

CIRCLE OF FELLOWSHIP

The First Universalist Society of Central Square

*A Unitarian Universalist
Congregation*

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

*Our church building is
handicapped accessible.*

Telephone: 315-307-3400

E-mail:
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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

The right of *conscience* and
the use of the *democratic process*
within our congregations
and in society at large.

#5



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



The glorious freedom of a child in summer vacation! Can anything ever again capture that feeling of release? I'm sure that it wasn't always sunny and warm. I'm pretty sure that I was not allowed to do anything I wanted to do or come home whenever I felt like but in memory it feels like that. It seems as if there were nothing but happy adventures from tender, dewy morning to the magic of twilight. I'm sure I must have been bored or disappointed. I'm sure rain fell from time to time and my parents probably had a few things for me to do, but that is not how I remember summer. I remember the limitlessness of time when summers lasted for years. What we lose as we age is the ability to be completely immersed in each moment. Our lives become shadowed by the inexorable pull of the future with its demands and concerns, its duties and responsibilities. Time passes in an instant and before we realize the joy of each moment it is gone. We would not want to be children forever. Those who are stuck in perpetual childhood miss the richness of mature life and yet, in the summer I want to recapture that feeling of boundless horizons and the beauty and promise of each moment. I wish you a summer rich with full and happy times.

The Rev. Andrea Abbott

MEMORIAL SERVICE FOR JANE MARTIN

The life of Jane Martin, a longtime member of this congregation, will be celebrated at a memorial service at 11 a.m. on Saturday, August 13. The Rev. Andrea Abbott will officiate.

Jane died on Friday, September 11, 2015. She lived in Gaithersburg, Maryland. Jane's husband, Hartley Vincent Martin, died on Monday, January 19, 2009. Hartley was also a longtime member of the church. Besides her children, Jane is survived by many grandchildren.



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, July 21.

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

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.**

BOARD SPLINTERS AND ANNUAL MEETING REPORT

The Executive Board met on Sunday morning, June 5, to finalize plans for the annual meeting later that day. The same subjects were covered in both meetings.

Janie Garlow and Marcia Burrell-Ihlow reported that the church accounts will be moved to the PathFinder Bank because the local Bank of America office will be closing.

During the Annual Congregational Meeting the various committees submitted reports of their activities throughout the year and thanked everyone who had helped with the activities. Each committee also presented an overview of projects slated for the coming year. Of note was the report by Treasurer Marcia Burrell-Ihlow. She acknowledged that the congregation was \$13,000 short of our projected amount of pledges for the 2016-2017 church year. She asked that members please submit their pledges.

The proposed budget of \$31,800 was presented by Treasurer Burrell-Ihlow, and after some discussion it was approved.

The slate of officers was then presented and was approved. The officers for the 2016-2017 church year will be President Janie Garlow, Vice President Janet Jenkins, Treasurer Marcia Burrell-Ihlow, Recording Secretary Tracy Kinne, Corresponding Secretary Ann Peterson, Registrar Arne Hook, Three-Year Trustee Priscilla Sparks, Two-Year Trustee Susan Woods and One-Year Trustee Ellen LaPine. Winfield Ihlow was elected to the Nominating Committee for three years. Chester Perkins, two years, and Steve Garlow, one year, continue to serve on the Nominating Committee.

Ellen LaPine
Recording Secretary



Janie Garlow



ALZHEIMER'S SUPPORT GROUP TO MEET AT OUR CHURCH

The Central New York Chapter of the Alzheimer's Association is sponsoring a monthly alzheimer's support group for caregivers at our church.

The group will meet on the last Monday of every month starting in July. The meeting will begin at 7 p.m. in the Goettel Room.

This group is specifically designed for caregivers.

It is free and open to the public.

For more information, you may call 315-472-4201.

**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 HAS A BUSY MEETING

We met on Monday, June 20, and discussed old business as we ate dinner together.

We continue to donate food and non-perishables to the Downstairs Scotty at Divine Mercy Church. Since that church is no longer affiliated with the Food Bank of Central New York, Janie Garlow will inquire as to any specific or new needs.

Garden produce is always welcome.

