELF-NOMINATION PERIOD ENDS MARCH 31

There are many good reasons to consider serving on the Board of Trustees and the Leadership Development



Committee (LDC). Becoming involved transforms lives. Becoming involved as a spiritual practice will enable you to examine, shape, and care for not only your life, but can stretch you and this congregation in a new direction. We encourage you to live out our UU Principles by serving others and deepening your spiritual life. Please consider actively participating in the life of our spiritual community by empowering yourself to make this community your true spiritual home by infusing it with your values.

Serving on the Board offers you the chance to make a significant impact on UUSD, our congregation, and its mission and vision. Serving on the Board also offers you the opportunity to grow personally, work with new colleagues, and achieve a special sense of satisfaction and accomplishment. There are three openings on the Board this year.

Serving on Leadership Development enables you to be involved in helping our congregation engage and connect to opportunities at UUSD to volunteer and lead and to help prepare members to serve in leadership positions. There are two openings on the LDC this year.

**How to Get on the Ballot for Elected Office:** UUSD members, who want to be placed on the ballot for either the Board or Leadership Development, must complete a **Self-Nomination form** and return it to LDC by March 31. All UUSD members are eligible to self-nominate. Leadership Development will accept **Self-Nomination forms** from **February 1 through March 31**. These forms were emailed to you earlier in January and are also posted on the UUSD website at <https://uusd.org/about-us/governance-2/leadership-development/>.

Contact [LeadershipDevelopment@uusd.org](mailto:LeadershipDevelopment@uusd.org) if you have any questions.



**THURSDAY, MARCH 2, 6 P.M., IN PERSON AND ZOOM: PROSPECTIVE CANDIDATE SESSION:** Leadership Development is coordinating an interactive prospective candidate session to share information about positions on the Board of Trustees and the Leadership Development Committee for the upcoming church year. The congregation will elect members for the Board and Leadership Development at the Annual Meeting in June. The self-nomination process will also be discussed. We will provide information and insights about these positions and answer your questions. The Candidate Session will be on **March 2 at 6 p.m.** in person at UUSD

and via Zoom. The Zoom link for the Candidate Session is:

<https://us02web.zoom.us/j/81101750929?pwd=L205NVFGTy9tQy95eGZZa1R0bTVKQT09>.

## WELCOME TO NEW MEMBERS

**FROM DONNA DAVIS: WELCOME NEW MEMBERS LAURA AND STEVE HOLTZ**



Laura and Steve Holtz moved to the area in September 2021 after living in many places over the course of their 37-year marriage including (but certainly not limited to) Germany and Belgium, where they spent 10 years, Colorado, and most recently Atlanta. They were looking for a retirement location where they could be near their children, and Delaware was it. They have two daughters, one who currently lives with them, but will soon move to the MD/DC area, and another daughter in California. They also have a son with two children who live in Devon, PA.

Steve recently retired from the Army and the Department of Defense where he litigated cases. Laura spent her career in employment development for the military, refugees and immigrants, and college-level ESL instruction.

They visited churches in several communities over the years in different locations where they lived, and they knew they wanted to find a spiritual home. While they didn't know much about Unitarian Universalism when they found UUSD, they wanted to find a progressive, open, and thoughtful community. UUSD just felt like the right spiritual home for them. They have found the openness and warmth of our congregation refreshing. They are looking forward to joining the upcoming UU Tune-up class in March as an initial step to learn more about Unitarian Universalism.

Steve loves to play golf, and Laura is a passionate yogi and is also a certified yoga instructor. They share a love of travel. Laura has already jumped into two covenant groups, including the Meditation group, and Steve has joined the Men's group and enjoyed helping with landscaping on a recent Saturday. They are looking forward to getting to know everyone at UUSD better and finding the right place for them to contribute their time, energy, and talents to our growing congregation. Welcome Steve and Laura!

### FROM KAZ HUSTON: WELCOME NEW MEMBERS ROSEMARY AND ED DESILVA



New members, Rosemary and Ed DeSilva, have been married 41 years and have three adult children and three grandchildren. Originally from Philadelphia, they lived in New Jersey for 25 years, where Ed retired from his American Baptist Ministry.

