



CIRCLE OF FELLOWSHIP

The First Universalist Society of Central Square

A Unitarian Universalist Congregation

Andrea Abbott, Student Minister

315-635-7122

Janie Garlow, President

315-436-2238

Rita Thornton, Music Coordinator

315-699-4824

3243 Fulton Street (Route 49, near Route 11), Post Office Box 429, Central Square, New York 13036-0429
Telephone: 315-668-6821 Church Web site: <http://centralsquareuu.com>

Our church building is handicapped accessible.

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.

JANUARY 2010

STUDENT MINISTER SNIPPETS

A new year, a new decade. I have been getting used to writing 10 instead of 0 something and find my fingers are having difficulty with the change. Perhaps it's not as challenging as the change from 19 something to 20 something was, but for this old dog, a new trick nonetheless.

A new year, and a new decade, calls out for New Year's resolutions. In my case, I am very environmentally sound and simply recycle the old ones. This year I really will be more kind, patient, organized, efficient, industrious, and lose at least X amount of pounds. New Year's resolutions, so easy to make, often so hard to keep. We find we are prey to desire, longing, habit, and fear. We may find that our resolutions are not ours, but are those we think we should have. Resolution, to be resolute, in the long run is very difficult. Even the word "resolute" sounds hard. It is right there in the word "resolve." Re-solve, solving the same problems over and over again, is often what we end up doing. Perhaps in a new decade we should resolve to look within ourselves, as individuals, as a community, and find the resolution to be what WE can be, not necessarily what others think we should be. "Resolution" is also a musical term. It means progression of voices or a chord from dissonance to consonance. Perhaps, as we understand ourselves and each other better, we can find resolution, and harmony.

– Andrea Abbott

THERE'S STILL TIME TO GIVE

If you have not returned your Guest at Your Table boxes, a Unitarian Universalist Service Committee holiday project, you are asked to do so as soon as possible.

For more than 30 years, the Guest at Your Table tradition has helped Unitarian Universalists build lasting connections to UU principles and support the movement for universal human rights. It is a simple and meaningful way to incorporate "faith in action" into one's life.

During the holiday season, participants have been asked to keep a colorful Guest at Your Table box – with photographs of special guests from around the world – in a prominent place in their home, such as the dining room table. Families have been encouraged to make daily contributions to their Guest at Your Table boxes, as if sharing with special guests.

Note: Please have items for the next newsletter to Bob Haskell by no later than NOON on SATURDAY, FEBRUARY 6. His address is 29 Grove Street, Baldwinsville, NY 13027-2332; his telephone number is 635-5294; his e-mail address is rhaskell@twcny.rr.com

A NEW YEAR'S MESSAGE FROM OUR CONGREGATION'S PRESIDENT

My Dear Friends,

At the Christmas Eve service, we held candles that were lit by one flame and sang "Silent Night" together in a dimmed sanctuary. Then we proceeded outside with our LED candles and sang "Let There Be Peace on Earth." It was a magical clear crystal night. Today, as I write this letter, it is blustery outside – a good day to stay close to the hearth with a pot of soup. Not many people in the world have this luxury. I contemplate about this new year, 2010. I look back on 2009 and what to change. The big picture is always the end of war and world peace; eradicating hunger, racism, social justice, global warming, health care; the list goes on and on. I think of our seven UU principles, beautiful principles to embrace. But it takes a deliberate focus to live by these principles, to walk our talk. It is not so easy to do so. This is a good time to review our principles as we begin the new year.

There are my personal goals: exercising more, eating healthy, clearing clutter, being organized, saving money, less stress and so forth. These goals are attainable, or are they? Reaching my New Year's goals is never promising. Most of these resolutions I vowed to do last year at this time, but it didn't happen. Usually, I fall off the resolution wagon by mid-February. What's up with this? Why do I abandon my goals and set myself up for failure?

