

UU News

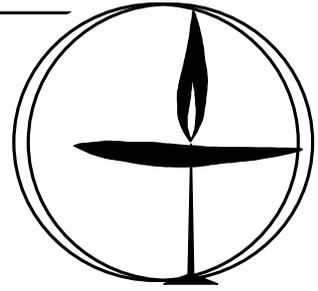
UNITARIAN UNIVERSALIST SOCIETY OF ONEONTA
16 Ford Ave., Oneonta, NY 13820 (607) 432-3491

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

March 2, 2016



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“SHORT AND SWEET” DESSERT THEATER

The Unitarian Universalist Society of Oneonta presents “Short & Sweet,” the 13th Annual Dessert Theater, featuring short stories, both sung and spoken, on Friday, March 4, and Saturday, March 5, at 7:30 pm in the sanctuary. Directed by Duncan Smith, musically directed by Tim Horne, and produced by Rosemary Summers, the show features nine local actors in the ensemble, bringing nine different humorous short stories to life. Footsteps leading nowhere are investigated in a Russian tale, translated by Karl Seeley. No one can spin a tale like Mark Twain, and three of his

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PI DAY CELEBRATION!

Join us to celebrate the irrational number, pi, on the eve of Pi Day, Sunday, March 13, at 6:30. And yes, we recognize that the whole idea of “Pi Day Eve” is just as irrational as the number itself, so we are going with it!

- Enter your best sweet or savory pie in a taste off! There will be a prize for both categories. If you

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PIZZA & GAMES!!

Friday, March 11, starting at 5:30 pm all UUSO Members and Friends are invited to Pizza and Games! Please bring \$1.50 per person for pizza, a dish to share (like veggies & dip, salad, hummus, salsa and chips, dessert, etc.) and games to play. This fun event has been enjoyed by folks of all ages at UUSO for many years. Fun is guaranteed for all, whether you come alone or with your whole family. We'll hang out, enjoy company and conversation, eat a casual dinner together, and maybe even learn a new game or play an old one you've always loved. We hope you'll join us! Also check out the event on Facebook.

—Elayne Mosher Campoli, Membership Committee

MINISTER'S MUSINGS

Our Democratic Principles

“Democracy allows people to have different views, and democracy makes us also responsible for negotiating an answer to those views.” —President Obama

This past Sunday, we held a special congregational meeting to consider two proposals: empowering a task force with the goal of making UUSO an anti-racist organization and, as a part of that charge, hang a Black Lives Matter banner on our church building. It was, as expected, an energetic and passionate meeting filled with high emotion and respectful debate. In our tradition, we affirm and promote the democratic process. It is a core part of our congregational polity and one of the principles we hold most dear. So, when we meet to make these decisions, the outcome of our collective work is important, but so too is the process by which we come to a conclusion. Democracy is messy—it always has been. It is hard to give everyone an equal voice. And the higher the stakes, the greater the passion, the messier it can get. This past Sunday, I believe this congregation engaged in the democratic process with good intentions and due care to the process and to each other. This is not to say, of course, that everyone is happy with the outcome of the votes. (That is usually an expected outcome with the democratic process.) And not everyone was able to speak to the issues at hand in the manner or to the extent they wanted to—another drawback to the democratic process and the rules of order we use to conduct our meetings. And yet, of the meetings I've attended and participated in at UUSO, I still believe we conducted ourselves in a loving and respectful way. I'm quite proud of the congregation for your participation in this process and for your efforts to maintain our Beloved Community—even when emotions run deep and the stakes are high.

The vote on both measures was overwhelmingly affirmative—another thing I'm rather proud of. (After the meeting, I texted Rev. Julie Taylor the results and she was proud, too.) Now comes the hard work. Now we have to figure out how to work towards being an “Anti-Racist Institution,” and we have to decide when, where, and how to hang a Black Lives Matter banner on our sanctuary building. (We have to decide what the banner will say and what it will look like.) There were many concerns expressed at the congregational meeting about the aesthetics of the banner and its possible location. In addressing these questions, we will continue to be guided by our democratic principles. The Black Lives Matter Task Force, newly renamed the Anti-Racism Task Force, will be inviting people to participate and help shape the next steps of their broader focus. The Board of Trustees (elected and empowered by the congregation) will be forming a sub-committee to discuss the details related to the banner and asking for their recommendations. Once the Board hears the recommendations, they will decide the best course of action to take. Democracy and ministry can both move slowly sometimes, but that is because the process we use is as important as the goals we are trying to accomplish. Walking together in love is as important, if not more so, than where we are walking to.