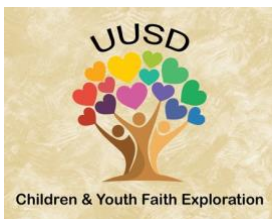
Ed and Rosemary moved to Rehoboth in May 2020 and, after a short retirement break, they were ready to check out churches. The DeSilva's found UUSD most inviting because of its openness, feeling of freedom, diversity of faiths and ideologies, and that it embodies "covenant over creed."

They arrived for UUSD Music Sunday 2022, took UU classes, and joined UUSD in December 2022. Rosemary joined the Membership Committee and is in the choir. She has always been involved with children and expressed a keen interest in helping with our Children's FE. Both enjoy the Drum Circle. Both are Greeters and enjoy meeting everyone.

These days Ed works full time at Best Buds, a Medical Marijuana Dispensary in Georgetown, which does not allow Ed as much time for UUSD as he would wish. Rosemary loves to read, knit, and crochet, and enjoys learning from others. Ed loves to garden and kayak particularly in the bay near their home.

## BOARD COMMITTEE & AD HOC TEAM NEWS

### CHILDREN'S FAITH EXPLORATION FAMILY COVENANT GROUP



See photos of children's programs here: <https://uussd.org/learning/childrens-re-projects/>

#### Mark Your Calendar

**March 5:** We will be reading "The Whale and the Teeny-Tiny Fish" taken from a book of children's stories written by Rev. Jamie Hinson-Rieger, minister at the UU Church of Indianapolis. The story illustrates that each and every person is important. There will be a make and take activity.

**March 12:** Bunny Guerrin will read *Henry Hikes to Fitchburg*, by D.B Johnson. This wonderful book is based on Henry David Thoreau's *Walden*.

UUSD kids thank you for supporting their playground fundraising. They are so excited about making this dream a reality!

We are looking forward to 2023 being another exciting year for our children! If you have questions, ideas for future programs, can present on topics of interest to children, or need more information about children's programming at UUSD, email [ChildrensFaithExp@uussd.org](mailto:ChildrensFaithExp@uussd.org) or contact Darlene Sellers, Chair, at 302-396-3314.

**DENOMINATIONAL AFFAIRS  
UUA GENERAL ASSEMBLY (GA)  
MAC GOEKLER, CHAIR**

Do you want to be a General Assembly delegate for UUSD? Please let Mac Goekler know by March 31 if you want to be considered. Email him at [DenomAffairs@uussd.org](mailto:DenomAffairs@uussd.org). It does not cost anything to be a virtual delegate. Also, please note there is some funding for expenses related to going to this Pittsburgh, PA General Assembly.

The big issue will be updating the UUA Article II Bylaws. A link to the Article II proposal is at [https://www.uua.org/files/2023-01/a2sc\\_bot\\_pres\\_01202023.pdf](https://www.uua.org/files/2023-01/a2sc_bot_pres_01202023.pdf). A link to the proposed (now approved) amendment process for Article II is at [https://www.uua.org/files/2023-01/a2\\_amend\\_process.pdf](https://www.uua.org/files/2023-01/a2_amend_process.pdf).

This is all new ground. Though similar to the 1984 Principles revision, this is even a bigger project. Please note that this process is open to all UUs from now until June 15. After that, the delegates take over to a) propose amendments, and b) vote on the amendments on June 22.

The priority for the amendments is how big a following they have. A major part of the process in April and May is to get a following (UU churches and UU groups can endorse proposed amendments).

Denominational Affairs plans to hold a presentation with Q&A for those interested in going virtually or in person to GA in early March. Please let Mac Goekler know (reply all) of your availability for an evening, one hour (7 p.m.) Zoom call and what nights work best for you.

**FINANCE  
RON SCHAEFFER, CHAIR**

We are now seven months through the fiscal year (FY - July 1, 2022, through June 30, 2023), and our financial status remains healthy. Our pledge commitment for the entire fiscal year is \$297,353, and we collected \$13,206, or 4.4 percent in actual pledge fulfillment in the month of January. Our pledge fulfillment through the first seven months of the fiscal year is 73 percent of our total pledge commitment. Our income and expenses paid through January 31 are as follows:

- Total income: \$250,139 (73 percent of the total budget)
- Total expenses: \$179,283 (53 percent of the total budget)
- The net operations surplus through the end of January: \$70,855.

