

CIRCLE OF FELLOWSHIP
Monthly Message for All Ages
November 2022

Let go of the expectations placed on you by others—and those they taught you to place on yourself. Drop the guilt and the shame, not to shirk accountability, but in honest expectation of the possibility of forgiveness. Let go of the thing you said the other day. Let go of the thing you dread next week. Be here, in this moment. Breathe, here.
Chip Roush

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

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.

NOVEMBER EVENTS

- * Sunday, November 6th 9AM -Trustee Meeting (in person & Zoom)
- * Monday, Nov. 7th – Mammogram Van. See information below.
- * Tuesday, November 15th 2PM – Planning Meeting. (Zoom only)
- * Friday, Nov. 18th – Red Cross Blood Drive. See information below.
- * Sunday, November 20th 1PM – Paint Party
\$20 per person, all materials included
This event will benefit UU Circle.
- *Wednesday, November 30th @ 2PM – Book Club. “While Justice Sleeps” by Stacey Abrams (Zoom only). See information below.

SUNDAY SERVICES

**November 6th - Rev. David Weissbard
“The Lesse Vessel?”**

The overturning of Roe is not an isolated event: it is part and parcel of the ongoing war between men and women, and simultaneously war to end democracy and turn America into a Christian theocracy. The sermon topic was stimulated by Rep. Boebert and by the gift of two books by a visitor at my October Watertown service - they are effectively Fox news in print! While I have a pretty good idea how that sermon will end, [as do you], I can hardly wait to see how it gets where it is going. I hope you will join us in person or online.

**November 13th – Rev. Kurt Hohmann
“Change of Season, Season of Change”
November 20th– Rev. Bud Adams
November 27th - Juliette Forshaw & Mike Judge**

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

WHO DO YOU KNOW?

We are in need of speakers for the 4th Sunday of each month. We use Soul Matters monthly themes but a presenter is not bound by them. If you know someone of interest on appropriate topics for a congregation setting please let Lucy Stieber know.

SOCIAL JUSTICE COMMITTEE

*We encourage donations to the Food Bank at Divine Mercy Church of non-perishable food and hygiene and cleaning items. No clothing. Collection box is in the dining room.

*Coins in Sunday collection plates continue to go to Pure Water for the World. For more information go to purewaterfortheworld.org.

*The 3rd hi-way pickup was completed 10/16.

*An abbreviated "Love your church day" was held 10/20.

*Ellen, Ronna and I met at church to sew polar fleece hats, mittens, and ear warmers for the Lioness distribution to local children. We will meet again soon. You can still help. The items should be new or homemade. Thanks for your help.

Submitted by: Nancy Hallock

MARKETING COMMITTEE

Over the past months the Marketing Committee has been exploring the reasons for our lack of growth. A four step model was used that involved surveying the congregation, categorizing the responses and developing potential solutions. The Trustees were given the overall results of the survey. Over the next months each category will be discussed with the Trustees and action steps will be developed and implemented. If you did not respond to the survey and have thoughts on why we're not growing, please contact me. Your input will be kept confidential. If you did respond and have additional thoughts, you too are encouraged to give your input. This is a dynamic process, so there is no "end". Things change and we must too. Submitted by: ARNY Stieber

EDUCATION FOR YOUTH & ADULTS

Monthly Story for All Ages

Nothing stays the same. As seasons change we also have changes within ourselves.

November brings lessons in traveling the path of our changing selves, our world, thanksgiving and winter holidays which will blend into December. We will be exploring the joys of habits and what happens when they change. Mosaic pattern art and how small pieces create a bigger picture.

Reading the three sisters story and making three sister soup. Giving thanks for the bounty around us.

We will be making winter holiday bags filled with the traditions and symbols of holidays that are celebrated during the winter season.

We continue to collect eyeglasses, empty prescription bottles and cash register receipts.

Ronna Schindler



UPSTATE MAMMOGRAPHY VAN

The church is hosting the Upstate Mammography Van in the parking lot on Monday, Nov. 7. The van will be here from 8 a.m. to 3 p.m. Please spread the word about the van. We do have the minimum 10 appointments. To help, see Nancy Hallock, 315-533-7067 or njhallock@gmail.com. To sign up for a mammogram: <https://www.upstate.edu/mobile-mammography/events.php>.

Thanks Nancy Hallock

Red Cross Blood Drive **Friday November 18th 1:30 – 6:30 p.m.**

The American Red Cross urges blood donors of all types and those who have never given before to book a time to give blood or platelets now and help keep the blood supply from dropping ahead of the holidays.

You will have an opportunity to help at our Red Cross blood drive on Friday, November 18th 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 2PM.

November selection is "While Justice Sleeps" by Stacey Abrams

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.

SOUL MATTERS THEME FOR NOVEMBER **THE PATH OF CHANGE**

I wonder, particularly in a time where everything seems urgent, what the role of pause and breath is, in this season, to help us gear up for whatever this transformational moment we find ourselves in is.

Rev. Jen Bailey

We need space to imagine a new way, and new self. Not moving or pushing but sitting and cultivating... the goal is to allow you space and time to reflect on your past, present, and future. To imagine a new beginning. **Rev. Sara LaWall**

What if pushing is only half of it?

