

CIRCLE OF FELLOWSHIP

The First Universalist Society of Central Square

*A Unitarian Universalist
Congregation*

3243 Fulton Street
(Route 49, near Route 11)
Post Office Box 429
Central Square, New York
13036-0429

*Our church building is
handicapped accessible.*

Telephone: 315-668-6821

E-mail:
uucentralsquare@gmail.com

*Church website:
[http://www.
centralsquareuu.com](http://www.centralsquareuu.com)*

Facebook page:
[http://www.facebook.com
/pages/UU-Central-Square
/199139743511564](http://www.facebook.com/pages/UU-Central-Square/199139743511564)

The Seven Principles of Unitarian Universalism

Justice, equity & **#2**
compassion
in human relations



Ours is a liberal religion that is guided not by a set creed or dogma, but by an open-minded quest for truth and meaning. Our congregations are places where people gather to nurture their spirits and join together to make a difference in our communities and the world.

Learn more about Unitarian Universalism, or find your local UU congregation at uua.org

NURTURE Your Spirit. Help **HEAL** Our World.

OUR MISSION STATEMENT

The mission of the First Universalist Society of Central Square is to be a welcoming, diverse congregation, which values spiritual growth and service to the local and world community.

UU congregations covenant to affirm and promote the inherent worth and dignity of every person.

A MINISTERIAL MOMENT, OR MORE

I find it impossible to think about April without having the line from T.S. Eliot pop into my head: “April is the cruellest month.” Certainly it is here in Central New York when it teases us with warmth and sun, only to serve up a good portion of slushy rain. Perhaps it is the month that offers us practice in living since we have

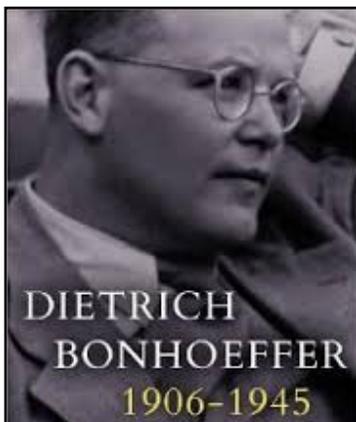


all, I'm sure, had Aprils in our souls when we are dropped from hope and expectation to disappointment and despair only to find ourselves, sometimes against our better judgement, rising again to hope and joy. We know eventually May will arrive and summer will follow after, but getting to that point involves a lot of ups and downs. As April toys with our emotions, what do we find as anchor and rock? On what do we steady ourselves from the vagaries of life? I'd like to think that we find some real and solid grounding in being part of our congregation. We allow everyone to find what is true

for his or her life within themselves, by his or her own process of seeking and discernment. This is the only truth that really endures. But I think we are about more than freedom to explore. In this individualistic age, we are offered a lot of freedom but not, perhaps, the time or means to undertake the journey of exploration or company to keep the journey from loneliness and isolation. I'd like to think that we offer a place that provides encouragement, challenge and support for each journey, something that makes belonging to this congregation a different experience than searching alone, without a community of support and care. So, journey on, we say, but when you need the warmth of home and hearth, come and be refreshed and safe from the April weather. Come home.



The Rev. Andrea Abbott



THE REVEREND WEISSBARD TO ASK: “COULD IT HAPPEN HERE?”

The Rev. David Weissbard writes concerning his sermon for the 10:30 a.m. service on Sunday, April 3:

“The Fifth Principle of the Unitarian Universalist Association asserts that central to our covenant as a religious is our commitment to ‘The right of conscience and the use of the democratic process.’ That is easier said than implemented: great as a concept, not so easy to practice. Back in 1935, the great novelist Sinclair Lewis wrote ‘It Can Happen Here,’ which addressed the possibility of fascism coming to America. Next Saturday is the anniversary of the hanging by the Nazis of Dietrich Bonhoeffer, the German theologian who spoke out against Adolph Hitler. I have, for many decades, pondered how it was that such a liberal nation as Germany was, could fall into the fascist trap, and, more pressingly, what I would do if I saw it happening here. That question has pressed upon me particularly of late in the context of the current presidential campaign — not so much because of the candidates as of the response of so many millions to some of them. I feel a sermon coming on. ‘Could It Happen Here?’”

UU congregations covenant to affirm and promote justice, equity and compassion in human relations.

UU congregations covenant to affirm and promote acceptance of one another and encouragement to spiritual growth in our congregations.

UU CIRCLE NEEDS HELP WITH ITS HOLISTIC WELLNESS FAIR

The UU Circle has been working hard for its big fundraiser to be held at the church from 10 a.m. to 4 p.m. on Saturday, April 9.

