

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)



Photo courtesy of Village of Central Square

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.

Andrea Abbott, Minister	315-635-7122
The Rev. Libbie Stoddard, Minister Emerita	315-343-4352
Leigh Parry-Benedict, Music Coordinator	315-657-5904
Ronna Schindler, Religious Education Chair	315-623-7685
Winfield Ihlow, President	315-342-5939
Janie Garlow, Vice President	315-436-2238

Please have articles for the next newsletter to Bob Haskell by no later than 5 p.m. on SUNDAY, FEBRUARY 28. He prefers to receive articles via e-mail. His e-mail address is rhaskell@twcny.rr.com.

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

A MINISTERIAL MOMENT, OR MORE

February often seems like a waiting room. We are stuck in it waiting for the next event, staring at the dull wallpaper and bland furnishings. However, if we consider the events that are celebrated within its 28, or this year 29, days, it is actually a month filled with drama. First, we celebrate Groundhog Day, a prelude which announces the struggle between the forces of winter and the forces of spring. Then, at the very heart of the month, a fancy lace-trimmed heart, we have Valentine's Day, a day to pay tribute to the power of that most intense of emotions, romantic love. From there, in the old days, we had two president's birthdays, now merged into one, but a day to remember the high ideals with which our nation was founded and maintained. But this month is also Black History Month, and so we have cause to temper our celebration with the understanding that high ideals are not sufficient to bring about justice and equality. This is the drama at the heart of our country, the ongoing struggle for the worth and dignity of all people against self-interest, fear and hatred. Perhaps the message of Valentine's Day should be enlarged to cover more than romantic love. Perhaps the ideals of love between all people deserves more than a day, more than a box of chocolates and a few flowers. Perhaps every month should stand for resolve to make the power of love between people bring to fruition the high ideals for which we stand.

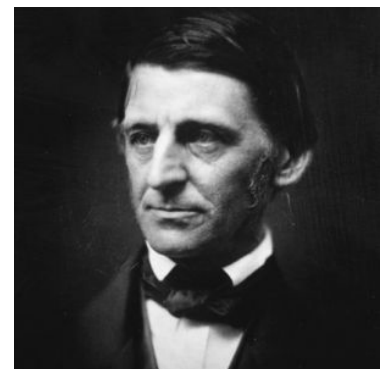


The Rev. Andrea Abbott

THE REVEREND WEISSBARD TO SPEAK ABOUT EMERSON

The Rev. David Weissbard writes concerning his sermon for the 10:30 a.m. service on Sunday, February 7: "People who discover Unitarian Universalism often assume that it is something new. As we know, it is not. We have a history that we can trace back to the founding of the Christian Church -- if not earlier. Admittedly, that is a bit of a stretch. What is undeniable is that we can trace clear lines back to the time before the American Revolution.

"One of our forbears is the radical Unitarian minister, Ralph Waldo Emerson, whose teachings led some of his contemporaries to consider him beyond the pale. This Sunday we will be looking at 'Emerson: Radical Unitarian Universalist Prophet'."



Ralph Waldo Emerson

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.

SOCIAL JUSTICE COMMITTEE STAYS BUSY

The Social Justice Committee met at 9:30 a.m. on Sunday, January 17. Our next meeting will be held on Sunday, February 14, and you are invited to attend.

Our agenda on January 17 included the setting of dates for our 2016 Adopt-a-Highway pickups, spring, summer and fall. I'll post those dates in the March newsletter.

We will donate \$100 given to us by a veterans group from Auburn Prison to the Equal Justice Initiative. Bryan Stevenson, author of the book "Just Mercy," is executive director of this program. We are planning a discussion of this book. See me if you want to borrow a copy of the book.

Janie Garlow and Tracy Kinne updated us on the Cluster meeting they attended on Sunday, January 10.

Tracy braved the cold and wind to be a Fight for \$15 picket in Oswego on Martin Luther King Jr. Day. She has written a piece for the announcements with the "what" and "why" of the Fight for \$15.

We continue to collect winter clothes for InterFaith Works, but the organization has more needs than just clothes. As it settles refugees into their first homes in the United States, it needs everything. Ann Peterson will check out what else we can do to help.

