

CIRCLE OF FELLOWSHIP
Monthly Message for All Ages
May 2022

**The philosopher Blaise Pascal wrote,
*In difficult times carry something beautiful
in your heart.***

The goal is to find a reminder about beauty that
will carry you through these times.

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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Board Officers & Trustees
Ellen LaPine – President
Janie Garlow – Vice-President
Winfield Ihlow – Recording Secretary
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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, May 1st, 9AM Board Meeting
(in-person & Zoom)
- Sunday, May 1st, New Members Gathering
Erin & Cecilia Barry
- May 15th – 8:30AM Highway Clean-Up (See P.3)
- May 15th Flower Communion
(Bring a Flower/Take a Flower)
- *Wednesday, May 25th 7pm – Book Club
“The Mystery of Mrs. Christy” (See P. 3)

SUNDAY MINISTERIAL CONVERSATIONS

- May 1st - Rev. David Weissbard
- May 8th – Mothers Day Talk
- May 15th – Rev. Bud Adams
- May 22nd - Lucy Stieber to coordinate
Soul Matters
- May 29th – Kurt Hollmann

BOARD NOTES

ANNUAL MEETING & BOARD OPPORTUNITY

* The **Congregation's Annual Meeting** is the first Sunday of June. This year it is on **June 5, 2022**, immediately following the Sunday sermon in the sanctuary.

* **THE BOARD OF TRUSTEES IS SEEKING MEMBERS WHO HAVE AN INTEREST IN KEEPING OUR CONGREGATION VIBRANT.**

The Nominating Committee is currently seeking forward thinking members who have the vision and enthusiasm to be part of the Board of Trustees. This is an opportunity for you to help steer our community into the future. Bold ideas welcome. The existing board members will help you transition into your new position.

Yes, it does require **commitment and time**, because **nothing grows without these components!**

Take this opportunity to share your talents and wisdom. Meeting are in person and on Zoom. If you are interested and would like to help move our congregation forward, please contact Janie at (315) 436-2238 or Mjgarlow@aol.com.

Thank you for your consideration,
The Nominating Committee

Janie Garlow
Winfield Ihlow
George Tennant

COVID PROCEDURE - MAY UPDATE

We unfortunately feel the need to increase our protocols regarding the use of our building due to the high level of transmission of COVID-19 in Oswego, Oneida and Onondaga Counties. Beginning Sunday, May 1, 2022 and until further notice please observe the following:

- If you don't feel well, please do not come to church.
- All people must wear a mask while inside our building no matter your vaccination status. Masks will be available at the church for your use if you forget yours.
- All people are encouraged to continue to use hand sanitizer.
- Groups using the church may meet anytime when ready following the same guidelines plus their group's specific protocols.
- We will suspend having coffee after service in the dining room as long as transmission levels remain high in the three county area.
- If you come down with COVID-19 after attending a church 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.

UU CIRCLE

As a result of the workshop on March 20, beginning Sunday, April 3rd, we will be trying out six different suggestions to our current **Affirmation of Faith**. We will supply handouts for each service. If attend via Zoom, the Affirmation or Covenant for that week will appear in the announcements you receive by email.

We will vote at the Annual Meeting on what Affirmation or Covenant to change it to or keep our current Affirmation of Faith.

The suggestions are:

1. Continue to call it "Affirmation of Faith"

Love is the doctrine of this church
The quest of truth is its sacrament
And service it its prayer
To dwell together in peace
To seek knowledge in freedom
To serve human needs
For these high purposes
Do we unite in Worship

2. Rename to "Covenant of Faith"

We covenant with each other to strive for improvement
Within our selves and our world community
We covenant with each other to adhere to
the Seven Principals
Together we can. Together we will.

3. Rename to "Covenant of Faith"

Love is the doctrine of this church
The quest for truth is its sacrament
And service is its prayer
We covenant with each other
To adhere to the Seven Principals
To strive for improvement,
Within ourselves and our world community
To dwell together in peace,
To seek knowledge and freedom for all,
To serve humanity in fellowship
Together we can. Together we will.

