



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.
Phone: 315-668-6821 E-mail: uucentralsquare@gmail.com
Church Web site: <http://www.centralsquareuu.com>

Photo courtesy of Village of Central Square

Facebook page: <http://www.facebook.com/pages/UU-Central-Square/199139743511564>

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

FEBRUARY 2015

STUDENT MINISTER SNIPPET

What do you think of when February rolls around? Do you think first of red hearts and chocolate? Do you think first of the Underground Railroad, the Civil Rights movement, the Middle Passage? Do you think of small weather-predicting rodents? Do you think of a Victorian clergyman upending the way people thought about who they were? Why is February so crowded with important celebrations? Well, maybe Groundhog Day isn't quite in the top tier, but this month has events that echo our Affirmation of Faith: Love, Quest for Truth, and Service find their places in this February pantheon of celebrations. Our affirmation begins with the word Love. The next three lines deal with Truth and Service. Love does not exist by itself. It needs Truth because Love cannot be real if it is rooted in a lie. It needs Service because Love which does not reach out to serve others is an empty abstraction. Therefore, whether we are celebrating Black History Month, St. Valentine's Day or Darwin's Birthday, we are calling to mind the important principles in our lives. And while we're at it, let's spare a thought for that brave groundhog. Any critter that gives us hope for the end of winter deserves our appreciation.

Andrea Abbott

THE REVEREND WEISSBARD TO FOCUS ON "THE SACRED FLAME"

The Rev. David Weissbard writes concerning his sermon for the February 1 service:

"Every Sunday the service begins with the lighting of a chalice. Why? Have you ever wondered why we do that? It is not an ancient Unitarian or Universalist practice — it sprang up during the lifetimes of many of us, but, at the same time, it does have deep roots. This Sunday I will try to illuminate the ritual with a sermon on 'The Sacred Flame'."

Please have articles for the next newsletter to Bob Haskell by no later than NOON on MONDAY, FEBRUARY 23. Bob would be grateful if everyone would not wait until the last minute to submit articles. He prefers to receive articles via e-mail. His e-mail address is rhaskell@twcny.rr.com. His postal address is 29 Grove Street, Baldwinsville, NY 13027-2332. His telephone number is 315-635-5294.

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

UU CIRCLE TO HOST "HEARTH AND HOME" POTLUCK

If the February snow and grayness are getting you down, join us on Sunday, February 22, for a potluck luncheon with the theme of "Home and Hearth."

We are asking that you bring comfort food, food that you remember from your childhood that was just yummy or food related to where your family came from.

If you have any questions, just ask Ann Peterson, Janie Garlow or Nancy Hallock.

Ann Peterson

SOCIAL JUSTICE COMMITTEE

We have reserved a table to sell our aprons and T-shirts at the St. Lawrence Unitarian Universalist District Assembly in Niagara Falls on March 27.

At our January meeting we watched a documentary, "We're Not Broke." It is available to borrow.

A December donation of \$155 was made to Pure Water for the World.

Join us for our February meeting, the date of which will be announced soon.

Nancy Hallock, chairperson

GREEN MINUTE: NANOTECHNOLOGY

Nanotechnology refers to the manipulation of matter on the scale of a nanometer, which is one-billionth of a meter, or 1/100,000 the width of a human hair. Manufacturers take a common compound like carbon, silver or titanium dioxide and create ultrafine "nanoparticles." The nanomaterials they produce can be strong, have an antimicrobial effect or possibly produce a desired color, but the material also behaves in different and sometimes unpredictable ways compared with its unmanipulated original compound. The Center for Food Safety says, "The same unique properties that make nanomaterials desirable to industry also raise unique health and environmental risks. Scientists are just beginning to understand the potential toxicity of nanomaterials. Some nanotechnologies may be capable of making significant contributions to medicine or renewable energy. However, if we are to take advantage of any future potential benefits, we must first address the unique risks nanotechnology poses. While Europe and Canada have taken steps to regulate the use of nanotechnology, the United States government has avoided regulation in favor of voluntary, non-binding guidelines."

