

CIRCLE OF FELLOWSHIP

The First Universalist Society of Central Square

*A Unitarian Universalist
Congregation*

3243 Fulton Street
(Route 49, near Route 11)
Post Office Box 429
Central Square, New York
13036-0429

*Our church building is
handicapped accessible.*

Telephone: 315-307-3400

E-mail:
andreaabbottuu@gmail.com

Church website:
[http://www.
centralsquareuu.org](http://www.centralsquareuu.org)

Facebook page:
[http://www.facebook.com
/pages/UU-Central-Square
/199139743511564](http://www.facebook.com/pages/UU-Central-Square/199139743511564)



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.

UU congregations covenant to affirm and promote the inherent worth and dignity of every person.

A MINISTERIAL MOMENT, AND MORE

July and we think of picnics and fireworks and the Glorious 4th. We celebrate the beginning of our country, our history, our heritage. We know a lot about this early period of our nation because there are letters and documents, things as humble as bills of lading and grocery lists to help us understand how we began. Someone kept these things and someone made sure that they survived for scholars to ponder. At this church, we have an opportunity to add to the understanding of our area and our denomination. We are starting a project in archiving this summer to sort through the documents we have and digitize them so people in the future will have some understanding of the life of a small (but very vital) rural Unitarian Universalist congregation. I hope that this congregation will help with this project by combing attics and filing cabinets to donate relevant material. Minutes of meetings, old newsletters, notices of events, orders of service, treasurer's reports, records of purchases and donations, all these and more are helpful in filling out the picture of who we were and are



We have always been a denomination whose influence has always been much greater than its numbers would suggest. We have been leaders in our country's history as well as in our local area. This is history that should be preserved because it will contribute to a larger history and, perhaps as importantly, it will help us understand ourselves.

The Rev. Andrea Abbott

THE REV. DAVID WEISSBARD TO LOOK AT HELPLESSNESS



The Rev. David Weissbard writes concerning his sermon for 10:30 a.m. on Sunday, July 2: "So, we are about to celebrate the founding of our nation. One of the dominant characteristics of today's civic mood is a pervasive sense of helplessness. Our Founders, facing the greatest power on earth at the time, went ahead and declared their independence! I believe we need to look at our supposed helplessness and reflect on their courage. 'Our Founders Did Not Feel Helpless!' is my title. Dave"

CHILDREN TO OBSERVE THE SUMMER

It has been a full year of learning but summer is now upon us. There will be no formal classes but children are free to come back to the classroom for crafting fun. Class will resume in the fall.

Ronna Schindler, Religious Education Committee chairperson



UU congregations covenant to affirm and promote justice, equity and compassion in human relations.

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

**RED CROSS BLOOD DRIVE
HOT DOGS AND MICHIGANS
THURSDAY, JULY 6: 2:30 – 6:30 P.M.**

On Thursday, July 6, there will be a Red Cross blood drive along with a hot dog and Adirondack-style michigan sale from 2:30 to 6:30 p.m. Hot dogs, michigans, chips and soda will be available for anyone to buy outside the church building with the blood drive at the same time inside. All presenting blood donors will receive a free hot dog.

You can schedule an appointment to donate blood by visiting redcrossblood.org or calling 1-800-RED CROSS. There is also a sign-up sheet in the dining room where you can make an appointment.

We need volunteers to help with the hot dog sale and with the blood drive. I have placed sign-up sheets in the dining room for volunteers to help with the drive and sale. If you can help for even a short time on that day it will be very much appreciated.

Thank you for your help.



Ellen LaPine

Social Justice Committee Blood Drive Coordinator



**SOCIAL JUSTICE COMMITTEE OFFERS
OPPORTUNITIES TO VOLUNTEER**

Not much to report this month. We did not have an official meeting.

Summer means flexibility?

We are having a hot dog grill set up at the Red Cross Blood Drive on Thursday, July 6, as Ellen LaPine has reported. Volunteers are needed in both areas.

Adopt-a-Highway will be at 8:30 a.m. on Sunday, July 9.

This is another opportunity to volunteer.

The Rev. Andrea Abbott will make an announcement about a meditation night in July.

I'll be back from Idaho soon and see you next week.

Nancy Hallock

Committee chairperson



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

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.



**SUPPORT OUR UNIRONDAK CAMBERSHIP FUND
ENSURING THAT ANYONE CAN ATTEND UNIRONDAK,
REGARDLESS OF FINANCIAL ABILITY**

**Unirondack Annual Dinner
at the Unitarian Church of All Souls
1157 Lexington Avenue
New York, NY 10075
October 14, 2017**

The Unirondack Annual Dinner is honoring two long-time Unirondack leaders, Sarah Stevens-Miles and Dan Gottfried, to raise money for our Campership Fund which makes it possible for everyone to go to camp regardless of financial ability.

Sarah Stevens-Miles is near and dear to generations of Unirondackers. Her leadership as the camp administrator, a key Board member, and our campership chair over her lifetime of service to the camp has contributed immeasurably to making Unirondack what it is today. She is the camp's greatest advocate and benefactor, but it is her deep commitment to what camp means in the life of each and every camper that best defines why she means so much to our community. Sarah Stevens-Miles has been our compass in our mission to make a difference in the lives of children, and we are honored to recognize her at our 2017 Annual Dinner.