I recently heard some simple pointers for success: 1. Putting your goals on paper tells your brain that you are ready. 2. Start now; if not now, when? 3. Have a plan. 4. Keep it simple. 5. Share your goals with someone. 6. Set a timetable. 7. Visualize; when you visualize, your brain practices your actions. See yourself exercising, eating less, saving money, succeeding, etc.! Yippie, I'm on my way!

I invite you to join me in this new year. Take a deep breath! I've got a feeling that this is the year to live the life we love! Ask yourself what makes you come alive, then go for it.

May your new year be filled with many blessings.

– Janie Garlow

DREAM WORKSHOP

The Dream Workshop will be held on consecutive Saturdays, January 9, 16 and 23.

The workshop on the first two dates, January 9 and 16, will run from 1 to 3:30 p.m. The workshop on January 23 will run from 9 a.m. to 3:30 p.m.

The workshop is free and it is open to everyone who wants to attend. You can bring your lunch to eat and we'll have coffee and some refreshments for breaks.

If you are interested in ordering the newly issued second edition of Jeremy Taylor's book, "The Wisdom of Your Dreams" (formerly "Where People Fly and Water Runs Uphill"), I will be happy to do the ordering. The book costs \$14.95. I also have two copies I can share with people.

If you have any questions, you may call me at 635-7122 or e-mail me at ahook@twcny.rr.com. I look forward to seeing you there.

– Arnold Hook

DRUMS TO SOUND AGAIN

Because of the great success of the Drum Circle held in December, Kurt Hohmann will lead another Drum Circle from 6 to 9 p.m. on Friday, January 15.

In December, we had a great turnout of drumming enthusiasts, experienced drummers, beginner drummers, those who were curious about drumming

and some dancers. Kia Marie Wolfe came to teach some Middle Eastern rhythms.

Lots of extra drums, rattles, rhythm sticks and maracas are available if you don't have a drum.

No experience is needed to enjoy a Drum Circle. Everyone is invited. Bring your family or a friend. Have a great experience and meet some new friends.

– Ann Peterson, Religious Education Committee

BOOK CLUB SUGGESTIONS

I know of some who are interested in starting a Book Club. I have two suggestions, and both are non-fiction. We could alternate with fictions. "Three Cups of Tea" by Greg Mortenson is very popular and promotes peace through education. Another is "Half The Sky" by Nicholas Kristof and Sheryl WuDunn, and aims to solve world hunger through educating and sponsoring women. Both books have a moderator kit available.

Let me know if this moves you.

– Nancy Hallock, njh13042@yahoo.com

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, January 20. All are welcome to join in casual conversation and to enjoy coffee or tea and other goodies.

GREEN MINUTE: OH, NO! ANOTHER RESOLUTION LIST

It's a new year and many of us make resolutions to make a change for the better. Many times these resolutions, while well intended, slip to the sidelines and within a month we're back to our old ways. Experts (whoever they are) say that we try to take on challenges that are too big or we give up once we slip up once. This year, why not make a resolution that is easy to keep and give yourself a break if you aren't perfect. The important part is to vow to make the change no matter the side steps you take. There are lots of simple things we can do for our environment that will be easy to do. Pick just one from the list below and stick with it until it becomes habit.

Remember the 1-2-3 Pledge? Why not choose one of the steps and resolve to make it a habit. The Pledge challenges us to reduce the thermostat setting at home by at least 1 degree, reduce our driving speed by 2 miles per hour and replace 3 regular light bulbs with compact fluorescent.

Resolve to turn down your thermostat to your overnight temperature a half hour before you go to bed. Most likely you'll never notice a difference in comfort. While you're at it, turn down your thermostat to your overnight temperature whenever you leave your home.

Do you have plastic foam in your cupboard? Why not resolve to ban it from your home, and if you must use disposables, use biodegradable disposables.

Do you stop and get coffee every day? Resolve to always take along your own cup to reduce waste and save money. Save even more money by making your coffee at home.

Speaking of coffee, do you know where yours comes from? Support the hard-working farmers who produce the coffee we enjoy and vow to purchase only fairly traded coffee.