I'm excited by what comes next. I'm excited to be the minister of a congregation committed to doing this important work. And I'm grateful to be a part of a community that cares as much about one another as it does for their shared ministry. —Cooperatively, Rev. Craig

Sawdust from the Board

This past weekend was busy and productive for the Board of Trustees. Along with Rev. Craig, we tackled four major topics during our Board Retreat on Saturday, February 27. We explored a new structural model to improve direct lines of communication, we discussed a congregation-wide approach to evaluating our shared ministries in collaboration with the Committee on Ministry, we decided how we would move the process of creating and updating policies toward making them readily accessible to the congregation, and we reviewed the status of our Long Range Plan goals.

On Sunday, February 28, the Congregation voted to work toward becoming an anti-racist congregation with a re-named Anti-Racism Task Force to assist with this ongoing commitment. The motion to hang a Black Lives Matter banner on our building was also approved. To this end, the Board welcomes input into the banner “roll out.” Those who have a passion to think about and research various options for the banner and dedication are asked to contact any board member and/or Rev. Craig. We will form a Banner Advisory Task Force that will provide ideas and resources to help the Board make the necessary decisions.

During our February Board meeting we welcomed the newest trustee, Keith Willcox, reviewed committee feedback for the draft fundraising policy and decided to give another month for additional input, planned the Board retreat, and heard reports.

Our next board meeting is Wednesday, March 16, at 6:30 pm in the Sanctuary. Members and friends of UUSO are invited to observe. Board members are always happy to listen to your concerns or suggestions and two board members will be present at the “Sounding Board” table after the service on Sunday, March 13.

—Karen Palmer, President, UUSO Board of Trustees, 267-4793, kpalmer14@hughes.net

MOROCCAN BANQUET FUNDRAISER FOR YOUCHAOU'S SCHOOL IN MALI SATURDAY, MARCH 19

Help put books on the shelves of the library of Youchaou's School in Mali by attending our annual fundraising dinner on Saturday, March 19, at 6:00 pm. We will be serving delicious Moroccan food, followed by a free showing of the movie, "Timbuktu." According to A.O. Scott in *The New York Times*, it is “Not just a timely movie, a great one... Timbuktu feels at once timely and permanent, immediate and essential.”

Doors open at 5:30 so you can shop at the Mali Market for jewelry and handicrafts. Free childcare is available. To make a reservations for the dinner, contact Carolyn Wolf-Gould at cswolfgould@gmail.com or 434-3303. Tickets are \$15 for adults and \$10 for children. Family rates are available. Hope to see you there!

—Suzanne Miller, Mali Task Force

RELIGIOUS EDUCATION

*“Anything a frog can do, you can do too. All you need is mindful attention.
Attention to the breath. Attention and peace and quiet.” —Eline Snel*

Today our Children's Worship Service was called, "Being Mindful Like a Frog." We looked at some ways to calm our chattering thoughts, to slow our breathing, and to still our bodies. We looked at how a frog is an incredible jumper yet can be very, very still. Among many other things, practicing stillness and calmness can conserve energy (as it does for a frog), give us a rest from stress, help us pay attention to things we have been missing, and help us be ready for new experiences. All of us who meet together for UUSO Religious Education on Sunday mornings can benefit from practicing such mindfulness. In addition to all the many ways this can benefit us personally, it can help make our group experiences together in RE more meaningful. Studies have shown that even those who find it very challenging to be still can greatly benefit from this practice. I have added mindfulness practice to our RE program as we go forward.

Today we made snow globes that have swirling glitter that slowly settles around a small frog at the bottom of the jar. The globes were shaken and the glitter (representing swirling, complicated, amazing sparkles of thoughts) gradually settled on the still frog. We practiced breathing slowly as our “frog bellies” rose and fell. The snow globe the children brought home can be used as a tool to settle and calm their minds. If a snow globe isn't at hand, it is easy to still do this exercise by imagining a snow globe, imagining shaking it, and breathing quietly and watching carefully as the sparkles settle.

