

CENTRAL UNITARIAN NEWS



Welcome to our November bulletin for CUC!

Central Unitarian Church welcomes all into a home of spiritual diversity that challenges us to become our best selves, to minister to one another in love, and to serve the greater community.

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Our CUC Covenant

As a congregation, we honor our mission and promise to act with grace as we celebrate our shared humanity. We view our differences as strengths and work to meld them into harmony by listening with open minds. We agree to act with honesty, compassion, love, and respect. With this covenant, we will deepen our connections and add joy to our collective lives.

Paying Attention to Our Shared Space

Rev. Andrée Mol

Minister



During a recent Sunday service, we explored the idea of creating a “shared space” together that bridges the gap between all of us and affirms and upholds life. I asked: “where do you focus your attention as you move through the world?” I was specifically focusing on the words we use with each other and requested that one of the ways we create shared space is by paying more attention to emotions and needs rather than opinions and ideas. This is just one example of how we might engage each other in a shared space.

For me, one of the basic components of ministry includes paying attention to how we engage each other. I believe this is how we can all practice shared ministry together. During Sunday service, in committee meetings, or during informal gathering times like coffee hour or out in the parking lot -- these are the vital moments that generate a sense of welcoming and belonging or a sense of disconnection.

I invite you to continue to explore this together with me throughout the coming month, as a way to deepen our new ministerial relationship. One of the spaces we’ll be offering this exploration in November is through a “Ministerial Start-Up” weekend. On November 22 and 23, Pat Infante from our UUA regional team, and Alex Kapitan from Transforming Hearts Collective will facilitate a number of activities at CUC with the aim of helping to deepen our ministerial relationship. Such weekends are a common practice at congregations with a newly settled minister and help us all to explore our ways of being and working together.

The weekend will begin with a congregation-wide event on Friday, November 22, 7 p.m. - 9 p.m. where we will both celebrate our new ministry together and also explore how I fit into the history of ministers here at Central Unitarian Church. All members of CUC are invited and encouraged to attend. On Saturday, November 23, activities will continue from 9 a.m. to 3 p.m. with a focus on those in lay leadership positions who will be working most closely with me throughout this year. The Board of Trustees, my Settlement Committee, and committee chairs have been invited to these activities on Saturday. The weekend will wrap up with an All-Ages Sunday service where we will express gratitude for the abundant gifts we find in our lives.

Whether or not you are able to participate in any of these Start-Up weekend activities, I encourage you to pay attention to how we engage each other and practice deeper ways of connecting and sharing through the variety of events and activities available to our community throughout the next month.

Blessings,

Rev. Andrée

Religious Education News

Lynn Sodora

Director of Religious Education



Dear Teachers, Parents, and Friends ~

“I am grateful for what I am and have. My thanksgiving is perpetual.”

Henry David Thoreau

In the spirit of thanksgiving, I offer my humble thanks to all of the wonderful children, parents and volunteers of our RE program, as well as our congregation leaders and members for their continued support and dedication to our program.

Time Change Reminder: Don't forget that we change the clocks this month on Sunday morning (2:00 am), November 3rd. So set your clocks back one hour the night before so you don't miss service!!

RELIGIOUS EDUCATION CALENDAR FOR NOVEMBER

Sunday, November 3: Regular Sunday School classes held. Children in PreK through Grade 6 join us for the beginning of worship service at 10:30 then depart for lessons and activities after the Time for All Ages. OWL classes begin at 10:15 a.m. in Room 10/11. **Trick-or-Treat for UNICEF boxes are due back today. Also, the “Sing to the Power” class food drive ends today.**

Sunday, November 10: Regular Sunday School classes held. Children in PreK through Grade 6 join us for the beginning of worship service at 10:30 then depart for lessons and activities after the Time for All Ages. OWL classes begin at 10:15 a.m. in Room 10/11.

Sunday, November 17: Regular Sunday School classes held. Children in PreK through Grade 6 join us for the beginning of worship service at 10:30 then depart for lessons and activities after the Time for All Ages. OWL classes begin at 10:15 a.m. in Room 10/11. **Youth Group meets in the Lounge during service.**

Sunday, November 24: Children, youth and adults gather together for an **All-Ages Thanksgiving worship service.** There are no RE classes today.