The Center for Food Safety explains that nanoparticles in food and food packaging can gain access to the body through ingestion, inhalation or skin penetration. Nanoparticles' small size allows them to circulate through the body and to reach sensitive places such as bone marrow, lymph nodes, the spleen, the brain, the liver and the heart.

Mother Earth News says that nanotech-produced substances are already in the market in personal care products, cosmetics, pesticides, food additives, food packaging, cutting boards, dental implants, eyeglasses, clothing and textiles. They are also in some types of insulation, paints, boat hulls, sports equipment, computer chips and other electronic devices and automotive parts.

If you go to the Project for Emerging Nanotechnologies Web site, you can browse through a list of more than 1,600 manufacturer identified products that are nanotechnology based. You can search for the products by name, manufacturer, country of origin, or nanomaterial, and learn if the claim is supported by the manufacturer and/or testing. The Center for Food Safety also has some information specific to nano-silver applications in products such as food, baby items, packaging and paint.

If you wish to learn more about the little-studied effects of nanoparticles on the body and the environment, the best informational sources I have found so far are the ones mentioned above. Until the United States government catches up with Canada and Europe we will need to decide for ourselves through educational research if we want to consume or use products that contain nanoparticles.

Ellen LaPine
Outreach Committee

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.

CHILDREN TO COLLECT EYE GLASSES

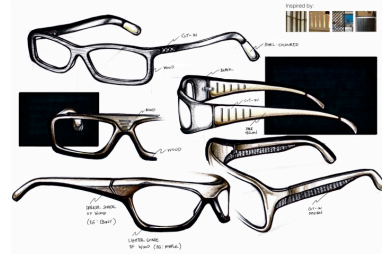
As UUs, social action and helping others is a very important part of who we are.

The kids will be collecting eye glasses in the coming month. They will be donated to a program called "Gift of Sight." The program refurbishes the glasses, and the glasses are distributed to those in need. Please bring your unused glasses to church so that they may be given a new life.

As a class we will be taking part in a number of service projects, and we ask for your help to make them successful.

It is an amazing thing to realize and understand that even the smallest act can make a big difference in a person's life.

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



WARM CLOTHING TAKEN TO CATHOLIC CHARITIES

I made two trips to Catholic Charities with the trunk of my car filled with warm clothing donations.

Kate Holms, who works in that part of Catholic Charities, and several new refugees helped me unload the car and take things to her office. She is appreciative of our donations.

Many of these immigrants come from the Sudan, Somalia, Burma, South Africa and Bhutan and have no warm clothing at all. So, this clothing is needed and will be truly appreciated.

Ann Peterson

BOARD SPLINTERS

The Executive Board met on Sunday, January 4.

The St. Lawrence Unitarian Universalist District Assembly will be held at the Niagara Falls Convention Center, Niagara Falls, New York, on March 27-28. The Board would like to know if any church members are planning to attend.

The Rev. Libbie D. Stoddard and Ann Peterson reported that they are working on an adult religious education program for the spring.

The Outreach Committee reported that the donation sent in December to Pure Water for the World took advantage of a matching donation challenge so the donation was doubled. The blood drive held at our church on January 3 was well attended with 17 blood donations received. The next blood drive will be conducted on March 7.

There was a discussion about starting soon to come up with a possible slate of officers for next year. If you are interested in helping with the running of the church during the next church year beginning in June 2015, see Nominating Committee members Steve Garlow, George Tennant or Marcia Moore.

Ellen LaPine
Recording Secretary

DRUM CIRCLE

Drum Circle will be held again on the third Sunday of February, February 15.

We added another new drummer in January, and our sound was very energetic. We have improved and are having lots of fun, too.

Stop by and listen, play a drum or learn to play the spoons. Of course, all are welcome.

Ann Peterson



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.

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 19.

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

For more information about the group, interested persons are invited to contact Mary or Chet Perkins via e-mail at cperkins9@twcny.rr.com or via telephone at 315-668-6719.