What if there is time to waste?

What if rushing is what got us into this mess?

What if catching our breath shrinks the clouds and expands our view?

What if space for breathing is what enables the seed of change to take root?

What if pausing allows the longing to grow?

What if it's not about taking control of life, but being quiet enough to hear life speak?

What if slowing down is what allows us

To notice we're not the only ones who long for change?

And what if catching our breath isn't about resting up?

What if the quiet is what enables us to notice how uncomfortable this life of comfort has become?

And what if comfort has been withheld from us?

Wouldn't that mean that rest is a revolutionary act, allowing us to combat a culture that works to keep us tired, and numb?

What if, in the end, it is silence that allows us to hear the still small voice inside that says,

"We can no longer wait".

COVID PROCEDURE

Beginning Sunday, September 4th, and until further notice please observe the following:

- If you don't feel well, please do not come to church.
- With the upsurge of the new Omicron Variant BA-5, our protocols have changed. Mask wearing is recommended but not mandated. There are masks available at church.
- 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 have coffee and cookies resume Sunday, September 4th after the service, outdoors or 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 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.

GREEN MINUTE

GROUND WATER (CONTINUED)

AQUIFER

Most of the void spaces in the rocks below the water table are filled with water. Wherever these water-bearing rocks readily transmit water to wells or springs, they are called *aquifers*. Although ground water can move from one aquifer into another, it generally follows the more permeable pathways within the individual aquifers from the point of recharge (areas where materials above the aquifer are permeable enough to permit infiltration of precipitation to the aquifer) to the point of discharge (areas at which the water table intersects the land surface and water leaves an aquifer by way of springs, streams, or lakes and wetlands). Where water moves beneath a layer of clay or other dense, low-permeability material, it is effectively confined, often under pressure. The pressure in most confined aquifers causes the water level in a well tapping the aquifer to rise above the top of the aquifer. Where the pressure is sufficient, the water may flow from a well. Ground water is always moving by the force of gravity from recharge areas to discharge areas.

Ground-water movement in most areas is slow—a few feet per year. But, in more permeable zones, such as solution channels in limestone, movement can be as much as several feet per day. Evidence of the movement of ground water through rock and soil can be seen in road cuts, especially in winter, when the water freezes upon emerging from the rock. In some bedrock exposures, the water emerges along partings between rock layers; in others, along vertical fractures.

In latitudes where freezing is common, there is less recharge from rain or snowmelt during winter, which causes the water table to fall. Sporadic or differential freezing of the soil in the fall and winter inhibits recharge to the saturated zone, and the complete freezing of the soil in winter prevents all recharge until the soil thaws in the spring. The saturated zone beneath the water table is recharged by the excess water that is not discharged to streams. The resulting rise in the water table increases ground-water *storage* (the volume of ground water stored within an aquifer system). In late spring, summer, and early fall, evaporation and transpiration by plants capture most of the water that would otherwise recharge the aquifer, while discharge to streams continues. A seasonal decrease in ground-water storage results, as indicated by declining water levels in wells. In winter, freezing of the soil prevents recharge, which again causes a decline in storage. In early spring, frequent precipitation coupled with water from snowmelt causes a rapid increase in storage and a rise in the water table. In addition to seasonal fluctuations in ground-water storage, long-term trends result from the variations in precipitation. Several years of below-normal precipitation causes a progressive decline in ground-water levels, and several years of above-normal precipitation causes a corresponding rise. These long-term climatic trends cause changes in ground-water storage. During periods of long-term, above-average precipitation, the water table may rise close to the land surface and interfere with home construction and waste removal. By Roger M Waller USGS

READING SUGGESTION FOR RELAXATION

“The Glitter of Green”

by Jon Dunn

Hummingbirds are a glittering, sparkling collective of over three hundred wildly variable species. For centuries, they have been revered by indigenous Americans, coveted by European collectors, and admired worldwide for their unsurpassed metallic plumage and immense character. Yet they exist on a knife-edge, fighting for survival in boreal woodlands, dripping cloud forests, and subpolar islands. They are, perhaps, the ultimate embodiment of evolution's power to carve a niche for a delicate creature in even the harshest of places. Traveling the full length of the hummingbirds' range, from the cusp of the Arctic Circle to near-Antarctic islands, acclaimed nature writer Jon Dunn encounters birders, scientists, and storytellers in his quest to find these beguiling creatures, immersing us in the world of one of Earth's most charismatic bird families.

READING FROM UUA

“Trusting Change”

by Karen Hering

Minister and award-winning author of *Writing to Wake the Soul* Karen Hering invites readers on the cusp of great change—which is all of us today—to explore the new possibilities emerging in our times. Whether you are living through significant personal transitions or navigating a world reshaping itself faster than ever, the book offers ten skills for living on the threshold as well as spiritual practices and inspiration for connecting with your own inner wisdom. From the first page, you'll find a storytelling companion ready to journey with you through uncertainty and change. Hering does not pretend that change is simple. But she offers reassurance that it becomes easier to trust the more we participate in it.

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