In faith and service,

Lynn

What's Going On at CUC?

Rab Bell

President, CUC Board of Trustees



The opening act of the American Revolution was a revolt against paying tax on tea. As Americans, we still share a healthy skepticism about the uses other people will find for our money.

Since starting my service as president of our Board of Trustees, I have become aware that the spirit of the Boston Tea Party is alive and well in Paramus. As a contributor to CUC, you may be wondering what on earth those "other people" in the church are doing with your money.

We have heard a lot over the past two years about the woes of church finances. Each year, our hard-working Stewardship team has asked us to give more – and most of us have. But it never seems to be enough. Clearly, those other people are doing something with our money that they probably shouldn't.

The Good News

Except that they are not "other people." They are us. And we-the-people are starting to produce some good news:

- Our previous leadership team made decisions that, by last June, cut \$50,000 from our operating expenses. That laid the foundation for better times this year.
- In our first three months (July-September), we took in \$30,000 more than we spent, thanks to strong income and lower salary costs in the transition between ministers.
- The Endowment Trust Fund put new money into CUC's operations while continuing to support our capital needs. We were running on empty six months ago but are now back to normal operations, issuing payroll and paying bills when due.
- The Women's Alliance stepped up both with funds and volunteer hours to get Rev. Andree settled in a comfortable home and help us recover from the flooding caused by our roof leak.

Rather than "other people," I see a team of committed souls working together for the common good. I see something that makes me want to say proudly, "**We are CUC.**"

Where We Go from Here

Our Board has finished its three-year objectives, as well as goals for the current 2019-20 fiscal year. If you are interested, you can [view them on REALM](#) (requires login).

One of those goals is ending deficit spending. We are committed to breaking even or better in this fiscal year and the next two years. If that involves more difficult choices, so be it. As generations did before us, we will find ways to make it work.

I would like you to carry this goal in your heart - and do your part to help us achieve it. It starts with recognizing that we must share our church home on Sunday mornings with fewer resources than we had in the past. For example, we have stopped funding a church coordinator since Jim Karabin retired from that position last year. So, volunteers have to complete the Sunday morning set-up and make sure everything runs smoothly. If you are holding a meeting or event on Sunday mornings, depending on the time and who else will be using that space, you may need to ask volunteers to help set up and tear down.

Like the Bostonians who put on paint and feathers and threw the tea into the sea, we are taking the mission into our own hands. May our outcome be as blessed as theirs, after long struggle, turned out to be.

We Care for One Another

Caring is part of our community at Central Unitarian Church. As part of our prayers on Sunday morning, we share the joys and sorrows of members and friends within our Central Unitarian community. The Pastoral Care Team regularly uses this space in our monthly bulletin and our weekly eNewsletter to share some of the recent joys and sorrows here. We encourage you to reach out to those who would appreciate your support. We also encourage you to stop by the Pastoral Care table at the rear of the Sanctuary each Sunday to sign sympathy, get-well, and "thinking of you" cards to our members and friends.



You may wonder, what is pastoral care? We all have moments in our lives that touch a tender part of our spirit. That may be an illness, accident or death. That may include a joy like a new birth or the celebration of a major milestone. Those moments may also be less tangible -- perhaps an unrest with the state of the world or a situation in your life that you can't quite yet put into words. During these moments, our minister and our Pastoral Care team are available to offer support.

If you or someone you know connected to the congregation are in possible need of pastoral support, we encourage you to reach out to Rev. Andrée Mol at 201-262-6300x2 or at revandree@cucparamus.org.

November Worship Services

Sunday, November 3

2019 Women's Alliance Speaker Series

Verta Maloney - All Love with Appropriate Doses of Rage: Anti-racism in Your Everyday Life

Verta Maloney is all love with appropriate doses of rage. Verta is a storyteller, yogi, mama warrior and anti-racism facilitator. She has designed, managed, and delivered professional learning experiences and programs for school leaders and educators across the country.

Verta began her 25-year career in education as a teacher in Prince George's County Public Schools and then as a literacy specialist for the New York City Department of Education. She was the founding school leader of Bronx Arts for five years and then served as a leadership coach for principals and resident principals at New Leaders.