We will need a lot of help to make the Holistic Wellness Fair a success.

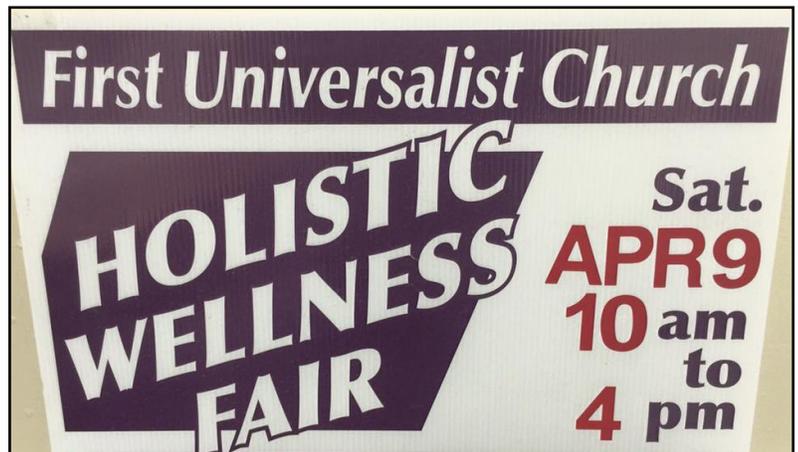
- We would like help in the kitchen to serve and to wash dishes.
- We would like help to remove the pews on Sunday, April 3.
- We need door greeters to work for one hour.
- Also, we are looking for people to donate baked goods.

Please plan on inviting family, friends and neighbors to this event.

We will have free massage, Reiki, an organic grocer, upcycled clothing, and other vendors. We will have free workshops, a drum circle, Tai Chi for Arthritis, Guided Meditation, a talk on Near Death Experience as well as feng shui and more.

Please support us in the big fundraiser. We have put a lot of work into it.

Ann Peterson



A NOTE OF THANKS

Thanks to these people for volunteering to serve as greeters on Sunday mornings: Priscilla Sparks and Susan Woods, March 27.

Thanks to these people for volunteering to host the social time on Sunday mornings: Marcia Burrell-Ihlow, March 27 and April 17 and 24; Mary Fran Yafchak, April 3; and Janie Garlow, April 10.

Volunteers are needed to serve as greeters on Sunday mornings. Anyone with any questions is encouraged to speak with Winfield Ihlow.

Volunteers are also needed to host the social time on Sunday mornings. Anyone with any questions is encouraged to speak with Judy Tennant.

The Spiritual Committee encourages anyone who wishes to place flowers near the pulpit for the morning service on Sundays to do so.

There is a sign-up sheet in the dining room.



UU congregations covenant to affirm and promote a free and responsible search for truth and meaning.

UU congregations covenant to affirm and promote the right of conscience and the use of the democratic process within our congregations and in society at large.



SOCIAL JUSTICE COMMITTEE TO PICK UP HIGHWAY LITTER

The Social Justice Committee met on March 3.

We discussed our participation in The Workers Memorial Day Unity Breakfast at Pensabene's Casa Grande, Syracuse, on Friday morning, April 29. Tracy Kinne has been helping organize the event. We have not made reservations yet, but will support the event with an advertisement in the program.

A team of bowlers represented our church at the Syracuse Peace Council's Strike for Peace fundraiser on Sunday, March 20. Thank you to Steve Garlow, Alec Panos, Ellen LaPine and Paul Sulock and all those who pledged contributions.

I also thank the generous contributors to the Hart Team Multiple Sclerosis Walk on Sunday, March 6.

As members of this congregation, all SJC members are helping with the UU Circle's Holistic Wellness Fair. Please volunteer and encourage friends and neighbors to attend on Saturday, April 9.

The first Adopt-a-Highway pickup is scheduled for 8:30 a.m. on Sunday, April 10. Mark your calendar and lend a hand.

Tracy Kinne, Dorothy Fannin and I traveled with local activists to Albany for a rally supporting the Fight for \$15 on March 22. Learn more at NYFIGHTFOR15.org.

Please continue to donate coins, food, non-perishable goods, returnable bottles and cans, magazines and books. Thanks.

The next meeting will be after the highway pickup on Sunday, April 10. Join us.

Nancy Hallock

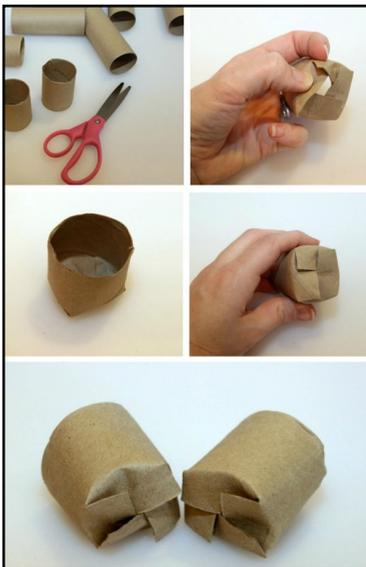
UU congregations covenant to affirm and promote the goal of world community with peace, liberty and justice for all.

