



# 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.

JULY 2010

### STUDENT MINISTER SNIPPET

Like all the other happy children, I'm not a student during the summer. My "down time" is limited by my day job, unfortunately, but I did enjoy my vacation and am enjoying comparative leisure. I've been reading "The Nine" by Jeffrey Toobin, an account of the recent Supreme Court, which was the Book Club choice for this month. And, like everyone else not on Mars, I've been following the disaster in the Gulf. As we look forward to "The Blessing of the Beasts" on July 11, it is a good time to remember how we are but one kind of beast on this planet and how all of us beasts are necessary to the functioning of the planet. We affirm this in our Seventh Principle, which speaks of the web of life. It's a web which has been badly torn by greed and recklessness. However, even as we disparage the actions of BP, it is also time for us to reflect on our priorities as individuals and as a society. What future do we want for all of us on this small, spinning rock? A society is a huge and unwieldy machine, which takes a good deal of effort to redirect, but, as Toobin's book shows, change comes in likely and unlikely ways. Unitarian-Universalists, although a small group, have always had influence beyond their numbers. It is time for us to make wise, principled decisions that reflect our concern with the delicate balance between individual freedom and community responsibility. Yes, even in the summer, we are still called to take responsibility for the future, so that summers to come may take place on sun-washed, not oil-drenched, lands.

– Andrea Abbott

### BLESSING OF THE BEASTS

Does your beast need blessing? The First Universalist Society of Central Square will hold its annual Blessing of the Beasts at 10:30 a.m. on Sunday, July 11.

Blessing the Beasts has been a part of religious life at least since the Middle Ages. This ceremony celebrates our connection with the world and honors the place animals have in our lives. Our pets cheer and comfort us. We depend on animals for our very lives.

We invite all to come and bring the animals they wish to have blessed. If your animal is no longer with you, or if you have concerns about bringing your animal to a public place, bring a picture. Pets of all kind, as well as farm animals, and even stuffed pets, have been blessed in the past. All pets need to be controlled by their owners. Remember water, toys and other items that your pet may need during the ceremony.

Note: Please have items for the next newsletter to Bob Haskell by no later than NOON on SATURDAY, JULY 24. His address is 29 Grove Street, Baldwinsville, NY 13027-2332; his telephone number is 315-635-5294; his e-mail address is [rhaskell@twcny.rr.com](mailto:rhaskell@twcny.rr.com)

## WELCOME, CAROL-ANNE

Carol-Anne Salladin signed the church membership book on Sunday, May 23.

Carol-Anne is from Oswego. She has an ever-expanding list of interests, including collecting stationery, writing, creating postcards, digital photography, graphic design, art history, reading, traveling, volunteering, origami, and music. Over the past several months, she has been the AmeriCorps member at Parish Elementary where she helps students in grades 1-3 with their reading skills and also assists the teachers. This summer, she'll be a counselor at Camp Point O'Pines Camp for Girls in Brant Lake, New York.

Carol-Anne loves to create and share her creative endeavors with others. She enjoys working with paper, and can often be found designing posters, folding origami gifts, or making unique keepsakes for friends and family. Carol-Anne likes to take observations of all which surrounds her, so she always carries her camera with her to snap pictures of life as it happens. Someday, she hopes to do an extensive amount of traveling, studying, or volunteering abroad. She's very inquisitive and asks a lot of questions.

Carol-Anne is overjoyed to join the Central Square First Universalist Church. She likes the strong sense of community the church fosters, and feels valued as both a member and an individual. "I'm most pleased with Unitarian Universalism because of how easily it can be incorporated into my life. It doesn't feel distant or unapproachable – it works beautifully with how I want to live. On this spiritual journey, I couldn't ask for a more practical and worthy companion to be my guide."

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## CONGRATULATIONS, WESLEY

Wesley Burrell Ihlow graduated from Oswego High School at 10 a.m. on Saturday, June 26.

He will attend Rensselaer Polytechnic Institute in Troy starting in the fall.

Wesley plans to study mechanical engineering and aerospace engineering.

He also plans to play Division III lacrosse at RPI.

He has part-time work at Fajita Grill and Campus Catering at the State University of New York at Oswego.

## SAVE THIS DATE

The annual church picnic is scheduled. I know that this announcement is months in advance, but we all have such busy lives and full calendars that we sometimes need to plan to be able to attend these special gatherings.

The date is Sunday, September 12, with a rain date of Sunday, September 19. Betty Figie has been kind enough to offer to host the picnic at her home again. Thank you, Betty.

The menu and setup will be much the same as they were last year. A sign-up sheet will be available as the date comes closer.