Dan Gottfried, along with Sarah (and often guided by her), has served Unirondack in one leadership capacity or another for 18 of the last 27 years, serving as our camp director, administrator, and executive director.

Under Dan's leadership Unirondack has become a place where dreams become reality. We have deepened our mission of making a difference in the life of each and every camper, vastly improved our facilities, and developed a leadership team that is incomparable, securing a bright future for camp.

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.

GREEN MINUTE: INSECT-REPELLING ESSENTIAL OILS

After a visit to a goat farm with Janet Jenkins for a goat yoga class (it was a lot of fun) and purchasing some of the farm's natural bug repelling lotion, Janet and I had a conversation about essential oils that repel insects. Janet knows a lot about essential oils. This interesting conversation led me to "Mother Earth News" which has an excellent article in the June/July issue on natural insect repellents. The article includes directions on how to make your own repellent from essential oils.



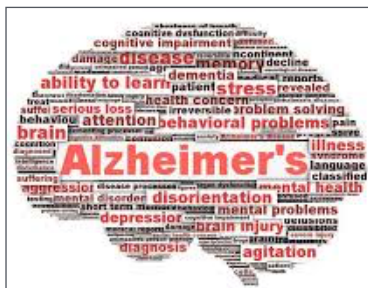
Different insects are repelled by different essential oils. Cinnamon repels mosquitoes. Eucalyptus repels mosquitoes, ticks and lice. Citronella repels mosquitoes and flies. Orange repels fleas. Geranium repels

mosquitoes, ticks and lice. "Mother Earth News" says you can make your own natural repellent by diluting essential oils in alcohol, witch hazel or a gentle vegetable oil such as almond, sunflower or jojoba. For 2 ounces of repellent combine ¼ cup alcohol, witch hazel or oil with 10 to 20 drops of essential oils. It is highly recommended that you test the finished repellent by applying a small amount on the back of your hand before applying elsewhere if it is your first time using any of these essential oils. They also say you can mix any of these essential oils with your favorite lotion or sun screen but again, please test the finished mixture before use.

If you do get bitten by an insect, an old-fashioned remedy that is recommended is to make a paste of baking soda, water and a little lemon juice. They say it is especially helpful for bee and wasp stings. "Mother Earth News" also recommends egg white applied to the skin to relieve the itch of insect stings and bites as well as using a poultice made of plantain.

Insect repellents are becoming very important when you are outside due to the increase of ticks this year. If you want to avoid the chemicals in the commercial repellents, give these oils a try but be sure to check your skin thoroughly for ticks once you've been outside enjoying a summer day.

Ellen LaPine
Social Justice Committee



ALZHEIMER'S SUPPORT GROUP MEETS AT OUR CHURCH

The Central New York Chapter of the Alzheimer's Association sponsors a monthly alzheimer's support group for caregivers at our church. The group meets in the Goettel Room at 7 p.m. on the fourth Monday of every month. This group is specifically designed for caregivers. It is free and open to the public.

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.

JULY 2017 CALENDAR

2 – 9:30 a.m., Choir practice. 10:25 a.m., Announcements. 10:30 a.m., the Rev. David Weissbard leads the worship service. Random Acts of Kindness Sunday. 10:50 a.m., There will be no formal classes but children are free to come back to the classroom for crafting fun. This is the once-a-month Sunday on which the Social Justice Committee asks everyone to bring magazines to exchange for others.

3 – 5 to 7 p.m., the Rev. Andrea Abbott will hold office hours. To set up an appointment, please contact her via phone at 315-635-7122 or 315-857-1086 or via email at andrea279@verizon.net. The sanctuary will be open for anyone who wishes to use it for a time of reflection, prayer or meditation.

6 – 2:30 – 6:30 p.m., Red Cross Blood Drive. Hot dogs and michigans. 5:30 to 6:30 p.m., Gentle yoga.

9 – 8:30 a.m., Adopt-a-Highway. 9:30 a.m., Choir practice. 10:25 a.m., Announcements. 10:30 a.m., The Rev. Andrea Abbott leads the worship service. 10:50 a.m., There will be no formal classes but children are free to come back to the classroom for crafting fun. 11:45 a.m., Social time. Noon, The choir will conduct its monthly rehearsal in the sanctuary. This is the once-a-month Sunday on which the Social Justice Committee asks everyone to donate food items for our Downstairs Scotty, which later will be taken to the Downstairs Scotty thrift shop and food pantry at Divine Mercy Parish Center.

10 – 5 to 7 p.m., the Rev. Andrea Abbott will hold office hours. To set up an appointment, please contact her via phone at 315-635-7122 or 315-857-1086 or via email at andrea279@verizon.net. The sanctuary will be open for anyone who wishes to use it for a time of reflection, prayer or meditation.

13 – 5:30 to 6:30 p.m., Gentle yoga.

