

Circle of Fellowship

The First Universalist Church
of Central Square
A Unitarian Universalist Congregation

The Rev. Margaret Hart, Minister 439-8375 (cell), 668-1268 (home)
Andrea Abbott, Lay Speaker 635-7122
Janie Garlow, President 436-2238
Ronna Schindler, Religious Education Coordinator 623-7685
Rita Thornton, Director of Music 699-4824

Our church building is handicapped accessible.

Routes 49 West & 11, Post Office Box 429, Central Square, New York 13036 Phone: 668-6821

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.

August 2008

JIM SCOTT TO BRING A MUSICAL CELEBRATION OF EARTH

An Earth-centered spirituality celebrating the Unitarian Universalist Seventh Principle -- "to affirm and promote respect for the interdependent web of all existence of which we are a part." -- will be the topic of a special service at our church on Sunday, August 17. The service begins at 10:30.

Jim Scott will offer his original songs and readings of his poetry in a service called "Gaia, Mother Earth and the Oneness of Everything." The idea of Mother Earth or "Gaia" being a living organism who modeled for us our human physical attributes (heart, lungs, circulatory system, digestive system) brings us to a deeper connection with our life-support system.

Active for years with the UU Seventh Principle Project and recently co-chair of its Board, he helped develop the Green Sanctuary handbook and program. Scott proposes that a spiritual response, from people of faith, is called for as "the spirit of life on Earth is in crisis." Rather than grim pronouncements, he makes his case with music, celebration and humor.

Composer, guitarist, singer and ecological and peace activist, Scott was a member of the Paul Winter Consort for years. He wrote many pieces the Consort recorded, including choral works in its celebrated "Missa Gaia/Earth Mass." He has produced seven recordings of his own music, and a musical, "The Tree and Me," a story about saving the old-growth forest of the Northwest. In his newest project, the "Earth and Spirit Songbook," Scott has compiled and arranged an anthology of songs of Earth and peace by many contemporary songwriters.

Scott has performed and led services at more than 300 Unitarian Universalist churches. Three of his songs are included in the Unitarian Universalist hymnal, "Singing the Living Tradition." He has served on the board of the Unitarian Universalist Musicians Network to support the development of new music.

From a background in classical and jazz studies at Eastman School of Music and Berklee College, Scott's music has gathered influences from his involvement in peace and ecology causes as well as his travels to Nicaragua, Australia and Europe, and across North America. He considers himself to be a catalyst as he uses music to spread a message of peace, empowerment and equality.

"My music is both reflective and just plain entertaining," Scott says. "I believe strongly in the power of song and self-expression to create positive change."

Scott recently won the UU Musicians Network Anthem Competition for choral pieces for his song, "I Am Waiting." The Boston Unitarian Church recognized him on Sunday, August 3.

Note: Please have items for the next newsletter to Bob Haskell by no later than NOON on SATURDAY, AUGUST 30. Bob would be grateful if everyone would have articles to him as soon as possible and not wait until the last minute. 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

THOUGHTS FROM THE UU CIRCLE

So what is that stuff that is stored in your attic, your basement, your garage, your shed? You haven't used it in years, but it is too good to throw out. Is your closet overflowing with clothes that you never wear? OK, maybe you outgrew them, or they just are not your color, but are perfectly good. Maybe your stuff can have a new life. Here is a chance to clear out your space and help your church, too.

We will be having a rummage sale as part of our Community Fun Days in October, but you can box or bag up your goodies now and bring them to the Community Room at church. If you have questions about what to bring, talk to anyone on the UU Circle.

Save this date! Saturday, October 18, and mark it on your calendar. Besides the rummage sale, we will be having vendors, food and games. If you want to know more about the plans for this event, you are invited to the next UU Circle meeting. Your input is valued, and all are welcome. The next meeting will be on Sunday, August 10, after our Ice Cream-Making Social. We hope to see you at the meeting.

– Ann Peterson, UU Circle secretary-treasurer

ICE CREAM SOCIAL

I scream, you scream, we all scream for ice cream. The UU Circle is planning an Ice Cream Social on Sunday, August 10, after church in the dining room where you actually can have your dessert first before you go home for lunch. There will be many toppings to choose from, but first you will be making your own ice cream in a tin can. What a scream. The charge for all you can eat is \$4 per person, and \$2 for children 10 and under. Contact me at 699-4824 in advance (if possible) so I can plan on buying ingredient amounts. Come and join us and let's all get sticky and sweet! Yummmmmmmmmmm.

