

Circle of Fellowship
Monthly Newsletter of the First
Universalist Society of Central
Square, NY
August, 2018

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

The First Universalist Society of
Central Square, New York

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Ministerial Musings

I spent this morning making what I call summer stew. The recipe, if you can call it that, consists of throwing everything from the market into hot olive oil and letting it all simmer for a while with some herbs. As I was doing this, I thought about the remarkable tolerance and team spirit of vegetables. Each one of them was willing, perhaps eager, to add their distinctive taste to the stew, but wasn't insisting on dominating. They blended. They enhanced each other. OK, maybe the garlic was a little pushy, but that's garlic. Now, this metaphor, the metaphor of the melting pot, the American stew, has become such a cliché that I hate to use it but here I am, using it anyhow. The point is to remind all of us that a stew of, let's say, just eggplant, would be pretty boring. It's the mix that makes the stew so good. We often use this metaphor to describe the benefits of a society that is ethnically diverse. However, a good stew is equally good when we're mixing beliefs, opinions, visions. In a good stew, we enhance each other's flavors. We support each other. We listen and we take the time to understand. We may need lots of oil and we may need to simmer awhile but that's part of what makes the stew good. It makes a stew good and it makes for the only world in which it is possible for us all to live.

The Reverend Andrea Abbott

Religious Education

With August comes the end of our fund raising for the church windows. Beginning the second Sunday in August and running for three weeks will be the kids bazaar. The kids have been busy drawing, knotting, crafting and practicing. You will have the opportunity to bid on a music piece of your choice, own original artwork or sport a unique chalice pin.

Come help us reach our goal and enjoy the talents of our young people.

Ronna Schindler

RE Director

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Green Minute
Food Waste

According to *Consumer Reports* and *ReFED Roadmap*, 63 million tons of food is wasted in the U.S. each year for which 25 percent of our fresh water is used to grow what we toss and 4 percent of our oil is used to transport it. They also say that 28 percent of the world's agricultural area is used to produce food that never gets eaten.

In 2012 Dana Gunders, through a report from the Natural Resources Defense Council, brought the issue of food waste to the forefront. In her book "Waste Free Kitchen Handbook" she has some suggestions on how we can reduce food waste starting in our own kitchens. She says we should begin by tracking what we throw out and why and then adjust our shopping and cooking accordingly. Next she says always shop with a list and resist the urge to buy things that are off the list by asking yourself if you will have time to cook what you buy.

Once you have the food at home, she says try to use every bit. When trimming vegetables, remove just the very ends or the stem. Put greens such as beet greens in salads or cook them just as you would any other greens. Make stock out of vegetable scraps and bits and pieces of meat and poultry. Don't be afraid to experiment. As example, she says she took some chicken stock and some left over salsa and used it as a base for a tortilla soup. If you're having a party, cook for only $\frac{3}{4}$ of the guests you expect and have storage containers ready so people can take leftovers home. When it comes to preserving food, most fresh vegetables freeze well after blanching them. She also says some unexpected foods do well in the freezer including milk, bread, cheese and raw eggs if you beat them lightly first.

If you're a gardener and can't eat or preserve everything you grow, you can find a food pantry that will accept your extra produce at www.ampleharvest.org. A check of their map revealed several pantries in Syracuse and a couple in the northern suburbs.

"Refuse what you do not need; reduce what you do need; reuse what you consume; recycle what you cannot refuse, reduce, or reuse; and rot (compost) the rest."

— **Bea Johnson, Zero Waste Home: The Ultimate Guide to Simplifying Your Life**

Ellen LaPine
Social Justice Committee

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Social Justice

The committee did not meet this month. I thank all who participated in the July summer highway pickup. I also thank all who volunteered to make the Red Cross Blood Drive happen on 7/20. The SJC showed up as usual to make our community service events work. A donation of \$174 was sent to Pure Water for the World. The can and bottle return store at the corner of 49 and 11, in West Monroe, is paying us 7cents/can as a charity. If it is convenient, you can drop them off there and tell them it is for the First Universalist Church C. S. I am the only one who can collect the money. On 7/27 a group of 8 had dinner at Mariachi's and watched a movie at church. The next one is scheduled for September 28. I just finished reading The Sun Does Shine if anyone wants to borrow it. Will we set a discussion date to accommodate as many interested folks as possible. Next meeting date TBA.

Nancy Hallock
Social Justice Chair

Church Events Calendar

8/5 Annual Church Picnic Following the Service please plan to attend the Annual Picnic to be held at the Stieber's camp. This is a dish-to-pass event. Wine or beer is O.K. Printed directions are available. Plan to spend a relaxing afternoon of good company, good food and lots of good conversation in a beautiful setting.

8/6 Open Board Retreat

There is an open board retreat at Marcia and Winfield's home on August 6 from 9:00 a.m. to about 1:00 p.m. If you are planning to attend, please RSVP Janie at (mjgarlow@aol.com) or Ellen at (dartfrog7777@aol.com).

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Sermon Calendar

August 5th Rev. David Weissbard Resistance and Hope: The Spiritual Practice of Organizing

August 12th Rev. Andrea Abbott Filling the Whole: Reflections on Addiction and Other Diseases.

August 19th Rev. Bud Adams

August 26th Rev. Andrea Abbott

Notable Pieces of Interest

I am have been getting heads up on some interesting reading. This month Susan Woods shared two books with me that deserve everyone's attention. These are:

Fascism: A Warning by Madeleine Albright– written by the former Secretary of State and UN Ambassador, in this volume Albright warns about the social, political and economic factors that are empowering extreme political movements. She draws on the history of fascism in sounding this warning

This Fight is Our Fight: The Battle to Save America's Middle Class by Elizabeth Warren. Warren draws on her family history and impressive knowledge to help us see how much has been lost and how much we need struggle for this country's social and economic well-being.

Thanks, Susan!

Pick up and read one of these if you haven't already! AJH

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UU Universe

I am very grateful to Chuck Lochner for letting us know about this piece by The Reverend Seth Fisher of First UU Fellowship, Baptistown, NJ. Entitled “Coffee Hour Central” in the Summer, 2018 edition of [UU World](#). It is published in a volume entitled Upcycle Your Congregation edited by Sarah Lammert available from Skinner House [here](#). I recommend this essay to all congregations, big, small and in-between.

Coffee Hour Refreshments

August 5 - Church Picnic

August 12 - Janie Garlow

August 19 - Monthly potluck

With all the fresh vegetables of summer, we are planning a salad bar again. There is a sign up sheet in the dining room.

August 26– Sign up now and Let Judy Tennant Know

Also, If you are reading the schedule, you also might like to read the above recommended essay

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