



# 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](mailto: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
Robert Haskell, President	315-635-5294	Winfield Ihlow, Vice President	315-342-5939

OCTOBER 2013

### STUDENT MINISTER SNIPPET

Fall is really here, although the sunshine and warm weather say that it might be June or July. Even with the lovely days, however, the night brings a chill and the crickets let us know which end of the year we are inhabiting. And what a gloriously, wildly exuberant time of year it is, too. It is harvest and leaf time and late blossoms and the bluest sky all together at once. We know that soon our landscape will become stripped and bare, but right now nature is in a party mood and is pulling out all the stops.

We are accustomed to change, those of us who live in the Northeast, accustomed to the idea that one warm and brilliant day may be followed by grey skies and cold rain. The old joke here is "If you don't like the weather, wait five minutes."

Our lives are rather like this as well. One day everything is going well and then the next day something unexpected strikes and we are left in despair. And then, again, just when we feel all is lost, there is an equally unexpected event, perhaps something ordinary, a letter from an old friend, a glimpse of a field of asters, a stranger's kindness, and we feel again the goodness that surrounds us. We are all vulnerable to emotional weather. I hope that, within our church community, we are able to find the raincoats and umbrellas that let us get through the worst storms. And I hope we find as well those who want to share our memories and pictures of our beautiful days. Both are equally important.

Andrea Abbott

### A SERMON BY THE REVEREND WEISSBARD

The Rev. David Weissbard writes concerning his sermon for the 10:30 a.m. service on Sunday, October 6:

"The 6th Unitarian Universalist Principle commits this congregation to affirming and promoting 'the goal of world community with peace, liberty, and justice for all'. Sunday we will be considering how the concept of 'American Exceptionalism' impacts upon that Principle."

Please have articles for the next newsletter to Bob Haskell by no later than NOON on MONDAY, OCTOBER 28. Bob would be grateful if everyone would not wait until the last minute to submit articles. His e-mail address is [rhaskell@twcny.rr.com](mailto:rhaskell@twcny.rr.com). His postal address is 29 Grove Street, Baldwinsville, NY 13027-2332. His telephone number is 315-635-5294.

**SOCIAL JUSTICE SUBCOMMITTEE, OUTREACH COMMITTEE**

Our last meeting was held on Sunday morning, September 15.

We did the Adopt-a-Highway pickup at 8 a.m. on Sunday, September 29.

We continue to collect coins and returnable cans and bottles for Pure Water for the World. So far we have collected \$900. This pays for six water filters for Haiti. Ann Peterson has donated an original painting to use for our campaign.

Rebecca Fuentes and Tracy Kinne informed us of some issues being covered by the Workers' Center. We need to define our part in helping the immigrant population as friends and supporters of the Center. We plan to stay involved and respond to the Center's suggestions.

I took three boxes of magazines and a bag of books to the Public Safety Building Jail in Syracuse last week.

Please continue to bring in donations for the Food Bank at St. Michael's Church Parish Center.

Respectfully submitted, Nancy Hallock, chairperson

**GREEN MINUTE: INDOOR AIR**

The leaves are changing colors, soon the nights will be below freezing and in the not too distant future there will be snowflakes flying around again. We're all busy with fall chores and buttoning up our homes. This is the time to think about healthy indoor air. Mold, dander, dust, toxic chemicals, etc. are all things that can make people sick. The United States Environmental Protection Agency says that high concentrations of indoor air pollutants can cause a variety of health problems, ranging from headaches and asthma to heart disease and even cancer. Here are some ways to make your indoor air healthier air.

One of the main culprits causing dirty air is dander from humans as well as pets which can cause allergies and can also lead to the increased presence of allergenic dust mites. A high quality vacuum with a HEPA filter is a good investment. Even better is a vacuum with a carbon filter that helps reduce odors along with a sealed chamber that keeps dust from re-entering your home upon collection. Maintain it regularly, including cleaning the machine itself every few months.