Since we're shopping, do you still take your groceries home in a plastic bag? Why not resolve to store your reusable bags in your vehicle. Try writing "bags" on the top of your grocery list to help you remember to take the bags into the store with you until the practice becomes a habit.

Vow to buy more locally grown and locally produced food and support local farmers.

Eat less meat.

Turn off the lights.

Did you know that your computer monitor uses as much electricity as a 60-watt bulb? Resolve to turn off your monitor if you'll be leaving your computer. If you're going to be leaving your computer for a few hours, turn it, and the printer and the monitor, off completely.

We wish you peace and good health in the new year.

– Social Justice Committee's Green Team

SOCIAL JUSTICE COMMITTEE NEWS

There is not much to report from the Social Justice Committee. Our last two monthly meetings were cancelled.

We will meet with the Rev. Bud Adams at 10 a.m. on Saturday, January 9, to discuss a future joint project to stop torture. Anyone interested in becoming involved is invited to join us.

The Syracuse Peace Council will conduct its annual Bowl for Peace fund-raiser on February 28. Save that Sunday afternoon to participate on our church team. It is a lot of fun and supports a good cause.

I will be clearing the Social Justice Committee bulletin board and post more "green" hints and announcements for local events, such as a second Citizens Academy on Sustainability for the Greater Oswego Community being sponsored by SUNY Oswego and Oswego YMCA from January 6 to February 24.

Please avail yourselves of our copies of monthly publications of the Peace Newsletter and the Peace Action Voice. They include many good articles on United States policies and current legislation, including such issues as our wars, nuclear weapons, hydrofracking, Native Americans and the Israeli-Palestinian conflict.

Bye for now.

– Nancy Hallock, Social Justice Committee chair

WINFIELD'S MOTHER DIES

The mother of Winfield Ihlow died this past week.
For those wishing to send condolences to Winfield,

Marcia Burrell-Ihlow and their children, the postal
address is 96 Seventh Street West, Oswego, NY
13126-1503.

UU CIRCLE TO ELECT OFFICERS

The UU Circle will have a potluck luncheon after the worship service on Sunday, January 10, during which it will elect officers for the year 2010.

According to the UU Circle bylaws:

The purpose of the organization is to support the First Universalist Society of Central Square in function and growth, by promoting fellowship, aiding and supporting those in need, providing charitable donations, contributing to the church's finances, and in any other way deemed suitable by the membership.

Membership is open to any members or friends of the church.

An Executive Board consisting of the five elected officers is to coordinate activities and oversee administration of the affairs of the organization. The president and secretary/treasurer shall be elected on alternate years to serve a term of two years. The chairs for fellowship, fundraising and outreach shall be elected each year to serve a term of one year.

The officers will be the president, who will preside at meetings and fulfill the usual duties of such an office; the secretary/treasurer, who will keep written records of activities, attend to needed correspondence, and keep accounts of monies received and expended, reporting such to the general membership at least twice a year; the committee chair for fellowship, who will see that fellowship activities are planned, organized, and carried out; the committee chair for fundraising, who will implement plans to bring in funds to carry out activities and charitable actions; the committee chair for outreach, who will contact parishioners in need, sending cards or flowers where appropriate, and see that charitable donations are given as traditionally done and as designated by the general membership, and that a pledge is made to the church financial canvass.

The officers will meet quarterly to plan future activities.

Functions will be held monthly, and at least four such functions during the year will include a business meeting of the membership.

The fiscal year of the organization will be the calendar year.

The following is reprinted from the October 2009 newsletter:

WHAT IS THE UU CIRCLE ???

The UU Circle was founded several years ago as a supporting organization for our church. Its aim is to support the church financially and socially. Its leaders work hard to plan the events that will bring in funds or that we can all enjoy.

We sometimes think congregation members and friends think of the UU Circle as "they," somebody working and planning for the rest of "us." It's not "they"! "We" are the UU Circle. Everyone in the church is included, and is invited to bring ideas to planning meetings, as well as being welcomed to help out with fundraisers, lunches and other activities.

