



Windmill

Mount Vernon Unitarian Church

*To affirm and
promote the
inherent worth
and dignity of
every person*

September 1, 2011

... MVUC is a loving and inclusive community. Our mission is to encourage one another on our spiritual journeys and to work together to build the common good.

Taking Note . . .

by The Reverend Kate R. Walker



I wrote all about generational differences in churches in the July and August newsletters, and this summer I got to experience generational differences during our Partner Church visit to Szentháromság, Romania. I am so delighted to share that the youth and young adults we are sponsoring in Romania represent one of the most wonderful examples of ministry I've ever witnessed.

The Rev. Tivadar Hegedus is focusing a lot of his ministry on the youth of the village, all the youth, any and all who are in need of it no matter their faith. These youth are gathering every week for social time and for prayer in the small Unitarian Church. They sing beautiful mesmerizing songs, led by their own youth cantor, and support each other through the ups and downs of life in a small village.

Rev. Tiva asked the youth to organize our itinerary during our visit, not the adults. We were treated to home visits to learn about wood baked bread and a black smith. We visited the greenhouses of a young couple; he is a former student and she is a current student. We learned about milking cows and how to make kurtoskalacs, a traditional Hungarian pastry (ask Lisa Gillispie!)

We were treated to a visit to a real medieval city, Segesvar, which happened to have a real medieval fair. We visited Unitarian churches that dated back to the beginning of Transylvania Unitarian history in 1568. We ate, drank, ate some more and were thoroughly entertained. At the beginning and end of

each day, four in all, we gathered for prayer, song and bearing witness to our mutual love for each other.

The adults of the village helped with logistical support, and also enjoyed the food and drink, but they largely observed our visit with the youth and young adults.

This arrangement was revolutionary for Szentháromság. I'm sure Rev. Tiva received some feedback for his decisions. I provided some of it during the Sunday morning worship when the small Unitarian church was packed with youth, young adult and adults bearing many years of experience.

I told them about being a youth without a Unitarian youth group when I was 14 years old. I told them of how I was welcomed by a youth group in a Christian church and what a significant impact that weekly Sunday night group had upon my young life. That group of 50 mixed faith teenagers was the core of my social life through high school, and was critical to keeping me balanced through the inevitable turbulence of adolescence.

The youth in Szentháromság have little material wealth in their lives, but they have hearts of generosity and love beyond measure. And, they have Mt. Vernon Unitarian Church. They extend their gratitude to all of us for our continued support and care during their turbulent adolescent years.

With Love and Peace, Kate R. Walker

Rev. Kate R. Walker

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**Program Highlights
Mark Your Calendar!**

Lunch with a Book

Sunday, September 11, 12:45 pm

Ruby Tuesday

See page 5

Ingathering Picnic

Sunday, September 11, 5:00-9:00 pm

Patio & Meeting House

See page 5

Good Companions

Tuesday, September 20, 12:00 – 2:00 pm

Hollin Hall Dining Room and Fireplace Room

See page 5



Lifespan Spiritual Growth

Meagan Henry, Director

Dear Friends,
Welcome back to another September full of community ingathering and new beginnings. We have a wonderful multi-generational social justice project called *Complete the Circle* to bring us all together for the common good as well as community bonding. (See additional information below). In addition, we have the following opportunities to get together in September:

- Mark your calendars for the Ingathering Worship and Picnic, September 11. Don't forget to bring water from your summer experiences for our annual Gathering of the Waters ceremony.
- Religious Education Open House - To find out more about our Children & Youth Religious Education program, attend the RE Open House on Sunday, September 11, 4:30 pm at the Carriage House. You will have an opportunity to meet teachers and tour the classrooms.
- Fall Children and Youth Religious Education Classes begin September 18th!

Register your child for RE class using the online form: <http://mvuc.org/pages/Student-Registration.html>.

This summer I had an amazing experience on the Partner Church trip to Transylvania. We toured historic Unitarian sites and learned about the beginnings of Unitarianism. We also stayed with host families in our Partner Village, attended the church service, board meeting and a meeting of the scholarship students. During the day, the students created a program for us so that we had the full village experience. It was truly wonderful!

I'm looking forward to seeing everyone again in September!