Don't forget your coins, cans and magazines:

- Coins deposited in the collection plates each Sunday morning will continue to go toward the committee's participation in "Pure Water for the World."
- You may continue to help the environment and make money for the committee by leaving your returnable bottles and cans at the church. A barrel into which to place your bottles and cans stands near the entrance to the church kitchen. The committee will return the deposit bottles and cans for its treasury.
- The committee asks everyone to bring magazines to the church dining room to exchange them for others on the first Sunday of each month. 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.



Bryan Stevenson

Bye now.

Nancy Hallock, committee chairperson

SERMONS AVAILABLE ON CDs

We have audio CDs of most of the current Sunday sermons. These may be borrowed for your listening enjoyment.

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.



CHILDREN WRITING STORYBOOK

Our children's story on the Seven Unitarian Universalist Principles is beginning to take shape. We have worked on the first three principles: Every one is important, being fair and kind, and learning together and accepting each other.

This month we will continue the adventure with a free and responsible search for beliefs, the right to voice your opinion, working for peace and justice, and

the interdependent web of life.

By creating the storybook the children explore their own feelings and learn to work together and respect other's beliefs.

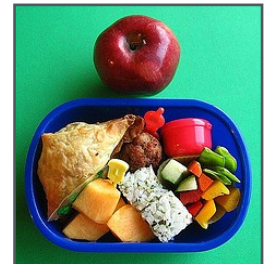
Ronna Schindler, Religious Education Committee chairperson and older children's teacher

UU CIRCLE TO HOLD HOLISTIC WELLNESS FAIR ON APRIL 9

The UU Circle has scheduled the Holistic Wellness Fair from 10 a.m. until 4 p.m. on Saturday, April 9. We will have some returning vendors and some new ones, too. Look forward to organic food, upcycled clothing, reiki, guided meditation, psychics and more. We will also have a free drum circle as well as healthy food. There will be a small admission charge with some free activities.

We hope that you will support us in this fundraiser by attending and by bringing your family and friends.

Lunch and Chat: Our January Lunch and Chat was held at Core in Liverpool. A small group of us gathered to eat healthy food and to have a good chat. We will continue to have Lunch and Chat. Look for our next outing and plan to join us.



Ann Peterson, UU Circle

DRUM CIRCLE TO RESUME AT FAIR

We will not hold drum circle for the next few months. We will drum at the Holistic Wellness Fair on Saturday, April 9. Come and join us, or just come and enjoy. The Women's Information Center in Syracuse will start its drum circle again soon.

Ann Peterson

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.

TREASURER'S REPORT (SAMPLE)		
PTA		
November 14, 2006 - December 14, 2006		
CHECKING ACCOUNT		
BALANCE ON HAND 11/14/2006		\$ 4250.00
INCOME		
1115 DEP: Carnival		\$ 1450.00
1117 DEP: Membership Dues, unit portion (100 @ \$5)		750.00
1122 DEP: Book Fair		340.00
1205 DEP: DB:Wine		400.00
1210 NSF check #1113 - Book Fair purchase		(18.00)
TOTAL		7932.00
FUNDS NOT BELONGING TO THE UNIT INCOME		
1117 DEP: Membership, 100 @ \$4.00 (council@State/National PTA)		\$600.00
1210 DEP: Founders Day Freewill Offering		213.00
TOTAL		\$813.00
TOTAL INCOME		\$12596.00
EXPENSES		
Cs # 3150 Ccjen Council, insurance premium		\$ 195.00
Cs # 3151 Misc. items, Central expenses		50.00
1210 Bank fee, NSF Cs # 1113		10.00
Cs # 3151 Public Hospice, hospitality		7.49
Cs # 3150 Book Fair Company		120.00
Cs # 3150 VOD		280.00
Cs # 3150 Ccjen Council, operational/2 delegates		15.29
Cs # 3152 Susan Elis, office supplies		0.29
Cs # 3150 VOD		3.70
Cs # 3158 Beverly Anderson, postage		202.00
1213 Transfer to Savings		5666.48
TOTAL		6666.48
FUNDS NOT BELONGING TO THE UNIT EXPENSES		
#112 Ccjen Council, 100 members @ \$4.00 (council@State/National PTA)		\$600.00
#160 Ccjen Council, Founders Day Freewill Offering		213.00
TOTAL		\$813.00
TOTAL EXPENSES		\$ 6479.48
BALANCE ON HAND 12/14/2006		\$ 6116.52

TREASURER'S REPORT

Recently an accounting of your pledges was handed out at church. Please accept that this is an estimate of what you have paid, and may be off plus or minus \$50 or more. Please know that you have your own records, too. Many of you have already met your pledges for the 2015-2016 year. I will continue to record your pledges in this fiscal year, but know that your donations are appreciated.