4. Rename to "Covenant of Faith"

We affirm that love is our greatest purpose
Accepting one another is the truest form of faithful living
The search for truth is our constant star
We pledge our hearts, minds and hands
To challenge injustice with courage
To find hope in times of fear
And to live out our Unitarian Universalist values
everyday as a beloved community
Thus do we covenant with each other and with all
that is sacred in life.

5. Rename to "Covenant of Principals"

Love is the doctrine of this community
The quest for truth is its sacrament
And service is our goal
To dwell together in peace
To seek knowledge in freedom
To the end that our minds may grow into harmony
with the cosmos
Thus do we covenant with each other
And with all existence
May it be so

6. Rename to "Covenant of Faith"

Love is the spirit of this church, and service is its law
This is our great covenant
To dwell together in peace
To seek the truth in love
And to help one another

7. Our current "Affirmation of Faith"

Love is the doctrine of this church
The quest for truth is its sacrament
And service is its prayer
To dwell together in peace
To seek knowledge in freedom
To serve humanity in fellowship
To the end that all souls may grow into
harmony with the divine
Thus do we covenant with each other and with God
Amen

EDUCATION FOR YOUTH & ADULTS



Monthly Story for All Ages

As we glide into May our lessons turn toward nurturing nature. Our main point of interest will be neurodiversity. Have you ever tried to sculpt with one hand, pick up something small with a sock on your hand, or try to figure out what something is with just one of your senses? We will delve into and learn how adapt with changing abilities.

We will also have a nature beauty scavenger hunt and a lesson on owning your own beauty.

These are only a few of the things we will be exploring as we spend the month learning how each person you meet lives their life with different abilities. Knowing that understanding is one of the keys to acceptance and inclusion.

We will continue to collect eyeglasses, prescription bottles and sales receipts for our on going reusing recycling projects.

Ronna Schindler

SOCIAL JUSTICE COMMITTEE

* The SJC has three Adopt-a-Highway dates for 2022.

We have decided on 8:30 AM on **May 15, July 10, Sept. 18.** These dates are all negotiable. We meet early Sunday mornings before church. July the church is closed, so that date may change.

We need volunteers to help on all dates.

*The church will become a Partner in Faith with Interfaith Works. Hopefully we can plan some volunteer opportunities in the future.

*We are collecting hats, scarves, and mittens for the Hastings Lioness group (distributing locally.) Look for sale items or use your skills to sew, knit or crochet contributions. You'll find a collection basket in the dining room. It is next to a box for food and household items for the Downstairs Scotty at the Divine Mercy Church.

Join us Nancy Hallock



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

Blood donors report feeling a sense of great satisfaction after making their blood donation. Why?

Because helping others in need just feels good. You will have an opportunity to help at our Red Cross blood drive on Friday, March 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

UU BOOK CLUB

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

The group has selected books for the remainder of the year:

May 25th – “The Mystery of Mrs. Christy”
by Marie Benedict

June 29th – “Last Bus To Wisdom” by Ivan Doig

July 27th – “The Life She was Given”

by Ellen Marie Wiseman

August 31st – “Ishmael” by Daniel Quinn

September 28th – “Born A Crime” by Trevor Noah

As you can see we read about a variety of topics. 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 (315) 533-7067 if you are interested in participating.

GREEN MINUTE

The Earth can only generate a limited amount of food and water, which is gradually falling short of the current needs. The world is already facing many difficulties regarding the water crisis, and food scarcity and overpopulation will add more demands to supply. To meet the needs of the growing population, the **forest** has been cut down rapidly. **Paper** makes up 23 percent of municipal solid waste (trash) generated each year, more than any other material. Americans recycled about 68 percent of the paper they used [in 2018](#). This recovered paper is used to make new paper products, which saves trees and other natural resources. Most community or office recycling programs accept paper and paper products. Check what your community or office program accepts before you put it in the bin. Look for products that are made from recycled paper when you shop. Better yet, consider if you really need to print in the first place.

Below are answers to frequently asked questions on paper and cardboard products. While general answers are provided, your local program may have different rules. Check with your local recycling program to learn if they accept these items.

*Newspapers and magazines can be recycled.

*Pizza boxes can be recycled, even if they have grease in them. Make sure to remove any food scraps from the box and flatten it before placing it in the bin.