– Ann B. Peterson  
Secretary-treasurer, UU Circle

## CHANTING AND MEDITATION

Anyone who is interested in chanting and meditation is invited to contact Tim Hart at [timhart@aznet.com](mailto:timhart@aznet.com) or at 315-439-2541.

## CONGRATULATIONS, AUSTIN

Steve and Janie Garlow's grandson, Austin Mead, graduated from Central Square High School on Saturday, June 26, with high honors.

He will attend the State University of New York at Brockport to study business and finance.

## DRUM CIRCLE

The Drum Circle will take a summer vacation during July. We will be drumming again in August, on the usual second Friday of the month.

You can find other drumming opportunities in the area.

Each Saturday there is drumming in the Amphitheater at Thornden Park in Syracuse at 4:30 p.m. or so.

The Women's Information Center also offers drumming on some Sunday afternoons.

## 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, July 21.

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

The women's and men's groups meet separately.

For more information about the women's group, you may contact Nancy Haskell.

For more information about the men's group, you may contact Chet Perkins.

**ANNUAL CONGREGATIONAL MEETING RE-ELECTS JANIE GARLOW PRESIDENT**

Conducting its annual meeting on Sunday, June 13, the congregation of the First Universalist Society of Central Square elected as officers for 2010-2011:

**President: Janie Garlow**

**Vice President: Robert Haskell**

**Treasurer: Chester Perkins**

**Recording Secretary: Nancy Haskell**

**Corresponding Secretary: Ellen LaPine**

**Registrar: Betty Figie**

**Trustee for Three Years: Beth Sonnacchio**

**Trustee for Two Years: Sean Tennant**

**Nominating Committee Member for Three Years: Nancy Hallock**

Mary Perkins, in announcing the Nominating Committee's list of candidates for the coming year, said that Beth Sonnacchio would succeed Arnold Hook; that Sean Tennant would complete the term of Christy Salas, who was elected to a three-year term last year; that Ann B. Peterson had a year left to serve as a trustee; and that Winfield Ihlow had a year and Marcia Burrell-Ihlow two years left to serve as Nominating Committee members.

The congregation approved a budget totaling \$25,550 for the 2010-2011 year as presented by Chester Perkins.

The congregation also heard reports from Andrea Abbott, student minister; Chester Perkins, treasurer; Betty Figie, registrar; Ann B. Peterson, secretary-treasurer of the UU Circle; George Tennant, chair, Ministerial Relations Committee; Christopher Lajewski, chair, Religious Education Committee; Arnold Hook, chair, Buildings and Grounds Committee; Patricia Cerro-Reehil, chair, Worship Committee; Chester Perkins, membership; Rita Thornton, music coordinator; Nancy Hallock, chair, Social Justice Committee; Mary Perkins, Organizational Task Force; and Chester Perkins, Finance Committee.

The congregation approved the minutes of the 2009 Annual Congregational Meeting as submitted by Recording Secretary Nancy Haskell. Mrs. Garlow presided over the meeting.

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**ONE OF THE REPORTS FROM THE ANNUAL MEETING: SOCIAL JUSTICE COMMITTEE**

**Members: Arne Hook, Andrea Abbott, Ann Peterson, Ellen LaPine, Janie Garlow and Nancy Hallock.**

Last fall we started a series of meetings to discuss "Torture, A Moral Issue" with Bud Adams, pastor of the Central Square Baptist Church. We viewed a DVD from the National Religious Campaign Against Torture (NRCAT) and attempted to involve other local churches. On March 20, we presented the video at the Baptist church to interested members of our congregation and Bud's church. June is National Torture Awareness Month.

We had a delicious vegetarian lunch on February 14, and emphasized the advantages of reducing meat intake in your diet.

Ellen LaPine contributes a Green Minute to our monthly newsletter. She writes about environmentally important topics such as recycling, meatless meals, and even rain barrels.

We participate in Oswego County's Adopt-a-Highway pickup three times a year. We will announce dates in July and October.

We are helping the Central Square community for the second year with its "spring tree care." Heather Stevens of the Village Board is very appreciative of the hard work we did by mulching and inspecting the trees planted by Project Bloom. In the fall, we will check them again for damage and sucker growth.

The Meditation Garden and bench that was planned and planted by Austin Mead, Janie Garlow's grandson, looks beautiful. We will add some annuals soon. This garden and the other plantings on the church grounds need volunteers to adopt them.

Concerning our ongoing collection of items for St. Michael's Downstairs Scottie and Food Bank, Ann Peterson deserves a big "thank you" for transporting your contributions each month.

All of our projects are coordinated by the Social Justice Committee, but they require congregational involvement. Join our committee or sign up to support our work: weed a garden, pick up litter or suggest a social justice issue we can discuss.

