



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

NOVEMBER 2014

STUDENT MINISTER SNIPPET

November on the horizon reminds us of Thanksgiving, which reminds us to give thanks. We can always start by being thankful that we are not a turkey, unless, of course, we are. In that case, presumably, we get behind a campaign to promote vegetarianism. For many gathered over their turkey and dressing or tofukey and dressing, this is the time to give thanks for the bounty spread before us. For most of us this is something we could say every day. Most of us usually have bounty spread before us, sometimes too much bounty. Bounty is something we have come to expect, maybe feel a little guilty about when we remember that everyone is not as fortunate and then move on. Guilt is seldom a helpful emotion. Gratitude can be hard. Gratitude can feel like there is something taken away from us. To whom should we owe gratitude? We have earned the feast by our own efforts, after all, haven't we? And if we feel we haven't earned our feast, we become guilty and then resentful. Perhaps another way to think about the bounty spread before us is to be mindful, mindful knowing that we are a part of the world, not separate from it, called to be mindful of others' needs as well as being mindful of our own needs. When we are in harmony, we do our best work.

Andrea Abbott

THE REVEREND WEISSBARD TO FOCUS ON AN OXYMORON

The Rev. David Weissbard writes concerning his sermon for the service at 10:30 a.m. on Sunday, November 2: "I am intrigued by oxymora (obviously the plural of oxymoron), those words that seem not to go together, like: pretty ugly, internet privacy, jumbo shrimp, almost certain, and free love. Some would include 'good guilt' on that list. Can guilt ever be 'good'? While it fights against our contemporary culture (which may be an oxymoron itself), I would suggest that 'Good Guilt' makes sense. In fact, that's my sermon title for next Sunday when we will explore the usefulness of guilt."

Please have articles for the next newsletter to Bob Haskell by no later than NOON on MONDAY, NOVEMBER 24. 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.



SOCIAL JUSTICE COMMITTEE SAYS "THANK YOU"

The Social Justice Committee would like to thank Susan Woods, Priscilla Sparks, Susan Jennings, Renee Landers-Jennings, Susan Wells and our youngest helper, Michaela Wells, for their assistance during the blood drive on Saturday, October 25, 2014. Your help was very much appreciated.

The next blood drive will be on January 3, 2015.

Ellen LaPine

Social Justice Committee blood drive coordinator

GUEST AT YOUR TABLE DINNER

Several members of the Social Justice Committee and other generous volunteers attended a Mexican cooking class taught by Rebecca Fuentes on Sunday, October 19.

They will help plan, cook and serve the meal at our upcoming event to raise money for the Unitarian Universalist Service Committee's Guest at Your Table Appeal.

Save 6 p.m. on Friday, November 21, for dinner and a movie, with all donations going to the UUSC.

I will be asking for some contributions of some non-cooked items in the future.



Nancy Hallock

SOCIAL JUSTICE COMMITTEE

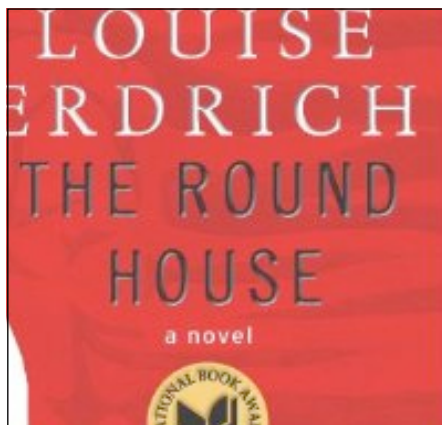
The Social Justice Committee continues to work on details for its upcoming T-shirt and apron sale. We will take orders soon for delivery before Christmas.

A "thank you" goes to Janie Garlow for delivering your donations to the Downstairs Scotty thrift shop and food pantry at Divine Mercy Parish Center, 592 South Main Street, Central Square, each month.

Another \$150 donation has been made to Pure Water for the World from our church. The Sunday coin collection really adds up.

The last Adopt-a-Highway commitment for 2014 was completed on Sunday, October 19.

Respectfully submitted,
Nancy Hallock



BOOK CLUB

The Book Club has chosen "The Round House" as its latest read. It is penned by Louise Erdrich, who has written several books about the social and spiritual lives of contemporary Native Americans.

This is a National Book Award Winner and a New York Times bestseller. Set on an Ojibwe reservation in North Dakota, the story is that of a woman who has been brutally attacked. This act will forever change her family and the entire tribe.

Copies of the book are available in the purple book tote in the dining room.

Nancy Hallock

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

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

UU CIRCLE BUSY MAKING PLANS

The UU Circle has two events coming up in December. We will host the Renaissance Christmas play again. We will also host a potluck luncheon on the same day. It will be a Sunday. We will advise thee of the exact date in the near future.

We will also have our Holiday Bake Sale. Dig up your favorite recipes or introduce baked goods from a new recipe. This is a fundraiser for the UU Circle. The UU Circle provides funds for our church treasury. This helps to keep the heat and lights on and to pay other bills that are part of keeping our church running. We also send flowers and gifts to those who are ill. Thanks for your help in previous bake sales, and we hope that you will be able to contribute to this fun and yummy event again.