A donation of \$240 was made to Pure Water for the World from our congregation. The coins from the offering plate and returnable cans and bottles really add up. Thanks.

The next Adopt-a-Highway pickup will be on Sunday, July 10. Meet us at the church at 8 a.m. (with old shoes and gloves) to help.

The Social Justice Committee has joined the Labor-Religion Coalition of New York State. We have been associated with this group for more than two years in its fight for fairness in wages, education, jobs, gender, taxes, budgets and more.

We have committed to work with the Workers' Center of Central New York on the Green Light Campaign. This would allow all New Yorkers to obtain drivers' licenses regardless of their immigration status. More information will be presented on this issue in the near future.

I have two environmental concerns to present. The SJC is encouraging everyone to stop buying styrofoam products for the church. We will use up those supplies on site. Styrofoam is not recyclable in our county and takes years to decompose.

The second issue is bottled water. We encourage you not to buy bottled water for the church. Bottled water is no better than our tap water. The bottles are petroleum products and there are CO2 concerns with the packaging and transporting of them. We can keep a pitcher of water in the refrigerator and it will be cold when you want it.

Thank you from all committee members.

Bye for now.

Nancy Hallock

P.S. The next committee meeting will be after the pickup on Sunday, July 10, if you want to join our group.



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.

RED CROSS BLOOD DRIVE 8 A.M. - NOON SATURDAY, JULY 16

There are 13.6 million whole blood and red blood cell units collected each year by the American Red Cross from 6.8 million donors. These figures illustrate how important each and every donor is to keeping up the blood supply levels. Right now levels are going down because in the summer months people sometimes don't donate for a variety of reasons. The Red Cross says, "The need is constant. The gratification is instant." Right now the need is very urgent.

We will have one of our regularly scheduled blood drives from 8 a.m. until noon on Saturday, July 16. If you would like to donate blood, you can schedule an appointment by calling 1-800-Red-Cross or you can sign up online by going to redcrossblood.org. There is also a sign-up sheet in the dining room where you can make an appointment. To say thank you, the Red Cross will give donors a T-shirt at this drive.



I have placed a sign-up sheet in the dining room for volunteers to help with the drive. If you can help for even a short time on that day it will be much appreciated.

Please let your friends and neighbors know about the blood drive and be sure to tell them that we have one every two months in case they are looking for a regularly scheduled drive. If you have contacts within the community that might support us or partner with us for our drives, please get in touch with me and I will reach out to them.

I will be creating a "Sleeves Up" virtual challenge for our next blood drive on September 10 to remember the victims of mass shootings and terrorist attacks here and around the world. I'll give you more information on how you can help in our next church newsletter.

Thank you for your help.

Ellen LaPine

Social Justice Committee Blood Drive Coordinator



CHURCH PICNIC SCHEDULED

The annual church picnic will be held at the camp of Lucy and Arny Stieber on Pleasant Lake immediately after the Sunday Service on August 7.

Please bring a dish to pass.

All are welcome.

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: FIREFLIES

Few things are more enchanting than looking across a field and seeing hundreds of fireflies (or lightning bugs, as they are also called) lighting up a moonless night. I remember walking back from a neighbor's house years ago and shutting off my flashlight on a dark night because there were so many fireflies in the bushes along the way. It was one of the most beautiful things I've ever seen. Putting fireflies in a jar with air holes to make your own lantern and to get a really good look at a firefly is something every child should experience. Please be sure to let fireflies go shortly after you have captured them.

Fireflies are really a beetle and, depending on their species, their larva also glow. They emit light mostly to attract mates, but they also use it to communicate and will sometimes mimic other fireflies to better their chances of mating. Luciferase and luciferin are enzymes that trigger light emission in fireflies, and a chemical called ATP converts to energy and initiates the glow. Fireflies have short lifespans with the larva living about a year. The adults live only to mate and lay eggs, so some adults may never need to eat at all. Often the female will wait in trees, grasses or shrubs looking for an attractive male who is flying around emitting light signals trying to attract females. Once the female sees a male to her liking, she will let the male know she is there with a flash of her own.