This is a healthy financial position for the first seven months of the fiscal year. Our thanks go to all our members and friends who support UUSD. We hope this information is helpful to you, and we welcome your questions and comments.

**SOCIAL & ENVIRONMENTAL JUSTICE  
SUSAN AND MAC GOEKLER, CO-CHAIRS**

**The March ASK:** ADVOCATE: Contact a policy maker. The Delaware state legislature is only in session the

first six months of each year. March is an active time for legislative action. Several bills are in the works that would impact the priorities in UUSD's Resolution of Conscience. Some address the environment, such as a Climate Solutions Act. Others address racial justice through reform of various aspects of the criminal justice system and economic justice with a bill to increase housing assistance.

If you want to do your own research, you can find all proposal legislation at <https://legis.delaware.gov/AllLegislation>. If you are on the social justice group email list, we will alert you to opportunities to respond. To join the list, send a request to [SocialJustice@uussd.org](mailto:SocialJustice@uussd.org). Contact can take the form of sending an email, letter, or postcard; calling; and/or visiting or joining a lobby day, such as the Sierra Club and Delaware Clean Energy Coalition's [Lobby Day](#) March 9 in support of the Climate Solutions Act. You must sign up in advance, and there is training.



**Share the Plate:** Our **Share the Plate** offering in **March** is for **Springboard Collaborative Pallet Village in Georgetown, DE**. The mission of the Collaborative is to provide a dignified, safe, and cost-effective solution to immediate needs for housing, health care, job training, etc., that will become a stepping-stone to more stable, permanent housing and self-sufficiency for those in need. The current "neighborhood" of 40 shelters is housing 50 adults, including some couples. Three meals per day are being provided by a team of volunteers using a local Methodist church kitchen while the community building is being completed. There is a busy staff of case workers/navigators to help residents achieve their goals.

You can contribute online throughout the month on the UUSD website at [Donate](#) for **Share the Plate**, or you can send a check to UUSD (30486 Lewes Georgetown Highway, Lewes, DE 19958) with **Share the Plate** in the memo line. Contact [SocialJustice@uussd.org](mailto:SocialJustice@uussd.org) if you need more information.

Our Share the Plate is *"in accordance with our Resolution of Conscience supporting Economic Justice and Women, Children, and Families."*

**UUSD Congregants' Social & Environmental Justice Priorities:** Thank you to the 51 people who responded to the straw poll distributed by the Social & Environmental Justice Committee in February. The three issues named most frequently by respondents as ones they are actively engaged in were the environment, racial justice, and women's reproductive rights. The same three issues were those most frequently chosen for UUSD to be active in supporting with voting rights and economic justice (living wage, affordable housing, etc.) also receiving many votes. So, we will use these as priority areas for advocacy alerts, for educational offerings, and for opportunities for action. See the separate article about the Sussex Preservation Coalition.

### **Come Join Us!**

UUSD's Social & Environmental Justice Committee meets the first Tuesday of the month starting at 6:30 p.m. Currently we are meeting via Zoom. We are open to new participants. We welcome new energy and ideas for strengthening our work for social and environmental justice. To get on the email list to receive notice of opportunities to engage and about meetings, send a request to [SocialJustice@uussd.org](mailto:SocialJustice@uussd.org).

### **SUSSEX PRESERVATION COALITION MAGGIE MCLAUGHLIN**

The Sussex Preservation Coalition (SPC) was formed over the summer of 2022 by individuals concerned about the many ways overdevelopment has altered the environment and increased the damaging effects of climate change.

In the past decade, Sussex County has been the epicenter of population growth in Delaware, while maintaining the most lax environmental protections in the state. Forests, critical to flood mitigation and wildlife habitat, have



been razed at an alarming rate. Developments have placed heavy burdens on infrastructure, public spaces, and services. With rising sea level and climate change, the excessive development has left Sussex County more vulnerable to flooding and devastation from storms.

Many community groups have formed to stop further development in fragile environments and to save forests, open spaces, and wetlands. Activists from these groups realized that their advocacy could be strengthened if they found an effective way to work together and leverage each other's efforts. The Sussex Preservation Coalition brings together community groups, state chapters of national organizations, and individuals around a shared mission: to increase the impact of organizations and individuals working in Sussex County to promote resiliency, sustainability, and climate adaptation, and to preserve natural habitats.

