



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.

OCTOBER 2010

STUDENT MINISTER SNIPPET

The most important item I could possibly have in the newsletter is that we have a newsletter again, and we have Bob back to do it. We are all glad to have our editor and vice-president back, but most of all, we are glad to have Bob back in any capacity whatsoever. He has certainly been missed. I usually tell Bob he is allowed to edit what he sees fit, but he is not allowed to edit out the sentences to this point. Got it, Bob?

It has been a rough summer for many in our church and continues to be so for some. We all have had occasion to be grateful to those who have cared for us. This circle of caring is necessary for those in need at this moment and for those of us who are fortunate to be able to care. Let us continue to keep those we love who are in distress in our thoughts and prayers.

We have just passed the autumn equinox, the time in which the days and nights are most in balance. This reminds us of the value of balance in our own lives. Sometimes we are in need, and sometimes we are needed. As the leaves turn red and gold and orange, and the asters and goldenrod form perfect bouquets in the golden fields, the beauty which surrounds us is almost overwhelming. It is time to go outdoors, take a walk, and be ravished by the glory of the moment. Happy October!

– Andrea Abbott

DRUM CIRCLE

It is Drum Circle time again. This month the second Friday falls on October 8th. We drum from 6 p.m. until 8:30ish p.m. There is no experience needed to drum and have fun. So come and check it out. Find out why so many people are hooked on drumming. We have extra drums, rattles and other rhythm stuff available.

– Ann Peterson, Adult Religious Education

CHOIR TO RESUME

It's that time of year to resume choir. Calling for ALL voices, even the silent, inner voices yearning to come out! Bring them on Sunday mornings at 9:30 to warm up and SING. The voices will be glad you did. See you then.

– Rita Thornton, Music Coordinator

Note: Please have items for the next newsletter to Bob Haskell by no later than NOON on THURSDAY, OCTOBER 28. 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

PRESIDENTIAL REFLECTIONS

My Dear Friends,

As many of you know, our valued member and newsletter editor, Bob Haskell has been ill since July when our newsletter came to a startling halt. No one could do the newsletter, among so many other things, quite like Bob. I bungled through our weekly announcements but Bob was truly missed. Bob is still struggling but is rallying and has considered doing the October newsletter. Yippy!

Last weekend was a busy church weekend with a Friday and Saturday workshop. The workshop was conducted by Mary Grace, a parapsychologist and spiritual counselor. Mary Grace is well known for her workshops and presentations and is the author of "Talking to God and Grandma." She conducted a workshop on her "near-death experience" at the New York State Convention of Universalists in Rochester last year. Our church also had a table at the two-day Applefest here in the Square, thanks to Ann Peterson's creative ideas. Children were asked to write something they were thankful for on apple cutouts to hang on a tree. It was fun and interesting. Adults joined in as well. Thank you, Ann, for doing this, and all those who helped. We are considering a used book sale next year at the Applefest. What do you think? Used books are fun to browse through and we may make some money. I think everyone has books to pass on to new readers.

On the home front, Steve and I have reclaimed our house after the gradual take-over by our daughter and her family in August 2009. It was 13 months of chaos, sticky fingers, dirty laundry and a smelly dog but 13 short months of hugs, cuddles, story times and so much more. Now they are happily living in their new house and we are enjoying ours. It has been a year to remember. We have so many fond memories to cherish someday when life is less hectic in our rocking chairs.

Many blessings,
Janie

NEW YORK STATE CONVENTION OF UNIVERSALISTS

2010 Annual Meeting
"Local Action – Global Connection
21st Century Universalism"
October 22-23, 2010
First Unitarian Universalist Society of Syracuse
109 Waring Road, Dewitt

Keynote speaker:
Gini Courter, Moderator,
Unitarian Universalist Association

All Unitarian Universalists
are warmly invited to attend.
The registration deadline is October 15.
Adult registration fee is \$30 person in advance; \$35 on site.
A brochure and registration form
are available at the web site:
www.ny SCU.org

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.

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

GREEN MINUTE: DANGERS OF BPA

Bisphenol A (BPA) is one of the most widely used synthetic components in the world. Most of the clear, shatter-proof plastic used in baby bottles, food storage containers and rigid water bottles contain this chemical. Plastics that have the recycle symbol with the number 7 widely have BPA. It is also widely found in the lining of beer and soda cans as well as the lining of various canned food products.

BPA is an estrogen-mimicking molecule and therefore disrupts systems in our bodies that are influenced by the estrogen hormone. BPA leaches from plastic and can easily end up in our systems. BPA has been linked to a host of health problems including birth defects, abnormal brain development, obesity, diabetes, cardiovascular disease, three types of cancer and asthma.

So how do you avoid BPA exposure? Most importantly, stop storing your water and beverages in plastic bottles that have the recycle symbol and the number 7 on them. Use stainless steel water bottles or glass. Avoid heating plastic containers. The heat will accelerate the breakdown of the chemicals in the plastic, making the chemicals more likely to leach into your food. Don't cook your food in the microwave in them. Don't leave them out in the sun or in your car, and don't wash them in a dishwasher. Look for canned foods that are BPA-free. At this point the easiest place to find BPA-free canned foods is your local health food store.