The chemicals that make fireflies glow are helping in medical research. All living things, not just fireflies, contain the chemical ATP in their cells in amounts that are more or less constant. In diseased cells, the amount of ATP may be abnormal. If the chemicals from fireflies are injected into diseased cells, researchers can detect changes in cells that can be used to study many diseases, including cancer and muscular dystrophy.

You have probably noticed that you don't see as many fireflies as you did in the past. No one is really sure why this is happening but many believe it is due to light pollution and development. Human traffic, logging and increased use of pesticides may also be contributing to the firefly's decline. According to www.firefly.org, until we have definitive answers, we can shut off outside lights at night because the light is believed to disrupt the communication between fireflies, thereby making mating less successful. Also leave logs and the litter from trees lie where they fall. Firefly larvae grow in this type of material. Fireflies thrive around water, so a water feature in your yard may also attract them. Don't use pesticides on your lawn and let your lawn grow to a taller height.

"Magic is seeing wonder in nature's every little thing, seeing how wonderful the fireflies are and how magical are the dragonflies."

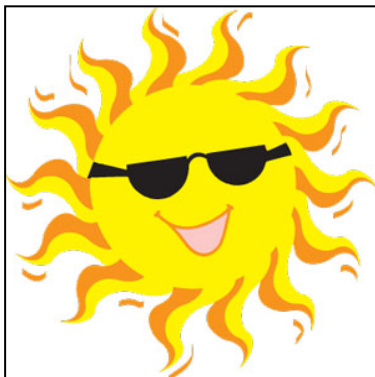
— Ama H. Vanniarachchy, Sri Lankan author, illustrator and scholar in Archaeology

Ellen LaPine

Outreach Committee

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.



RELIGIOUS EDUCATION PROGRAM TAKES A SUMMER BREAK

Welcome to summer.

There will be no formal religious education program but children are always welcome to go back to the classroom. There are always crafty things to do.

Classes will resume in the fall.

Have a great summer.

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

SAVE THE DATE

The UU Circle will hold a spaghetti dinner fundraiser from 4:30 to 6:30 p.m. on Saturday, October 15.

More information will be forthcoming.



A NOTE OF THANKS

Thanks to these people for volunteering to serve as greeters on Sunday mornings: Priscilla Sparks and Susan Woods, June 26.



Thanks to these people for volunteering to host the social time on Sunday mornings: Ronna and Kurt Schindler, June 26; Janie Garlow, July 3; and Tracy Kinne and Janet Jenkins, July 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.

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.

JULY 2016 CALENDAR

3– 9:30 a.m., Choir practice. 10:25 a.m., Announcements. 10:30 a.m., the Rev. Andrea Abbott leads the worship service. Random Acts of Kindness. 10:50 a.m., There is no formal religious education program through the summer but children are always welcome to go back to the classroom where there are always crafty things to do. 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. 11:45 a.m., Social time.

10 – 8 a.m., Adopt-a-Highway pickup. Volunteers are asked to meet at the church (with old shoes and gloves) to help. The Social Justice Committee will meet after the pickup. 9:30 a.m., Choir practice. 10:25 a.m., Announcements. 10:30 a.m., Zen Buddhists will lead the worship service. 10:50 a.m., There is no formal religious education program through the summer but children are always welcome to go back to the classroom where there are always crafty things to do. 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 – 8 a.m. to 12 p.m., Red Cross Blood Drive at our church.

17 – 9 a.m., Executive Board. 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 always welcome to go back to the classroom where there are always crafty things to do. 11:45 a.m., Social time.

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., the Rev. Robert Cleveland leads the worship service. 10:50 a.m., There is no formal religious education program through the summer but children are always welcome to go back to the classroom where there are always crafty things to do. 11:45 a.m., Social time.

25 – 7 p.m., Alzheimer's support group for caregivers sponsored by the Central New York Chapter of the Alzheimer's Association will meet in the Goettel Room.

31 – 9:30 a.m., Choir practice. 10:25 a.m., Announcements. 10:30 a.m., the Rev. David Weissbard leads the worship service. 10:50 a.m., There is no formal religious education program through the summer but children are always welcome to go back to the classroom where there are always crafty things to do. 11:45 a.m., Social time.

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