We are paying our bills, and the variety of sermons offered by our ministers makes for a very diverse experience. Please think about inviting a friend to church. The more the merrier.

Please know that I enjoy accounting for our funds but I could not do it accurately without the help of Mr. Robert Haskell. Thank him when you see him.

Marcia Burrell
Treasurer

ADULT RELIGIOUS EDUCATION

The Mosque of Jesus, Son of Mary, 501 Park Street, Syracuse, will hold an interfaith service from 6:30 to 8 p.m. on Tuesday, February 8. The service is being held in connection with Interfaith Harmony Week to highlight the similarities of various faiths and to promote understanding among peoples of those faiths.



There is plenty of parking. The event is supported by Women Transcending Boundaries, an interfaith women's group, and InterFaith Works of Central New York, a nonprofit that works with many refugees and people of all faiths.

This mosque, located in my neighborhood, is a former Catholic church that has been remodeled. I can give you directions on how to get to it and where to park if you plan to attend the service. There are several good restaurants in the immediate area if you plan on eating out.

Ann Peterson

SPIRITUAL DEVELOPMENT GROUP, MEDITATION

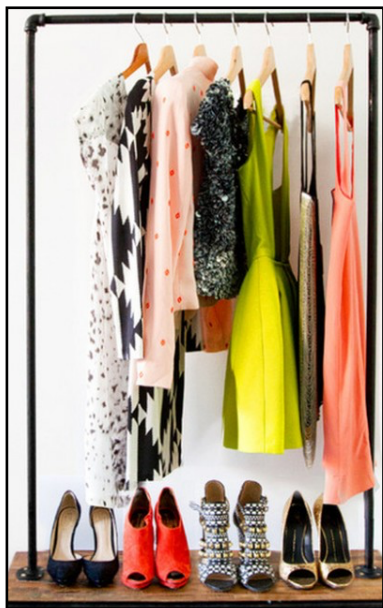
Anyone who is interested in the Spiritual Development Group or in meditation is invited to contact Tim Hart via e-mail at timhart@a-znet.com or via telephone at 315-439-2541.

The living tradition which Unitarian Universalists share draws from many sources, including 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.

GREEN MINUTE: SUPPORTING WORKERS WHILE BUYING CLOTHING ON A BUDGET

You may remember the Rana Plaza factory collapse that killed more than 1,250 garment workers in Bangladesh in 2013. We were all appalled at the working conditions these people endured to make our cheap clothes that we buy from major retailers and big box stores. While there



were some laws passed to improve the safety of these workers, it's a poorly kept secret that conditions have changed little for these and other garment workers around the world. As we Americans and the world turn our attention to the next headline, this issue seems to have moved to the back burner where many other very important human rights issues reside.

A search of the Internet to see how our own buying habits might change to help companies see the need to be sure the workers who are making our clothes are working in a safe environment gave a few suggestions. However, you will likely find that eco-friendly clothing that is made by well paid garment workers in safe conditions can be quite expensive. So, with this in mind, the first suggestion is to need less. Consider carefully every clothing purchase you make. Do you need it or want it? Is it something that is worth the money you have had to work hard for to purchase the item? Can you find something like it at a resale shop, thrift store, consignment shop or the like? Do you already own something that you can upcycle to make it more stylish? Is there a

local person or perhaps someone on a crafting website like etsy.com that is upcycling used clothing to make stylish new garments you would like? When you ask yourself these questions you may find that you don't need the "cheap" piece of clothing or shoes you were considering after all.

If once you've done this you have some money left over in your budget to purchase some high-quality classic clothing that you can wear for years to come, take a look online to see what companies are supporting workers' rights and offering eco-friendly choices.

Ellen LaPine
Outreach Committee

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, February 18.

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

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.

A NOTE OF THANKS

Thanks to these people for volunteering to serve as greeters on Sunday mornings: Judy and George Tennant, January 31.