RETURN THOSE BOTTLES

You may continue to help the environment and make money for the Outreach Committee by leaving your returnable bottles at the church.

A barrel into which to place your bottles stands near the entrance to the church kitchen.

Nancy Hallock, committee chairperson, is returning deposit bottles and cans for the committee. treasury



FOR MANY NAVAJO, A VISIT FROM THE “WATER LADY” IS A REFRESHING SIGHT

The people who live in the northwest corner of New Mexico consider Darlene Arviso to be a living saint.

“Everybody knows me around here. They’ll be waving at me,” she says from behind the wheel of the St. Bonaventure Indian Mission water truck. “They call me the water lady.”

That’s because Arviso hauls water for tribe members of the Navajo Nation, where, on average, residents use 7 gallons a day to drink, cook, bathe and clean. The average person in the U.S. uses about [100 gallons a day](#).

Arviso drives to 250 homes a month, filling residents’ plastic barrels, buckets, jars and any other containers the families have. When people see the giant yellow truck coming down the road, Navajo member Georgianna Johnson says, it’s as if they’ve seen Santa coming down the chimney.

“You know what we do? ‘The water truck’s coming! Get the buckets ready!’ We get all happy. Today’s the day I’m going to take a bath,” Johnson says.

“Water’s got to do with everything. It really does. To wash the dishes, my aunt tells us the rinsing water is still clean. She said, ‘Use that the next time when you gonna wash dishes’. So that’s how we make the water stretch,” she says.

About 40 percent of the Navajo Nation has to make their water stretch. The water ... in Smith Lake comes from the [St. Bonaventure Indian Mission](#) well, about 50 miles away.

For more than three decades, the mission has provided water to this Navajo community.

But the once-a-month water truck deliveries are far from the perfect solution. The roads often become impassable in the winter, and barrels run dry. Many resort to melting snow or collecting water from livestock basins.

So the mission has sought help from George McGraw, the founder of a nonprofit called [DIGDEEP](#). It provides water systems to developing countries.

“It really is an incredible injustice. If you’re born Navajo, you’re 67 times more likely not to have a tap or toilet in your house than if you’re born black, white, Asian- or Hispanic-American,” McGraw says.

After several surveys, McGraw’s team found clean water 1,800 feet below the surface and will begin digging a well this spring. Once DIGDEEP raises enough money, it will pipe the water to people’s homes.

Arviso laughs when she recalls the day she got running water 15 years ago. “We were all happy seeing the water, and we let our water run for like five minutes in the restroom and then in the kitchen,” she says.

Arviso is the only one in her extended family with running water, so her sisters, her four adult children and her grandchildren all come to her house to shower, do laundry and fill their water barrels.

(Editor’s note: The above story was reprinted at the suggestion of the Social Justice Committee. The article may also be read with pictures at <http://www.npr.org/blogs/codeswitch/2015/01/06/374584452/for-many-of-navajo-nation-water-delivery-comes-monthly>.)

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.

WANTED: 150 UNITARIAN UNIVERSALIST UKULELE PLAYERS

First Unitarian Universalist Society of Syracuse, 109 Waring Road, Syracuse
315-446-5940

<http://firstuusyr.org/>

Soul Food Retreat,
Saturday, February 28, 2015
8:30-3:30

8:30 Registration & Coffee

9:00-9:20 Opening Worship in the Sanctuary

11:15-12:45 Morning Session 2 includes the following workshop:

150 Ukuleles-Fellowship with First Unitarian Society of Ithaca- Dennis Killian-Benigno & Company

Join us as we develop the First Unitarian Universalist Ukulele Union in Syracuse! Since music hath charms, come learn and develop your skill at playing the ukulele. Whether for personal pleasure or to play together with others, the ukulele is a low cost, easy to learn musical instrument that has been growing in popularity in recent years. As UUs, the ukulele is a natural match! This workshop is for all ages and can resume after lunch. Please bring your ukulele (soprano, concert, tenor or baritone – contact Dennis ahead of time if you have questions regarding these), borrow one from either the Liverpool or Marcellus public libraries, or dig out that ukulele someone had given you or yours years ago (dust rags will be provided). We will try to have extra instruments available.