~Meagan Henry, Director of Lifespan Spiritual Growth

Complete the Circle

Here in the Fairfax County area, nearly 70,000 people do not know where their next meal is coming from. You can help feed hungry families in our area by participating in Complete the Circle, an upcoming community event and Food Drive

sponsored by local non-profit Our Daily Bread, Inc. Our goal is to collect at least 2,500 lbs. of non-perishable food items to replenish ODB's Food Pantry before the holidays.

Set for the afternoon of Sunday, October 16 at a field near GMU in Fairfax City, *Complete the Circle* is a creative, meaningful service project for groups, families, and companies and their employees. On that afternoon, we will have hundreds of community members create a "living painting" of our inspirational "helping hands" image that will be photographed from high above by artist Daniel Dancer of Art for the Sky (www.artforthesky.com).

Complete the Circle provides many positive opportunities for our community: from expressing our values through action, to multi-generational fun and team-building, to collaborating on an interfaith service project that meets an important basic need in our community. Resource materials on local hunger and food insecurity are also available for service project and/or classroom use.

Participants are asked to register by September 19 with a \$15 donation for our T-shirt to wear that day to "color the image" and to bring a food donation to the event. Food items collected will "complete the circle" of giving by framing our "living painting" and then be used to feed our neighbors in need this winter.

To participate in the event, please complete one of the registration forms that are available in the Commons by the September 19 deadline. You can place the completed form along with a check for \$15.00 written to Our Daily Bread in Meagan Henry's mailbox or you can mail it to Colleen O'Malley (address is provided on the registration form). There will be a box in the Commons for your food donations as we get closer to the date of the event.

For more information on this event, contact MVUC's Sky Captain, Colleen O'Malley at omalleyce@comcast.net and 703-683-5394. In addition, full information and FAQs about Complete the Circle are available at the Our Daily Bread website: www.ODBFairfax.org.

Monthly Worship Theme

HOSPITALITY

"Hospitality is the art of making your guests feel at home even though you wish they were," anonymous.

Oh to make a guest welcome yet not so much they never leave is the bane of every host. Or, if one is the guest, the quest is to not be a burden upon a host so the door is still open for future visits.

When traveling hospitality can save a life so at risk is the traveler without shelter or nutrition. In ancient Judaism it was a sin to turn away a traveler with the dangers of the desert always a threat.

But hospitality is not just about food and a bed for the night. Hospitality is also about an opening of the heart to the stranger and the strange. A heart that serves as a hospitable hearth is one that has a fire of passion and curiosity, always seeking interesting fuel for its sustenance. Hearts that remain open to the stranger can also save lives, for loneliness is as devastatingly dangerous as a desert.

With love, Kate Walker

Monthly Worship Services

September 4, "Building Religious Community" Imam Johari Abdul-Malik and Mr. Pritam Singh Rishi

Imam Johari Abdul-Malik and Mr. Pritam Singh Rishi will be speaking to us on building religious community from their own faith perspectives. Imam Johari is the Outreach Director at the Dar Al Hijrah Islamic Center. Mr. Pritam Singh Rishi is a Sikh scholar. There will be a Congregational Conversation immediately following the service in the Hollin Hall dining room.

Sunday, September 11, 2011 "Why Do I Come to Church?" the Rev. Kate R. Walker, Mark Zimmerman and Meagan Henry

Welcome back from your summer adventures and heat-induced escapes. We celebrate ingathering Sunday with the Theme of the Month of Hospitality through worship, song and story. Please bring a sample of water from your travels or home for our annual Water Gathering Ceremony. Because this is a day of historical significance on the 10th anniversary of September 11, we'll honor our healing through special prayer and song during our morning worship.

September 11 returns us to our "winter" schedule of two services, one at 9:15 am and one at 11:15 am.

Sunday, September 11, 2011, 2-2:30 p.m. Special Multifaith Prayer Service, led by the Rev. Kate R. Walker, MVUC Chapel

In commemoration of the tenth anniversary of the attacks on the U.S.

Sunday, September 18, 2011 "Breaking Down and Rebuilding Barriers" the Rev. Kate R. Walker

We continue our look at the Theme of the Month, Hospitality, by taking a look at the art, grace and agony of intimacy.