Ann Peterson
UU Circle secretary-treasurer

DRUM CIRCLE IS OPEN TO ALL

The November drum circle will be on the third Sunday of the month as usual. That will be Sunday, November 16, after the coffee hour.

If you have not drummed before or are new to our church and are curious, please feel free to sit in and listen or just look in on us. We play in the room on the left side of the first floor.

There are drumming opportunities in the area: Liverpool, North Syracuse and Oswego, usually on Friday evenings.

Ann Peterson

GRATITUDE FROM THE EXECUTIVE BOARD

You may have noticed that some of our dining room chairs have been returned. They had been broken and needed repair. Ellen LaPine and Paul Sulock took them home, worked on them and have returned them as good as, or better than, new. Thanks to Paul and Ellen for doing this much needed job.

Just as a side note, we believe that someone used the chairs to stand on and that is what caused the damage. So, please let others know if you see them being used for this purpose.

Ann Peterson
Corresponding secretary

BOARD SPLINTERS

The Executive Board met on October 5, 2014.

The water problem at the east side entrance is being fixed by Arne Hook and Winfield Ihlow.

The cleaning of the church was discussed, and estimates of costs for professional cleaning services will be obtained to see if this is feasible.

It was decided that on November 15, 2014, at 10 a.m. a "clean the church and grounds day" will be held for members to help do the fall cleaning and grounds work.

The UU Circle reported that the Renaissance Group will perform again in December.

The Outreach Committee reported that Guest at Your Table will change this year to involve members inviting someone to an authentic Mexican dinner at church cooked by the Social Justice Committee members.

The Social Justice Committee is almost finished with the design for T-shirts that will be available for purchase for the holidays as a fundraiser.

Arne Hook and Andrea Abbott attended the New York State Convention of Universalists conference on October 4, 2014, and reported good workshops on inviting friends to church and making connections in the community.

Ellen LaPine, Recording Secretary

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.

RELIGIOUS EDUCATION CHILDREN TO FOCUS ON PEACE

By working together we can all make a difference. It is important to be conscious of the world around us and what we have to offer, whether it is to help a neighbor or someone halfway around the world. The sixth principle of working together for a peaceful, fair and free world begins with us. We will be learning how to peacefully end conflict in our own lives, discuss programs that are set up to help children around the world and create a universal peace wheel for our classroom.

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

GREEN MINUTE: CRUCIFEROUS VEGGIES

Cruciferous vegetables are so-named because their flowers resemble a crucifix, or cross. They thrive in moist, cool conditions, making them an ideal crop for the spring or fall garden. Best of all, cruciferous vegetables are packed with antioxidants and other compounds known to reduce inflammation and prevent cell damage, and they even protect against certain types of cancer. Cruciferous vegetables also have antibacterial and antiviral properties.

Cruciferous vegetables include bok choy, broccoli, Brussels sprouts, cabbage, cauliflower, collard green, horseradish, parsnip, radish, rutabaga, turnip and wasabi. Served raw, most cruciferous vegetables have a slight spicy flavor. When cooked, the flavor mellows to a pleasant nuttiness. You can use these vegetables in soups, stir-fries or sautéed with a bit of garlic and a splash of vinegar. Don't overcook them though or they'll become flavorless and mushy. Try roasting greens, such as kale, just until crisp and slightly browned for a smoky, mild taste. These wonderful veggies are readily available right now at the farmers market as well as at the supermarket.

Here's a recipe for Spicy Whole Roasted Cauliflower:

1 head cauliflower, 1½ cups plain Greek yogurt, 1 lime zested and juiced, 2 tablespoons chili powder, 1 tablespoon cumin, 1 tablespoon garlic powder, 1 teaspoon curry powder, 2 teaspoons salt, 1 teaspoon black pepper.

Preheat oven to 400 degrees and lightly grease a small baking sheet with oil. Set aside.

Trim the base of the cauliflower to remove any green leaves and the woody stem.

Combine the yogurt with the remaining ingredients to make a marinade.

Dunk the cauliflower into the marinade bowl and use a brush or your hands to smear the marinade evenly over its surface. (Excess marinade can be stored in the refrigerator in an airtight container up to 3 days and used with meat, fish or other veggies.)

Place the cauliflower on the baking sheet and roast approximately 30 to 40 minutes until the surface is dry and lightly browned.

Enjoy!

Ellen LaPine, Outreach Committee

SUMMER CAMP FOR UU YOUTH AND FAMILIES

Registration for UU summer camp experiences for our youth and families is under way. Sessions fill quickly at many of the UU camp and conference centers, and now is the time to register to avoid waiting lists.

Many youth and families from the region attend Unirondack, a UU camp and conference center in the forever-wild Adirondacks in Upstate New York. The camp provides an opportunity for children and families to live our UU values in a creative, accepting and nurturing community outside the doors of our congregations. For more information about Unirondack, and to register for summer camp or weekend programs, visit its Web site at <http://www.unirondack.org/>.

