

CIRCLE OF FELLOWSHIP
Monthly Message for All Ages
January 2022

HAPPY NEW YEAR 2022

We tend to forget that happiness doesn't come as a result of getting something we don't have, but rather of recognizing and appreciating what we do have.

Frederick Keonig

OUR MISSION

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

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Board Officers & Trustees
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UUA promotes and affirms seven Principles 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 congregations.
4. A free and responsible search for meaning and truth.
5. The right of conscience and the use of the democratic process within our congregations 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.



EVENTS CALENDAR

Sunday, Jan 9th, Planning Committee
(in-person & Zoom)
Saturday, Jan.15th, 10AM Board Retreat
Wednesday, Jan, 26 PM - Book Club
"All The Light We Cannot See"
(In-Person & Zoom)

SUNDAY MINISTERIAL CONVERSATIONS

Jan 2nd - Rev. David Weissbard
Jan 9th - Ellen Blaylock, Artist with a Mission
(More info. on page 3)
Jan 16th - Rev. Bud Adams
Jan 23rd - Soul Matters Discussion
* Janie Garlow & Nancy Hallock will lead a congregational discussion based on twelve thoughtful questions. See the last article of the Newsletter (p. 4) for the questions.
Please review prior to the 23rd
Jan 30th - Kirt Holman "Embolic Holiday"

BOARD NOTES

We are very happy to note that our building is open for in-person service. Masks are required unless seated. Our zoom option will continue to be available as well. Members, friends and groups who want to use the building are free to do so but with the following limitations:

* CDC and NYS protocols: vaccinated people do not need to wear a mask but unvaccinated people and those under the age of 12 must still wear a mask; use hand sanitizer and maintain social distancing. *Please feel free to continue to wear a mask if it makes you more comfortable. Your comfort is our primary concern.*

*Groups using the church may meet by following the same guidelines plus their group's specific protocols.

*All surfaces must be wiped clean using the provided disinfectant wipes before leaving the building.

SOCIAL JUSTICE COMMITTEE

*The SJC is interested in supporting Interfaith Works with their New Americans and Refugee Resettlement programs. A representative, Daryl Files, will speak 1/23 @ our Soul Matters discussion.

*The collection of hats, mittens and scarves will continue through the year. The current need is most noted for ages 6-11y.

*We continue to collect coins and cans for PW4W.
www.purewaterfortheworld.org

Nancy Hallock

EDUCATION FOR YOUTH & ADULTS



On Sunday, December 17th Cecilia Marie, Elliot Alexander & Gabriel Patrick Barry were dedicated into the UU Congregation. Their Mom Gail, and Dad Bill were present along with grandparents and other relatives and friends. It was a beautiful, joyous occasion. Ronna Schindler led the poignant ceremony.

Monthly Story for All Ages

This month the children will be exploring Living with Intention from Soul Matters curriculum.

We will begin the year learning what happens when people are given different sets of rules to live by. How does it feel to live with inequality? Should everyone have the same resources?

We will be discussing how important it is to think through our actions before taking any action. Good intentions can be good but they can also cause harm. Playing the “what if” game will help us create numerous scenario endings.

Adding to our month we will discuss “What can one drop of water do”. We are all water protectors. How does caring for something deeply drive us to help save and care for our resources. Creating an intention bracelet and adding various beads to represent parts of nature and their relationship with water will help us to understand how everything is interconnected. Ronna Schindler

The UU Club typically meets (at church & zoom) on the last Wednesday of each month at 7PM.

We will be meeting on January 26th.

The group shares their views on the book selected each month. The January book is, “All The Light We Cannot See” by Anthony Doerr.

We are considering other books for future reading. The selection is based on the interests of the group, and the group is open to all suggestions. It is not necessary to be member of the church to participate. Most books are readily available through the library or on-line, or discount books. Please contact Nancy Hallock if you are interested in participating.

GREEN MINUTE

Pollution is the introduction of harmful materials into the environment. The three major types of pollution are air pollution, water pollution, and land pollution.

Pollutants can be natural, such as volcanic ash.

They can also be created by human activity, such as trash or runoff produced by factories. The military is the largest polluter in the world.

Pollutants damage the quality of air, water, and land.

Many things that are useful to people produce pollution. Cars spew pollutants from their exhaust pipes. Burning coal to create electricity pollutes the air. Industries and homes generate garbage and sewage that can pollute the land and water. Pesticides—chemical poisons used to kill weeds and insects—seep into waterways and harm wildlife.