UU congregations covenant to affirm and promote respect for the interdependent web of all existence of which we are a part.

GREEN MINUTE: UPCYCLED SEEDLING POTS AND ROW MARKERS

At our Holistic Wellness Fair on Saturday, April 9, we will have vendors who have used upcycling ideas to repurpose old items into new, useful and fun ways. I decided to combine this idea with spring planting and ran across simple instructions on how to make seedling pots and row markers.

To make the seedling pots all you will need are toilet paper and/or paper towel tubes and scissors.



Take the empty tube and flatten it in one direction and crease the folds, then flatten it in the other direction and crease the folds. Your tube should now be square.

Cut the tube to the desired length and be sure to add enough length to make the bottom flaps which will be about $\frac{3}{4}$ -inch long.

Cut the creases $\frac{3}{4}$ -inch on one end to make the bottom flaps. Fold the flaps into each other as you would fold a box. Now you're ready to fill it with dirt and start your seedling. Remember that the tubes aren't waterproof so you'll need to keep them in a tray. When you are ready to plant you can cut down the side of the pot and remove the plant, or you can stick them right in the ground pot and all because the cardboard will break down over time.

I saw several ideas for row markers. I have always used what my parents and grandparents used, which is putting the seed packet at the end of the row with a stick punched through it to hold it into the ground.

However, when I'm trying a new type of seed I may want to save the packet so I'll just take a permanent marker and write on the back of a plastic tag that comes in a plant I have purchased to indicate what is in the row, or I'll use a Popsicle stick. Online it was suggested that you can cut strips from a milk jug, then write on them with permanent marker.

If you're feeling creative you can take broken clay pots and paint the pieces with the names and pictures of the plants. Another suggestion I found online was finding interesting rocks, then painting them. I might try upcycling old spoons this year with the plant name written or painted on the back of the spoon to make my vertical herb garden look a little nicer. If you would like to know how to build a vertical garden from stair risers and rectangular planters, let me know and I'd be happy to share the instructions with you.

Happy spring!

Ellen LaPine
Outreach Committee

The living tradition which Unitarian Universalists share draws from many sources, including direct experience of that transcending mystery and wonder, affirmed in all cultures, which moves us to a renewal of the spirit and an openness to the forces which create and uphold life.

The living tradition which Unitarian Universalists share draws from many sources, including words and deeds of prophetic women and men which challenge us to confront powers and structures of evil with justice, compassion, and the transforming power of love.

BOARD SPLINTERS

The Executive Board met on Sunday, March 6.

Treasurer Marcia Burrell-Ihlow reported that we have not received as much income as was budgeted, which she assured the Board does happen at this time of year. She said that information will be given to all members on where they stand regarding their yearly pledge and that plans will be made for this year's stewardship campaign.



Ann Peterson reported for the UU Circle that preparations for the Holistic Wellness Fair on Saturday, April 9, are going well. She said volunteers are needed for the Fair and for moving the pews on Sunday, April 3.

Janie Garlow reported for the Membership Committee that progress on the church website is proceeding on schedule with current focus on making it user friendly.

Janet Jenkins reported for the Outreach Committee that the next highway cleanup will be on Sunday, April 24, before the church service. (Editor's note: The date has since been changed to Sunday, April 10.)

Arne Hook reported for the Maintenance/Buildings and Grounds Committee that upgrades to the sound system are under way and that a new digital recorder will be used so that sermons can be placed on the website as well as on CDs.

The next Board meeting will be at 9 a.m. on Sunday, April 3.

Ellen LaPine
Recording secretary

COFFEE AND CHAT

Women and men of the church will gather for Coffee and Chat at Panera Bread on Route 31 in Clay at 9:30 a.m. on Thursday, April 21.

All are welcome to join in casual conversation and to enjoy coffee or tea and other goodies.



SPIRITUAL DEVELOPMENT GROUP, MEDITATION

Anyone who is interested in the Spiritual Development Group or in meditation is invited to contact Tim Hart via e-mail at timhart@a-znet.com or via telephone at 315-439-2541.

The living tradition which Unitarian Universalists share draws from many sources, including wisdom from the world's religions which inspires us in our ethical and spiritual life.

The living tradition which Unitarian Universalists share draws from many sources, including Jewish and Christian teachings which call us to respond to God's love by loving our neighbors as ourselves.