Respectfully submitted, Nancy Hallock, chair, Social Justice Committee

### GREEN MINUTE: SLOW EATING

You probably already know that it takes about 20 minutes for your stomach to signal your brain that you've had enough. Many of us eat too fast and often times it shows on our waistline. According to Slow Food USA, an organization that has 225 chapters nationwide and one right here in Central New York, if you slow down you will eat better and healthier but also with considerably more pleasure if mealtime means more than rushing out for fast food and gulping it down.

Slow eating also means knowing where your food comes from. There's something special about being with the people you love in a good smelling kitchen. It creates memories and makes everyone appreciate the meal more. You also appreciate your food more if you buy locally when possible, so you can enjoy fresh flavors and textures, and maybe even sit down to eat together as a family. Slow eating is a way to fill your soul as well as your stomach.

Take a few minutes to visit [slowfoodcny.org](http://slowfoodcny.org). You'll find a lot of information about local growers and local events. Slow Food strives to insure that everyone has access to local growers, food artisans and purveyors. Who doesn't look forward to that first strawberry of the season? Getting it from a local grower means you're creating less of a carbon footprint because it didn't have to be shipped across the country. You are also supporting our local economy, and, of course, nothing tastes like locally grown food. It's just better.

Use your favorite search engine or your local paper to find the farmers market closest to you. Then once you have that perfect blueberry, green bean, peach or tomato, slow down and savor every bite. Bon Appetit!!!

– Social Justice Committee's Green Team

### "MAGIC OF THE MIND" WORKSHOP TO BE REPEATED

Because of the great popularity of Kurt Hohmann's "Magic of the Mind" workshop, he would like to offer the beginner class again in the fall.

He also will plan a level two course for those who took the beginner class. More details will follow as the date comes closer.

– Ann Peterson

### MUSIC INFO

There will not be choir rehearsals this summer and will resume TBA in the fall. We could use musical selections for summer services. Please contact me if you can help out.

– Rita Thornton

### RITA TO LEAD SERVICE

Rita Thornton will lead the service at 10:30 a.m. on Sunday, July 25. She says she was inspired while working in her flower garden and came up with the topic, "Plants and Trees of the Bible." She invites all to attend, bloom and grow with her as she feeds and nourishes everyone with information.

### RETURN THOSE BOTTLES

You may continue to help the environment and make money for the Social Justice Committee by

leaving your returnable bottles at the church.

Nancy Hallock, chair of the Social Justice Committee, is returning deposit bottles and cans for the committee treasury. Please remember to participate in this ongoing fundraiser.

### HARVEST FESTIVAL CELEBRATION

Please join the Central New York Covenant of Unitarian Universalist Pagans (CNY CUUPS) in celebrating the harvest festival of Lammas at the First Unitarian Universalist Society of Syracuse, 109 Waring Road, town of DeWitt, at 10 a.m. on Sunday, August 1.

For more information, please contact me at [rw1647@yahoo.com](mailto:rw1647@yahoo.com) or find us on Facebook.

– Rachael Whitney

### PAGAN TEENS TO MEET

Are you in grades 9-12 and interested in learning more about being a Pagan or meeting other Pagan teens from the area?

If so, please join us for the next meetings of Central New York Pagan Teens in the Creekside Chapel at May Memorial Unitarian Universalist Society, 3800 East Genesee Street, Syracuse, at 7 p.m. on July 14 and July 28.

For more information, please contact Kate Kearney at [k Kearney1982@yahoo.com](mailto:k Kearney1982@yahoo.com) or Chrissy LaVine at [chrissylavine@gmail.com](mailto:chrissylavine@gmail.com).

– Rachael Whitney

**“LIVE EACH DAY WITH JOY”**

**My Dear Friends,**

Our first grandson graduated from high school on June 26. We are blessed to have a string of up and coming graduations and celebrations. These are special moments to be cherished. Life is full of these special moments whether they are the everyday moments or they mark a defining event such as Austin's graduation. It is important to be aware of these moments, not taking anything for granted, being aware and being present to all that is happening around us right now. This is a big lifetime event. My brother and his partner are flying in from Florida and our son and family are driving up from Texas. My daughter, Austin's mom, is planning a big celebration. She has been preparing for this for a long time ... planning, planning, planning for this day. The big day will be here on July 4th; will she be there? Will she be in a position to enjoy it? I certainly hope so. Big-time events should not be wrought with tension. They should be lived joyfully. That is true of the everyday events as well. Live each day with joy. Make the choice to celebrate simple ceremonies along with the special ones. This is the good life, right here and now.

