

# CIRCLE OF FELLOWSHIP

## October 2017

NEWSLETTER OF THE FIRST UNITARIAN-UNIVERSALIST SOCIETY OF  
CENTRAL SQUARE, NEW YORK

### **MONTHLY MESSAGE FROM REVEREND ANDREA ABBOTT**

We are so aware of change in the autumn. Leaves and late flowers give us their last hurrah. Pumpkins and apples call to us to celebrate autumn traditions. While we enjoy the beauty and the festivals, we also feel the chill in the air, note that night comes earlier and day breaks later. We make predictions about the first snowflake. We know what's coming. In the northeast, we are reminded that all of life is change. We are reminded to live in the moment and celebrate the moment.

At First U of Central Square, we are dealing with change. Bob Haskell, our talented and dedicated newsletter editor, can no longer put out the newsletter. He has done so, faithfully and professionally, for many years. Those of us who will be putting it out from now on realize that our product will not be as professional or as meticulously done as his has been. Expectations will need to be adjusted. But we are still here. There will still be a newsletter. We owe Bob a lot and I hope we will all express our appreciation to him.

October and November. Halloween and Thanksgiving. Fear and gratitude. We are experiencing some of both of these at this time. Change always means some fear. We are also reminded to be grateful for those whose lives and talents enrich ours. Thank you, Bob. Thank you to those who have stepped up to carry on the work, Arne, Mary Fran, Chuck. We are grateful for the spirit of this church that will continue.

## Local Food, Comfort Food Dinner



4 to 6 p.m.

Saturday, October 28

First Universalist Church of Central Square

Fulton Street (Route 49, near Route 11, beside former Bank of America)

Italian Sausage w/Peppers & Onions,  
Salt Potatoes, Baked Beans,  
Macaroni & Cheese, Chili, Salad Bar  
and a Brownie for desert.

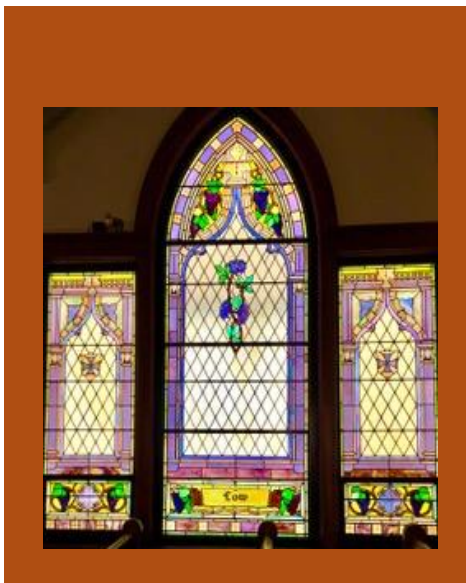
Live music performed during the dinner by  
**\*\*Paul Riley\*\***

**Adults \$8, Children 6-12 years \$5**

**Children 5 years and under free.**

**Baked goods will be available for purchase.**

## Our Windows need Protecting



The church is planning to complete the renovation of the stained glass windows. There are some windows still covered with plexiglass, which needs to be removed. Twelve windows in all will be covered with wire mesh 'screens'. The wire mesh will protect the windows from outside damage, while allowing the transmission of light into the sanctuary.

We have a proposal to build and install these wooden framed screens from Historical Restorations Foundation who did the repair of the big windows. The cost for this project is \$4,800.00, and will require us to do some scraping, sanding and painting in preparation. The work is expected to take place in the spring of 2018.

The window fund is open, and additional funds are needed to complete the restoration. Any contributions you can make to the fund are needed and appreciated! - **Janet Jenkins, Board Vice President**

## Green Minute Healing Power of Tap Water

I've traveled a lot around the state this summer and wherever I went I brought my water bottle. I've been very thankful that we live in a place that has abundant potable water. It is not news that water is the basis of life here on earth which makes the earth, as far as we know, special in our solar system because the water sustains life.

According to Consumer Reports, water gives humans the following benefits:

- Prevents headaches caused by dehydration.
- Fights fevers by helping to limit the rise in body temperature when taken in conjunction with fever-reducing medication.
- When you drink water before a meal it curbs your appetite.
- Although the reason is unclear, people who are well hydrated tend to be in a better mood.
- Proper hydration increases the volume of blood in your arteries so it takes fewer heartbeats to transport blood around your body.
- Hydrated runners tend to be faster than dehydrated ones and feel better after running, possibly because lactic acid is removed more quickly.
- Ample water helps your digestive tract by ensuring that it has enough fluid to eliminate waste.
- Proper hydration helps you sweat more so you can properly cool down your body.

It seems to me that I've seen more and more people drinking bottled water wherever I went. We have excellent tap water in this state and we should take advantage of it. If you don't like the taste of tap water, there are filter pitchers like the one we have in the refrigerator at church and individual filter bottles that can improve the taste. Besides taste, when I've asked people why they drink bottled water they cite convenience. I find this interesting because they have to go to a store to buy the water instead of taking advantage of free tap water that they don't have to make the effort to purchase. I've talked about this before so I won't go into the numbers but a quick search on the internet will show you just how expensive bottled water is and the

impact all those bottles have on the earth. I'd suggest that you buy a refillable water bottle you really like, no matter the price. It will pay for itself in a short time and you'll be more likely to use it every day.

Like many things, once we make something a habit it is easier to do. When you leave the house with your coffee, remind yourself to bring your water bottle too. Then you're set for the day. After a short while you'll automatically bring your water bottle and can feel good about the money you are saving, the benefits you are giving your body and the smaller foot print you're leaving on the earth.

## **Always With Us? What Jesus Really Said About the Poor**

The Reverend Liz Theoharis spoke at Hendricks Chapel, Syracuse University on Wednesday, October 11, 2017 on her book about poverty and Christianity. Follow this link to watch Liz's talk on You Tube: <https://youtu.be/bdUmfg47EZ4>. Liz's talk was sponsored by First Universalist-Unitarian Society of Central Square, The Labor-Religion Coalition and Alliance of Communities Transforming Syracuse (ACTS). The effort to bring Liz here was initiated by Tracy Kinne. Thank you, Tracy! Tracy worked with Reverend Andrea Abbott to arrange Liz's talk and find sponsors.

Ellen LaPine  
Social Justice Committee

## **Contact**



## **Ministry Contacts**

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- For general questions or comments about the church or this website, send email to Andrea Abbott at [andreaabbottuu@gmail.com](mailto:andreaabbottuu@gmail.com). To leave a message for the church via telephone, call 315-307-3400.

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(Routes 49 and 11, across from the fire department)