Verta currently runs her own business helping individuals and organizations share their racial autobiographies and stories in order to act on and undo racism in this lifetime. She is also a national leadership facilitator for New York City Leadership Academy.

Verta has a B.S. in communications and middle school education from James Madison University and an M.A. in Politics and Education from Teachers College, Columbia University.

Special Guest Artist: Shahara Jackson. Shahara Jackson is a blessed songstress who is also a brilliant social justice warrior who fights tirelessly for children across the nation.

A reception and light lunch will follow the service.

Sunday, November 10

Making Meaning Together

We rightly celebrate our Unitarian Universalist congregations as spaces where each of us -- theists, agnostics, atheists, Humanists, Pagans, Buddhists, and more -- can freely explore our individual spiritual journeys and theologies. While this personal freedom remains a vital part of what we offer as a non-creedal and inclusive faith tradition, this freedom often comes at the expense of avoiding the difficult work of navigating the conflicts inherent in this spiritual diversity. Together this Sunday, we'll explore the importance of addressing those conflicts by creating space for collective meaning making.

Sunday, November 17

Tending to Our Spirit

In 1897, a small group of individuals founded the Hackensack Unitarian Congregational Church. By 1956, the congregation had outgrown its walls and moved to Paramus, changing its name to Central Unitarian Church (CUC) and reaching out to the liberal religious community in Bergen County. Contained within our 122 year history is the spirit of the people who have dedicated themselves to the care of our congregation to ensure that it will be passed along to future generations. Together, we'll consider how we might tap into that spirit in order to navigate our future. *During this service we'll also welcome our most recent members to CUC. Plus, the CUC house band performs this Sunday!*

Sunday, November 24

Growing in Abundance - All-Ages Thanksgiving Service

Autumn is a time of harvest, a time for celebrating the abundance of summer and all the gifts it has offered. It is a time for storing those precious gifts away to carry us through the shorter, colder, darker days of winter. Celebration, and the gathering of loved ones, lifts our spirits during this time of preparation. Join us for this All Ages Sunday service, lead by Rev Andrée Mol, Minister, and Lynn Sodora, Director of Religious Education, as we express gratitude for the abundant gifts we find in our lives. *The CUC Choir performs this Sunday!*

The Labyrinth – An Opportunity for Walking Meditation



The labyrinth, located next to the Bountiful Harvest garden near Van Saun Park, is open year round! Stop by if the weather is still relatively warm and dry. *Enjoy a brief, meditative retreat during the week or on Sunday morning.*

Adult Religious Education – Fall 2019

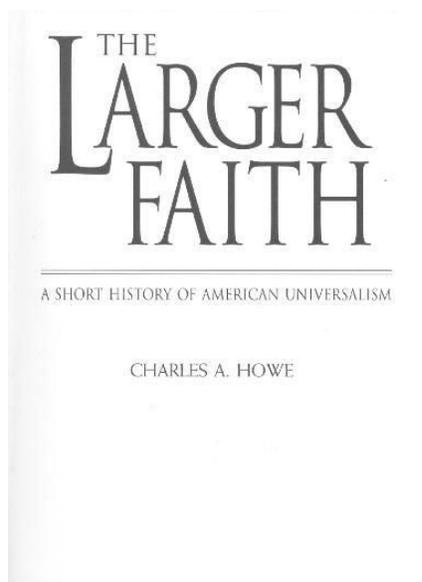
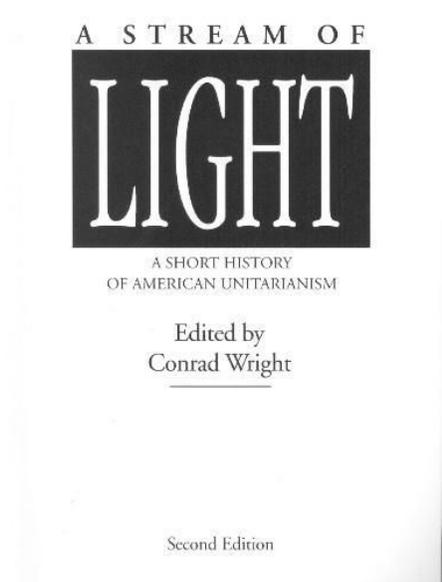
History and Present of Unitarian-Universalism: Quo Vadis? with Josef Machac

