

# 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*

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, Student 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

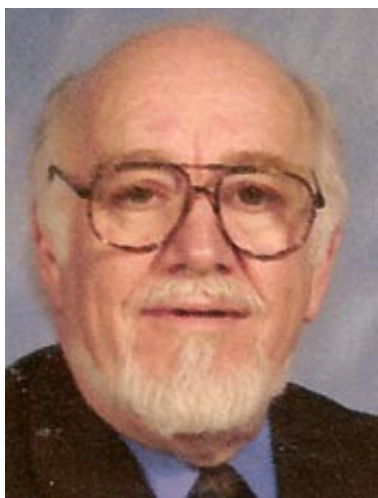
Please have articles for the next newsletter to Bob Haskell by no later than NOON on MONDAY, JULY 27. He prefers to receive articles via e-mail. His e-mail address is [rhaskell@twcny.rr.com](mailto:rhaskell@twcny.rr.com).

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

### STUDENT MINISTER SNIPPET

Everyone who knows us is all too well aware of the fact that we are going to Scotland and England for a couple of weeks. We are first to take part in a class on Celtic Christianity held on the island of Iona, off the west coast of Scotland, and will then be traveling around the north of England for a week. I alternate between being wildly excited and, in equal measure, frantic that everything has not been packed or that I have left out something essential. Like underwear. For our first week we will be guests of the Abbey at Iona and will be taking part in the activities of that community, learning a bit of what it's like to be part of a spiritual community. There is no WiFi or any of the other electronic links we have come to depend on so much and I wonder if we will need something to help us through this period of withdrawal. On the other hand, I am looking forward to that as well. We do not often get a chance to explore what the world is like without these seductive connections, and the prospect of a more silent and deliberate week is very alluring. And so, I wish for all of you a period of time in which there are only good connections, some time for silence and reflection within yourselves. And I hope when we return, we will have learned more the joy that lies in connection within ourselves.

Andrea Abbott



### THE REVEREND WEISSBARD REFLECTS ON 50 YEARS

The Rev. David Weissbard writes concerning his sermon for the Sunday, July 5, service:

“My title for Sunday is '50 Years in the UU Ministry'. I was chosen to speak at the UUA General Assembly in Portland, Oregon, last week as the representative of those who have been ministers for 50 years. It was very frustrating because I only had 10 minutes and I had to delete a lot! Sunday I will restore some of what was 'on the cutting room floor' as I address where I believe we've been and where we are going as a religious movement. Dave”

**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**

**We have a Red Cross Blood Drive scheduled for July 11. Ellen LaPine has a detailed announcement, and she always appreciates help.**

**The summer Adopt-a-Highway pickup is scheduled for Sunday, July 26, and Tracy Kinne has a detailed note about this event.**

**We do not have an official meeting date set, but we will keep in touch by e-mail.**

**We encourage involvement and input on issues of importance to you and us.**

**I will include any book donations along with magazines for the Justice Center.**

**Hope everyone is enjoying the season.**

**Bye for now.**

**Nancy Hallock, chairperson**

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### **BLOOD DRIVE SATURDAY, JULY 11, 8 A.M. TO 1 P.M.**

**Everyone is busy enjoying summer but the need for blood never ends and actually increases at this time of year. However, on average, each blood drive receives two fewer donations in the summer which results in thousands fewer donations across the country.**



**Please consider taking an hour of your time from 8 a.m. until 1 p.m. on Saturday, July 11, to donate blood. You will be able to give either whole blood or double red cells during this drive.**

**You can make an appointment by using the sign-up sheet that is in the dining room, by visiting [www.redcrossblood.org](http://www.redcrossblood.org) or by calling 1-800-REDCROSS. Walk-ins are also especially welcome.**

**We need volunteers to help during the drive. There is a sign-up sheet in the dining room if you can help. Please contact Ellen LaPine if you have any questions. Thank you,**  
**Social Justice Committee**

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### **ATTENTION, PLEASE!**

**Creekside Counseling rents space from our church, usually on Tuesdays. There will be a sign on both side doors saying, "Creekside Counseling is here." On occasion the clients have been locked out. If you should enter the church and the sign is on the door, please do not lock the door behind you when you leave. Thank you for respecting this request.**

**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.**

## **BOARD SPLINTERS**

The annual congregational meeting was held on Sunday, June 7.

Reports were given by the chairpersons and representatives of our church committees. The registrar reported two new members. The Administrative Committee reported that the old door was removed from the side entrance and the elevator was repaired. The Membership Committee reported that from the group discussion that took place a few weeks ago it is looking at ideas to increase membership and possible changes in church programs and services. The UU Circle reported sending out many get-well cards, flowers and gift cards this year and that it is planning a fundraiser in the fall. The Social Justice Committee reported several ongoing activities and a successful fundraiser selling T-shirts



this year. Religious education reported that the children had done several service projects this year and had learned about the many ways of prayer, including meditation, chanting and the lighting of candles as part of worship. The Spiritual Committee reported that it had overseen the ministerial schedule and the scheduling of additional speakers, changed the church signs, evaluated the music coordinator and was working on a ministerial succession plan for the year commencing 2020.