Sunday, September 25, 2011 "The Plight of the Other" the Rev. Kate R. Walker

Almost all of us are either descended of immigrants or are first generation immigrants, and we're proud of those who struggled so hard before us. So, why is it so hard to not close the door to our country behind us? Why immigration scares so many, including me.

Unitarian Universalist History

1 September 1844 - Meadville Theological School formally opened in Meadville, Pennsylvania, as a school to train Unitarian ministers. Many believed that churches should not be solely dependent on Harvard Divinity School for ministerial training. The Meadville Theological School moved to Chicago in 1926.

10 September 1797 - Mary Wollstonecraft Godwin died at age 38. Her exact date of birth is unknown. She was a tireless worker for women's intellectual, domestic, and political freedom and one of the early devotees of women's rights. Her best known of many works is *A Vindication of the Rights of Women* (1792). She died after giving birth to Mary Shelley, author of *Frankenstein*. She was friends with prominent Unitarians and was heavily influenced by them.

11 September 1832 - 1832 Transcendentalist Ralph Waldo Emerson submitted his letter of resignation to the proprietors of the Second Church in Boston (Unitarian) due to his unwillingness to serve communion. He decided to seek a new profession.

18 September 1887 - This date is celebrated in the state of Meghalaya as Unitarian Day, the date on which Hajom Kissor Singh held the first Khasi Hills Unitarian Church service in Jowai, India. The Unitarian movement spread, and more than 30 churches now claim 10,000 members in the Khasi Hills region.

On and Off the Hill

Tentative Schedule Set for Consideration of Meeting House Improvements

In accord with positive results of a straw poll at the Congregational Meeting in May, the Board of Trustees has authorized continued planning for three small-scale building improvement projects. The main project is expansion of the Commons (Doug MacCleery, chair). Construction documents will be prepared by architects Cole & Denny, based on drawings they prepared earlier for more extensive remodeling, which remains on hold for lack of funding.

The other two proposed improvements are a new stage in the Chapel (Jeanne Gayler) and remodeling of the Kitchen (Tamara de la Camp). A tentative timeline presented to the Board by Al Robbert envisions a special congregational meeting in January 2012 and, if approved by the congregation, construction beginning in January 2013.

-- Ron Brandt, member, Meeting House Improvements Committee

Gathering of the Waters

Everyone is invited to collect small samples of water during your travels this summer for our annual ingathering of the waters ceremony on Sunday, September 11.

Lunch With A Book

September's Lunch With A Book will be Sunday, September 11 at Ruby Tuesday in Hybla Valley at 12:45 pm. This month's book will be the "All Fairfax Reads" selection *Little Princes*. This true story by Conor Grennan is about how he started as a 3-month volunteer in a small Nepalese village, and then became involved with reconnecting trafficked children with their families.

As part of "All Fairfax Reads" there are a number of activities including Grennan speaking at George Mason University as part of the Fall for the Book festival.

For more information please feel free to contact Louise Werner-Rhoades at louron13@cox.net or 703-619-1369. As always you do not have to have read the book to join us.

Ingathering Picnic

Sunday, September 11, 5:00-9:00 pm - Patio & Meeting House. Mark your calendars to join us for this annual event to kick off another exciting church year. Bring a salad or dessert to share; grilled chicken, hot dogs, veggie burgers, etc. will be provided. Beer, wine and soft drinks will also be available. A donation of \$5 per person to cover costs will be collected at the door.

Good Companions

Hollin Hall Dining Room & Fireplace Room
Elaine Bronez assisted by Eleanor & Al Erickson
12:00 to 1:00 - BYO LUNCH, 1:00 to 2:00 - SPEAKER

Tuesday, September 20, 2011

Jay Holmes: What I Remember.

Jay will present his story of what he remembers of his life with many interesting anecdotes along the way. He has memories of his family, jobs, and MVUC activities. Among other things Jay has been a member of MVUC for over 50 years. He is part of our choir and has served on the Board of Trustees. He has given us a song nearly every year at the Annual Variety Show. Come and hear his remarkable tale.

MVUC Young Adult Group

The MVUC Young Adult group offers opportunities for 18 to 40-ish-year-olds to meet and socialize. We also give a place and voice to young adult members and friends of MVUC. All are welcome to participate in its events regardless of age. We plan fun activities about once a month, and post those events in the weekly bulletin and on the new MVUC Young Adults Facebook group (go to <https://www.facebook.com/help/?page=18831#!/groups/200929236629925/>) and click the Request to Join Group button, and a group member will add you.

