

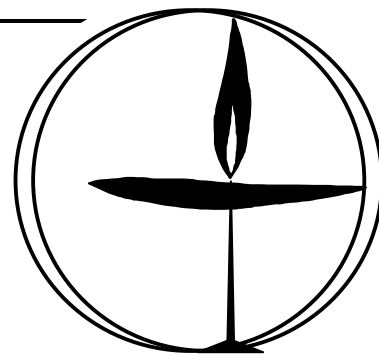
UU News

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



April 15, 2015

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

Board President: April Gates—988-6517

Music Director: Tim Horne—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

SHIFT NY Holistic Living & 11th Annual Spiritual Arts Fair

Come re-charge your body, mind and soul at the 11th Annual Spiritual Arts Fair to be held April 25 and 26 (10 am-5 pm both days) at the Holiday Inn, 5206 State Highway 23, Oneonta. The Spiritual Arts Fair, which was born at UUSO, united with SHIFT New York and moved to the Holiday Inn two years ago. The acronym, “S.H.I.F.T.,” stands for Spiritual Holistic Integrative Festive Transformation. People are SHIFTing their awareness toward natural health and more meaningful spiritual lives. This Fair is offering them some of the best complimentary health practitioners, inspirational workshop presenters, and spiritual intuitive teachers from the Northeast to guide them. *(Continued on Page 6.)*

MAY 2 GOODS & SERVICES AUCTION

Be sure that this date is on your calendar—

you can support the UUSO AND have a great evening!

Doors will open at 5:30. If you don't feel like you can afford to bid, come and help out (for example, we are still seeking three 'Vanna Whites' to hold up live auction items)! Free childcare will be available.

Items for auction include a 19th century refinished chest, a 21-speed bicycle, artwork by Peg Hathaway, Ed Garbarino and Betty Kratzenstein, a truckload of topsoil, help with yard work and home repair, plus antiques, jewelry, baked goods to order, dinners to attend and more!

We are, of course, still accepting donations—so if you've just realized that you won't be able to use some season tickets, or have come across a long-forgotten wedding gift, please give me a call at 431-9509.

There will be a preliminary program available on Sunday, April 26, for those who won't be able to attend, and absentee bids will be accepted.

—Jane Bachman, Chair

MINISTER'S MUSINGS

Bring a Friend to UUSO

Have a friend that you think would enjoy what UUSO has to offer? Perhaps you know someone who is looking for a new religious home? Or maybe you just want to show a neighbor where you go on Sunday mornings? If so, this next Sunday is the day for you. The service will be designed to be particularly visitor-friendly. It should answer some of the basic questions about what Unitarian Universalism is while at the same time providing some engaging topics for conversation and contemplation. The title of the reflection will be, “Our UU Commandments.” If there were Unitarian Universalist commandments in our non-creedal faith, what would they be? How many would there be? If you have ideas, feel free to send them my way this week. You never know what might end up in the reflection Sunday morning.

Stewardship

This past Sunday, our stewardship campaign came to a close. My deep gratitude to EVERYONE who pledged, whatever amount they pledged. (Pledging is one of the ways you affirm your membership annually.) I'm even more thankful to those who were able to increase their pledge this year. As I said in the stewardship sermon, UUSO is ready to move forward towards being a mission-driven congregation with a shared ministry in line with our vision of being a congregation for all generations working towards a world where all beings matter. Moving forward does require us to stretch for our goals and dreams. Unfortunately, we didn't quite make our goal—YET. I say “yet” because we made amazing progress in the last week. On Tuesday, we were \$30,000 away from our goal. By Friday we were \$25,000 away. By Sunday morning, we were \$20,000 away. By the end of the service we were just \$12,000 of our goal. As of Monday morning, we were only \$7,000 short of our goal. Based on this last-minute push, I think there may be a chance we'll make that goal yet. If you haven't pledged, please do so this week. If you have already pledged but can increase your pledge a little bit, you might be the one that helps us hit our target.

Worship Practices

A number of people have asked questions related to worship services lately. I'll do my best to address some of them briefly here. If you have other questions or concerns about the worship services, I would love to hear from you.

Q: Do you memorize your sermons?

A: No. But thank you for paying me that compliment. I usually preach from an outline or a full text, though even when reading from a text, I modify and change it as I am delivering it.

Q: How do you pick topics to preach about?

A: I have a folder of possible topics that occur to me throughout the year. I also pay attention to what is happening in the news for inspiration. Some topics are seasonal or date-specific. Others are suggested by members of the congregation. (One generous bidder at the UUSO Auction gets to pick a topic for me to preach on.) I try to plan a mix of prophetic and pastoral sermons and reflections.

Q: Why do we stand for some of the meditative hymns and sit for others?