A three-part sequel to Spring of 2019

- Sunday, October 6, noon - Part 1: Evolution of Unitarianism and Universalism in the 19th century (COMPLETED)
- Sunday, November 3, noon - Part 2: Unitarianism and Universalism adapting to modernity
- Sunday, December 8, noon - Part 3: A post-modern religion

This is a three-part continuation of the review of the Unitarian and Universalist Religions following their origins in liberal Protestantism and development into new brands of Christianity; their response to the challenges of the industrial and scientific revolutions and modernity, evolving into new kinds of religions; their response to the social revolutions and post-modernism of the late 20th century, their merger, and present trends.

Suggested reading:



Unitarian Universalist Outreach Auction

November 2, 6:30 p.m., Sanctuary

Tickets on sale now!



Come to the Unitarian Universalist Outreach Auction of Bergen County at Central Unitarian Church in Paramus on Saturday evening, November 2, at 6:30. This annual fundraiser, a joint effort of Central Unitarian Church, Unitarian Universalist Congregation of the Palisades and the Unitarian Society of Ridgewood benefits six Bergen County charities that fulfill basic life needs.

\$35 tickets cover your admission, hors-d'oeuvres, and a sheet of Tricky Tray tickets. Childcare is available.

Here are this year's selected causes and charities

- **The Defining Moment Foundation** is an educational foundation and change agent against Elder Bullying in the lives of seniors in Bergen County and is dedicated to the healthy enrichment of all seniors.
- **Family Promise of Bergen County** provides temporary shelter and transitional housing for working families who are homeless, walk in dinners for 120 people daily, and other services
- **Community Meals, Inc.'s** volunteers deliver meals (25,000 in 2017) to those who cannot shop or cook for themselves due to age or disability, including free meals to clients with financial need.
- **Holley Childcare & Development Center** is a 64-bed residential treatment facility, serving children 5 to 14 years old who are emotionally handicapped as a result of abuse, neglect, poverty, abandonment or other circumstances.
- **Bergen Volunteer Medical Initiative (BVMI)** utilizes passionate volunteer healthcare professionals to provide free, comprehensive, patient-centered primary care for 1,400 low income, working Bergen County residents who do not have insurance.
- **Rainbow Cafe of Northern NJ** is a support and social group for lesbian, gay, bi-sexual, transgender, queer, questioning and asexual (LGBTIQA) kids in grades 6 -12.

Go to uuoutreachauction.org to purchase tickets online, or if you can't attend, to donate using the absentee bid form either to bid on a live item or donate directly to the charities.

News from Our Partner Church in Prague

The CUC Partner Church committee exchanges regular communication with our partner church in Prague. Updates from each congregation are regularly shared with our respective members. Below is the recent news shared with CUC.

Outstanding Events at the Prague Unitarian Congregation in September and October of 2019

By Eva Lazoková



At our meeting on Sunday, September 9 we conducted our traditional Blessing of the Waters. The theme for this year's gathering was "We step again into the same water", in which our minister Petr Samojský discussed a related famous aphorism by the Greek philosopher Heraclitus. Many of our members brought samples of water that they gathered in the course of their travels during this summer and added to the collection which already contains water from various parts of the world.

Our congregational space is undergoing extensive reconstruction, so that our congregation has been meeting in the adjacent spaces of the Czech Unitarian Association located in the same Unitaria Building. The reconstruction project has been coming along pretty well, despite a number of surprises that came up which caused the completion of the first phase of the project to be pushed back, which will delay our return into our own space. After the conclusion of service that day, our members had an opportunity to visit the construction site, where they received expert explanation of the progress of the project. This was followed by a workshop discussion of the design plans for the interior of the reconstructed spaces for our congregation and a planned community center.

November Activities at CUC

Saturday, November 2, 6:30 p.m., Sanctuary

Outreach Auction

Come to the Unitarian Universalist Outreach Auction of Bergen County at Central Unitarian Church in Paramus on Saturday evening, November 2, at 6:30. This annual fundraiser, a joint effort of Central Unitarian Church, Unitarian Universalist Congregation of the Palisades and the Unitarian Society of Ridgewood benefits six Bergen County charities that fulfill basic life needs.

