

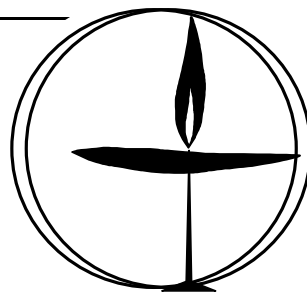
UU News

UNITARIAN UNIVERSALIST SOCIETY OF ONEONTA
16 Ford Ave., Oneonta, NY 13820 (607) 432-3491

www.uuso.org uuso@uuso.org

SUNDAY SERVICES 10:30 AM

Love is the doctrine of this church, the quest for truth is its sacrament, and service is its prayer



January 20, 2016

Minister: Rev. Craig Schwalenberg—432-3491 or 287-7906
revcraig@uuso.org

Board President: Karen Palmer—267-4793

Music Director: Tim Home—432-7323

UUSO Church Building—433-7329

Director of Religious Education:

Susan Ryder—643-1927—dre@uuso.org

Editor & Office Administrator: Robin Ahearn—432-3491
uuso@uuso.org

BLACK LIVES MATTER—SPECIAL CONVERSATION

The Black Lives Matter Task Force invites all to a special conversation Sunday, January 24, at 2 pm in the Chapin Memorial sanctuary. Joining us will be the Rev. Douglas Taylor and congregant Shawn Stekete of the UU church in Binghamton, and Jacqui Williams of the UU church in Albany. They will share their journeys leading to their congregations' decisions to display Black Lives Matter banners on their churches, and what they have experienced and learned since raising their banners. There will be time for your questions and discussion. Let's discover how Black Lives Matter has influenced other congregations and communities in our area. Refreshments will be served. If you will need childcare, please let Robin know by Thursday, January 21: 432-3491 or uuso@uuso.org.

—Patricia Engel LaFata

BLACK LIVES MATTER—FERGUSON AND BEYOND

Rev. Julie Taylor/St. Louis, MO

Saturday, February 6, 7 pm, Chapin Memorial Sanctuary

Save the date and join us in welcoming UU minister, the Rev. Julie Taylor, to the UUSO. Rev. Julie will share with us her experiences in Ferguson, MO, in the aftermath of the killing of Michael Brown, her ongoing work for racial equality, and the UU response to the Black Lives Matter movement. There will be time for questions and discussion. Rev. Julie, a dynamic speaker and a passionate advocate for racial equality, is not to be missed. Refreshments will be served. If you will need childcare, please let Robin know by Wednesday, February 3: 432-3491 or uuso@uuso.org.

—Patricia Engel LaFata

MINISTER'S MUSINGS

Our Flaming Chalice...

This January, as a part of our annual Religious Education inter-service, we have been exploring the history and meaning of Our Flaming Chalice, the symbol of our Unitarian Universalist faith. In the pulpit, I've reflected on "The Light of Truth" and "The Fire of Commitment" (this next Sunday, I'll cover "The Warmth of Community"). That first Sunday, I asked people to think about their truths.... What are they? How have they changed? How do they sustain you and motivate you? This last Sunday, I asked people to think about the commitments they have made as Unitarian Universalists. What have we promised? To whom? How do we work to fulfill those commitments on a daily basis, once we leave our sanctuary on Sunday morning? And this next Sunday, I'll be asking what it means to be a community. How do we create the Beloved Community? And to what end? If you've missed one of these services, you can always listen to them on our website or through iTunes. (All of the sermons and reflections are available via podcast or on our website.) I hope you have found the sermon series to be engaging and inspiring. I, myself, am learning a great deal as I reflect on the topic and am most grateful to the Religious Education Committee for choosing it. I'm looking forward to hearing what the children and our RE volunteers have to share with us in their service on January 31.

Finding Our Path...

Our shared theme for this Winter quarter is "Finding Our Path..." a fitting topic to explore as we begin our experiment with theme-based ministry. We truly are finding our way, trying something new and exciting, looking for what works best for our congregation. I'll be expanding on the theme at our February 7 worship service. In preparation for that service, I'd love to hear from folks about their experiences with the theme.