Avoid volatile organic compounds (VOCs) which are toxic chemicals that can off-gas into the air from personal care products, carpeting, furniture, paint, building products, fragrances and mattresses. When you have too many chemicals in the home your total volatile organic compounds (TVOC) levels become elevated, which compromises your indoor air quality. Any product with a "fragrance" can increase the VOCs in your home. Currently some European organizations think TVOC levels should be as low as 300 nanograms per liter. If you purchase conventional fragranced products, you may reach that level before you step out of the shower in the morning. Take care to ventilate the house during any construction or painting and use low or zero VOC paints, stains and solvents.

Remove all mold since it produces odorous VOCs which cause allergies and can exacerbate asthma. If you have a musty/moldy smell or visible mold in an area of your home that is larger than 10 feet square, have a professional remove it. Fix damp basements, leaking pipes and any water/vapor intrusion or remove potential sources that can cause mold to grow. Mold can also hide in potted plants, books, traps for the sink, refrigerator/freezer doors, fish tanks, humidifiers and ground plantings.

Take off your shoes. Toxic bacteria like those that can be found in soil as well as E.coli, which is excreted from most mammals, are plentiful outside and can cause health issues for people when brought inside. Wipe your pet's paws once they have been outside and always wash your hands after being outside or playing with your pets.

Open your windows. This can help reduce the pollutants in your indoor air. Obviously it is easier to get fresh air in the warm spring and summer but sometimes you need to be mindful of pollens that float in the air during that time of year. In the winter the air quality is better outside but of course opening windows in cold temperatures compromises energy efficiency. Try to open your windows when it is comfortable to do so on those occasional warm days.

Ellen LaPine , Outreach Committee

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

## MUSIC NOTES

The month of October sees the choir back in full swing! The choir will be practicing the first Saturday of each month, starting with Saturday, October 5, at 9:30 am. The choir will be working on a variety of different music styles! I am looking forward to having many voices for our choir this year! If you currently sing, sang when you were in school, sing in the car or shower, or just sing in your head, I would LOVE to have you add your voice to the choir. See you there!

I am trying to provide a variety of music and instruments to our music program each week, as well as a variety of performers. So, anyone who plays an instrument is always welcome to share his or her talents during the church service. Please let me know if you have anything you would like to play and I will make sure to work you into the music schedule! You can contact me via e-mail during the week at [leighpbmusic@gmail.com](mailto:leighpbmusic@gmail.com).

Leigh Parry-Benedict  
Music Coordinator

## SPIRITUAL DEVELOPMENT GROUP

The Spiritual Development Group will meet at the home of Tim Hart at 23 Collins Terrace in Central Square at 7 p.m. on Wednesday, October 2.

For more information, interested persons are invited to contact Tim Hart or Chet Perkins.

## BOOK CLUB

Our selection this fall is the "Glass Castle" by Jeanette Walls. There are two copies left in the dining room. The books are due back on October 24. I suggest we meet at noon after coffee time on October 20 if I am not in Indiana. This is a tentative date. We can always discuss the book after the copies have been returned.

Please come with titles for our next read or maybe volunteer to pick one. I am open to ideas of what to read and how to share the selecting process.

Thanks.

Nancy Hallock

## VIDEO DISCUSSION GROUP

The Video Discussion Group will view "The Faces of America's Hungry" when it meets in the Goettel Room at 7 p.m. on Friday, October 4.

According to the segment of "Moyers & Company," "Here in the richest country on Earth, 50 million – one in six Americans – go hungry. More than a third of them are children. And yet Congress can't pass a Farm Bill because representatives continue to fight over how many billions to slash from the Supplemental Nutrition Assistance Program, better known as food stamps. The debate is filled with clichés about freeloaders undeserving of government help, living large at the expense of honest, hardworking taxpayers.

But a new documentary, 'A Place at the Table', paints a truer picture of America's poor. 'The cost of food insecurity, obesity and malnutrition is way larger than it is to feed kids nutritious food', Kristi Jacobson, one of the film's directors and producers, tells Bill Moyers. She and Mariana Chilton, director of the Center for Hunger-Free Communities, explain to Moyers how hunger hits hard at people from every walk of life.