Namaste,  
Janie

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**BOARD SPLINTERS**

The Executive Board voted at its meeting on Sunday morning, June 27, to express its gratitude to the family of Janice Fay Ludington for its contribution of some of her books to the church; Nancy Haskell, for providing the music on June 6 in the absence of Rita Thornton; Chester Perkins, for speaking during the service on June 20; and Wesley Burrell Ihlow, upon his graduation from Oswego High School, and to welcome Mary Rollinger and Carol-Anne Salladin, both of whom signed the church membership book on May 23.

Board members approved a new agreement with the Oswego County Board of Cooperative Educational Services (BOCES) for the use of the church for its General Educational Development (GED) class for 10 weeks during the summer at a fee of \$25 per week, for a total of \$250.

The Board voted to approve a new agreement with the Oswego Satellite Office of ARISE Child & Family Service, Inc. for the use of church rooms. The new monthly fees are \$25 for the use of one room and \$50 for the use of two rooms.

Board members discussed various aspects of the proposed repair of the church's front doors and the proposed installation of new siding on the church's classroom wing.

Treasurer Chester Perkins said that the Operating Account had a balance of \$3,774.95, the Random Acts of Kindness Account a balance of \$100.44 and the Window Fund a balance of \$200 at the end of the first month of the new church year.

Chester Perkins announced that the church had received more copies of the Rev. Max Coots's book, "Leaning Against the Wind," to sell. Anyone wishing to buy a book is asked to give Janie Garlow or Chester Perkins a check or cash totaling \$13. From 1958 to 1992 the Reverend Coots delivered more than 1,400 sermons as minister of the Unitarian Universalist Church of Canton. In 1991 a group of UU church members selected 59 of those sermons to be published in book form. The Reverend Coots preached at our church for years after his retirement at Canton.

Board members accepted a table of contents suggested by Mary Perkins of the Organizational Task Force for an Executive Board manual on which she is working.

Chester Perkins said that the new CD recorder for the church sanctuary was working well.

The Executive Board agreed to conduct its next meeting and annual retreat at noon on Saturday, August 7.

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**RELIGIOUS EDUCATION**

Youth Religious Education will take a break during the summer season but will regroup for more interesting discussions and fun activities after Labor Day. Have a great summer!

– Chris Lajewski, religious education chair

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.

## CALENDAR

### July

- 4 – 10:30 a.m., Worship service led by the Rev. David Weissbard. Random Acts of Kindness Sunday.
- 8 – 8:30 a.m., Worship Committee meets.
- 11 – 10:30 a.m., Worship service led by Andrea Abbott, student minister. “Blessing of the Beasts.” This is the once-a-month Sunday on which everyone is asked by the Social Justice Committee to donate food items for the Downstairs Scottie, which later will be taken to the Food Bank at St. Michael’s Church.
- 18 – 10:30 a.m., Worship service led by the Rev. Tanya Atwood-Adams.
- 21 – 9:30 a.m., Coffee and Chat, Panera Bread, Route 31, town of Clay.
- 25 – 10:30 a.m., Worship service led by Rita Thornton, music coordinator.

### August

- 1 – 10:30 a.m., Worship service led by the Rev. David Weissbard. Random Acts of Kindness Sunday.
- 8 – 10:30 a.m., Worship service led by the Rev. Robert Cleveland. This is the once-a-month Sunday on which everyone is asked by the Social Justice Committee to donate food items for the Downstairs Scottie, which later will be taken to the Food Bank at St. Michael’s Church.
- 12 – 8:30 a.m., Worship Committee meets.
- 13 – 6 until about 8 p.m., Drum Circle.
- 15 – 10:30 a.m., Worship service led by the Rev. Tanya Atwood-Adams.
- 18 – 9:30 a.m., Coffee and Chat, Panera Bread, Route 31, town of Clay.
- 22 – 10:30 a.m., Worship service.
- 29 – 10:30 a.m., Worship service.

### Chanting and meditation

People who are interested should call Tim Hart at 439-2541.

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## A REMINDER

If you have an announcement you would like included in the church’s weekly e-mail announcements, please send it to Bob Haskell at [rhaskell@twcny.rr.com](mailto:rhaskell@twcny.rr.com) by 5 p.m. on Sundays. Earlier submissions would be appreciated.

## 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, July 4.

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

## DOWNSTAIRS SCOTTIE

The Executive Board has designated the second Sunday of each month as the date for the collection of food for the Downstairs Scottie. The Social Justice Committee will take the contributions of food to the Food Bank at St. Michael’s Church the next day.

The committee will continue to accept non-food items for the Downstairs Scottie on the second Sunday of each month and at all other times. Such non-food items include soap, detergent, bathroom and facial tissues, toothpaste, and the like.

The collection box is in the dining room.

Remember the Downstairs Scottie as you shop.

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.