- How did you find your path?
- How did you find your way to Unitarian Universalism?
- Who or what helped you get to where you are today?
- Where is your path leading you to next?

If you'd like to share your answers to any of these questions, please let me know. Email them to me or give me a call or set up a time for us to chat. In many ways, we are all heroes in our own stories, all on our own quest. And yet, we are traveling together, and we have a lot we can teach and learn from one another's journeys. If you would like to help the congregation explore this theme or you have an idea about how we can plumb its depths together, give me a call. I'm confident we'll find our path—and be richer for it.

—Cooperatively, Rev. Craig

Circle of Life...

*Let us welcome to the UUSO family our newest addition:
Lyra Ellen Connie Frye-Hunt, born Tuesday, December 22.*

*Lyra is the beautiful daughter of
Dorothy and Michael Frye-Hunt.*

*Please keep Stan Maricle in your thoughts.
Stan's mother, Ruth E. Maricle, passed away January 12.*

LAST CHANCE TO GET YOUR PORTRAIT IN THE DIRECTORY!!

If you haven't yet signed up for a sitting to have your portrait taken for the Picture Directory, PLEASE do it right away. You can sign up online by going to our website, www.UUSO.org, and clicking on the link under "Upcoming Events." There are still a few appointment spots left although most have been taken. We want everyone to have a picture in the directory, if possible. If you can't find a suitable sitting time, please contact Kathy Paranya at kparanya@stny.rr.com or call her at 441-3206 so that we can make other arrangements for you.

Remember, the sittings will be held on the following dates and times in the Chapin Memorial Sanctuary:

Wednesday, January 27	2 to 9 pm
Thursday, January 28	2 to 9 pm
Friday, January 28	2 to 9 pm
Saturday, January 30	9 am to 4 pm

This will be a wonderful Directory and a good representation of our active members and friends. Everyone should be in it!
—Kathy Paranya for the Picture Directory

PROMOTIONAL OPPORTUNITY

Do you have a business or offer a service that you would like to tell others in the congregation about? Or are you a contact person for an organization or cause, or a company representative?

You are invited to have your business card displayed along with others in the U-USE-IT pages that will be included in the new PICTURE DIRECTORY now being assembled. Any member or friend of the congregation may participate. The fee is \$25. If you do not have a card, an ad will be created for you in a similar style from information you provide.

If you are interested, please call me at 432-8575, or see me during coffee hour at church.

—Anne Ray, for the Office Committee

RELIGIOUS EDUCATION

*We light this Chalice to remind ourselves
To treat all people kindly
To take good care of the Earth
and to live lives full of goodness and truth.*

—The UUSO RE Program's regular chalice-lighting words. Source unknown

Lighting a chalice is a way that we, as Unitarian Universalists, can mark a time and place as sacred.

Marking the moment by lighting a chalice is something you can do at home. It can be a way to pause the regular noise of living and provide an opportunity for meaningful experience. Chalices can be lit whenever is right for you: at mealtimes, once a week, or every-so-often. Chalices can be lit to welcome a sense of spirit, practice gratitude, celebrate something special, remember something special, and/or allow us to feel part of something bigger than ourselves. One of the many beauties of lighting a chalice as a spiritual practice is that it is open-ended. It can be crafted to fit any individual's or family's lifestyle or way of spiritual expression.

Lighting a chalice can nurture a sense of connectedness with our world web of all life, with all Unitarian Universalists, with our church community and/or with our family. We can celebrate our very life. We can acknowledge grief. We can practice being mindful of a particular moment.

In Tending the Flame: The Art of Unitarian Universalist Parenting, Michelle Richards writes, “Practicing mindfulness is a way of appreciating life during the moments in which we live them. The intentionality of maintaining awareness of what you are doing at any given moment is a spiritual practice that recognizes that all life is precious and that time itself is sacred.”



