

Welcome to All!

CIRCLE OF FELLOWSHIP

Monthly Message for All Ages –November 2023

“We cannot begin to find ourselves without love.”
Elizabeth Mount

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.
3243 Fulton Street
Post Office Box 429
Central Square, NY 13036-0429
Building Phone: 315-307-3400
Website: CentralSquareUU.org

Facebook:

www.facebook.com/pages/UU-Central Square

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.



NOVEMBER EVENTS CALENDAR

Note: Daylight Saving time ends at 2 AM on Sunday 11/5 – “spring forward, fall back”. So, move your clocks back an hour Saturday night before you go to bed. 😊

- * Nov. 5th Sunday - Trustee Meeting, 8:30 AM, in the dining room – in person & zoom.
- * Nov. 29th, Wednesday - Book Club, 2 PM
“The Lesson In Chemistry: by Bonnie Gamus (Zoom only)

SUNDAY SERVICE CONVERSATIONS

November 5th– Rev. David Weissbard

It is risky committing to preaching on an active subject. There is so much being printed about the Gaza war that it both hard to ignore the moral issues and simultaneously hard to know where to go with it. But the thing about a UU pulpit is a congregation has the expectation that we will not duck the hard ones. So, while reserving the right to change the subject if I can’t get it together, I am intending on asking sermonically, “Which Side Are You On?”

November 12th – Rev. Kurt Hohmann

Reflections: Celebrating Life's Journey

November 19th - Rev. Bud Adams

November 26th – Geraldine Gorman, RN PhD
Clinical Professor, Clinical Practice, College of Nursing, University of Illinois Chicago.

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 – Nancy Hallock

EDUCATION FOR YOUTH & ADULTS



November brings the gift of generosity. This month we will be keeping a journal of simple acts of generosity that we do each day.

Donating items, kindness and helping others, these are things we will be working on.

We will be making an "I can give" tree. Listing the wonderful things we do each day

Ronna Schindler



Red Cross Blood Drive
Friday, November 17, 2023
1:30-6:30 p.m.
First Baptist Church
701 N Main St.
Central Square NY

**Sponsored by the First Universalist Society
of Central Square**

Buddy the Elf has a big heart, and we think you do too! Share your generous spirit with patients in need this holiday season and in return, get a pair of officially licensed Elf and Red Cross socks while supplies last. You can get yours when you donate at our blood drive. Then kick back and celebrate the 20th Anniversary of the film Elf! It is highly encouraged that you schedule an appointment but walk-ins may be welcome if all appointments do not fill. You can schedule an appointment by visiting redcrossblood.org or calling 1-800-RED CROSS.

This drive is staffed by our own First Universalist Society volunteers. If you can help, please contact Ellen LaPine.

We haven't had a committee meeting in a long time. We do see each other at church and communicate as needed. There was lots of help with the Rummage Sale. We are in the process of clearing the back room. Everything is free. Clothing and some items will go to Divine Mercy for their store. I think we made \$800+, but Ann has the details. Our last hi-way pickup was Tues. 10/24. If anyone is traveling near the Mexico DOT office, maybe you could return the sign and equipment. Please contact me.

Ice cream is still in the freezer and still tastes delicious. The North Shore Xmas program is taking donations. They are also collecting gently used coats of all sizes. I will deliver any of your donated coats.

We continue to collect hats, mitts and scarves for distribution by the Lioness.

They should be new items. (.Handmade or purchased)

The Mammography Bus is coming to our parking lot Nov. 9 9am-3pm. I will be there on the 1st shift and Tracy will stay 12-3p. I posted some flyers in C.S. I will put out a sign for FREE giveaway on that am.

I will provide coffee, cider and donuts for Mammo participants.

I took more food to the pantry Tues, thanks to everyone donating.

That's all Nancy Hallock

MARKETING COMMITTEE – Susan, Paul, Erin, Arny

* We developed a Welcome and chalice lighting statement. These are being implemented.

* The Seven Principals will be put on the outside of the building, Agway side, weather permitting.

MAINTENANCE COMMITTEE – Paul W, Paul S, Win, Arny.

* The lawn continues to be mowed at no charge by Stewart's Lawn Care.

* Paul W. is getting bids on waterproofing the kitchen wall.

* There is discussion about reflooring the dining room with engineered wood.

ADMINISTRATION COMMITTEE – Ellen, Marcia, Arny.

* We continue our discussion with the new Agway building owners re. parking.

UU BOOK CLUB

The UU Club typically meets on the last Wednesday of each month at 2PM. Zoom only. The reading schedule is:

November 29th “The Lessons In Chemistry”
by Bonnie Garmus

There will not be a meeting in December.

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.

UUA Reading Suggestion

Title: “On Repentance and Repair”

Author: Dadya Ruttenberg

Making Amends in an Unapologetic World

A crucial new lens on repentance, atonement, forgiveness, and repair from harm—from personal transgressions to our culture’s most painful and unresolved issues.

UUA Through Time

As we learn more about UU history we can more clearly convey the meaning of Universalism for ourselves and others. Starting with :1960s

1960: Joint assemblies of the Universalist Church of America and the American Unitarian Association approve consolidation.

1961: The Unitarian Universalist Association is born. [The Rev. Dana McLean Greeley](#), former AUA president, is elected president. A new hymnal, *Hymns for the Celebration of Life*, is published in 1964.