The 2015-2016 budget of \$31,600 was approved. It is \$660 more than the 2014-2015 budget.

The following slate of Executive Board officers was approved:

Winfield Ihlow – president  
Janie Garlow – vice president  
Marcia Burrell-Ihlow – treasurer  
Ellen LaPine – recording secretary  
Ann Peterson – corresponding secretary

Betty Figie – registrar

Janet Jenkins – trustee (3 years)

(Remaining trustees are Susan Jennings, 2 years, and Arne Hook, 1 year.)

The congregation also elected Chet Perkins to the Nominating Committee for 3 years.

(Remaining Nominating Committee members are Steve Garlow, 2 years, and George Tennant, 1 year.)

The next Executive Board meeting will be on August 8.

Ellen LaPine, Recording Secretary

**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.**

## **CHALICE LIGHTER CALL**

The St. Lawrence Unitarian Universalist District has just sent out its June 2015 Chalice Lighter call. This call is to support the UU Fellowship in Plattsburgh as it embarks on its first year of a three-phase building project. Its current building has insufficient room to accommodate its growing congregation.



Central Square has 20 Chalice Lighters. Those who are Chalice Lighters, please keep an eye out for this "Call" in your mail box as we continue to help other congregations around the district. We benefitted from this important assistance as we made our church handicapped accessible in 2003.

If you are not a Chalice Lighter you should know that a Chalice Lighter is a person who pledges to respond with a specific contribution when the "Call" comes to light a chalice in the district. These "Calls" are made twice a year to enable the initiation of major programs, assist in securing professional religious leadership, help a new congregation with start-up expenses, or assistance in building projects for individual congregational projects or for multiple congregations working together. If you would like to become a Chalice Lighter, go to <http://www.sld.cerguua.org/conggrowth/chalichelighters.html> where you can find more information and download a sign-up sheet, or you can contact me and I will be happy to provide you with the information.

**Ellen LaPine  
Chalice Lighter Ambassador**

## **A NOTE OF THANKS**

Thanks to these people for volunteering to serve as greeters on Sunday morning, July 5: Lucy and Army Stieber.

Thanks to these people for volunteering to host the social times on Sunday mornings: June 28, contributors to UU Circle potluck luncheon; July 5, Lucy Stieber and Priscilla Sparks; and July 12, Mary Fran Yafchak.

**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: YOU SAY "TABOULI," "I SAY TABBOULEH"**

Whether we have a large garden or a small window box full of herbs, the fruits of our labors are starting to give us a wonderful harvest that will last right through fall. Personally, I have had a bumper crop of parsley so I found this recipe that will make delicious use of this wonderful herb. Tabouli (or Tabbouleh) is of Lebanese origin and is a vegetarian dish that is sometimes considered a salad.

- o 2 bunches fresh parsley, finely chopped
- o 6 green onions, finely chopped
- o 1 bunch of mint
- o 4 large tomatoes, finely chopped
- o Juice of 3 – 4 freshly squeezed lemons
- o 5 tablespoons olive oil
- o 1 cup bulgur wheat
- o 1 cup water, boiled
- o Salt and pepper to taste



#### **Directions**

1. Add one cup of boiled water and one cup of bulgur in a small bowl and mix. Place a towel over the bowl so the steam is unable to escape. Set aside until cool.
2. Finely chop the parsley, onions, mint and tomatoes, and place them into a separate large salad bowl.
3. Juice all the fresh lemons and pour it over the salad mixture. Add olive oil, black pepper and salt to the salad mixture. Mix well.
4. Place the cool bulgur over the salad mixture and mix well.

This is obviously a recipe that you can play with and make as much or as little of it as you would like. I am not a fan of mint so I left that out but I did add feta cheese which, of course, made it no longer vegan but it gave it a wonderful flavor. Have fun and enjoy!

**Ellen LaPine  
Outreach Committee**

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### **JUST A THOUGHT**

I recently saw something painted on a board in a gift shop and I tweaked it to suit our church: Don't go where you are tolerated. Go where you are celebrated (or: Come where you are celebrated.).

**Ann Peterson**

**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.**

## **VOLUNTEERS NEEDED FOR JULY 26 HIGHWAY CLEANUP**

Volunteers are needed to help pick up trash on the 2-mile stretch of US Route 11 north of our church on the morning of Sunday, July 26.