Your Homework Challenge for the coming weeks is to make space and time(s) to light a chalice (or a virtual one should you be chalice-less). Spend a few moments being aware of whatever you choose. If you like, you can say words to light the chalice and then words to blow it out. The time in the middle is yours. How will you use this time? If you do this as a family ritual, what will mean the most to your group? You may be surprised by what becomes more meaningful when you mark a time and place as sacred.

UUSO Newsletter—January 20, 2016

A chalice is to be lit in any way that is meaningful to you. May it bring a greater sense of whatever you need to live the life you want to be living. May it be a reminder of how we are all connected.

We have had three of our January Sessions about Our Flaming Chalice so far. Each has been hosted by a member of our UUSO Community who has shared their time, talents, stories, wisdom, experiences and chalices with us. We are so thankful to Lisa Zuend-Misner, Suzanne Miller, and to Donna Behrendt. This also goes for Spike Paranya and Zanna McKay who will lead our fourth and last workshop on Sunday, January 24. We will present the Intergenerational Service on January 31 called, "Our Flaming Chalice: What Truth, Community, and Commitment Mean to Us." There will be a practice and pizza party on Saturday, January 30, for RE participants at Chapin Memorial from 5:30 to 7 pm.

Your Homework Challenge for last week was to make a chalice. We are generous folk who quickly forgive those who don't do their homework. In fact, we will be providing a brief chalice-making workshop during coffee hour on January 31. We have many splendid materials left over from our own chalice work to share with you. If any RE participant missed making a particular kind of chalice, this would be the perfect chance to do so. If any adults actually made a chalice at home, you are invited to bring it to the January 31 service to add to our Community Chalice Glow.

We are all connected to each other.

*We will go from here and we will return
knowing that here we will always find
the hands of friends.*

—The UUSO RE Program's regular chalice-extinguishing words. Adapted from Laurie Bushbaum

—Susan Ryder, UUSO Director of Religious Education

DIRECTORY UPDATES

Vivian Walisko's new address:

111 Heritage Circle, Apt. 201, Oneonta, NY 13820 (same phone number)

Linda Wilcox's new address:

207 Lower Reservoir Road, Oneonta, NY 13820 (same phone number)

FAMILY SERVICE HOLIDAY PROJECT

Thanks to all in UUSO who participated in the Family Service Holiday Project. Your involvement was much appreciated. Gifts were given to the members of three families through Family Service Association. A very special thank you goes to Martha Robinson and Prue Stelling for coordinating this effort from beginning to end and to our RE children who decorated the tags for the gifts. —Suzanne Miller, Social Action Cmte

UUSO Newsletter—January 20, 2016
GUEST AT YOUR TABLE TO SUPPORT

THE UNITARIAN UNIVERSALIST SERVICE COMMITTEE

We will be collecting the Guest at Your Table boxes and donations for the work of the Unitarian Universalist Service Committee/UUSC at the Social Action table for the next two Sundays. UUSC partners with grassroots organizations at home and around the world in a variety of projects. Examples include supporting people after natural disasters, working for immigration reform, and campaigning to stop the current deportation of asylum seekers from Central America. Go to the UUSC website at UUSC.org to read about their work and to take action regarding deportation. If you would like to write a check, make it payable to UUSO and put "Guest at Your Table" in the subject line. People who contribute \$40 or more can become members of UUSC and receive regular updates.

—Suzanne Miller for the Social Action Committee

NOTES OF THANKS...

Dear Reverend Schwalenberg:

On behalf of the Oneonta Branch of the NAACP, I want to thank you and your congregation for opening your sanctuary and your hearts to our celebration. We were moved by your inspiring invocation and the ringing of the chimes. We are also grateful for all your help and that of your members.

There are no adequate words to express our appreciation.

Very sincerely, Regina Betts

Dear Rev. Schwalenberg and the Unitarian Universalist Community,

Thank you so much, once again, for thinking of our program with your generous donations. These donations are used for our programs to provide items for our clients where funding does not.