All living things—from one-celled microbes to blue whales—depend on Earth’s supply of air and water. When these resources are polluted, all forms of life are threatened.

Pollution is a global problem. Although urban areas are usually more polluted than the countryside, pollution can spread to remote places where no people live. For example, pesticides and other chemicals have been found in the Antarctic ice sheet.

Air and water currents carry pollution. Ocean currents and migrating fish carry marine pollutants far and wide. Winds can pick up radioactive material accidentally released from a nuclear reactor and scatter it around the world. Smoke from a factory in one country drifts into another country. (from National Geographic)



Red Cross Blood Drive
Friday January 13th 1:30 – 6:30 p.m.

The American Red Cross is experiencing an emergency need for blood donors! The blood supply in the United States has reached one of its lowest levels in recent years. Blood centers across the country are reporting less than a one-day's supply of blood — a dangerously low level. If the nation's blood supply does not stabilize soon, lifesaving blood may not be available for some patients when it is needed.

You will have an opportunity to help at our Red Cross blood drive on Friday, January 13th from 1:30 p.m. – 6:30 p.m. This drive will be held at the Baptist Church at 701 Main Street. 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.

If you can help by volunteering at the blood drive please contact me at dartfrog7777@aol.com.

Thank you.
Ellen LaPine
Social Justice Committee

REFLECTIONS

Living With Intention

The Soul Matters topic for January is "Living with Intention".

(I should say good intentions and follow through.)

On Sunday, January 23, we will meet @ 10:30 in the dining room. Daryl Files, communications director for new Americans and refugee resettlement at Interfaith Works

We will speak for 10 minutes so we can learn about their good intentions and their meaningful work. The rest of this hour will be our turn to discuss our intentions. Please read the attachments to use this whole month to think about our intentions, personally and as a congregation.

"Your day is pretty much determined by how you spend your first hour". **So....Start your day with intention.**

Nancy Hallock & Janie Garlow

SOME UU HUMOR

- * The Past, The Present, & The Future walked into a café. *It was TENSE.*
- *What do sprinter eat before a race?
Nothing. They fast.
- * What kind of bull doesn't have horns?
A Bullfrog

**READING SUGGESTION
FOR RELAXATION**

"The Daughters of Yalta" by Catherine Grace Katz
The story of the fascinating and fateful "daughter diplomacy" of Anna Roosevelt, Sarah Churchill, and Kathleen Harriman, three glamorous young women who accompanied their famous fathers to the Yalta Conference with Stalin in the waning days of World War II

READING FROM UUA

"The AOC Generation"

by **David Freedlander**

How Millennials Are Seizing Power and Rewriting the Rules of American Politics

A grassroots look at the future of US politics as the next generation of progressive organizers - sparked by the unstoppable rise of Alexandria Ocasio-Cortez - leads us toward a new direction

Please send all newsletter items or suggestions to Lucy Stieber at lastieber@aol.com or call 734-678-653

GUEST PRESENTER FOR JANUARY 9, 2022

Ellen M. Blalock is a multi-media artist, photojournalist, and educator. Her work includes photography, videography, writing, and drawing. "I am an artist with a mission. I believe my job is to be a conduit, to listen and tell the stories of people that need to be heard and represented: the ones whose lives and experiences have been marginalized. I am particularly interested in the African American experience in the United States. My job is to listen, to record, to make available the voices and stories of what is missing."

For more information see her web site:

ellen-blalock.squarespace.com:

Soul Matters Discussion

Sunday, January 23, 2022

We will have a discussion in the dining room on Sunday, January 23, 2022 beginning with announcements at 10:25 lead by Janie Garlow & Nancy Hallock. The children may attend religious education as usual this time.

Welcome to Living with Intention

"Here's what I discovered. Intention is different from setting goals or resolutions in that it "pulls us into" who we truly are. Goals and resolutions "push us out" into future possibilities. To set intentions, we must listen to our inner voice which tells us who we truly are."

- Katie Covey, Soul Matters Director of RE Resources

So here we are again, in the month of January, with its talk of daring resolutions and demanding calls to become better. It's hard to resist. After all, who of us couldn't benefit from a bit of self-improvement? And so most of us gladly go along and declare "This is the year I'm finally going to be a better me!"