In Fall of 2022, UUSD's Social and Environmental Justice Committee decided that SPC's mission statement is in alignment with UUSD's Resolution of Conscience. The S&EJ committee agreed to sponsor SPC and invited SPC to hold public meetings in the church. UUSD is listed as an ally on the SPC website.

#### WHAT WE DO

- We attend meetings of the Sussex County Council and the Planning and Zoning Commission to express our concerns and stay informed of land use decisions.
- We work with our allies to draft or amend County ordinances and policies that preserve natural resources.
- We maintain a website and Facebook page for our allies to post about the issues they are working on. We plan to post action alerts and success stories. We maintain a library where viewers can read county policies and listen to short pieces that were recorded by our local DE NPR station. In the future, our website will include a podcast and short animated videos that will focus on various environmental topics.
- We hold monthly meetings to educate the public about issues and how residents can make their voices heard (by volunteering for specific projects, writing letters, and attending County Council Meetings.)
- We do speaking engagements, press releases, etc. to further our cause.
- We plan to sponsor rallies to focus attention on specific ordinances that are brought before County Council and to bring the public's attention to local environmental concerns. (Tree ordinance: Woodlands Preservation Project)

Go to our website (<https://www.sussexpreservationcoalition.org/>) to learn more about Sussex Preservation Coalition. Or, better yet, attend our next meeting, in person or on Zoom, on March 14 at the Lewes Library, 111 Adams Avenue, Lewes, from 3:00 to 4:30 p.m. To obtain a Zoom link, send an email request to [spcde.org@gmail.com](mailto:spcde.org@gmail.com).

#### UUSD EVENTS

**Affinity Group, Writing Our Sacred Journey, Saturday, March 4, 10 a.m., UUSD:** Rev. Heather led a wonderful workshop in January on writing our memoirs based on the book *Writing Our Sacred Journey* by Elizabeth Jarrett Andrew. The book may be found at the UUA bookstore or on Amazon, as well as being ordered from Browesabout, our local bookstore. At the conclusion of the workshop, many attendees expressed an interest in keeping their writing experience going by participating in a monthly Affinity Group. Our first group meeting will be Saturday, March 4 in the sanctuary from 10 a.m.-Noon. If you are interested in joining this new Affinity group, contact Bobbi Dunham at [b.dunham@uussd.org](mailto:b.dunham@uussd.org).

**Metta Meditation, Saturday, March 4, 3-4:30 p.m., UUSD:** Rev. Sue Greer, UUSD Friend and Ordained Spiritual Life Minister, will lead a Buddhist meditation called "metta." If practiced, it can lead to cultivating loving kindness and compassion for yourself and others. It is a rich practice that can help you keep an open heart in the midst of adversity. No prior meditation experience is required. Please register by 5 p.m., Friday, March 3, at [AdultFaithExp@uussd.org](mailto:AdultFaithExp@uussd.org).

**UU Tune-up, March 8, 15, and 22, 2023, In Person, Noon, & March 9, 16, and 23, 2023, 6:30 p.m., Zoom:** A UU Tune-up class is being offered in person on Wednesdays at noon on March 8, 15, and 22 at UUSD, and via Zoom on Thursdays March 9, 16, and 23 from 6:30 to 8 p.m. The in-person class is limited to 16 people. Rev. Heather, Kim King, and Betty Kirk will provide challenges and opportunities for aspiring, new, and long-time UUs to explore their spiritual paths—past, present, and future. It is a good way to get to know new people and make new friends. Please register by **5 p.m. on Monday, March 6**, at [AdultFaithExp@uussd.org](mailto:AdultFaithExp@uussd.org).

**Men's Covenant Group, Saturday, March 11, 9 a.m. In Person and Zoom:** The UUSD Men's Covenant Group will meet on Saturday, March 11 at 9 to 11:00 a.m. in the UUSD Gathering Area, and Zoom will be available. Gary Schmidt will facilitate check-in and a discussion of the evolution of the law, with a particular focus on the Second Amendment. Contact Ron Schaeffer at [r.schaeffer@uussd.org](mailto:r.schaeffer@uussd.org) if you are interested in joining the Group, or if you have any questions.