The beginning quote about frogs by Eline Snel is from a book I highly recommend. It is called, *Sitting Still Like a Frog – Mindfulness Exercises for Kids (and Their Parents)*. Some of the children at our service today were already familiar with this book and already practice some of the exercises. It is a small book, easily read by busy parents (and DRE's). You will find more information about the many benefits of learning these skills and some information about the research behind the techniques. It contains a CD with short guided lessons for you to listen to and try; these last around four to nine minutes and have names like: “The Little Frog,” “A Safe Place,” “First Aid for Unpleasant Feelings,” and “Sleep Tight.”

We stressed that there is no right or wrong way to practice mindfulness. We begin gently and always with acceptance. Those who had to wiggle or laugh noticed they wiggled or laughed. Our thoughts naturally came and went. We can learn to notice our thoughts and to be more aware of how our body is experiencing our moments. All we really have to do is breathe. It can be hard for everyone at first but it gets easier the more we do it. The benefits are many.

I wish you moments of settling into calm and peacefulness,

—Susan Ryder, UUSO Children's Director of Religious Education

READ ALL ABOUT IT...

New books are coming to both libraries in the coming weeks. One is my new favorite book, *A is for Musk Ox*, by Erin Cabatingan and Matthew Myers. A is for musk ox, but so is B and C and... I went to a library conference recently, and picked up *Raising Ryland: Our Story of Parenting a Transgender Child with No Strings Attached*, by Hillary Whittington, for the Adult Library. It's getting great reviews and I'm looking forward to reading it. Also coming to the Adult Library (slowly but surely) are CDs of services. Look for them on the DVD rack.

—Deb Bruce, UUSO Librarian

2016 GOODS & SERVICES AUCTION

We are gathering some terrific donations but we need your help to make this a great auction! Go through your old jewelry and never-used wedding gifts, check your basements and attics! Items that have gone well in the past include artwork, furniture, rugs, and services (Yard work! Handyperson help! Make appetizers for a special event! Host a meal!). In addition, we still need volunteer help as well as sweet/savory snacks for the night of the auction.

Contact me with questions or to donate/volunteer. And check the next newsletter article for a preview of the items that will be available at the April 2 Auction!

—Jane Bachman

**SAVE THE DATE! ANTI-WAR ADVOCATE AND AUTHOR TO
SPEAK AT UUSO ON APRIL 24**

On Sunday evening, April 24, author David Swanson will speak at UUSO as part of a book tour for his book *War Is a Lie*. He will meet with a gathering of college students at 5:00 followed by a talk to the general public at 7:00. The title of his talk is “Waging Peace: War Is A Lie.”

—Suzanne Miller for the Social Action Committee

MARCH CHANGE FOR CHANGE RECIPIENT...

Saturday's Bread is a hot meal program providing nutritious food for anyone who would like to share it. It is open 52 Saturdays a year, and has not missed one in 24 years. Volunteers from UUSO work together at least four times a year to help provide this vital service to the community.

—Deb Bruce, Saturday's Bread UUSO Volunteer Coordinator

MARCH DINING FOR WOMEN

The Oneonta Chapter of Dining for Women will have its next potluck dinner on Sunday, March 13, at 2 pm in the UU sanctuary. Each month the group learns about and supports organizations that help women and girls in developing countries improve their lives.

The featured organization this month is Americas Association for the Care of Children. Their New Mother's Education Program is working to reduce maternal infant mortality in an inaccessible mountainous region of Nicaragua.

All are welcome to come to the monthly meetings. Bring a dish to pass if you would like. For more information, call Linda at 433-2985.

—Linda Wilcox

JOIN US IN BECOMING AN ANTI-RACIST CONGREGATION

The Black Lives Matter Task Force finished its charge on February 28 by providing educational efforts leading to the motions at the congregational meeting. At the meeting, we passed the motion to continue our anti-racism work. The Black Lives Matter Task Force was transitioned to a (renamed) Anti-racism Task Force, and the charge was broadened to provide educational opportunities to help the UUSO become an anti-racist congregation. A second purpose is to build relationships so that authentic conversations occur about race. As our collective understanding deepens, effective anti-racism actions will likely emerge. We also voted to hang a Black Lives Matter banner, a task that will be facilitated by the Board of Trustees.