Sunday, November 3, 12:00 p.m., Assembly Room (Parking Lot Side)

UU History - Adapting to Modernity

Part 2 of the fall 2019 Adult RE program on UU History with Joseph Machac.

Mondays, 7:30 p.m. 8:00 p.m., Sanctuary

Choir Rehearsal

If you are interested in joining the CUC choir which provides music to the service each month, please come to a practice or contact Robert René Galván.

Tuesday, November 5, 7:30 p.m. 8:00 p.m., Lounge

Book Club

Under Red Skies, By Karoline Kan
Three Generations of Life, Loss and hope in China

Wednesday, November 6, 11:00 a.m., - 1:30 p.m., Assembly Room (Kitchen Side)

Lunch with the Minister

The Pastoral Care Committee invites retirees, seniors, and everyone to Lunch with Rev. Andrée. Soup is provided, a blessing, and a conversation to fill the afternoon. Bring a bag lunch and dessert to share, and come prepared to engage in the afternoon's topic on "Attention." Beverages provided.

Sunday, November 10, 12:00 p.m., - 4:00 p.m.

November Blood Drive

Walk ins welcome! All donors will receive the following free health screenings: cholesterol, blood pressure, iron & blood type. Eat and drink plenty of fluids and make sure to bring a photo ID!

Sunday, November 10, 2:00 p.m., - 6:00 p.m., Sanctuary

Palisades Opera Company presents Opera Through the Ages



Arias, Duets and Ensemble including Baroque, Classic, Romantic and Contemporary.

Tickets available online at <https://bpt.me/4353703> or <https://www.brownpapertickets.com/event/4353703>

Sunday, November 17, 12:00 p.m, Assembly Room (Kitchen Side)

Social Action Programming: Conversations on Liberation

Join Rev Andrée and the Social Action Committee for a facilitated discussion about the future of Unitarian Universalism and the shift across the denomination to chart a new path to create a faith movement where people of all backgrounds and identities can thrive, to challenge systems of oppression, patriarchy and white supremacy at all levels. This discussion continues a conversation engaged in by many UUs at this year's General Assembly in Spokane, WA, embodying the theme of "The Power of We."

Sunday, November 17, 12:00 p.m., Assembly Room (Parking Lot Side)

Reinventing Yourself: Life as a Continuum

Adult Religious Education offering lead by with a presentation and discussion led by Jane DeVries.

Thursday, November 21, 3:30 p.m. - 4:30 p.m., Lounge

Monthly Meditation Group

Find a still point in a busy world. Our group practices many forms of mindfulness meditation, such as guided, silent, walking and others. Time is provided for personal sharing on a voluntary basis. Each session ends with Metta - the traditional loving-kindness meditation. No prior experience is necessary to participate. We meet the third Thursday of each month, except for July and August, from 3:30 to 5pm. in the Lounge. For more information contact Susan Bruce susanmarie51@gmail.com.

Thursday, November 21, 7:30 p.m., Lounge

Soul Matters Circle Gatherings



Monthly Soulful Circles returns every third Thursday of the month in a new format led by Rev. Andrée. Gather for music, reading, meditation and group reflection on the monthly topic of "Attention". RSVP to Rev. Andrée at revandree@cucparamus.org.

Friday, November 22, 7:00 p.m. - 9:00 p.m., Sanctuary

Ministerial Start-Up Meeting (congregation)

Join us to celebrate our new ministry together with Rev. Andrée and also explore how they fit into the history of ministers here at Central Unitarian Church. The gathering will be facilitated by Pat Infante from our UUA regional team, and Alex Kapitan from Transforming Hearts Collective. All members of CUC are invited and encouraged to attend!

Saturday, November 23, 9:00 a.m. - 3:00 p.m., Assembly Room

Ministerial Start-Up Workshop (congregational leaders)

Ministerial Start-Up activities will continue with a focus on those in lay leadership roles who will be working most closely with Rev. Andrée throughout this year. The Board of Trustees, the Settlement Committee, and committee chairs have been invited to this workshop which will be facilitated by Pat Infante from our UUA regional team, and Alex Kapitan from Transforming Hearts Collective.

Sunday, November 24, 12:00 p.m. - 1:00 p.m., Ministers Office

Coffee with the Minister

Join our membership team for extended coffee hour and conversation on the last Sunday of the month. This is a great opportunity for newcomers and visitors to meet with our minister!

