



CIRCLE OF FELLOWSHIP

The First Universalist Church of Central Square

A Unitarian Universalist Congregation

Andrea Abbott, Divinity Student
Janie Garlow, President
Rita Thornton, Director of Music

635-7122
436-2238
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 website: <http://www.geocities.com/centralsquareuu/>

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.

SEPTEMBER 2009

THE REVEREND WEISSBARD TO RETURN TO OUR PULPIT ON SEPTEMBER 6

The Rev. David Weissbard, who has accepted our invitation to preach at our church on a regular once-a-month basis, will return to our pulpit at 10:30 a.m. on Sunday, September 6. His sermon is entitled "You Must Be Kidding."

David served as minister of the Unitarian Church in Rockford, Illinois, for 27 years, until his retirement in 2006. He now lives in Canton where he works for the Saint Lawrence County Housing Council.

WATER COMMUNION

Once again, our congregation will observe Water Communion at the worship service at 10:30 a.m. on Sunday, September 13. Andrea Abbott, divinity student, will be in the pulpit.

As the Unitarian Universalist Association of Congregations reports, "There are two holidays that many Unitarian Universalist congregations celebrate that are unique to our faith: the Water Communion and the Flower Communion. Both holidays are ceremonies that celebrate our Unitarian Universalist community and the importance of each individual's unique contributions to that community.

"The Water Communion, also sometimes called Water Ceremony, was first used at a Unitarian Universalist worship service in the 1980s. Many UU congregations now hold a Water Communion once a year, often at the beginning of the new church year (September).

"Members bring to the service a small amount of water from a place that is special to them. During the appointed time in the service, people one by one pour their water together into a large bowl. As the water is added, the person who brought it tells why this water is special to them. The combined water is symbolic of our shared faith coming from many different sources. It is often then blessed by the congregation, and sometimes is later boiled and used as the congregation's 'holy water' in child dedication ceremonies and similar events."

Thus, each person in our congregation is asked to collect a small vial of water (a film canister is a good size) during the summer, and to pour the water into a common vessel, while speaking briefly about the water's significance, during the Water Ceremony on Sunday, September 13.

Note: Please have items for the next newsletter to Bob Haskell by no later than NOON on SATURDAY, OCTOBER 3. 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

GREEN MINUTE: 10 WAYS TO CAP YOUR CARBON

This list comes from stopglobalwarming.com and gives some good ideas you might want to try to cut your carbon footprint and save money at the same time. Thanks to Janie Garlow for providing this month's topic.

1. Buy organic and local. Many of the chemicals used on farms today pollute our drinking water and require energy to produce. Eating locally produced foods reduces energy use for transportation. And while you're at it, consider taking your own bags to the market to help reduce waste!
2. Air-dry your clothes. Line-drying clothes instead of using a dryer can save 700 pounds of carbon dioxide and, as a bonus, \$75 a year.
3. Change light bulbs. Compact fluorescent bulbs use 66 percent less energy than regular bulbs. Replacing just three of your home's most frequently used bulbs can save 300 pounds of carbon dioxide and \$60 a year.
4. Go hybrid or increase your MPG. The average hybrid driver saves 16,000 pounds of carbon dioxide a year and \$3,750 annually in gasoline money. If you're buying a new car, ask about mileage on non-hybrid vehicles as well.
5. Inflate your tires and change the air filter. Improperly inflated tires can waste as much as 250 pounds of carbon dioxide a year and \$840 in gasoline money. A tired air filter also wastes carbon dioxide and money. Check both monthly.
6. Check the water heater or go tankless. Keeping your water heater thermostat at no higher than 120 degrees Fahrenheit saves money and reduces emissions. Insulating the water heater adds to your savings. Switching to a tankless water heater is even better, saving 300 pounds of carbon dioxide a year and \$390.
7. Shorten your shower. Because showers account for two-thirds of all water heating costs, shorter time sudsing up can save up to 350 pounds of carbon dioxide a year. Installing a low-flow shower head saves another 350 pounds of carbon dioxide.
8. Unplug appliances. Even when a plugged-in electronic appliance is turned off, it uses energy. Play it safe, unplug and save more than 1,000 pounds of carbon dioxide and \$256 a year.
9. Adjust the thermostat. Just two degrees up in summer and two degrees down in winter can save a whopping 2,000 pounds of carbon dioxide and \$98 a year.
10. Plant a tree. Trees help suck up climate-altering carbon dioxide, provide cleaner air, and save 2,000 pounds of carbon dioxide a year.

– Social Justice Committee's Green Team

A JOYOUS ANNOUNCEMENT

Dear Leaders of the St. Lawrence District,

I am writing to let you know that after three years of dating I have become engaged to Nicole Furnee and we will be married on October 16th, 2010, in Sturbridge, Massachusetts. This is a great time in my life.