There will be many opportunities to continue in this movement. One way is to join the Anti-Racism TF, which will plan and implement the ongoing educational efforts. If you are interested, please email Susan Turell at spicysct2002@yahoo.com. The first meeting will be held on March 19 at 9 am at Olympia Brown House, 16 Ford Avenue. Even if you can't make this first meeting, you are welcome to join the group.

And, if you are interested in less time-intensive roles, watch the newsletter or UUSO chat for additional ways to get involved in the upcoming weeks/months. —Susan Turell

“SHORT AND SWEET” – DESSERT THEATER

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stories are presented... his version of “Adam and Eve’s Diaries” is played by Diana and Ben Friedell; Doug Hallberg presents “The Celebrated Jumping Frog of Calaveras County”; and “Roughing it” is presented by Rosemary Summers, Duncan Smith, Ben Friedell, and Doug Hallberg. Other fun stories are beautifully told by the ensemble, including Chava Granett, Jeannie Langdon, and Kathy Shimberg. All of the stories are sandwiched in between songs about moons, and a beautiful story song, “After the Ball,” sung by Rosemary Summers. Advance Price: \$15/adult and \$8/student; at the door: \$18/adult and \$10/student. Home-baked desserts, wine and beverages included. Reservations: 441-3206. —Diana Friedell

PI DAY CELEBRATION!

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plan to bring a pie, please RSVP to let us know. Pies should arrive at least an hour ahead to protect the identities of our secret bakers, and to allow time to arrange them onto numbered plates for judging. Pies need to be cut to 12-16 pieces. We ask for small pieces so that we can all try a lot - I mean, have a fair tasting for judging purposes!

- Have a great pi activity in mind? Just like we found some great elves to help us with the Holiday Workshop, we are now in search of a few pi day super-helpers to make this another great event with fun activities for all! Last year we had pie pan bean bag toss, pi Sudoku, and mandalas for the little ones (and young at heart) to color. If you have an idea that you want to lead, let us know! Pi recitation? Pie pan relay race? There are no traditions with this "holiday," so you can really have fun with it!

Please join us as we eat our way to figuring the ratio of each pie's circumference to its diameter!

—The Membership Committee

CALENDAR

MARCH

Mar 2	Wed	7:15 PM - 10:00 PM/Play Rehearsal/CM
Mar 3	Thu	11:30 AM - 11:30 PM/Play Rehearsal/CM
		2:00 PM - 4:00 PM/Church Policies Subcommittee/OBH Dining Rm
		4 PM - 5:00 PM/Building Use/CM Loft
		7-8/Membership Cmte/OBH Living Rm
Mar 4	Fri	All-day Rehearsal/Setup/CM
		7:30 PM/Dessert Theater/CM
Mar 5	Sat	All-day Rehearsal/Setup/CM
		7:30 PM/Dessert Theater/CM
Mar 6	Sun	10:30 AM/Service: "Lead the Way!" Rev. Craig/Stewardship Sunday/CM
		12:00 PM/Jim Crow Book Discussion/OBH Living Rm
		12:00 PM - 2:00 PM/Building Use/Robotics Team/CM/Explorers Rm
Mar 7	Mon	6:30 PM - 8:00 PM/Zen Meditation/CM
Mar 8	Tue	10:30 AM - 11:30 AM/Yoga/CM Loft
		2:00 PM - 5:00 PM/Finding Our Theology/Rev. Craig/CM
		5:30 PM - 7:30 PM Small Group Ministry/OBH Living Rm
		5:45 PM - 7:00 PM/Yoga/CM Loft
Mar 9	Wed	6:00 PM/Scrabble & Potluck/CM
		6:00 PM - 8:00 PM Small Group Ministry/OBH Living Rm
Mar 10	Thu	10:00 AM - 12:00 PM Small Group Ministry/OBH Living Rm
		10:30 AM - 11:30 AM/Yoga/CM Loft
		4 PM - 5:00 PM/Building Use/CM Loft
		4:30 PM Worship Team/OBH Upstairs Front Rm
		5:00 PM - 6:00 PM/POC & White Caucus Mtg/OBH Dining Rm
		5:30-8 PM/NAACP/OBH Living Rm 7 - 9:30 PM/Building Use/CCS/CM
Mar 11	Fri	5:30 PM/Pizza & Games/CM
Mar 13	Sun	10:30 AM/Service: "¡Ya es Hora!" Lou Kimmel/CM