– Rita Thornton, UU Circle co-chair

COME TO CHURCH DRESSED AS YOUR FAVORITE HYMN"

On Sunday, August 24, I will be doing the service. I'll be doing something a little different. OK, a lot different. The theme of the day will be "Come to Church Dressed as Your Favorite Hymn." It doesn't have to be a UU hymn. Any hymn will do. To give you an example, my sister asked if she wanted to come as the hymn "Rock of Ages," could she come dressed as a rock? I said "Of course." If you need help with ideas to go with your hymn or song, let me know. I would like to sing the hymns you dress as and have the congregation try and guess your hymn. Don't feel you have to take the Sunday off if you choose not to come in costume. As one person mentioned to me, "You don't have to be in the parade to enjoy the parade." It should be a fun service. See you there. Thanks!

– Rita Thornton

BOB AND SHEILA NEED SOME HELP

Bob and I need to find a permanent home for our 13-year-old grey male cat, Shadow. We also need a foster home for our 11-year-old grey tabby female, Pepper. The

house we are renting cannot take cats due to our landlady's severe allergy to cats. Shadow likes to be on his own in the summer, but becomes a very snuggly indoor cat in the winter. In our present home, he can come and go as he pleases through an animal door. We feel he would acclimate to another family, but do not think too many changes would be comfortable for him. Therefore, we're looking for someone to adopt him permanently. He is in excellent health, and all shots are up to date. We'd like to find a fostering situation for Pepper. She will be able to take more changes in homes comfortably, we feel. She also is in excellent health, and all shots are up to date. We will cover food and vet costs for her during her stay with you, but do want her back when we get into our new home being built for us. If you can help us with either situation, please call us at 668-6419 or 427-2214. Thank you.

– Bob and Sheila Emborski

FATHER OF JODY BROWN DIES

Dana S. Brown Sr., the father of Jody Brown, passed away peacefully on Tuesday, July 29. A Celebration of Life Service will be held at Believer's Chapel in Cicero at 1 p.m. on Saturday August 16.

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

GREEN MINUTE: ARE YOU A “LOCALVORE”?

We never used to give much thought to how bread and butter arrived on our plates. As long as it was neatly packaged and stamped with a “best before” date we were happy. Then something happened. Perhaps it was the ever struggling economy, more awareness of the organic and fair trade movements that emphasize the origins of food or maybe it was a sense of purpose to support local products and producers. Whatever it was, the time has certainly come for us to be a Localvore. A Localvore is a picky eater with a purpose. A Localvore has made the decision to eat locally as much as possible throughout the year. At this bountiful time of year when all of the fruits and vegetables are ripening, what better time to start?

Although the idea of eating locally seems simple, researchers have developed the concept of “food miles” to compare “local” and “conventional” foods. For a single piece of produce, food miles measure how far the fruit or vegetable has traveled from where it was grown to where a consumer purchases it. According to a 1996 report, the average piece of produce travels well over 1,500 miles! These miles add up even more quickly when you consider products with multiple ingredients.

Local food has often been picked only a few days earlier, just upon ripening. Since it does not experience the same stresses as food produced on a corporate farm thousands of miles away it has a lot of advantages. Most local eaters say that their prime motivation for eating locally is the food's freshness, superior taste and higher quality. Additionally, the Localvores appreciate the ability to learn more about their food than they would be able to at a supermarket. Recent food safety concerns have exposed how little we know about our food's production and processing. Knowing the exact source of your food means that producers have a higher accountability for food safety. Meat and dairy products produced and purchased locally carry much less risk of diseases, mostly because of smaller herd sizes. Economic benefits extend beyond the farms themselves. Every dollar spent directly buying from a farmer brings twice as much economic wealth to the community than buying from a national or international store that would invest elsewhere.