In addition to Unirondack, other camp and conference centers in the region include Rowe, Ferry Beach, Star Island and Murray Grove. And if you are looking for experiences farther from home, there is Unicamp in Canada, DeBeneville Pines in California, U-Bar-U in Texas, Unistar in Minnesota and The Mountain in North Carolina.

Many of the centers have year-round programs. All provide an opportunity for personal growth, fellowship and community.



UU congregations covenant to affirm and promote the goal of world community

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

NGOC HUYNH TO SPEAK ABOUT CHALLENGES FACED BY REFUGEES

Ngoc Huynh, who works for Catholic Charities of Onondaga County, will speak in the sanctuary at noon on Sunday, November 2, about the challenges faced by refugees. (Her name is pronounced NOWk (as in cat) Hun (like Attila).)

The program is another in the Social Justice Committee's Voices for Worker Equality series.

Ngoc, who worked as a reporter at The Post-Standard in Syracuse for 12 years before being laid off last year, came to the United States in 1981 as a child refugee with her family.

After the Vietnam War ended in 1975, Ngoc's father and uncles were jailed by the Communists for having served in the South Vietnamese Army and for having fought alongside Americans. They were sent to "re-education" camps. Ngoc's mother sold everything she owned on the black market to buy food and formula for Ngoc's newborn brother and the rest of the family.

Members of the new regime killed Ngoc's great-uncle in a public execution, forcing the women and children of the family to watch and leaving his body in the town square to rot. Ngoc's grandfather begged the night guard to allow him to give the man a proper burial, but the guard just laughed. After receiving a hefty bribe, the guard relented.

Ngoc's grandfather knew there would be more killings, so he crowded 50 family members and friends into a fishing boat that measured about 10 feet by 52 feet and set out for Thailand in August 1979. Although the United States was giving asylum to boat people, the group had to escape to the nearest refugee camp. After the refugees had been a few days at sea, a Japanese oil tanker picked up the group and took the people to Japan. Ngoc almost died on the voyage, she says her mother has told her.

Ngoc came to the United States with her family in 1981. The family settled in Lincoln, Nebraska, but there were few Vietnamese in the area. A lack of interpreters hampered the family.

The worst part, Ngoc recalls, was the ignorant remarks by other residents who called them "commies" and said they should return to "their own country." Ngoc was beaten and picked on in school. Her parents raised a family of five working for \$2 an hour.

Ngoc persevered and earned her bachelor's degree from the S.I. Newhouse School of Public Communications at Syracuse University.

She says she loves her work at Catholic Charities, where she is a job development manager in the Refugee Resettlement Services program. The program helps about 600 refugees in Onondaga County each year.

In recent years, most of the refugees have come from Bhutan, Burma, Iraq and Somalia, fleeing persecution, war and other violence. They have a variety of skills, experience and education. Some have college degrees and are fluent in several languages. Others speak little or no English.

Their employment backgrounds include work in academia, sales, restaurants and manual labor. Ngoc, who works out of the Northside Catholic Youth Organization (CYO), helps the people apply for jobs, register for English classes and secure medical care.

Ngoc lives with her husband, Frank Cammuso, and their son in Syracuse.

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 Wednesday, November 20.

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 mperkins9@twcny.rr.com or cperkins9@twcny.rr.com or via telephone at 315-668-6719.

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.

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.

NOVEMBER 2014 CALENDAR

2 – 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. Sermon title: “Good Guilt.” Random Acts of Kindness Sunday. 10:50 a.m., Religious education program. 11:45 a.m., Social time. Noon, Ngoc Huynh, who works for Catholic Charities of Onondaga County, will speak in the sanctuary about the challenges faced by refugees. This is also 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.

6 – 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.

9 – 9 a.m., Social Justice Committee. 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.

13 – 5 to 7 p.m., Andrea Abbott will hold office hours at the church.

15 – 10 a.m., “Clean the church and grounds day.”

16 – 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., Drum circle.

20 – 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.

21 – 6 p.m., Mexican dinner to benefit the Unitarian Universalist Service Committee (UUSC).

23 – 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.

27 – 5 to 7 p.m., Andrea Abbott will hold office hours at the church.

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

10 WAYS TO BE THE GREATEST AT ANY CAREER

1. Settle for nothing less than outstanding. Every time.
2. Learn from the best and strive to be better than them. Making mistakes is allowed; however, learning from others’ errors is much better!
3. Determine what you are passionate about and then do exactly that.
4. Stay viable and current in your field.
5. Take risks and always think outside the box.
6. Project your ideas and ambitions 5, 10, 20 years out and then plan how to get there.
7. Align yourself with people who will support your vision and ambition.
8. Find your flaws – and fix them.
9. Give back to your community.
10. Show up every time.

(Reprinted from The Engineering Daily.)

(Submitted by Patricia Cerro-Reehil, chairperson, Spiritual Committee.)

SERMONS AVAILABLE ON CDs

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

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.