Volunteers will meet at the church at 8:30 a.m. These cleanups are part of a state Department of Transportation program and are a project of the Social Justice Committee as a way to help the environment and to help beautify our community. Occasionally, residents have peeked out their windows to thank us for cleaning up the roadway!

The DOT provides bags, vests and hardhats. Volunteers should bring gloves, wear sturdy footwear and dress for the weather. One volunteer usually acts as driver, so volunteers don't have to walk the entire stretch of roadway. If we have several volunteers, the project takes

roughly an hour. Thank you for considering to help.

For more information, contact any Social Justice Committee member.

Tracy Kinne

### **THE CALENDAR**

When you are planning to use the church building for an activity, remember to put that information on the calendar. This will avoid confusion and possible disappointment if a room is already spoken for. The calendar is in the dining room.

Ann Peterson

### **DRUM CIRCLE**

We will not be having our Drum Circle during July and August.

We will return in September and are considering moving the Drum Circle to a later time of day and possibly another day.

Ann Peterson

**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.**

## UU CIRCLE IS OPEN TO ALL

What is the UU Circle and do I need to join? While many of us have been around long enough to know the answer to these two questions, we have new people and visitors who are hearing about UU Circle activities for the first time.

You do not have to join the Circle. We are all automatically included in the UU Circle. The purpose of the UU Circle is to organize social activities, such as at the recent potluck luncheon. This is important because we have people who come from Oswego, Syracuse, Baldwinsville, Constantia and farther away. This gives us a chance to know each other better and to have fun together. We also send get-well cards, missing-you cards and more. We send flowers and gift certificates when folks are in the hospital.

In addition, we do some fundraising, usually some type of dinner. We give this money to the church to help pay for expenses, snow ploughing, repairs, salaries and much more.

We have a committee that plans events throughout the year. We always welcome your ideas and your helping hands.

Ann Peterson

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## DINNER CARDS

The Social Justice Committee still has Dinner Cards for sale. Because it is already mid-year, the committee will be selling them for \$10 a deck. That means that if you buy a deck and you go out to dinner once, you have already made your money back.

The deck has a large variety of restaurants in it, including those featuring great breakfasts, Irish food, pasta and much more. In addition, you can get extra free cards for your favorite restaurants.

To buy a deck or to ask questions about the cards, catch me at coffee hour and I will be glad to help you.

Ann Peterson



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## OFFICE HOURS

Andrea Abbott will resume office hours at the church on July 23.

**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.**

## CHANGES IN OUTREACH, PUBLICITY PLANNED

As everyone probably knows, efforts are underway to increase outreach and membership. Part of that will involve revamping the church website and continuing the use of social media, as well as more traditional media.

The consensus is that the website and social media most likely will be a visitor's first contact with the church. Members of the membership and outreach committees, chaired by Chet Perkins and Nancy Hallock, respectively, are exploring options for redesigning the church website and maintaining it. Suggestions and help are welcome. Contact Chet, Nancy, Janie and Steve Garlow, who maintain the Facebook page, or Andrea Abbott, student-minister-turned-recent-seminary-graduate.

There will be a change in responsibilities for the more traditional, "old" media of newspapers, radio and television, and their affiliated websites. Tracy Kinne will submit information to these outlets.

Good candidates for traditional publicity include special events such as the recent stained-glass presentation, Voices for Worker Equality programs, the recent solar energy program, blood drives, the Renaissance holiday musical performance and the free community Christmas dinner. Some events that coincide with major religious observances or that include other churches also have a possibility of being broadcast or printed, such as our Maundy Thursday service or community ecumenical services in which we participate at Thanksgiving or Ash Wednesday.

Tracy needs to have information three weeks before an event. Sometimes submitting an item during a traditionally "slow" news time, when there are few other community activities going on, can increase the chances of getting it run or getting it better play. Submitting high quality photos, with complete caption information, is a good idea, too.

Again, to offer input on the church website and social media, contact:

Chet Perkins, [cperkins9@twcny.rr.com](mailto:cperkins9@twcny.rr.com), 668-6719

Nancy Hallock, [njhallock@gmail.com](mailto:njhallock@gmail.com), 675-8357

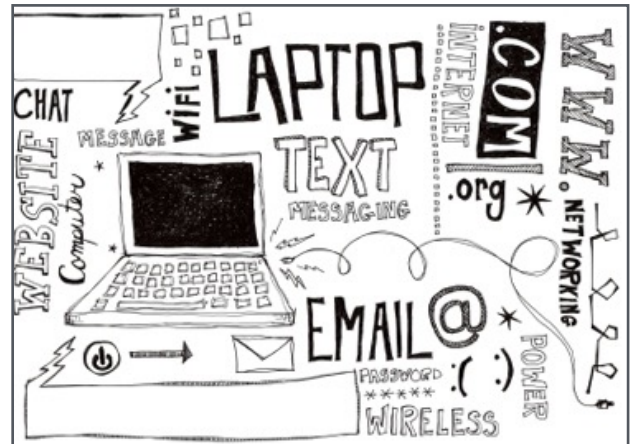
Janie Garlow, [mjgarlow@aol.com](mailto:mjgarlow@aol.com), 436-2238