Safe Against Violence Staff, Dorothy, Linda H. Rachele, Linda A. and Danielle

ROAST PORK DINNER

There will be a Roast Pork Dinner at First United Methodist Church, 66 Chestnut Street, Oneonta, on Friday, January 29, serving from 4:30-6:30 pm. tickets may be purchased at the door. Tickets are \$10/adult; \$5/child (5-12); under 5, free. Dinner is served buffet style and includes roast pork, mashed potatoes and gravy, green beans, carrots, applesauce, rolls, beverage, and homemade pies for dessert.

—Submitted by Virginia Wilson, First United Methodist Church

SECRET VALENTINE TIME IS HERE!

This is a wonderful chance to get to know someone in our community from a different generation—and have fun too! Secret Valentines give and receive gifts for three weeks.

Here's how it works: On January 24 sign up to be a Secret Valentine at the back of the sanctuary. Complete one of the forms with your information and the Membership Committee will match Secret Valentines. You will be notified that week with the identity of your Secret Valentine. For the next two weeks, 1/31 & 2/7, you bring your Secret Valentine a gift and leave it at the Secret Valentine table in the back of the sanctuary. The gifts are intended to be small, personal gifts—it's not about spending a bunch of money. On the last week, 2/14 (Valentine's Day!), we will gather after the service to exchange final gifts and reveal the Secret Valentine identities!

For more information please contact Elayne Mosher Campoli at 431-2345 (text or call) or ms.elayneous@yahoo.com.

—The Membership Committee

CALENDAR JANUARY

Jan 22	Fri	8:00 AM - 9:00 AM/Aerobics/CM
Jan 23	Sat	9:00 AM - 10:30 AM/Black Lives Matter Task Force/OBH Living Rm
Jan 24	Sun	Secret Valentine Sign-up/CM
		9:30 AM-1 PM/Building Use/RE/OBH
		10:30 AM/Service: "The Warmth of Community"/Rev. Craig/CM
		12:00 PM - 2:00 PM/Building Use/Robotics Team/CM/Explorers Rm
		1:00 PM - 2:00 PM/Building Use/CM
Jan 25	Mon	2-4 PM/Black Lives Matter Event/CM
		4:00 PM - 5:00 PM/Building Use/CM
		8:00 AM - 9:00 AM/Aerobics/CM
Jan 25	Mon	6:30 PM - 8:00 PM/Zen Meditation/CM
Jan 26	Tue	1 - 3 PM/Small Group Ministry/CM Loft
		5:30 PM - 7:30 PM Small Group Ministry/OBH Living Rm
		6:30 PM - 9:30 PM/Stop the Pipeline/CM
Jan 27	Wed	8:00 AM - 9:00 AM/Aerobics/CM
		12:00 PM - 2:00 PM/Building Use/CM
		2:00 PM - 9:00 PM/Photo Sittings/CM
		6:00 PM - 8:00 PM Small Group Ministry/OBH Living Rm
Jan 28	Thu	10:00 AM - 12:00 PM Small Group Ministry/OBH Living Rm
		1:00 PM - 2:00 PM/Building Use/CM
		2:00 PM - 9:00 PM/Photo Sittings/CM
		4 PM - 5:00 PM/Building Use/CM Loft
Jan 29	Fri	8:00 AM - 9:00 AM/Aerobics/CM
		1:00 PM - 2:00 PM/Building Use/CM
		2:00 PM - 9:00 PM/Photo Sittings/CM
Jan 30	Sat	8:00 AM - 9:00 AM/Building Use/CM
		9:00 AM - 10:30 AM/Black Lives Matter Task Force/OBH Living Rm
		9:00 AM - 4:00 PM/Photo Sittings/CM
		4:00 PM - 5:00 PM/Building Use/CM
		5:00 PM - 9:00 PM/Building Use/RE Rehearsal/CM/Sanc & Kitchen