The hope is that we can develop our own Unitarian Universalist Ukulele Union Band that can join the UUUU Band at First Unitarian Society of Ithaca as they celebrate their 150th year as a UU congregation marching in the annual Ithaca Festival Parade on Thursday evening, May 28. Their hope is to have 150 UUs and friends marching and playing in honor of their 150th year. Participation in the workshop does not obligate you to participate in the parade – but the parade will be a lot of fun supporting our sibling society! Intergenerational-all ages.

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

(Questions? Pamela Spearman paspearman@gmail.com)

UNITARIAN UNITARIAN UNIVERSALIST NIAGARA EXPERIENCE 2015 (UUNEX2015)

March 27-28 are the dates set for the St. Lawrence Unitarian Universalist District Assembly in Niagara Falls, New York. The First Unitarian Universalist Church of Niagara is offering a special Niagara Experience for participants. At the close of the District Assembly programming at 5 p.m. on Saturday, March 28, those registered for the UUNEX2015 may convene at the First UU Niagara Church for a cocktail hour with an open bar followed by a pork tenderloin banquet with a grilled portabella mushroom vegetarian alternative. After the banquet, tours of the lights over the Falls will be led by church members for those who are interested.

On Sunday morning our guests will be fed a brunch before our 11 a.m. church service.

If there is any interest, church members will be available to take people to attractions within the county: The Aquarium; Old Fort Niagara, and evidence of Underground Railroad activities in the area.

The cost is \$75 per person for the entire UUNEX2015. This price includes meals, tour guides and lots of story telling. Guests will be expected to stay over an additional night at their hotels at their own expense. The church is located a short distance from the Convention Center where the District Assembly will be held and close to the major hotels. It is approximately a mile from the Falls themselves.

There is limited space available for UUNEX2015. Please register as soon as possible. Send your reservations with full payment to: First UU of Niagara, c/o Peter Diachun, 840 Page Avenue, Lewiston, NY 14092. Phone (716) 754-2830. E-mail address: peter.diachun@gmail.com. Please make your check payable to the First UU Church of Niagara and include an e-mail address for acknowledgment and late breaking information.

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.

FEBRUARY 2015 CALENDAR

1 – 9:30 a.m., Choir practice. 10:25 a.m., Announcements. 10:30 a.m., the Rev. David Weissbard leads the worship service. Sermon title: “The Sacred Flame.” Random Acts of Kindness Sunday. 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.

5 – 5 to 7 p.m., Andrea Abbott will hold office hours at the church. 6:30 p.m., The choir will conduct its monthly rehearsal in the sanctuary.

8 – 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. 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.

12 – 5 to 7 p.m., Andrea Abbott will hold office hours at the church.

15 – 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. 12:15 p.m., DrumCircle.

19 – 9:30 a.m., Coffee and Chat at Panera Bread, Route 31, Clay. 5 to 7 p.m., Andrea Abbott will hold office hours at the church.

22 – 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., Potluck luncheon with the theme of “Home and Hearth.”

26 – 5 to 7 p.m., Andrea Abbott will hold office hours at the church.

CHANTING AND MEDITATION

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

A CALL FOR VOLUNTEERS

Volunteers are needed to serve as greeters on Sunday mornings. Anyone with any questions is invited to contact Chet Perkins via e-mail at cperkins9@twcny.rr.com or via telephone at 315-668-6719.

Volunteers are also needed to host the social time on Sunday mornings. Anyone with any questions is invited to contact Judy Tennant via e-mail at gtennant001@twcny.rr.com or via telephone at 315-638-5357.

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 for all volunteers in the dining room.

SERMONS AVAILABLE ON CDs

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

DON'T FORGET THAT MEMO LINE!

When you are writing a check for the church, please write on the memo line the purpose for which the check is being written. For example: Pledge, Fair Share, Random Acts of Kindness, Window Fund. Such action makes it easier to record the check in its proper place.

Thank you.

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.