On September 17 will be a learn-how-to-brew-beer and potluck barbecue event, with root beer tasting for those who do not drink alcohol, from noon to 4:00 pm at Ed and Ann-Marie Cabic's home.

We also have a Young Adult Small Group Ministry that meets in one of our members' homes the 3rd Sunday of every month. For more information about any of these activities contact Kristine Erickson at 703-887-8731 or kristine.erickson.phd@gmail.com.

From Our Board of Trustees

Becky Brandt, Chair



With the arrival of September, our church is back in full-swing. Our minister is back in the pulpit, Religious Education classes are beginning, the Ingathering Picnic is coming up, and preparations for another Holiday Shop

are underway.

It is time to look back and look ahead. Last December, Mount Vernon Unitarian Church made the decision to move away from heating and cooling our meeting house with fossil fuel-powered units. MVUC now has 110 solar panels on its roof and state-of-the-art geothermal equipment buried underground. There were a few minor stumbling blocks along the way and the completion date was later than expected, but all of the waiting and anticipation is about to be over. We are on the verge of becoming a “net-zero” energy structure. What that means is that our new geothermal units will require less electricity than was formerly needed to heat and cool the building – probably about the same or less than the amount contributed by our solar panels to the electrical grid. We are grateful to Ken Pilkenton and Joan Darrah for their leadership, dedication and perseverance and to Albert Weinstein, who jump-started the project with a generous donation. And as proud as we are of our own members, we also recognize Zach Fettig, head of Shenandoah Sustainable Technologies, whose vision made the entire effort possible.

With that achievement, we can look forward to “what’s next” for MVUC. Living our values has always been paramount to our church community; our frequently-honored social justice program will receive another award this fall from Unitarian Universalists for Social Justice, the regional organization of UU churches. It brings tremendous joy when we see evidence that our beliefs are being carried out in our daily actions.

With Music Director Mark Zimmerman returning, and with new Church Administrator Carol Graves having taken charge of administrative matters, we have an intact, capable staff – and as a result, an outstanding program of Sunday services and other spiritual activities. This permits us the luxury of continuing to gather information and make tangible plans to expand the Commons along with the two other interim building projects presented at the Annual Meeting.

This endeavor provides an opportunity to continue building our sense of community and commitment, just as did our successful sustainable energy transformation.

With an open mind and heart, Becky Brandt



Musical Notes

Mark Zimmerman,

Director of Music

Hello MVUC family,

I know this finds many of you preparing for fall schedules, and maybe even a breath of cooler weather. I'm so pleased to be returning to MVUC. And by the time you read this, we should have our restored piano back in “action”!

Yee Von Ng has done another outstanding job adding excellent music to our summer services, aptly assisted by so many talented and inspiring members of MVUC. I'd like to thank them all for sharing their time and talents this summer. Several of our choir members also added their voices to the opening chorus for the annual UU Musician's Network conference held in Arlington this year. What an inspiring five days.

We can look forward to special music for September 11, and singing with Fairfax church choir for Kären Rasmussen's ordination service September 18. Look for the return of our Adult Choir, Family Choir and Children's Choir this year, and a concert co-sponsored by music and social justice groups. Always room for new participants!

Under this month's theme of "Hospitality", I would like to remember so many affected by Labor Day, by September 11, 2001, and by the recent losses of members here. Seek to find a melody of compassion and support for these souls.

Mark

Choir Schedule:

August 31	Choir resumes
September 10	Morning choir retreat and lunch
September 11	First Sunday that the choir sings
September 18	Joint choirs at Fairfax, Kären Rasmussen ordination



Social Justice Programs at the Mount Vernon Unitarian Church

Love is the teaching of this church, and service is its prayer.

Easy Green!

An article in one of my favorite magazines, "Mother Earth News", described a test of eggs from hens raised in pastures. The eggs contain 1/3 less cholesterol, 1/4 less saturated fat, 2/3 more Vitamin A, 2 times more omega-3 fatty acids, 3 times more Vitamin E, and 7 times more beta-carotene than eggs laid by caged, corn-fed hens. Now, that is a food that is worth paying a higher price for!