CHILDREN TO CELEBRATE THE ARRIVAL OF SPRING

Continuing our focus on the Seven Principles of Unitarian Universalism, we will be finishing our lessons on the sameness of all peoples, even with our religious and cultural differences.

April brings us spring and the waking up of new and renewed life. We are the keepers and helpers of the Earth, and with this in mind we will be making bird feeders and containers for nesting materials to help our feathered friends.

Weather permitting, Earth Day will find us outside in the meditation garden celebrating spring by potting daffodils.

Ronna Schindler, Religious Education Committee chairperson and older children's teacher



KUNDALINI YOGA CLASSES TO BE OFFERED

Holistic Horizons at Fiddlehead Grove Retreat and Healing Center in West Monroe is offering Kundalini Yoga as taught by Yogi Bhajan to our church from 6:30 to 7:45 p.m. every Thursday starting April 14

Wear modest comfortable, loose clothing and a head covering, preferably white. White is the color of radiance and reflection. Bring a mat, light blanket and water to drink.

Class consists of exercise poses, chanting and meditation.

Fee is \$10 drop in or \$90 for 10 classes. Those who are interested, please use the side door on the Bank of America side of the church, or the accessible entrance if needed.

NEWSLETTER DEADLINE

Please have articles for the May newsletter to Bob Haskell by no later than 5 p.m. on April 24.

The living tradition which Unitarian Universalists share draws from many sources, including humanist teachings which counsel us to heed the guidance of reason and the results of science, and warn us against the idolatries of the mind and spirit.

The living tradition which Unitarian Universalists share draws from many sources, including spiritual teachings of earth-centered traditions which celebrate the sacred circle of life and instruct us to live in harmony with the rhythms of nature.

APRIL 2016 CALENDAR

3 – 9 a.m., Executive Board. 9:30 a.m., Choir practice. 10:25 a.m., Announcements. 10:30 a.m., the Rev. David Weissbard leads the worship service. Random Acts of Kindness. 10:50 a.m., Religious education program. 11:45 a.m., Social time. Noon, Volunteers are needed to move the sanctuary pews in preparation for the UU Circle’s Holistic Wellness Fair. This is the once-a-month Sunday on which the Social Justice Committee asks everyone to bring magazines to the church dining room to exchange them for others. The committee will continue the recycling process by passing on any magazines that are left to the Public Safety Building Jail in Syracuse every two or three months.

4 – 5 to 7 p.m., The Rev. Andrea Abbott will hold office hours at the church. The sanctuary will also be open for anyone who wishes to use it for a time of reflection, prayer or meditation.

9 – 10 a.m. until 4 p.m., UU Circle will conduct its Holistic Wellness Fair.

10 – 8:30 a.m., The Social Justice Committee will conduct a Adopt-a-Highway pickup, followed by its regular monthly meeting. 9:30 a.m., Choir practice. 10:25 a.m., Announcements. 10:30 a.m., Andrea Abbott leads the worship service. 10:50 a.m., Religious education program. 11:45 a.m., Social time. Noon, The choir will conduct its monthly rehearsal in the sanctuary. This is the once-a-month Sunday on which the Social Justice Committee asks everyone to donate food items for our Downstairs Scotty, which later will be taken to the Downstairs Scotty thrift shop and food pantry at Divine Mercy Parish Center, 592 South Main Street, Central Square.

11 – 5 to 7 p.m., The Rev. Andrea Abbott will hold office hours at the church. The sanctuary will also be open for anyone who wishes to use it for a time of reflection, prayer or meditation.

17 – 9:30 a.m., Choir practice. 10:25 a.m., Announcements. 10:30 a.m., the Rev. Tanya Atwood-Adams leads the worship service. 10:50 a.m., Religious education program. 11:45 a.m., Social time.

18 – 5 to 7 p.m., The Rev. Andrea Abbott will hold office hours at the church. The sanctuary will also be open for anyone who wishes to use it for a time of reflection, prayer or meditation.

21 – 9:30 a.m., Coffee and Chat at Panera Bread, Route 31, Clay.

24 – 9:30 a.m., Choir practice. 10:25 a.m., Announcements. 10:30 a.m., Andrea Abbott leads the worship service. 10:50 a.m., Religious education program. 11:45 a.m., Social time.

25 – 5 to 7 p.m., The Rev. Andrea Abbott will hold office hours at the church. The sanctuary will also be open for anyone who wishes to use it for a time of reflection, prayer or meditation.

2016 APRIL						
SUN	MON	TUE	WED	THU	FRI	SAT
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3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

In Unitarian Universalism, you can bring your whole self: your full identity, your questioning mind, your expansive heart.