Thanks to these people for volunteering to host the social times on Sunday mornings: Judy and George Tennant, January 31.

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 invites 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.



THE ANNUAL FAIR SHARE APPEAL

The Fair Share is the amount of the contribution our congregation is asked to make each fiscal year to the Unitarian Universalist Association of Congregations (UUA) and its St. Lawrence Unitarian Universalist District (SLUUD).

These contributions finance programs, services and resources that directly benefit and strengthen our congregation and the Unitarian Universalist movement as a whole.

Fair Share is based upon the number of members a congregation certified for the UUA General Assembly the previous February. Our congregation consists of approximately 45 active members. Our 2015-'16 Fair Share for SLUUD has been determined to be \$668.28 and for the UUA \$2,700, for a total of \$3,368.28. Thus, our combined Fair Share contribution is about \$75 per member.

Our congregation has a line item in its Operating Account budget, which covers \$2,300 of our total contribution.

We ask members if they are able to do so to write a check for \$75 payable to the church and to designate "Fair Share" in the memo. This would help us reach the designated amounts.

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.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
February 2016						
	1	2	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	Notes				

FEBRUARY 2016 CALENDAR

- 1** – 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.
- 7** – 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. 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.
- 8** – 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.
- 14** – 9:30 a.m., Social Justice Committee. Choir practice. 10:25 a.m., Announcements. 10:30 a.m., The Rev. 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.
- 15** – 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.
- 18** – 9:30 a.m., Coffee and Chat at Panera Bread, Route 31, Clay.
- 21** – 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.
- 22** – 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.
- 28** – 9:30 a.m., Choir practice. 10:25 a.m., Announcements. 10:30 a.m., The Rev. Andrea Abbott leads the worship service. 10:50 a.m., Religious education program. 11:45 a.m., Social time.
- 29** – 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.

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

As Unitarian Universalists, we do not have to check our personal background and beliefs at the door: we join together on a journey that honors everywhere we've been before.

SOUL FOOD RETREAT

**8:30-3:30 Saturday, February 27, 2016
Unitarian Universalist Society of Syracuse,
109 Waring Road, Syracuse, NY, US 13224**



Schedule of Workshops

8:30 Registration & Coffee
9:00-9:20 Opening Worship-Rev. Hamlin-Navias & Christine Smith, Sanctuary
9:30-11:00 Morning Session 1

Singing Meditation-Sara Jo Brandt Doelle

Singing as a form of meditation is found throughout the world's religions. We will briefly look at some of these traditions and then be led in a Unitarian Universalist Singing Meditation.

Creating A Spiritual Space at Home-Christine Smith

From time immemorial, our homes, our hearths, our kitchen tables have been where our spiritual hearts are nurtured. Often, in our busy lives, our homes move away from being a place where blessings are shared. In this workshop we will explore the tasks, tools and mindset to deepen our own and our families' most personal sacred spaces. We will be painting a chalice to use at home. \$5 materials fee.

White Privilege: Defining the Invisible-Paul Barfoot

One of the characteristics of privilege is that it is invisible to those who have it and an ever-present burden to those who don't. We will do an exercise to help open our awareness and discuss what to do about it.

11:15-12:45 Morning Session 2

Melt and Pour Soap-Keith Bertrand

Come learn a fun, easy craft, melt and pour soap making! Literally you melt the soap base, color, scent and pour into a mold, cool down and you have your own personal bars of luxury soap! Instructor will bring a pound of glycerin soap base per person, offer a wide selection of fun molds, colors and scents (including many essential oils) and let you enjoy being your creative self! Students will leave with soaps of their own design and instructions on making more of your own! Please bring a large measuring cup (4 cups or bigger) or a large yogurt container. End time for this workshop is flexible. Intergenerational-all ages. \$5 materials fee.

Roll Up Your Green Sleeves: Taking Effective Action to Address Climate Change-Jim D'Alosio

The COP21 accord was approved, and UUA resolutions compel congregations to address climate change. There is much to be done, on a personal, professional, and political level. But what? Let's share ideas, and compare their effectiveness. We don't need to convince ourselves of the truth of climate change, dwell on what might become of us if society doesn't change its course, or blame scapegoats. Let's roll up our green sleeves and get to work!