16 – 9:30 a.m., Choir practice. 10:25 a.m., Announcements. 10:30 a.m., the Rev. Tanya Atwood-Adams leads the worship service. 10:50 a.m., There will be no formal classes but children are free to come back to the classroom for crafting fun.. 11:45 a.m., Social time.

17 – 5 to 7 p.m., the Rev. Andrea Abbott will hold office hours. To set up an appointment, please contact her via phone at 315-635-7122 or 315-857-1086 or via email at andrea279@verizon.net. The sanctuary will be open for anyone who wishes to use it for a time of reflection, prayer or meditation.

20 – 9:30 a.m., Women and men of the church will meet at Panera Bread, Route 31, Clay, for Coffee and Chat. 5:30 to 6:30 p.m., Gentle yoga.

23 – 9:30 a.m., Choir practice. 10:25 a.m., Announcements. 10:30 a.m., the Rev. Andrea Abbott leads the worship service. 10:50 a.m., There will be no formal classes but children are free to come back to the classroom for crafting fun. 11:45 a.m., Social time.

24 – 5 to 7 p.m., the Rev. Andrea Abbott will hold office hours. To set up an appointment, please contact her via phone at 315-635-7122 or 315-857-1086 or via email at andrea279@verizon.net. The sanctuary will be open for anyone who wishes to use it for a time of reflection, prayer or meditation. 7 p.m., Alzheimer’s support group for caregivers meets in the Goettel Room.

27 – 5:30 to 6:30 p.m., Gentle yoga.

30 – 9:30 a.m., Choir practice. 10:25 a.m., Announcements. 10:30 a.m., the Rev. Libbie Stoddard leads the worship service. 10:50 a.m., There will be no formal classes but children are free to come back to the classroom for crafting fun. 11:45 a.m., Social time.

JULY 2017						
SUN	MON	TUE	WED	THU	FRI	SAT
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16	17	18	19	20	21	22
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30	31					

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 Rev. Susan Frederick-Gray steps to the podium as the newly elected president of the UUA.

UUA delegates elect Susan Frederick-Gray as president

The Unitarian Universalist Association elected the Rev. Susan Frederick-Gray as its ninth president on June 24. Frederick-Gray is the first woman elected to lead the liberal religious movement, which includes approximately 1,000 congregations with 200,000 adults and children in the United States.

But as she spoke to the UUA's General Assembly after being named winner in the three-way race, Frederick-Gray said, "I want to be clear, right up front. I am not the first female president of the UUA." As UUs cheered, she turned to applaud and then embrace the Rev. Sofía Betancourt, one of the three co-presidents appointed by the Board of Trustees to complete the term of President Peter Morales, who resigned April 1. "But I am honored to follow her!"

"This is a defining moment, and the stakes are very high," Frederick-Gray told the assembly, which is meeting in New Orleans June 21–25. "We have deep work to do within our association and our tradition, and critical work to do beyond the association."

Throughout her campaign, which she launched in March 2016, Frederick-Gray championed the UUA as "a voice for love and justice." She promoted a three-point vision of a "spiritually vital" movement "grounded in relationships" and "organized for impact."

"We have much work to do," she told the assembly. "I believe we are up to it. I look forward to working with you on this transformative path ahead."

Frederick-Gray has served as lead minister of the Unitarian Universalist Congregation of Phoenix, Arizona, since 2008. She was installed as UUA president on Sunday afternoon, June 25.

In the instant run-off election, in which 3,252 delegates cast ballots, Frederick-Gray received 40 percent of the vote in the first round to 33 percent for the Rev. Jeanne Pupke and 28 percent for the Rev. Alison Miller. By the rules of the instant run-off, Miller was eliminated as the third-place finisher. When second-place votes were apportioned, Frederick-Gray finished with 57 percent to Pupke's 43 percent.

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.

'Second line' parades Unitarian Universalist values through New Orleans



It was a public witness event with a distinctly New Orleans flavor: hot, humid, joyous, full of music and dancing, and with a keen focus on the social justice that the city and the world, too, so desperately need.

As the temperature hovered at a balmy 90 degrees of wet, tropical air Friday afternoon in New Orleans, over 1,000 Unitarian Universalists gathered in front of the Ernest N. Moral Convention Center for “Love Resists: Rejoicing for Sanctuary and Solidarity,” where Jolanda Walter led a spirited chant of “Love resists!”

Then the New Orleans festivities began. The Young and Talented Brass Band, along with the Original Big 7 Social Aid and Pleasure Club, led the handkerchief-waving, parasol-brandishing, high-stepping UUs through city streets in a traditional “second line” procession. A second line was established by black New Orleanians to express grief and celebrate life, and for generations has offered cultural resistance to systemic oppression.

Among the UUs near the front of the procession were the three candidates for president of the UUA—the Rev. Susan Frederick-Gray, the Rev. Alison Miller, and the Rev. Jeanne Pupke—who carried a “Love Resists” banner and gamboled along with the brass band. A police cruiser, a motorcycle officer, and police on foot stopped traffic as the crowd frolicked through the streets.

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 the idolatries of the mind and spirit.