There are a wealth of Web sites for Localvores to visit. Here are a few:

1. cnycsa.com is where you can sign up for fresh vegetable deliveries throughout the summer.
2. nyfarmersmarket.com helps you find the closest market.
3. eatwellguide.org will help you find good local food by zip code.
4. prideofny.com focuses on food produced in New York state and where to find it.
5. 100milediet.org challenges us to eat foods within a 100-mile radius and helps us get there.
6. localharvest.org gives information on community supported agriculture and more.
7. sustainabletable.org has recipe ideas and a discussion forum on all things sustainable.

Bon appetite!

– The Social Justice Committee's Green Team

SOCIAL JUSTICE COMMITTEE

The Social Justice Committee is organizing refreshments for after Jim Scott's sermon/concert. We need donations of cookies, brownies, cupcakes -- anything that does not require forks or plates -- also ice tea and lemonade. Please call me if you can help. I also need volunteers at 8:30 a.m. on Sunday, August 10, for the summer highway pickup. Let Larry Linder know if you can make it. I am ordering Fair Trade coffee from UUSC soon. Call me to place an order by August 8. Thank you.

– Nancy Hallock, telephone 675-8357

LOOKING FOR MISSING ITEMS!!!!

If you have borrowed any items from church, such as tablecloths, chairs, table runners, flower arrangements, vases, etc., could you PLEASE return them? The Altar Committee is trying to keep an updated

inventory. In the very near future there will be a sign-out/sign-in sheet posted in the dining room. Please communicate with Janie Garlow or the Altar Committee: Rita Thornton or Ann Peterson

– Rita Thornton

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.

A NOTE FROM OUR PRESIDENT

My Dear Friends,

On a warm sizzling summer day in July, Steve and I hosted an all-day Executive Board retreat. About 14 of us sat circled in the backyard screen room while Karen West from the All Souls UU Church in Watertown facilitated with her humor and wisdom. In this peaceful setting with birds singing, flowers in bloom and a small curious rabbit, we played games, we listened, and we spoke and learned to be with each other as the new board. We spoke about our visions: 1) to continue to exist for a second 100 years, now that we have attained our first 100 years, 2) to grow and thrive as a congregation, and 3) to maintain a continuity of attendance, attaining these visions with our talents and passion.

I want to express gratitude to all the board members who know the importance of maintaining our liberal faith, taking the time to unselfishly do what matters. I want to thank our incoming new board members who took the plunge. To Chris, our new corresponding secretary, for her willingness to reach out to members who have not been in attendance for some time, and to Steve and Kim for being true to their word. In hindsight, I want to thank our outgoing members: Sandy for her quiet composure but speaking out when it was important, Judy for keeping our books in order and us in line and Kurt for his good thoughts and ideas.

I want to thank Karen for helping us feel good about ourselves. We spoke about our wonderful history and our many accomplishments as a small congregation in a rural, conservative area. It was truly awesome. We can really feel good about ourselves. Let's keep moving forward with passion; we have something to be proud of!

Namaste,
Janie

"We all move on the fringes of eternity and are sometimes granted vistas through the fabric of illusion."

-- Ansel Adams

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, August 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 information about the women's group, you may contact Nancy Haskell. For information about the men's group, you may contact Chet Perkins.

PRINTED COPIES AVAILABLE

If you are receiving an e-mail copy of this newsletter but would prefer to receive a printed copy instead, please inform Bob Haskell. A few printed copies are available each month on the table in the East Room of the church.

CONTRIBUTIONS WELCOME

As many of our members and friends are aware, the church is experiencing some financial difficulties this year. One expense that the church incurs is the cost of printing and mailing copies of the monthly newsletter. Any contributions to help defray this cost would be appreciated. Contributions may be given to Chet Perkins, our treasurer. Checks designated for this purpose may also be left in a collection plate on Sunday mornings.

DOWNSTAIRS SCOTTY

Remember the Downstairs Scotty as you shop. Our congregation's contributions to this local program are non-food items: soap, detergent, bathroom and facial tissues, toothpaste, and the like. Our collection box is in the East Room, under the water dispenser.

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

UU congregations covenant to affirm and promote respect for the interdependent web
of all existence of which we are a part.

SPLINTERS FROM THE BOARD

The Executive Board conducted its regular monthly meeting on Sunday morning, August 3.