Steve Garlow, [stvn723@aol.com](mailto:stvn723@aol.com), 396-1363

Andrea Abbott, [andrea279@verizon.net](mailto:andrea279@verizon.net), 635-7122

To submit an item to local newspapers, radio and television, contact:

Tracy Kinne, [tracykinne@hotmail.com](mailto:tracykinne@hotmail.com), 625-7965



**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.**

## **JULY 2015 CALENDAR**

5– 9:30 a.m., Choir practice. 10:25 a.m., Announcements. 10:30 a.m., the Rev. David Weissbard leads the worship service. Sermon topic: “50 Years in the UU Ministry.” Random Acts of Kindness. 10:50 a.m., There is no formal religious education program through the summer but children are still welcome to go back to the classroom for summer fun if they would like. 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.

11 – 8 a.m. to 1 p.m., Red Cross Blood Drive at our church.

12 – 9:30 a.m., Choir practice. 10:25 a.m., Announcements. 10:30 a.m., Ralph Singh will lead the worship service. 10:50 a.m., There is no formal religious education program through the summer but children are still welcome to go back to the classroom for summer fun if they would like. 11:45 a.m., Social time. Noon, Choir conducts its monthly practice 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.

16 – 9:30 a.m., Coffee and Chat at Panera Bread, Route 31, Clay.

19 – 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., There is no formal religious education program through the summer but children are still welcome to go back to the classroom for summer fun if they would like. 11:45 a.m., Social time.

23 – 5 to 7 p.m., Andrea Abbott will hold office hours at the church.

26 – 8:30 a.m., Adopt-a-Highway Cleanup. 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., There is no formal religious education program through the summer but children are still welcome to go back to the classroom for summer fun if they would like. 11:45 a.m., Social time.

30– 5 to 7 p.m., Andrea Abbott will hold office hours at the church.

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## **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](mailto:timhart@a-znet.com) or via telephone at 315-439-2541.

**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.**

### **RALPH SINGH TO PREACH ON JULY 12**

In a return to our pulpit, Ralph Singh will lead the service at 10:30 a.m. on July 12.

As chair of Wisdom Thinkers Network, Ralph has developed curricula and resources to bring an understanding of shared values into schools, religious education, and public life, using the teachings and wisdom stories from the world's spiritual traditions and cultures. He coordinates the "Inspire14!" initiative bringing Oswego County business and community leaders together with educators to help our children pass the tests of life, linking character education to the citizenship and employability soft skills needed by our youth to be successful in life, aimed at having our talented young people stay in Oswego County and build a great future.

Ralph likes to be known as an ordinary person who continues to have extraordinary life experiences: from the powerful vision that drew him from New York to the feet of one of the world's greatest spiritual leaders, Baba Virsa Singh, in India at the age of 22, to his involvement in the community building efforts surrounding the post 9-11 arson attack on his spiritual community Gobind Sadan, USA north of Central Square.

Over the last 33 years Ralph has devoted his time to forging community and working to find ways to define civil society. He has worked in education developing and teaching a course called "Exploring Spirituality." He also helped design and name the "Schools of Character" project for the Central New York Education Consortium. In the community he has coordinated programs aimed at breaking down barriers between the disabled and able-bodied communities, served as chair of the City County Human Rights Commission, and, together with his wife Joginder, transformed "soup-kitchens" into "community meals" to break down class barriers. Ralph also helped develop community-based farmers' markets.

Following the 1984 attack on the Golden Temple, he organized a consortium of international human rights groups to draw attention to the plight of the Sikh community in India. Through the United Nations Association (UNA), Ralph helped establish the CNYMUN (Central New York Model United Nations) at Syracuse University and served on the National Council of UNA-USA under Elliot Richardson's leadership. He developed and coordinated drug awareness programs for local schools.

Ralph helped develop the North American Interfaith Network where he is honored as a life-long honorary member, served on the advisory board of the Maxwell School's Program on Analysis and Resolution of Conflict, and served as translator for His Holiness Baba Virsa Singh for international gatherings and as his representative at major conferences including the Millennium Peace Summit. He has lectured and written on the importance of values and spirituality in modern society, and has represented the teachings of the Sikh Gurus to national and international audiences from the Smithsonian Institution to local interfaith dialogues.

He is a graduate of The Gunnery, received his degree in Japanese area studies from the University of Rochester, and maintains a lifelong study/practice of prayer and meditation and spiritual traditions.



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