

CIRCLE OF FELLOWSHIP
Monthly Message for All Ages
Together We Can, Together We Will
February 2023

The ultimate weakness of violence is that it is a descending spiral, begetting the very thing it seeks to destroy.

Instead of diminishing evil, it multiplies it.

Through violence you may murder the liar, but you cannot murder the lie, nor establish the truth.

Through violence you may murder the hater, but you do not murder hate.

In fact, violence merely increases hate.

So it goes.

Returning violence for violence multiplies violence, adding deeper darkness to a night already devoid of stars.

Darkness cannot drive out darkness: only light can do that.

Hate cannot drive out hate: only love can do that.

Rev. Dr. Martin Luther King, Jr.

OUR MISSION

To be a welcoming diverse congregation that values spiritual growth and service to the local and world community.

The First Universalist Society
of Central Square New York
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Trustees

Erin Barry	Marcia Burrell
Janie Garlow	Nancy Hallock
Winfield Ihlow	Ellen LaPine
Ann Peterson	Ronna Schindler
Arny Stieber	Lucy Stieber
Paul Wenham	Susan Woods

We are more than a "church". We are a community that believes in the **Seven Principles** which are grounded in the humanistic teachings of the world's religions.

1. The inherent worth and dignity of every person.
2. Justice, equity and compassion in human relations.

3. Acceptance of one another and encouragement to spiritual growth in our congregation.
4. A free and responsible search for meaning and truth.
5. The right of conscience and the use of the democratic process within our congregation and in society at large.
6. The goal of world community with peace, liberty, and justice for all.
7. Respect for the interdependent web of all existence of which we are a part.



Stephen Mullane
Musical Service

FEBRUARY EVENTS CALENDAR

Sunday, February 5th 9AM -Trustee Meeting
(in person & Zoom)

Wednesday February 15th 6:30PM – Planning Meeting (Zoom only)

Wednesday, February 22nd @ 2PM – Book Club
The Boys, A Memoir by Ron Howard
(Zoom only)

Sunday, February 26th Service –Briteny Alton
Oswego Child Advocacy Center

SUNDAY SERVICE CONVERSATIONS

February 5th- Rev. David Weissbard

The Day I Almost Stood Up for Jesus"

February 12th – Rev. Kurt Hohmann

Power of Love

In this season of red roses and hearts that accompany Valentine's Day, it can be easy to pigeonhole this thing we call love. Yet Gandhi said, "Where there is love there is life," and the Affirmation of Faith at this church begins with Love - on a wider and more powerful scale. Certainly there is much more to this force of nature!

February 19th– Rev. Bud Adams

**February 26th – Briteny Alton –
Oswego Children's Advocacy Center**

Pastoral Care

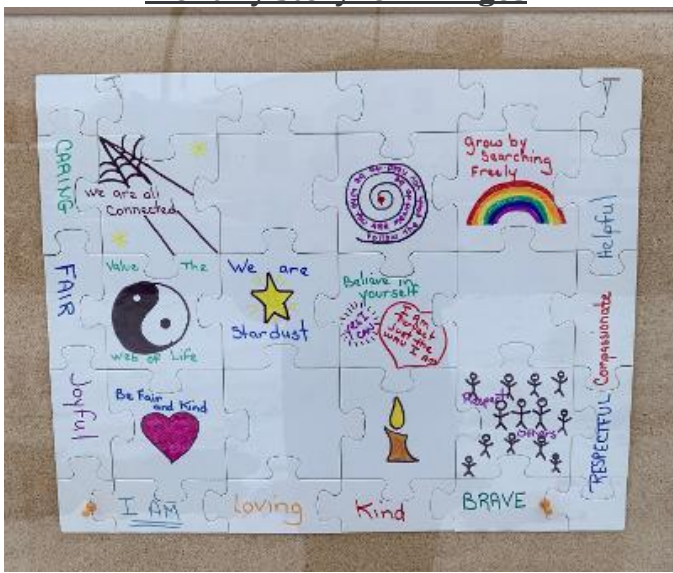
Rev. Bud Adams is the minister to call if someone needs pastoral care. If you or someone else you know needs to speak with a minister please contact Bud at (315) 395-1926 or (315) 637-0468. His email is bud.adams.1@juno.com

SOCIAL JUSTICE COMMITTEE

In March we will resume our collection for Divine Mercy Food Pantry. This includes non-perishable food, hygiene items and cleaning supplies. April 30 is our first Adopt-a-highway pickup. April 15 we are partnering with the Red Cross in a Free Smoke Alarm project for C.S. The hat and mitten collection will continue all year to aid the Lioness Xmas project. Now is the time to watch for end of season sales. Researching fundraising ideas, maybe Xmas cards?? Keeping busy and always looking for participation. Consider signing up for snacks in March. Thanks All.
Nancy Hallock

EDUCATION FOR YOUTH & ADULTS

Monthly Story for All Ages



Children's pulpit in front of church

Due to zoom February there will be no classes. Have a wonderful month. We will resume in March.