November Committee Meetings

Monday, November 4, 6:15 p.m., Lounge

Building and Grounds Meeting

Sunday, November 10, 12:00 p.m., Lounge

Stewardship Meeting

Sunday, November 10, 12:00 p.m., Room 10/11

Children & Youth Religious Education Committee Meeting

Wednesday, November 13, 7:30 p.m., Lounge

Pastoral Care Committee Meeting

Sunday, November 17, 9:00 a.m., Lounge

Endowment Trust Fund

Sunday, November 17, 9:00 a.m., Assembly Room (Parking Lot Side)

Strategic Planning Meeting

Sunday, November 17, 12:00 p.m., Lounge

Leadership Development Meeting

Wednesday, November 20, 7:00 p.m., Lounge

Personnel Committee Meeting

Wednesday, November 20, 7:30 p.m., Sanctuary

Social Action Committee Meeting

Sunday, November 24, 12:00 p.m., Lounge

Building and Grounds

Tuesday, November 26, 7:30 p.m., Assembly Room

Board of Trustees

Additional Upcoming Activities at CUC

Sunday, December 8, 4:00 p.m., Sanctuary

Vigil to End Gun Violence

Join the Brady Campaign and other local groups for a vigil to remember those lost to gun violence and to call for a future where no more lives are lost to gun violence.



The poster features the text "WINE & WHISKEY TASTING" at the top. "WINE" is in a dark red serif font, "&" is a large blue decorative flourish, "WHISKEY" is in a gold serif font, and "TASTING" is in a black sans-serif font. Below the text are icons of a wine glass and a whiskey glass. A gold starburst graphic on the left contains the text "CREDIT CARDS NOW ACCEPTED". The main event details are on a dark blue background with white text.

Join us for
12 Tasting Pours of Exquisite Wines
&
4 Tasting Pours of Whiskey

Saturday, December 7, 2019
6:30 – 9:30 PM
Cork Raffle, 50/50 Raffle and Silent Auction

Heavy Hors d'oeuvres and Desserts

\$75 per person. Be sure to buy your tickets for family and friends.
Register on REALM, pay by cash or checks (made out to Central Unitarian Church)

Central Unitarian Church • 156 Forest Avenue • Paramus, NJ

How to Connect at Central Unitarian

Sunday mornings are a community effort

How can someone new help out?

Get to know us in a low-key way by signing up online or at the back after service

- to host Coffee Hour
- provide flowers
- join a Sunday morning Welcome Host Team

Enjoy learning, teaching, working with youth?

See Jacquie Flynn, Chair of the Children and Youth Religious Education Committee.

Good with music, words, or graphics?

See Matt Anderson, Director of Music, or Robert René Galván, Choir Conductor, to perform instrumental music or join the Church Choir. See Phil Sosinsky, Chair, to join the Music and Worship Team or to become a Worship Associate.

Committees make our Beloved Community possible

Church teams and committees meet regularly, and most of them are open to members and friends. Contribute your gifts and talents, and maybe you'll find you develop some leadership skills along the way that will enrich your life and help you give back to your religious community.

Program Committees: Adult Religious Education, Music and Worship, Partner Church, Pastoral Care, Religious Education, and Social Justice

Support Committees: Building and Grounds, Finance, Membership, and Stewardship

Special Fund Raisers: Outreach Auction (supports Bergen County charities), Spring Fling (all-church fundraiser)

See the list of committee meeting times. Contact a committee chair, sign up, and join in! For nominated positions, speak to our Leadership Development Team.

Other Ways to Support CUC

You can rent the church for your next party or family gathering. Central Unitarian Church Members receive discounted rates on rentals of the Assembly Room or Sanctuary. Contact Marie Bustamante, Rental Coordinator, in the Church Office on Wednesday, Thursday, or Friday morning to find out more.

Join Central Unitarian's new online platform 'REALM Connect.'

More than 50 percent of the congregation has registered to use the new REALM Connect online platform on their computers

What is REALM for? *Good question!* Realm is:



- an always-up-to-date directory of members and friends, many with photos.
- the first place to go for news that is private to the congregation and for upcoming events
- the place to make a pledge, manage your pledge, and contribute to it whenever you want – including automatic payments from your bank account or credit card.
- where committees and teams are communicating, scheduling meetings, and storing documents.