Thanks for all the ways you have supported me. I am very grateful.

Faithfully,
Tom Chulak,
SLD District Executive

TREASURER'S REPORT

During the first three months of the church year (June-August) we had an income of \$7,997 and expenses of \$5,973, leaving a balance of \$2,024. \$6,761 was from pledges. Several paid their full pledge at the beginning of the church year.

If you are paying your pledge with cash rather than with a check, please use a donation envelope so that

you get credit against your pledge. There are envelopes on the East Room table.

If you would like a copy of the treasurer's report please contact me at cperkins9@twcny.rr.com.

– Chet Perkins

CHOIR NEWS

Choir will resume on Sunday, September 20th, sharply at 9:30 a.m. in the sanctuary.

Do you know the meaning for church choir?

I believe it is a church or society within a church, made up of many church leaders. It is the most likely place where a majority will bond together in friendship and unity, as we bond with the Divine. By becoming a member of the choir, the entire church is strengthened, as you become one in heart, soul and purpose.

Choir rehearses every Sunday morning at 9:30 in the sanctuary. Come sing, and have a more personal and rewarding involvement in the worship.

– Rita Thornton, director of music

PRESIDENTIAL THOUGHTS

My Dear Friends,

My focus has been drawn elsewhere these days ... far, far away from any resemblance of normalcy. This is since our daughter, her husband, three grandchildren – 10, 6 and 18 months – and dog moved in with us while their home is being built. It is a mixed blessing for sure. I know many parents are or have been in this situation. Families support each other and do what they can to help. Nevertheless, it is challenging. We downsized a couple of years ago, so we are cramped. In a few months they will be in their new home, we will put our house together and will be back to normal. I am sure we will miss our daily togetherness. In this interim period, I will try to relax, let go and approach the confusion with a sense of humor. Steve said this morning that our washer and dryer are trying to unplug themselves and exit the house. Our house is brimming with stuff. There are mountains of laundry, wet towels, stacks of dishes, gallons of milk, overflowing closets, sticky fingers, muddy shoes, but best of all, lots of hugs from little people and especially love. We are here for them and we will do what we can to have it run smoothly. I know it is not easy for them either. I remember when we were building our house 30 years ago, we moved in with my parents for a short time. Now I can relate to how we impacted their lives. What comes around goes around, as they say. At the time, I thought it was renewing for them, giving them a new sense of purpose. Let me think about this last statement, hummm!!!! Was I wrong? No, I was right; it is good, and we are truly blessed.

In the meantime, church has been running smoothly, thanks to all the great people who are involved and committed to our liberal church community. I especially want to thank our vice president and newsletter editor, Bob Haskell. He definitely keeps us functioning on both feet with his thoroughness and professionalism. We have a full pulpit through December and into the next year. The Rev. David Weissbard and the Rev. Tanya Atwood-Adams are speaking monthly, alternating with our DS (divinity student), Andrea Abbott. In November we will have the Rev. David Bumbaugh in the pulpit as an adjunct to his visit to Syracuse as one of the keynote speakers for the 50th Anniversary Celebrating the Birth and Growth of Unitarian Universalism. This celebration will be a great event. I know many of you have registered, including the Rev. Libbie Stoddard. It is not too late if you have not registered yet. Look for more information in this newsletter.

With warm appreciation and Peace,
Janie

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, September 16.

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.

ORGANIST WORKSHOP

Wayne Skinner, general manager of the Allen Organ Division at the Piano & Organ Center in Clay, will conduct a free one-hour organist workshop in our church at 2 p.m. on Sunday, October 4th, and then play a one-hour organ concert at 4 p.m.

The workshop is for organists, pianists and keyboard players who want to learn more about playing the organ in church. Topics will include organ

registration, hymn playing, improvisation, and the use of MIDI sound modules.

The concert will be a well-rounded pops-type program covering music from the classics through 20th century music.

His program will have something for everyone, and all are welcome.

Please call Wayne at 622-3926 if you have any questions.

YOU ARE INVITED TO DONATE FOOD

The Social Justice Committee encourages everyone in the congregation to bring food items for the Downstairs Scottie at the church on the second Sunday of each month. This month's date is Sunday, September 13. The food will be taken 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 at this and all other times.

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.

UU CIRCLE NEWS

Notice that the new date for our church potluck picnic is Sunday, September 20. The date was changed because of many conflicts for attendance. The picnic will be held immediately after the worship service at Betty Figie's home. Directions to Betty's home will be made available. If it rains, we hope to have the picnic at Oneida Shores Park because Goettel Park is not available on that date. We are waiting for a confirmation about Oneida Shores Park.

A sign-up sheet will be on the East Room table so that you may sign up to attend and to let us know what dish you are bringing to pass.