– Social Justice Committee's Green Team

FIFTH ANNUAL SOCIAL JUSTICE CONFERENCE

The Saint Lawrence District Social Justice Council and the Unitarian Universalist Ministry for Earth present "Spinning the Interdependent Web: Eco-Justice and Unitarian Universalism" at May Memorial Unitarian Universalist Society, 3800 East Genesee Street, Syracuse, from 9 a.m to 4 p.m on Saturday, October 30.

The keynote speaker is the Rev. Kate Braestrup. Her topic is "Momma's All Right: Love, Death and the Environment."

The Reverend Braestrup is a Unitarian Universalist chaplain to the Maine Warden Service. Her New York Times bestselling memoir, "Here If You Need Me," won the Barnes and Noble Discover Award for non-fiction. Her most recent book is "Marriage and Other Acts of Charity," and her next book, "Beginner's Grace," will be published in November. Her magazine articles have appeared in The New York Times, The Boston Globe, MORE, Good Housekeeping, and O, The Oprah Magazine.

Afternoon workshops include "The Green Sanctuary Church," presented by First UU of Albany; "Community Gardens," presented by UU Church of Canton; "Hydrofracking," presented by UU Congregation of Athens and Sheshequin, PA; and "Faith and Environmental Justice: The Context of Our Work," presented by UU Ministry for Earth.

Pre-registration fee: \$30 (Pre-register by October 22). Registration fee at door: \$35. Students: \$10. Lunch included. Make checks payable to "St. Lawrence District" and mark "For SJC Conference." Mail registration form and check to St. Lawrence District, PO Box 1045, Buffalo, NY 14240-1045. Register on line at www.sld.uua.org

BOARD SPLINTERS

The Executive Board agreed at its regular monthly meeting on Sunday morning, October 3, to charge the Oswego Satellite Office of ARISE Child & Family Service, Inc. \$150 a month for unlimited use of church rooms for its activities. The new agreement replaces one in which the monthly fees were \$25 for the use of one room and \$50 for the use of two rooms.

President Janie Garlow reported that a contract totaling \$7,995 had been signed with the Central New York Siding and Window Company to replace the siding on the religious education wing of the church. Work is expected to begin this week or next.

The Board voted to express its gratitude to Rita Thornton for working on the memorial garden, Marcia and Charles Moore for donating perennials for the garden in memory of Marcia's parents; Chester Perkins for organizing the Mary Grace workshop and Ann Peterson for organizing the Applefest table.

UU congregations covenant to affirm and promote a free and responsible search for truth and meaning.

CALENDAR

October

- 3 – 10:30 a.m., Worship service led by the Rev. David Weissbard. Random Acts of Kindness Sunday.
- 8 – 6 p.m. until 8:30ish p.m., Drum Circle.
- 10 – 10:30 a.m., Worship service led by the Rev. Bob 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.
- 14 – 8:30 a.m., Worship Committee meets.
- 17 – 10:30 a.m., Worship service led by the Rev. Tanya Atwood-Adams.
- 20 – 9:30 a.m., Coffee and Chat at Panera Bread, Route 31, town of Clay.
- 22-23 – 2010 Annual Meeting of New York State Convention of Universalists, First Unitarian Universalist Society of Syracuse.
- 24 – 10:30 a.m., Worship service led by Andrea Abbott, student minister.
- 30 – 9 a.m. to 4 p.m., Fifth Annual Social Justice Conference, May Memorial Unitarian Universalist Society.
- 31 – 10:30 a.m., Worship service led by Andrea Abbott, student minister.

November

- 7 – 10:30 a.m., Worship service led by the Rev. David Weissbard. Random Acts of Kindness Sunday.
- 14 – 10:30 a.m., Worship service led by Andrea Abbott, student minister. 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.
- 11 – 8:30 a.m., Worship Committee meets.
- 12 – 6 p.m. until 8:30ish p.m., Drum Circle.
- 17 – 9:30 a.m., Coffee and Chat, Panera Bread, Route 31, town of Clay.
- 21 – 10:30 a.m., Worship service led by the Rev. Tanya Atwood-Adams.
- 28 – 10:30 a.m., Worship service led by Andrea Abbott, student minister.

Chanting and meditation

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

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 20.

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.

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.

REMINDERS

If you have an announcement you would like included in the church's weekly e-mail announcements, please send it to Janie Garlow at mjgarlow@aol.com by 5 p.m. on Sundays. Earlier submissions would be appreciated.

Don't forget to send your articles for the November newsletter to Bob Haskell at rhaskell@twcny.rr.com by noon on Thursday, October 28. Earlier submissions would be appreciated.

Please help spread the word to anyone without e-mail. Thank you!

We respect your privacy and if you prefer not to receive future announcements, just hit Reply and put the word REMOVE on the subject line.