But are we sure this is what we really want? When you read that quote above about being "pulled in" rather than "pushed out," what happens in your heart? Is being pushed really what you want and need? Are you really excited about the New Year's work of striving to create a brand new you? Or do you suddenly notice an internal whisper that says, "I long to be pulled in more deeply to the self I already am"? In other words, maybe our real New Year's work is not about pushing forward into self-improvement, but about pausing, stepping back and asking, "What hunger has my heart?"

There is, after all, a big difference between becoming better and becoming ourselves. Self-improvement is not the same as self-alignment. Wanting to get from point A to point B is something quite different from longing to find your inner anchor. Bottom line: Goals and intentions may indeed be more distinct than we have thought. And being clear about that may be more important than we have thought. So this month, maybe our most meaningful work is to make room. All around us this month, there's going to be tons of talk about creating goals and imagining who we *might* become. But living with intention seems to be more about creating a quiet space that allows us to connect with who we *already* are, a space that protects us from the pressure to accomplish and instead makes room to ask questions of integrity.

And if we are able to carve out that quieter space, then maybe we will discover that this isn't the year of "finally

becoming a better me." Maybe we'll decide it's enough to simply "finally be me."

Your Questions

Don't treat these questions like "homework" or try to answer every one. Instead, make time to meditate on the list and then pick the one question that speaks to you most. The goal is to figure out which question is "yours." Which question captures the call of your inner voice? And what is that question trying to get you to notice or acknowledge? Often it helps to read the list to a friend or loved one and ask them which question they think is the question you need to wrestle with!

1. What did your parents intend to do with their lives? Did they fulfill it? And whether they did or didn't, what did you learn from watching them try?
2. What is your intention when you wake up? Some begin the day by asking, "What do I have to get done?" Others ask, "What do I want this day to be about?" Which are you?
3. Are you too intentional? Is it time to put down all the "doing" and pay a bit more attention to "being"? Has your long list of intentions left you feeling exhausted and even lost?
4. They say intention arises from within. So, what do you do to stay in touch with the fire in your belly?
5. They say intention takes pause. So, when was the last time you stopped, stepped back and allowed yourself to ask, "Am I going in the right direction?"
6. They say, "Habits eat good intentions." So, what new habit might you put in place that enables your intention to become real.
7. What if it's not about what you intend to do with life, but about what life intends to do with you?
8. Have you ever felt that life was living you rather than you living it?
9. Is it finally time to give up that unrealistic intention? The one you've failed at following through on again and again? The one you've been beating yourself up over, again and again? Is it time to intentionally be gentle with yourself and let it go?
10. Are you as good at assuming the good intentions of others as you are at defending your own?

11. **11. What's your question?** Your question may not be listed above. As always, if the above questions don't include what life is asking from you, spend the month listening to your days to find it.
12. Habits eat good intentions for breakfast." So, what new habit might you put in place that enables your intentions to become real?

Additional Resource

This is not part of the Soul Matters curriculum but may be helpful for the discussion. The whole presentation is worth watching. At the 8:15 minute mark the presenter talks about New Year's resolutions (our "intentions").

<https://youtu.be/L9UIF852Boo>

Companion Pieces

Recommended Resources for Personal Exploration & Reflection

The following resources are not required reading. We will not analyze these pieces in our group. Instead they are here to companion you on your journey this month, get you thinking and open you up to new ways of imagining the spiritual practice of Living with Intention.

Word Roots & Definitions

From Latin *intentus*: "to stretch out, lean toward" and Latin *intendere*: 'intend, extend, direct', from in- 'towards' + *tendere* 'stretch, tend'. This is usually understood as reaching for and pursuing a goal. But it can equally refer to stretching towards something within us. A moving closer to our internal compass and values. A stretching toward authenticity. A stretching toward our true selves.

Wise Words

*Before you tell your life what you intend to do with it, listen for what it intends to do with you. *Before you tell your life what truths and values you have decided to live up to, let your life tell you what truths you embody, what values you represent. *Parker J. Palmer*

*Between stimulus and response there is a space. In that space is our power to choose our response. In our response lies our growth and our freedom. *Viktor E. Frankl*

*In any given moment we have two options, to step forward in growth or to step back into safety. *Abraham Maslow*

*When I dare to be powerful — to use my strength in the service of my vision, then it becomes less and less important whether I am afraid... I am deliberate and afraid of nothing. *Audre Lorde* *Intention is the difference between those old mustard stains and Jackson Pollock.