To paraphrase an old saying. "We have met the UU Circle, and it is us!"

Concerned members,
Chet and Mary Perkins

IMBOLC RITUAL

The Central New York Chapter of the Covenant of Unitarian Universalist Pagans (CUUPS) invites everyone to an Imbolc Ritual to once again celebrate another turning of the Wheel of the Year.

The Ritual will be held at the First Unitarian Universalist Society, 105 Waring Road, DeWitt, at 6 p.m. on Sunday, January 31.

For more information, you may contact Jody Brown at 476-0447.

IF IT'S SNOWING ...

To find out if church services will be held on a Sunday morning when winter weather is raging, you may call Janie Garlow at 436-2238, or Chester Perkins at 668-6719.

The decision will be made by 8:30 a.m.

Ann Peterson has made arrangements for any cancellations to be broadcast over WSYR television, News 10 Now television and WSYR radio.

RANDOM ACTS OF KINDNESS

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

Funding is 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, January 10, because there was no church service on Sunday, January 3.

The fund is administered by the student minister and two appointed lay persons.

EXECUTIVE BOARD MEETING RESCHEDULED

Because of winter weather conditions, the regular monthly meeting of the Executive Board scheduled for Sunday, January 3, was cancelled.

The Board will meet in the church Dining Room at 9 a.m. on Sunday, January 31.

CALENDAR

January

- 9 – 10 a.m., Social Justice Committee meets with the Rev. Bud Adams. 1 to 3:30 p.m., Dream Workshop.
- 10 – 9:30 a.m., Choir rehearsal. 10:30 a.m., Worship service led by Andrea Abbott, student minister. Random Acts of Kindness Sunday. 11 a.m., Religious education. 12 noon, UU Circle potluck luncheon and election of officers. This is the once-a-month Sunday on which everyone is asked by the Social Justice Committee to donate food items for the Downstairs Scotty, which later will be taken to the Food Bank at St. Michael's Church.
- 15 – 6 to 9 p.m., Drum Circle.
- 16 – 1 to 3:30 p.m., Dream Workshop.
- 17 – 9:30 a.m., Religious Education Committee. 9:30 a.m., Choir rehearsal. 10:30 a.m., Worship service led by the Rev. Tanya Atwood-Adams. 11 a.m., Religious education.
- 20 – 9:30 a.m., Coffee and Chat, Panera Bread, Route 31, town of Clay.
- 23 – 9 a.m. to 3:30 p.m., Dream Workshop.
- 24 – 9:30 a.m., Choir rehearsal. 10:30 a.m., Worship service led by Andrea Abbott, student minister. 11 a.m., Religious education.
- 31 – 9 a.m., Executive Board meeting. 9:30 a.m., Choir rehearsal. 10:30 a.m., Worship service led by the Rev. Tanya Atwood-Adams. 11 a.m., Religious education.

February

- 7 – 9:30 a.m., Choir rehearsal. 10:30 a.m., Worship service led by the Rev. David Weissbard. Random Acts of Kindness Sunday. 11 a.m., Religious education.
- 14 – 9:30 a.m., Choir rehearsal. 10:30 a.m., Worship service led by Andrea Abbott, student minister. 11 a.m., Religious education. This is the once-a-month Sunday on which everyone is asked by the Social Justice Committee to donate food items for the Downstairs Scotty, which later will be taken to the Food Bank at St. Michael's Church.
- 17 – 9:30 a.m., Coffee and Chat, Panera Bread, Route 31, town of Clay.
- 21 – 9:30 a.m., Religious Education Committee. 9:30 a.m., Choir rehearsal. 10:30 a.m., Worship service led by the Rev. Tanya Atwood-Adams. 11 a.m., Religious education.
- 28 – 9:30 a.m., Choir rehearsal. 10:30 a.m., Worship service led by Andrea Abbott, student minister. 11 a.m., Religious education.

Chanting and meditation

People who are interested should call Tim Hart at 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.

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.

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 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.

Visit our church Web site at <http://centralsquareuu.com>