Jan 31	Sun	Secret Valentine Gift Giving/CM
		9:30-10:30/Bldg Use/RE Rehearsal/CM
		10:30 AM/Service: "Our Flaming Chalice: What Truth, Community, and Commitment Mean to Us"/Children & Youth of UUSO/CM
		12:00 PM/Black Lives Matter Discussion/OBH Living Rm
		12:00 PM - 2:00 PM/Building Use/Robotics Team/CM/Explorers Rm
		1-3 PM/Free Hypnosis Clinic/CM Loft

FEBRUARY

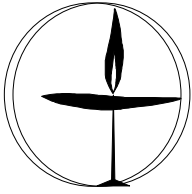
Feb 1	Mon	8:00 AM - 9:00 AM/Aerobics/CM
Feb 1	Mon	9:00 AM/Newsletter Deadline
		6:30 PM - 8:00 PM/Zen Meditation/CM
		10:00 AM - 11:00 AM/Yoga/CM Loft
Feb 2	Tue	1-3 PM/Small Group Ministry/CM Loft
		5:45 PM - 7:00 PM/Yoga/CM
		6:00 PM/Social Action Cmte/103 Elm Street, Oneonta
		7 PM/Web Cmte Mtg/OBH Dining Rm
Feb 3	Wed	8:00 AM - 9:00 AM/Aerobics/CM
Feb 4	Thu	10:00 AM - 11:00 AM/Yoga/CM Loft
		7-8 P/Membership Cmte/OBH Lvg Rm
		7 - 9:30 PM/Building Use/CCS/CM
Feb 5	Fri	8:00 AM - 9:00 AM/Aerobics/CM
Feb 6	Sat	9:00 AM - 10:30 AM/Black Lives Matter Task Force/OBH Living Rm
		5:30/Black Lives Matter Event/CM
		Secret Valentine Gift Giving/CM
Feb 7	Sun	10:30 AM/Service: "Finding Our Path"/Rev. Craig/CM
		12:00 PM/Black Lives Matter Discussion/OBH Living Rm
		12:00 PM - 2:00 PM/Building Use/Robotics Team/CM/Explorers Rm
Feb 8	Mon	8:00 AM - 9:00 AM/Aerobics/CM
		6:30 PM/RE Cmte/OBH Dining Rm
		6:30 PM - 8:00 PM/Zen Meditation/CM

CM=Chapin Memorial/OBH=Olympia Brown House

Rev. Craig's Office Hours:

Tues, Wed, and Thurs, 10-2 (By Appointment)

Office Administrator's Hours: Mon-Thurs, 9-2



UNITARIAN UNIVERSALIST SOCIETY
12 Ford Ave.
Oneonta, NY 13820

UPCOMING SUNDAYS at the UUSO

January 24, 2016

Children to Classrooms at 10:30

"The Warmth of Community"

The flaming chalice is a symbol of our wider community, an invitation to this religious community of ours, and a reminder of the space we share—physically and emotionally.

Rev. Craig Schwalenberg

**Music provided by
the UUSO Choir and
Music Director Tim Horne**

Ushers: Mary Ambrose and Grace Smith

*Coffee Hosts: Suzanne Miller and
Walter vom Saal*

*Worship Associate: Kevin Schultz
(Please submit announcements to
Kevin via email by 1/22.)*

January 31, 2016

Stay Together Sunday

"Our Flaming Chalice: What Truth, Community, and Commitment Mean to Us"

The Flaming chalice is the symbol of our wider Unitarian Universalist movement, our historical tradition, and our common faith. What does the symbol mean to us at UUSO?

**The Children and Youth of UUSO
Religious Education Intersession Service**

**Music provided by
Music Director Tim Horne**

Ushers: Ben and Diana Friedell

*Coffee Hosts: Susan Troost and
Cathi Wiltsey*

*Worship Associate: Adrienne Martini
(Please submit announcements to
Adrienne via email by 1/29.)*