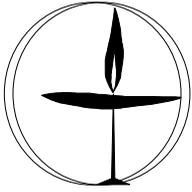
		12:00 PM/Finance Cmte/OBH Dining Rm
		12:00 PM/Jim Crow Book Discussion/OBH Living Rm
		12:00 PM - 2:00 PM/Building Use/Robotics Team/CM/Explorers Rm
		1:30 PM - 2:00 PM/Building Use/CM
		2 - 4:00 PM/Dining for Women/CM
		4:00 PM - 4:30 PM/Building Use/CM
Mar 14	Mon	6 - 6:30 PM/Building Use/Set up/CM
		6:30 PM/Pi Day/CM
		8:00 AM - 9:00 AM/Aerobics/CM
		9:00 AM/Newsletter Deadline
Mar 15	Tue	6:30 PM/RE Cmte/OBH Dining Rm
		6:30 PM - 8:00 PM/Zen Meditation/CM
		10:30 AM - 11:30 AM/Yoga/CM Loft
Mar 16	Wed	5:00 PM - 7:00 PM/White Caucus Mtg & Potluck/OBH Living Rm
		5:45 PM - 7:00 PM/Yoga/CM Loft
Mar 17	Thu	8:00 AM - 9:00 AM/Aerobics/CM
		6:30 - 8:30 PM/Board of Trustees/CM
Mar 18	Fri	10:30 AM - 11:30 AM/Yoga/CM Loft
		4 - 5:00 PM/Building Use/CM Loft
		7 - 9:30 PM/Building Use/CCS/CM
Mar 19	Sat	8:00 AM - 9:00 AM/Aerobics/CM
		9:00 AM - 11:00 AM/Anti-racism Task Force/OBH Living Rm
		10:00 AM - 5:30 PM/Building Use/CM
Mar 20	Sun	10:00 AM - 10:00 PM/Building Use/OBH
		5:30 PM/Mali Event: Moroccan Banquet & Movie/CM
		10:30 AM/Service: "The Voices In Your Head"/Rev. Craig & Cheryl DeDecker/CM
		12:00 PM/Jim Crow Book Discussion/OBH Dining Rm
		12:00 PM - 2:00 PM/Building Use/Robotics Team/CM/Explorers Rm
		1:00 PM/Free Hypnosis Clinic/CM Loft

CM=Chapin Memorial/OBH=Olympia Brown House

Rev. Craig's Office Hours:

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

Office Administrator's Hrs: Monday-Thursday, 9-2



UNITARIAN UNIVERSALIST SOCIETY
12 Ford Ave.
Oneonta, NY 13820

UPCOMING SUNDAYS at the UUSO

March 6, 2016

"Lead the Way!"

Stewardship Sunday/Start Together Sunday

The world is waiting, longing, hoping
for someone to create justice,
make peace, protect the environment,
and build the beloved community.

The world is waiting for us.

Let's Lead the Way!

Rev. Craig Schwalenberg

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

Usbers: Clarissa Arnold & Donna Behrendt

*Coffee Hosts: Jennie Buffington &
Susan Hutchison*

Worship Associate: Cathi Wiltsey

*(Please submit announcements to
Cathi via email by 3/4.)*

March 13, 2016

"¡Ya es Hora!"

Children to Classrooms at 10:30

As Co-Founder and Executive Director of
the Worker Center New Labor, Lou
Kimmel is fighting for social justice with
low wage Latino immigrant workers. We
can all work together to fight for social
justice and improve working conditions.

Lou Kimmel

**Music provided by
Matt Downey & Kathy Shimberg**

Usbers: Dotty Hudson &

Rosemary Summers

Coffee Hosts: Antone Bonafini &

Alice Siegfried

Worship Associate: Kevin Schultz

*(Please submit announcements to
Kevin via email by 3/11.)*