*Paper and cardboard takeout can be recycled depending on how much food left on them. Try rinsing or scraping the residue off to clean it.

"Spatula-clean" is clean enough to recycle!

Otherwise, containers contaminated with food cannot be recycled.

*Cardboard boxes can be recycled, make sure to flatten any boxes before placing them in the bin. Examples of recyclable cardboard containers are some egg cartons, cereal boxes, and shoe boxes.

*Books can be recycled. If it still is in good condition try donating it! Schools, places of faith, charities, and non-profits will often accept book donations. If the book is not in useable condition, it can be recycled. Paperback books can be recycled as-is: remove the cover from a hardcover book before recycling it.

*Paper giftwrap often is not recyclable when it has a shiny or laminated coating. If you use giftwrap, purchase a type that can be recycled or is made from recycled content. EPA encourages consumers to reuse gift bags, boxes, and tissue paper.

Newspaper is an excellent alternative to giftwrap.

May Soul Matters Theme – Nurturing Beauty

"This is a wonderful day. I've never seen

this one before". Maya Angelou

Beauty.

We appreciate it.

How could we not?

We wonder at it.

Get absorbed in it.

Analyze it if it's got a frame around it

We make it.

Grow it.

Point at it.

Collect it.

Share it.

Save it.

But how often do we listen to it?

How often do we ask, "What is it trying to get me to hear?"

Beauty is one of the most important secrets to successful social change and social survival. When we carry beauty, it carries us.

So this month, ***literally find something to carry with you, for weeks on end!*** A pebble, poem, torn piece of paper with a quote on it. The goal is to find a reminder about beauty that will carry you through as you carry it.

Enter the World of Ordinary Beauty

We've all had those moments. The ordinary suddenly appears extraordinary. One minute the objects around us blend into the background, sit there as "things". The next they come to life, so clearly carrying meaning and memory. What once seemed possessions, now somehow possess us. They are a part of us. And us them. When it happens it is beautiful.

So this month lean into the beauty of ordinary things, by picking one ordinary thing to praise. And then figure out how to praise it!

Mandy Hale writes, "**There is nothing more beautiful than someone who goes out of their way to make life beautiful for others.**" In this spirit, work this month on making something beautiful and then give it away. The challenge of this exercise is not so much in the making of a beautiful object as it is in figuring out what you want your gift to mean to the other person. Maybe your gift will be to thank them for who they've been for you. Maybe it will be to help them hold on to a memory. Maybe it will just be to remind them that life is beautiful even when it is hard. And remember, you do not have to be an "artist" to do this. The beauty is in the gift - the way it will make another a bit more beautiful.

As you take time to review and consider these questions select one that speaks to you most. The goal is to figure which question is "yours". Which question

captures the call to you inner voice? What is that question trying to get you to notice or acknowledge it? Please review the question and come to the group ready to share where the journey led you.

1. How do you define beauty?
2. What does the word beauty mean to you?
3. What parts of life have grown more beautiful as you've aged?
4. What if beauty isn't something we encounter but something we become.
5. When was the last time you thought of the most beautiful thing you ever saw or experienced?

SOME UU HUMOR

- * What car doesn't go anywhere?
A stationary wagon
- * Why is money so stubborn?
It doesn't want to make change
- * What kind of money do fisherpersons make?
Net Profits

READING SUGGESTION FOR RELAXATION

The Lincoln Highway by Amor Towles

In June, 1954, eighteen-year-old Emmett Watson is driven home to Nebraska by the warden of the work farm where he has just served a year for involuntary manslaughter. His mother long gone, his father recently deceased, and the family farm foreclosed upon by the bank, Emmett's intention is to pick up his eight-year-old brother and head west where they can start their lives anew. But when the warden drives away, Emmett discovers that two friends from the work farm have hidden themselves in the trunk of the warden's car. Together, they have hatched an altogether different plan for Emmett's future.

READING FROM UUA

[Conversations with People Who Hate Me](#)

12 Things I Learned from Talking to Internet Strangers

From Dylan Marron, the host of the award-winning, critically acclaimed podcast *Conversations with People Who Hate Me* comes a thought-provoking, witty, and inspirational exploration of difficult conversations and how to navigate them.

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