Bring your own place setting and drink, and fold-up chairs if you have any. The UU Circle will provide a meat tray.

We will have games for all: Balloon race, spoon-in-mouth race, three-legged race, chewing gum team contest, musical hats and a clicker game.

Bring the family and a friend on September 20th, and enjoy the picnic.

The next event:

A big one is our Rummage Sale scheduled from 9 a.m. to 4 p.m. on Saturday, October 17th. We will give more details later on ways you can help. The help we need now is for you to go through your things and empty out some clutter. You may start bringing items now. PLEASE place them in the little shed on the handicapped parking side of the church. DO NOT bring any items into the church. Let's make this a great fund-raising event.

There will be a short UU Circle meeting in the Community Room at 11:45 a.m. on Sunday, September 13th.

Keep coming around with the Circle.

– Rita Thornton, UU Circle president

ANNUAL LETTER CARRIER HARVEST FOOD DRIVE

On Friday, September 11, local letter carriers will conduct their annual Harvest Food Drive. The date is earlier this year, but the mission has not changed: Feeding the hungry in our local community.

In April, President Obama signed legislation calling for a Summer of Service in his United We Serve community initiative. New York State joined that service program with vigor. The Summer of Service runs from late May until Friday, September 11, which has been designated by the president as a National Day of Reflection and Remembrance to be marked by community service. What better service than participating in a food drive! Your letter carrier will be happy to make your participation as easy as possible.

Place non-perishable food items in your mail box, and your letter carrier will pick them up.

All of the items will be donated to the food pantry in your local area. If you prefer, you can drop your food items off at your local post office and the staff will see that the items go to the local pantry. The Postal Service has been in partnership with the local pantries for more than 20 years, and postal customers have generously supported this food drive because the need and the results are close to home.

Be sure to mark your calendar and be a part of the special delivery to your local pantry by placing your food items in your mail box on September 11.

– Ellen LaPine

ALL ARE INVITED TO
Pilgrimage: A Unitarian Universalist Approach to
Religion --
AN EVENING WITH TOM CHULAK
Where: May Memorial Unitarian Universalist Society
3800 East Genesee Street
Syracuse, NY 13214
When: Friday, September 25
6 p.m.

What: Potluck and Talk

Our district executive, Tom Chulak, recently returned from a personal pilgrimage through Jerusalem, Cairo and the Nile, Tanzania, South Africa and Morocco. Tom will share insights from his trip with us after we enjoy a meal together. Join us to vicariously experience this once-in-a-lifetime journey and to learn of Tom's future travel plans.

Please RSVP to Alexa Carter at garlex@aol.com if you can. But plan to join us spontaneously if you find you have the evening open unexpectedly. All are welcome.

UU congregations covenant to affirm and promote the goal of world community with peace, liberty and justice for all.

ATTENTION!

Monday, August 31st, is the last day to register at the \$40 fee for the 50th Anniversary Conference Celebrating the Birth and Growth of Unitarian Universalism to be held October 30-31 in Syracuse. Registrations with a postmark of August 31st will be honored at the \$40 fee.

The registration fee goes up to \$50 per person from September 1st to October 15th.

A registration form and fee should be mailed to St. Lawrence District, 695 Elmwood Avenue, Buffalo NY 14222-1697.

To download the registration brochure and read more about "What Happened at Syracuse" go to:
<http://www.sld.uua.org/50thAnniversary/50thanniversary.html>

BOARD SPLINTERS

The Executive Board, meeting in the church dining room on Sunday morning, August 30, approved amended job descriptions for the religious education coordinator, children's group leader and youth group leader.

Ann Peterson, secretary-treasurer of the UU Circle, informed Board members that the date of the church picnic had been changed from Sunday, September 13, to Sunday, September 20. The picnic is scheduled at the home of Betty Figie immediately after the church worship service.

Andrea Abbott, divinity student, said the worship service that had included a memorial for Hartley Martin on Sunday, August 23, had gone well.

Steve Garlow spoke to the Board about various uni-directional microphones for possible use in the church sanctuary. Arnold Hook, Building and Grounds Committee chairperson, said that he would order one. Mr. Garlow also said that he had spoken to the contractor who had repaired the large stained-glass window on the east side of the church sanctuary about repairing the large stained-glass window on the west side of the church sanctuary and that the contractor had said he thought the latest work would be more expensive than the first.

The Board expressed its gratitude to Christopher Lajewski and Patricia Carney for conducting a nature walk on Sunday, August 9.

CLIMATE CHANGE IMPERATIVES

Dr. Rick Weinstein will speak on climate change at May Memorial Unitarian Universalist Society, 3800 East Genesee Street, Syracuse, from 3 to 5 p.m. on Sunday, September 20th.