"Later, Greg Kaufmann, poverty correspondent for 'The Nation', talks about how the poor have been stereotyped and demonized in an effort to justify huge cuts in food stamps and other crucial programs for low-income Americans."

The video group plans to have supper at the Akropolis Restaurant on Route 11 just north of Central Square at 5:30 p.m. on the same day. Please let Janie Garlow know via e-mail at [mjgarlow@aol.com](mailto:mjgarlow@aol.com) or via telephone at 315-436-2238 by Thursday, October 3, if you plan to attend the supper so that she may make a reservation.

Everyone is invited to attend.

## 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, October 16.

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

For more information about the group, you may contact Mary or Chet Perkins.

Everyone is invited to attend.

## 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.

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

September brings new kids and a new year full of amazing discoveries.  
As the year progresses we will be working on the Tapestry of Faith curricula.  
The nursery is in full use each week.  
Over the next few weeks new toys will replace older ones in the nursery.  
A full adult program is planned for the coming year.

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

## OCTOBER 2013 CALENDAR

1 – 5 to 7 p.m., Andrea Abbott will hold office hours at the church.  
2 – 7 p.m., The Spiritual Development Group will meet at the home of Tim Hart.  
4 – 5:30 p.m., Supper at the Akropolis restaurant. 7 p.m., Video Discussion Group meets in the Goettel Room.  
5 – 9:30 a.m., Choir practices in the sanctuary.  
6 – 9:30 a.m., Choir practice. 10:30 a.m., the Rev. David Weissbard leads the worship service. Random Acts of Kindness. 10:50 a.m., Religious education. This is the once-a-month Sunday on which the Outreach Committee's Social Justice Subcommittee asks everyone to bring magazines to the church dining room to exchange them for others. The subcommittee 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., Andrea Abbott will hold office hours at the church.  
13 – 9:30 a.m., Choir practice. 10:30 a.m., Andrea Abbott leads the worship service. 10:50 a.m., Religious education. This is the once-a-month Sunday on which the Outreach Committee's Social Justice Subcommittee 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 St. Michael's Church Parish Center, 592 South Main Street, Central Square.  
15 – 5 to 7 p.m., Andrea Abbott will hold office hours at the church.  
16 – 9:30 a.m., Coffee and Chat at Panera Bread, Route 31, Clay.  
18 – 5:30 p.m., Supper at the Akropolis restaurant. 7 p.m., Video Discussion Group meets in the Goettel Room.  
20 – 9:30 a.m., Choir practice. 10:30 a.m., the Rev. Tanya Atwood Adams leads the worship service. 10:50 a.m., Religious education. Noon, Possible meeting of the Book Club.  
22 – 5 to 7 p.m., Andrea Abbott will hold office hours at the church.  
27 – 9:30 a.m., Choir practice. 10:30 a.m., Andrea Abbott leads the worship service. 10:50 a.m., Religious education.  
29 – 5 to 7 p.m., Andrea Abbott will hold office hours at the church.

## A REMINDER TO ALL

All or parts of our church building can be rented by non-members and organizations. Examples include non-member weddings, community activities, fundraisers, etc. We have a building use policy and fee schedule that is available from Bob Haskell. His e-mail address is [rhaskell@twcny.rr.com](mailto:rhaskell@twcny.rr.com). His postal address is 29 Grove Street, Baldwinsville, NY 13027-2332. His telephone number is 315-635-5294.

## RANDOM ACTS OF KINDNESS

Random Acts of Kindness is the congregation's program to financially assist those in need, whether church members/friends or people in the wider community.

Finances are provided by the congregation through a special once-a-month offering, normally on the first Sunday of each month. Random Acts of Kindness envelopes are found on the back of the pews.

The next Random Acts of Kindness will be observed on Sunday, October 6 .

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