**UUSD Drum Circle, Thursday, March 16, 6-7:30 p.m., UUSD:** This month we're drumming up good vibrations to embrace spring and shed the doldrums of winter. Our drumming is free-form self-expression and kindred drummers, new or experienced, are welcome free of charge. Extra drums, rattles, and percussives are available. Hosted by Sue Greer and Tony Codella, the Drum Circle is held indoors starting at 6 p.m. at UUSD. Contact Tony at [drumcircle@uussd.org](mailto:drumcircle@uussd.org) for any questions. Come, give your energy a voice and a boost.

**"Still Time," March 16 and March 30, April 6 and 27, May 4 and 18, 10-11 a.m., UUSD:** "Still Time" will be held in the Foyer living room area or on the UUSD back deck, weather permitting. Join Rev. Heather for a half hour of sitting still and quietly in the good company of others. This is an informal offering supporting us all in creating time to mutually sit in silence together. We will start out with a poem or a short reading, and after about 30-40 minutes of silence, share briefly with one another anything that may have arisen for us during the quiet. Come and join us. Co-hosted by Adult Faith Exploration.

**UUSD Family Covenant Group, March 18, and April 29, from 5-7 p.m., UUSD:** UUSD Family Covenant Group (loosely drawing upon the monthly UU Soul Matters theme materials) has gotten started and will meet on Saturdays once a month: February 25, March 18, and April 29, from 5-7 p.m. at UUSD (in the Gathering Area and Faith Exploration Rooms). We are in the process of arranging childcare. Please let Dar Sellers ([ChildrensFaithExp@uussd.org](mailto:ChildrensFaithExp@uussd.org)) know if you and all or some of your family are able to attend, how many of you are adults who'll be participating in the adult group, and how many are children who will be participating in the children's activities each evening. Rev. Heather will be facilitating the adult portion of the evening, and Dar Sellers will be facilitating the children's activities. Please bring something to share in the way of a simple supper. This program is open to all families with school-age (birth-18 yrs.) children at home. Join us in building community between and among our UUSD Families.

**Family Promise of Southern Delaware, April 1, 10 a.m., American Legion Post 28:** Family Promise of Southern Delaware is hosting a brunch fundraiser on April 1, 10 a.m.-12 p.m. at the American Legion Post 28 (31768 Legion Rd, Millsboro, Delaware 19966). The event will feature brunch favorites, beverages, and speakers. The funds raised from the event will help Family Promise of Southern Delaware to continue to provide homeless prevention support and resource development for families in Southern Delaware experiencing housing distress. Visit their website at <https://www.familypromisesouthernde.org/> for more information. (From Rev. Heather.)

**Coping with Loss and New Opportunities in Retirement, Saturdays, April 15 and 29, 2023, 10:30 a.m. – Noon, UUSD Sanctuary:** The purpose of this class is to identify what we give up in retirement like loss of work, identity, friends, homes, and communities, and to discuss what this means for UUSD class members. Mary Quigley, LDCSW, facilitator, will draw on her own experiences, as well as her 40 years of being a psychotherapist, to discuss the psychological reasons why this is harder for some than others. Retirement also means a chance to explore new identities and activities. Eric Erickson calls it the stage of generativity versus stagnation. It is a

perfect time in life for reflection, meditation, community involvement, and giving to others. How can we help each other do that? What will be the role of UUSD in these changes in support of our UU principles involving spiritual growth and the search for truth and meaning? The class will be limited to 15 people. Please register at [AdultFaithExp@uusd.org](mailto:AdultFaithExp@uusd.org) by Noon, Thursday, April 14.

**MOMENTS FROM THE FEBRUARY UUSD DRUM CIRCLE  
(PHOTOS COURTESY OF WARREN BOUTON)**





## CONTACTS

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*Directory changes for contact information to [DirectoryUpdates@uussd.org](mailto:DirectoryUpdates@uussd.org)  
**Beacon at the Beach Newsletter** articles due the 20<sup>th</sup> of each month to [Communications@uussd.org](mailto:Communications@uussd.org)  
**eNews Updates** to [Communications@uussd.org](mailto:Communications@uussd.org)  
**Publicity** requests to [Publicity@uussd.org](mailto:Publicity@uussd.org)  
**Order of Service (OOS) notices by Tuesday Noon** to [Admin@uussd.org](mailto:Admin@uussd.org)  
**Community Updates** by Thursday to Jean Charles  
**Website Calendar Updates** to [Admin@uussd.org](mailto:Admin@uussd.org)*