He teaches both general and cell biology at the University of Tennessee in Knoxville. However, Dr. Weinstein has Syracuse connections: he received a bachelor of science degree in forest biology from the State University of New York College of Environmental Science and Forestry in 1978 and, with family now in the area, he visits here often.

He completed his doctor of philosophy at Cambridge University in a collaborative project with the British Antarctic Survey investigating low-temperature adaptation in fungi. Dr. Weinstein has been on three research expeditions to Antarctica, two of which were "deep field" projects involving several months of camping in remote areas. These included a three-week expedition to conduct microbiological

studies in the La Gorce Mountains, the farthest south area of exposed land on Earth at 86-87 degrees South.

Dr. Weinstein states that he assembled and delivered his first lecture on climate change in March 2001, the day after George Bush reneged on his campaign promise to help mitigate carbon dioxide emissions, and has dedicated a lecture to climate change in each of his courses ever since. In 2007, Dr. Weinstein was one of a group chosen by former Vice President Al Gore to spread the message about the threat of and solutions to global warming. This initiative, known as "The Climate Project," involves giving local talks using, and updating, the Gore slide show which became the basis of his documentary film, "An Inconvenient Truth."

On September 20th Dr. Weinstein will include time for dialogue with the audience.

We hope you can attend this presentation and invite a friend, too.

– Roger Hiemstra,
May Memorial Unitarian Universalist Society

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

September

- 6 – 10:30 a.m., Worship service led by the Rev. David Weissbard. Random Acts of Kindness Sunday.
- 13 – 10:30 a.m., Worship service led by Andrea Abbott, divinity student. Water Communion. 11 a.m., Religious education. This is the once-a-month Sunday on which everyone is asked to donate food items for the Downstairs Scottie, which later will be taken to the Food Bank at St. Michael's Church. 11:45 a.m., Short UU Circle meeting in the Community Room.
- 16 – 9:30 a.m., Coffee and Chat, Panera Bread, Route 31, town of Clay.
- 20 – 9:30 a.m., Choir rehearsal. 10:30 a.m., Worship service led by the Rev. Tanya Atwood-Adams. 11 a.m., Religious education. Immediately after the worship service, church family potluck picnic.
- 25 – 6 p.m., Potluck supper and talk by the Rev. Tom Chulak, "Pilgrimage: A Unitarian Universalist Approach to Religion," May Memorial Unitarian Universalist Society, 3800 East Genesee Street, Syracuse.
- 26 – Presidents' Conference, Saint Lawrence District, Unitarian Universalist Association of Congregations, at our church.
- 27 – 9:30 a.m., Choir rehearsal. 10:30 a.m., Worship service led by Andrea Abbott, divinity student. 11 a.m., Religious education.

October

- 4 – 9:30 a.m., Choir rehearsal. 10:30 a.m., Worship service led by the Rev. David Weissbard. Random Acts of Kindness Sunday. 2 p.m., Organist workshop in our church. 4 p.m., one-hour organ concert. Both conducted by Wayne Skinner, general manager of the Allen Organ Division at the Piano & Organ Center.
- 11 – 9:30 a.m., Choir rehearsal. 10:30 a.m., Worship service led by Andrea Abbott, divinity student. 11 a.m., Religious education. This is the once-a-month Sunday on which everyone is asked to donate food items for the Downstairs Scottie, which later will be taken to the Food Bank at St. Michael's Church.
- 17 – 9 a.m. to 4 p.m., Church rummage sale.
- 18 – 9:30 a.m., Choir rehearsal. 10:30 a.m., Worship service led by the Rev. Tanya Atwood-Adams. 11 a.m., Religious education.
- 21 – 9:30 a.m., Coffee and Chat, Panera Bread, Route 31, town of Clay.
- 25 – 9:30 a.m., Choir rehearsal. 10:30 a.m., Worship service led by Andrea Abbott, divinity student. 11 a.m., Religious education.
- 30-31 – A 50th Anniversary Conference Celebrating the Birth & Growth of Unitarian Universalism, Grand Ballroom, Hotel Syracuse, Syracuse.

November

- 14 – Smorgasbord dinner.

December

- 20 – Cookie sale.

Regular meetings

- Wednesdays – 7 p.m., Spiritual Development and Empowerment group meets at the church.

Chanting and meditation

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

SPIRITUAL DEVELOPMENT AND EMPOWERMENT

The Wednesday evening group is now called Spiritual Development and Empowerment.

We meet Wednesday at 7 p.m. at the church. This is now a co-ed group.

We share personal spiritual experiences and take part in different personal empowerment programs as they are presented by our members and invited guests.

All are welcome, and we promote a safe environment with no proselytizing.

We are high energy, and welcome your input and experiences.

If you have questions, please call Chet Perkins at 668-6719 or Kurt Schindler at 247-0432.

– Kurt Schindler

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.