If you haven't signed up yet, go to cucparamus.org and click on "Directory and Pledge" at the very top to start the process.

If you have questions or want help, see Phil Sosinsky of the Communications Team.

Submitting Items for Communication

Weekly e-Newsletter items need to be submitted by Monday evening to make the weekly publication. Late arrivals will be held for the following week.

Monthly bulletin items need to be submitted by the third Friday of each month to make the following month's bulletin.

Items received after these dates will be included in the next available publication.

Please submit news items to communications@cucparamus.org.

Be sure to list the who, what, where, and when, with a title for the news and the contact name and email.

About Central Unitarian Church (CUC)

Our History

In 1897, a small group of folks founded the Hackensack Unitarian Congregational Church. By 1956, the congregation had outgrown its walls and moved to Paramus, changing its name to Central Unitarian Church (CUC) and reaching out to the liberal religious community in Bergen County.

Our Vision Statement

We dream of a future in which

... Central Unitarian Church's commitment to Unitarian Universalism as a union of reason and faith is a beacon to all who seek nourishment of the heart, mind and spirit in a life-changing religious home.

... Central Unitarian is a loving community built on bonds of trust that offers powerful, tangible ways for every person who walks through our doors to work for a better world.

... Central Unitarian offers multiple pathways to generous service in which all members and friends find personal meaning and share their abundant talents and ideas.

... Central Unitarian celebrates the whole human experience, gathering many cultures and voices through our richly diverse programming.

... Central Unitarian works passionately for justice and empowers each person to change lives within and beyond our walls every day.

... Our past is honored and our resources enable this vision to flourish.

Adopted by the congregation on June 10, 2012

Central Unitarian Church is...

... a member of the *Unitarian Universalist Association of Congregations* (UUA.org)

... a *Welcoming Congregation*, affirming and welcoming lesbian, gay, bisexual, and transgender individuals and their families.

... a *Stigma-Free Zone*, committed to ending the stigma associated with mental illness as part of the county-wide Stigma-Free campaign and Paramus Stigma-Free.

... a supporter of the *Black Lives Matter* movement for equality and justice.

... a *Community of Covenant*, where members promise to act with honesty, compassion, love, and respect toward one another.

... a member of the *Interfaith Brotherhood/Sisterhood Committee of Bergen County*.

... a member of the *UU FaithAction NJ*, our voice for justice, equality, and compassion in the Garden State!

... a community partner of the *Center for Food Action*, committed to preventing hunger and homelessness and improving the lives of individuals and families living in poverty.

Central Unitarian Church

156 Forest Avenue, Paramus, N.J. 07652

Phone: 201-262-6300

Website: cucparamus.org

Facebook: Central Unitarian Church

Office Hours

Sunday - Friday, 9 a.m. to 1 p.m.

Staff

Minister:

Rev. Andrée Mol

revandree@cucparamus.org

Office hours: Tuesday - Thursday, 9 a.m. to 1 p.m. and [by appointment](#).

Director of Religious Education:

Lynn Sodora

lynnsodora@cucparamus.org

Office hours: Wednesday, 11 a.m. to 6 p.m. and Sunday afternoons by appointment.

Office Administrator/Rental Coordinator:

Marie Bustamante

mariebustamante@cucparamus.org

Office hours: Wednesday - Friday, 9 a.m. to 1 p.m.

Office Assistant:

Leann Maldonado

leannmaldonado@cucparamus.org

Office hours: Sunday - Tuesday, 9 a.m. to 1 p.m.

Director of Music:

Matt Anderson

manderson@cucparamus.org

Choir Conductor:

Robert René Galván

rgalvan@cucparamus.org

Custodians: Jim Daly and Charlie Kazimierz

Officers and Board of Trustees

President: Robert Bell

Vice President: Tom Lupfer

Secretary: Evelyn Stokvis

Treasurer: Jeff Merrigan

Controllers: Martha Bell and Charlie George

Trustees: Robin Cannata, Sally Cummings, Jeff Feinstein, Sally Keen, Carol Hoffman, Nina Swankie

Past President: Dina Cutrone