Board members asked Corresponding Secretary Chris Squires to send letters of gratitude to Mike DiGiovanni, the Rev. Margaret Hart and Rita Thornton for conducting the centennial service; to Sheila Emborski and Rita Thornton for completing the centennial quilt; to Heather Stevens for centennial service pictures, etc.; to Karen West for leading the recent Executive Board retreat; and to Janie and Steve Garlow for hosting the retreat.

President Janie Garlow reviewed a summary of the retreat prepared by Karen West.

Trustee Ann Peterson reported on events being planned by the UU Circle, of which she is secretary-treasurer.

President Garlow announced that Jim Scott, a composer, guitarist, singer and ecological and peace activist, will conduct the service at our church at 10:30 a.m. on Sunday, August 17. The service will celebrate the Unitarian Universalist Seventh Principle, "to affirm and promote respect for the interdependent web of all existence of which we are a part." Patricia Cerro-Reehil, chair of the Worship Committee, made the arrangements for Mr. Scott's appearance. Ellen LaPine is supervising publicity for the service. The Social Justice Committee, headed by Nancy Hallock, is making arrangements for refreshments to be served after the service.

President Garlow also announced that the Random Acts of Kindness collection for August would be contributed to the Knoxville Relief Fund. The Unitarian Universalist Association of Congregations (UUA), in collaboration with the Thomas Jefferson District, has established the fund to bring ministry, spiritual care, and practical financial assistance to those affected by the recent fatal shooting at the Tennessee Valley Unitarian Universalist Church in Knoxville, Tennessee.

President Garlow said that she had asked Rita Thornton, director of music, to make arrangements for the tuning of the piano in the church sanctuary.

Eileen Hamlin, chair of the St. Lawrence District, UUA, has notified the church that any church intending to apply for a Chalice Lighter Grant this fall must submit an Intent to Apply Form by September 15. The Executive Board is considering applying for a grant to be used to help repair one of the sanctuary windows.

The Executive Board will conduct its next regular monthly meeting at 9 a.m. on Sunday, September 7.

-- Bob Haskell, vice president

VOLUNTEERS STILL NEEDED

Although there are no regular religious education classes during the summer months, we would like there to be a regular presence at the church on Sunday mornings.

If it will help encourage people with children and youth to attend on Sundays, then we think that it would be good if there were someone available to watch over and/or supervise these young people.

If any of you would be willing to step forward and take up this responsibility for one Sunday in the summer, it will be greatly appreciated.

On any Sunday, the activity that the young people do can be very simple, like picking up the yard outside of the church, or going for a walk, or visiting a local park. Do whatever you would find interesting and that the

young people will find interesting as well.

So, please volunteer for one Sunday this summer as a substitute in the religious education program.

Spending time with our young members of the congregation is a fun and rewarding experience. And, you may make some new friends.

If you can help us out, please contact Winfield Ihlow at 315-342-5939 or by e-mail at ihlow@oswego.edu.

Thank you,

-- Winfield Ihlow

RETURN THOSE BOTTLES

You may continue to help the environment and make money for the church by leaving your returnable bottles at the church.

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.

THOUGHTS FOR TODAY

Submitted by Betty Figie)

“There’s destiny that makes us brothers, none goes his way alone,
All that we put into the lives of others comes back on our own.”

-- Edwin Markham, American poet, 1852-1940

“Treasures of time can’t be put in the pocket,
They have to be stored in the heart.”

– Chinese proverb

CALENDAR

August

10 – 10:30 a.m., Worship service led by Kim Shuler-Teachout. “What If?”

17 – 10:30 a.m., Worship service led by Jim Scott.

20 – 9:30 a.m., Coffee and Chat at Panera Bread, Route 31, Clay.

24 – 10:30 a.m., Worship service led by Rita Thornton. Dress as your favorite hymn.

31 – 10:30 a.m., Worship service.

September

7 – 10:30 a.m., Worship service led by the Rev. Margaret Hart. In-gathering Water Ceremony. Please collect a small vial of water (a film-canister size) during the summer and bring it to church on this Sunday. 11 a.m., Religious education begins again.

14– Church Picnic at Goettel Park following Sunday service.

October

18 – Community Fun Days, featuring rummage sale, vendors, food and games.

November

1 – Health and Wellness Fair.

9 – Service and Merchandise Auction.

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.