(Continued on Page 10)

Unitarian Universalists are united in shared experience: our open worship services, religious education, and rites of passage; our work for social justice; our quest to include the marginalized; and our expressions of love.

Unitarian Universalists believe more than one thing. We think for ourselves, and reflect together, about important questions.

**SOUL FOOD RETREAT
(Continued from Page 9)**

Ah ... Tea-Felice Killian-Benigno

Black, green, rooibos, yerba mata. The 4 o'clock cuppa, a sacred chanoyu, a glass of sweating sweet tea. The brewing and steeping of leaves, flowers and barks is part of how people worldwide rejuvenate, socialize, pray and be calm. This workshop will explore some of the ways we can incorporate tea into our lives.

Writing from Our Souls-Evie Ayers-Marsh

Whether you are already a writer or always wanted to write, this workshop will help you connect with your muse. Evie will lead participants in a guided meditation to get creative energy flowing. Then you will be given time to write followed by time to share. Paper and pen needed.

12:45-1:30 Lunch

1:30-3:00 Afternoon Session



Experiential Poetry Workshop-Peggy Flanders

The senses of taste and touch connect us, at times, to pre-verbal memories. Exercises and assignments focusing on our senses, other than visual, will help us craft poems or short writings expressive of a broader range of our sensual and soulful selves.

Soul Matters and Privilege: Not in My Name!-Claudia Klaver

"The most fundamental aggression to ourselves, the most fundamental harm we can do to ourselves, is to remain ignorant by not having the courage and the respect to look at ourselves honestly and gently." (Pema Chödrön, *When Things Fall Apart: Heart Advice for Difficult Times*) This workshop will explore the spiritual pain we feel as we open our souls to the pain of others, the pain we feel when we face our societal complicity in privilege and how the work of social justice is a soulful and healing endeavor.

How to Become an Activist-Lucy Cox Marr

From our hearts, our minds, our souls; prayer, lobbying, demonstrations; activism flows from many founts and takes many forms. This workshop explores what activism is, what calls each of us personally to be an activist and what activism activities are a best fit for each of us.

Intergenerational Music Circle-Tara O'Neill Barfoot

Join an intergenerational music making circle during which we share songs and teach each other the music we love. Tara will have her guitar. First UU has a piano. Bring audio recordings, your instruments and use our "instrument-creating table" full of items to be recycled into instruments (donations appreciated: plastic eggs, rice, cans, duct tape, containers, cardboard rolls). Bring the whole family to swap favorite songs, create fun and sway to our music.

3:15-3:30 Closing Worship-Rev. Hamlin-Navias & Christine Smith, Sanctuary

(2016 Soul Food Retreat Registration Form on Page 11)

**Unitarian Universalists are diverse in faith, ethnicity, history and spirituality,
but aligned in our desire to make a difference for the good.**

We need not think alike to love alike. We are people of many beliefs and backgrounds: people with a religious background, people with none, people who believe in a God, people who don't, and people who let the mystery be.

2016 Soul Food Retreat Registration Form

Name _____

Telephone _____

Email _____

Names and ages of children who will require the Nursery (8:30-3:45):

Lunch Preference Gluten Free Meat Vegan Vegetarian

Please rank your choices first, second & third-we will do our best.

First Morning Session

Second Morning Session

_____ Singing Meditation

_____ Writing from Our Souls

_____ Creating A Spiritual Space at Home
(\$5 extra)

_____ Soap Making (\$5 extra)

_____ White Privilege: Defining the Invisible

_____ Roll Up Your Green Sleeves

_____ Ah....Tea

_____ Volunteer to help w/lunch
(\$5 discount)

Afternoon Session

_____ Experiential Poetry

_____ Soul Matters and Privilege-Not in My Name!

_____ How to Become an Activist

_____ Intergenerational Music Circle

Advance registration fee \$15 per adult & teen, \$10 per child (\$5 more at the door).

Nursery is free.

Pay by check or use our Pay Pal account:

<http://firstuusy.org/connection/donate/>

Please write "Soul Food" on your check or in the Pay Pal message box.

Advance registration ends 2/24/16. Refunds until Thursday, 2/25/16, minus \$5 admin fee.

Questions? Pamela Spearman paspearman@gmail.com

**Unitarian Universalists welcome you: your whole self, with all your truths
and your doubts, your worries and your hopes.**