1965: UUs rally to the aid of the civil rights movement. Two— [the Rev. James Reeb and Viola Liuzzo](#)—are killed during the Selma voting rights struggle. Greeley and many other UU leaders march in Selma. In 2011, [the FBI reopened an investigation](#) into Reeb's killing.

1967-1970: The “ [black empowerment controversy](#)” divides UUs about approaches to racial justice and UUA finances. The 1968 General Assembly pledges \$1 million to black empowerment projects. In **1969**, after [the Rev. Robert Nelson West](#) is elected president and the UUA is found to be deep

in debt, the UUA cuts funding. In 1970, the General Assembly eliminates black empowerment funding entirely, alienating many black UUs.

SOUL MATTERS

Welcome to the Gift of Generosity

It would be easy to see this as a month of niceness. After all, for many, the call of generosity is equated with the call to be kind.

But that’s not the spiritual understanding, and certainly not the sort of gift our faith sees in generosity.

First of all, it’s transformative. Generosity doesn’t just brighten our days; it changes how we relate to life. Let’s be honest, life can harden us. And before it does that, it often hurts us so we can’t be blamed for viewing it as a threat.

Like some kind of dangerous obstacle course. Or a giant game of King of the Hill, where the winners take all and the rest of us are thrown to the bottom, bruised and empty-handed. No matter which metaphor fits, it’s almost impossible to think our way out of it on our own. But then these seemingly small or sentimental gestures come our way. A person notices we forgot to bring our bus pass and pays for us before we have to ask. The neighbor shovels our part of the driveway while she does hers. The nurse takes a half hour to sit with us while we wait for the results. It wasn’t her job and she doesn’t have the time, but she did it anyway. In those simple moments, the world suddenly feels less cold. A crack sets in. Our obstacle course, winner-take-all view of life gives way to something softer. We may still hurt, but it also feels as though life itself is trying to help. That’s what generosity does it transforms.

It also connects. Deep down we know the difference between giving, and giving generously. The former is taken from our “extra.” The latter is taken from what is essential. It’s the difference between giving our loose change and giving of ourselves. And when you hand over a part of you to_ someone else, you’re tethered. Your vulnerability meets their vulnerability. You haven’t just helped; you’ve shown you care. Both of you feel seen. And less alone.

But make no mistake, generosity doesn’t stop there, at care and connection. It also challenges. True generosity doesn’t just ask us to care for people, it also asks us to call them out. When you loo at life through the lens of generosity, charity loses its sheen and many of sheen and many of those who have much are exposed as hoarding what others need. It’s sneaky that way. Generosity undermines our comfortable views and

invites justice in. It doesn't just ask us to be kind to others, it also asks us to question why some have so much more than others.

Transform. Connect. Challenge. Not the usual words we pair with generosity. And maybe that's the point. Maybe the invitation this month is not just to be more generous, but to notice how generosity is bigger than we think.

Putting Generosity into Practice

Sometimes we lose touch with how generously overflowing life is, even when parts of our life are hard. When this happens, we need something to help us step back and renew our perspective. This is what this exercise is all about.

Look over the list below and rate how abundant or scarce each of these are in your life, on a scale of 1 (scarce) to 10 (abundant). Place your rankings to the right of each item.

Then make time to reflect on the results. What surprised you? How did you feel after finishing it? What insights or feelings arose as you ranked and thought about each item?

1. Friends
2. *Long-time friends*
3. Moments of beauty
4. The ability to exercise
5. Financial comfort
6. Children who love you
7. An animal to love
8. Sunsets
9. Reliable healthcare
10. Adventure
11. Laughter
12. A sense of purpose from your work
13. Time to volunteer
14. Access to quality food
15. Freedom from worry
16. Loneliness
17. Novels to read
18. Dinners where loved ones sit and talk
19. Play
20. Respect of your peers
21. People to talk to when tough times come
22. Rich memories
23. Time for meditation/prayer
24. Self-care
25. Self-love

Lend Life a Hand

Life doesn't just lavish generous gifts on us; it also often invites us to be part of the lavishing. It's sneaky that way. It likes to enlist us as its partner-in-crime. This

exercise asks us to explore that more deeply— it asks us to notice how we are ***both givers and receivers of life's generosity.***

Simply put, your challenge is to find a way to bring life's generosity to someone's life. That may seem simple, but there is one big, challenging rule you must follow: They can't know you were involved. In other words, your task is not to do a good deed. It is to help someone experience life differently. The goal is to remind someone that *life itself* is generous, not stingy. Open, not closed. Full of surprises, not threats.



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AARP SMART DRIVER COURSE!**

You will learn:

- Defensive driving techniques
- Proven safety strategies
- New traffic laws and rules of the road

Plus, there are no tests to pass. You simply sign up and learn. Upon completion you can save 10% on your car insurance and remove up to 4 points from your license.*

AARP Smart Driver In-Person Course
First Universalist Society
3243 Fulton Ave
Central Square NY 13036

Saturday, December 9, 2023
9 a.m. – 3:30 p.m.

This class is open to the general public. Upon completion you may save at least 10% on your car insurance or, with some exceptions, remove up to 4 points from your license. Class participants must bring their driver's license with them for registration.

The course fee is \$25 for AARP members (bring membership card to qualify for the discount price) or \$30 for nonmembers. Preferred payment on the day of the class is by check or money order. No credit cards can be accepted. Space is limited so please call (315) 675-3385 to register.

NEWSLETTER ITEMS

The Newsletter comes out at the beginning of each month. It is assembled by Lucy Stieber based on your input. If you have items, please email to Lucy at LASTIEBER@aol.com