Ronna

Schindler

UU BOOK CLUB

The UU Club typically meets on the last Wednesday of each month at 2PM. Zoom only in February. The reading schedule is:
February 22nd – The Boys, a Memoir by Ron Howard
March – Our Missing Hearts by Celeste Ng

It is not necessary to be member of the congregation to participate. Most books are readily available through the library or on-line, or discount books. Please contact Nancy Hallock (315) 533-7067 if you are interested in participating.

READING FROM UUA

Why Can't I Fix It?

By Nathan Detering

The Questions We Ask When We Love Someone with Addiction

Weaving together his own and others' deeply felt experiences, Rev. Nathan Detering addresses the common questions we ask when we love someone with addiction and offers support to anyone struggling

WHO DO YOU KNOW?

On the 4th Sunday of each month we have outside speakers for Service. We are using the Soul Matters themes but a presenter is not bound by them.

If you know someone who can speak (in person or via Zoom) on an appropriate topic for our community, please let Lucy Stieber know.

SOUL MATTERS THEME for FEBRUARY

The Path of Love

What's Your Metaphor

In writing about love, many have turned to metaphors to tell the tale. The list is long: Love is an ocean, a pearl, a burning flame, a battlefield, a beggar, a disease, a rose, a fine wine, a slippery slope, an archer, an outlaw, a fever, a jewel, even an exploding cigar!

There's something important in this effort. Love, as we know it, is elusive. Every version of it has a complexity that can't be captured with precise and concrete language. We turn to metaphors because, just like love, they aren't easily pinned down. They tell a story more than offer a definition. They evoke a feeling rather than attempt to satisfy our logical mind. And so, in that elusiveness and expansiveness, they actually get closer to the truth. *Our* truth actually.

Spend the month finding your favorite metaphor for love!

Don't rush it. Noodle on it a number of times before settling on the one. You, of course, need to start by figuring out what "favorite" means to you. And, from there, how it might capture your unique experience with love.

Loving Your Whole Self

Self-care (and self-love) is never a selfish act — it is simply good stewardship of the only gift I have, the gift I was put on earth to offer others. Anytime we can listen to our true self and give it the care it requires, we do so not only for ourselves, but for the many others whose lives we touch. - Parker Palmer

We are told “Love yourself!” But which part? There is our spiritual self, our physical self, our emotional self, our relational self, just to name a few. This needs to be taken into account. We are multidimensional beings with the need for a multidimensional understanding of self-love.

So, to help here are some ideas for how to care and love your various selves throughout the month. **Your work is to do some act of self-love and self-care for each aspect of yourself.** Our suggestions are there only to stimulate your imagination. Only you know what it means to truly love and care for that part of you. You’ve got the whole month to do it but why wait to get started!

The catch: You must find one thing to do *for each category listed!*

The second catch: *Figure out which of your many selves needs the most self-care and self-love.*

1. YOUR PHYSICAL SELF

- Make time for yoga.
- Take more naps.
- Start a morning stretching routine.
- Get a massage.
- Rest.

2. YOUR SOCIAL SELF

- Having lunch with a good friend you’ve not connected with in a while.
- Call an old friend on the phone.
- Sign up for a book club.

3. YOUR SENSORY SELF

- Buy silk sheets.
- Take a [forest bath](#).
- Finally use that bathtub of yours and sensually soak in the tub.
- Spend extra time in the shower each morning.
- Try out scented candles.

4. YOUR PLEASURE-SEEKING

- Dance two weekends in a row.
- Make chocolate covered strawberries.
- Watch a movie in the middle of a workday.
- Make more time to walk your dog.
- Take a weekend get-a-way with your sweetheart.

5. YOUR INTELLECTUAL SELF

- Read something on a topic you wouldn’t normally.
- Immerse yourself in crossword puzzles.
- Clean out a junk drawer or a closet, as a way of clearing your mind.

6. YOUR EMOTIONAL SELF

- Share that secret with a trusted friend.
- Write yourself a love letter.
- Finally meet with a therapist.
- Allow yourself to cry. Or laugh.

7. YOUR SPIRITUAL SELF

- Attend worship every week for the whole month!
- Find and read a book of spiritual poetry.
- Try praying or meditating each morning.
- Write down five things you are grateful for each night before you go to bed

COVID PROCEDURE

Until further notice please observe the following:

- If you don’t feel well, please do not come to 1st U.
- With the upsurge of the new Omicron Variant BA-5, mask wearing is recommended but not mandated. There are masks available at the building.
- All people are encouraged to continue to use hand sanitizer.
- Groups using the building should follow the same guidelines plus their group’s specific protocols.
- We have coffee and cookies after the service, in the dining room. If you bring homemade treats please also include a packaged choice.
- If you come down with COVID-19 after attending a service or gathering, please contact Nancy Hallock at (315) 533-7067 or at njhallock@gmail.com.

We will review these guidelines periodically as the situation changes and will provide updates as needed.

NEWSLETTER

Please send all newsletter items or suggestions to Lucy Stieber at lastieber@aol.com or call 734-678-6533