Just a thought ~ Wendy

Diversity Facebook Page

A Facebook page has been set up and a discussion is going on around issues of diversity. If you wish to participate, send a friend request to Georgeta Pourchot (gpourchot@yahoo.com), and you will be added to the conversation.

Holocaust Museum Tour

On Saturday, October 29, at 9:45 am, Dr. Dan Cohen, Member of the MVUC Board of Trustees will lead a group of MVUC congregants and friends on a tour of the Permanent Exhibit at the Holocaust Memorial Museum. The tour will last about 2 ½-3 hours. Those wishing to attend must sign up in advance so that appropriate planning for tour guides can be considered. Please let Dr. Cohen you would like to attend, at cohendlc@gmail.com.

Social Justice Movie Series

We will skip September due to the Labor Day weekend, and return in October with *An Unlikely Hero*. Keep an eye on the next *Windmill* for details.

Movies shown in the past are available to our members and friends. Available movies include: *A Sea Change, Big River, Coal Country, Food Inc., For the Bible Tells Me So, Inlaws and Outlaws, Let Freedom Sing - How Music Inspired the Civil Rights Movement, 9500 Liberty, Out in the Silence, Poisoned Waters, Renewal - Stories from America's*

Religious Environmental Movement, and The Real Dirt on Farmer John. If you wish to watch any of these, please contact Georgia Pourchot, 703-721-0595, gpourchot@yahoo.com.

Partner Church News

Hopefully everyone enjoyed the photos and posts on Facebook from our Partner Church Pilgrimage to Transylvania. Our group enjoyed all aspects of the trip, but particularly the time we spent in our Partner Church village, Szentháromság. The scholarship students did a wonderful job preparing a program for our visit which included a tour of the village by horse and cart with visits to various farming operations and the village school. We left with new and renewed friendships and a stronger bond of partnership.

Our scholarship program will be gearing up again for the fall, and we have ten new students who have completed eighth grade and will be entering high school or trade school. We are looking for sponsors for these new students. Please see Lisa Gillispie if you are interesting in sponsoring or sharing a sponsorship for a well deserving student. Thank you to all the current sponsors for your continued support.

On another note, our partner minister from the Khasi Hills, Nangroi Suting, will be visiting the US in November, for the ICUU Summit in Boston. He will be visiting MVUC on Sunday, November 13, so please plan to welcome him at a reception after the service.

September Youth Birthdays

2	Sunshine Smith
5	Renee Arnold
9	Erin Lager
14	Fiona Penn
19	Abie Pedrick
21	Jane Bessel
27	Olivia Hansell
28	Aiden Muldoon
28	Gabriel Muldoon

A Month of Sundays

**Two services at 9:15 am and
11:15 am unless otherwise
noted**



Sunday, September 4

*“Building Religious
Community”*

*Imam Johari Abdul-Malik and
Mr. Pritam Singh Rishi*

**One service only at
10:00 am**

Sunday, September 11

“Why Do I Come to Church?”

*the Rev. Kate R. Walker, Mark
Zimmerman and Meagan Henry*

**Two services at 9:15 am and
11:15 am**

Sunday, September 18

*“Breaking Down and
Rebuilding Barriers”*

the Rev. Kate R. Walker

Sunday, September 25, 2011

*“The Plight of the Other”
the Rev. Kate R. Walker*

See Page 4 for Sermon
Descriptions

**Mount Vernon
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Caring Associates

Contact information for the Caring Associate for the week and Caring Associate Coordinator (CAC) can be found each week in the Order of Service and in the Church Life section of the church website. As always, MVUC staff is willing to assist you during normal business hours. Please direct any questions or concerns to Betsy Stephens betsys@cox.net.

We send our regards to Esther Dickinson whose brother Dave passed away on August 6 in Providence, RI.

We also send our good thoughts to June and Russ Stumpe regarding June's recent serious illness.

Please Tell Us When Your Email Changes

If your email address changes, please notify Esther Dickinson if your email address changes, esthergertrude@verizon.net.

Thank you!

Sermons for Your Re-Hearing

Each Sunday's service is recorded and available within a few days on the MVUC web site (www.mvuc.org - worship/sermons). The services are also available on CD; to request a copy, see **Raleigh Romine**.