A: Normally, we remain seated for meditative hymns since it is more conducive to the experience. Sometimes, however, when the hymn is an unfamiliar one, I choose to invite people to stand as they are willing and able. We sing better when we are standing up and sometimes we need that extra boost. If I know this ahead of time about a hymn, I'll note it accordingly in the order of service. Sometimes, I'm not sure and I make a judgment call on the spot. If you would rather not stand, you don't have to. It is always your choice.

—Cooperatively, Rev. Craig

Sawdust from the Board

Happily, spring is clearly underway, and with it the Board of Trustees and UUSO's committees are getting ready for the Annual Congregational Meeting, coming up May 10. The Nominating Committee's slate of officers for the coming year, minor Bylaws changes, and a proposed budget will be on the agenda for UUSO members to approve.

The Board's regular monthly meeting is Wednesday, April 15, at 6:30 pm in Chapin Memorial and, as always, Society members are welcome to observe. We will be hearing reports from the Minister and the various committees, and will be focusing on Website content and a new approach for the Committee on Ministry. We will also be working closely with the Finance Committee on budget issues related to the completion of the Stewardship campaign.

—April Gates, President, for the Board of Trustees

NOTICE OF ANNUAL CONGREGATIONAL MEETING

The 2015 UUSO Annual Congregational Meeting will be held Sunday, May 10, at 12 noon in the Sanctuary. The agenda will include election of members of the Board of Trustees and Endowment Committee, a Moderator, and a Nominating Committee. We will also review annual reports of the Minister, committees and suborganizations of the Society, review and vote on the tentative 2015-2016 UUSO Budget, and review and vote on proposed bylaw changes for both the UUSO bylaws and the Endowment Committee bylaws.

In order to be able to vote at the Congregational Meeting, you must have been a UUSO member for at least a month (member as of April 10). If you are interested in membership, you can speak with Rev. Craig Schwalenberg who will guide you through the process. Signing in as a current UUSO member at congregational meetings will serve as one means of affirming your membership for the calendar year.

Childcare will be available during the Congregational Meeting.

—Robin Ahearn

ATTENDANCE:

12/21	72	2/15	60
12/24	75 (Christmas Eve/Family)	2/22	84
12/24	49 (Christmas Eve/Meditative)	3/1	67
12/28	65	3/8	49
1/4/15	102	3/15	84
1/11	79	3/22	76
1/18	86	3/29	82
1/25	86	4/5	116 (Easter)
2/1	77	4/12	84
2/8	76		

APRIL CHANGE FOR CHANGE

Our Change for Change for the month of April will go to GOFAR (Greater Oneonta Fund for Animal Responsibility), a nonprofit organization established in Oneonta in 1991 to help with the cost of spaying and neutering stray cats and local pets for people who couldn't afford it on their own. GOFAR currently conducts a monthly spay/neuter clinic for cats, and also sponsors a voucher program to offset the cost of spaying and neutering both cats and dogs at participating area veterinarians. GOFAR exists on volunteer help and professional vet services and also seeks donation of some clinic supplies. GOFAR's goals include educating all pet owners about the benefits to them and to society of spaying and neutering pets, and encouraging responsible pet ownership. Priority for services is given to low-income households, disabled individuals, elderly residents, farmers, and individuals caring for stray or feral cats. See www.gofar.org or call 436-9546 for further information, clinic dates, and needed supplies.

—Kathy Shimberg, for UUSO Social Action Committee

RELIGIOUS EDUCATION NEWS

This last Sunday the COAST (Coming of Age Spiritual Trek) group participated in a full weekend retreat that focused on the Circle of Life. We looked at our lives as a circle divided into four parts: childhood, adolescence, adulthood, and old age. Each part of life was explored and celebrated. There were art activities, games, questions, telling of life experiences, discussions, rituals and ceremonies. We spent some time walking a labyrinth at dusk in Delhi and learning about some Lakota traditions around a small bonfire in the deep woods at night.

I feel blessed to be a part of this experience and to have had this chance to deepen my understanding of the lives of our teens. They are truly incredible, thoughtful and wise individuals. I am also blessed to work with all of the adults who traveled this journey with us. Rev. Craig talked with us about his experiences with adulthood, Cheryl DeDecker led us through a hypnosis session, Molly Swain spoke about her experiences with life at old age. The childhood sessions were so meaningful that many of us were moved to tears. The teens guided us through the sessions concerning teenage years. They helped me remember how difficult those years can be. Teens face so much pressure to grow into adult responsibilities both from within and without. They also are discovering who they are as individuals and how they want to live while feeling constricted by other people's expectations as well as their own. There is quite a bit of pain as well as fear, hope and excitement about a future just glimpsed, but not yet materialized. I am so grateful to our COASTers for their eloquence and willingness to undertake this journey together.

I am always learning new things in my role as Director of Religious Education concerning both children and youth. Lately my professional development has leaned towards learning more about guiding the religious education of our youth. I consider this weekend spent observing and participating with COAST Co-coordinators Eric Zuend-Misner and Elayne Mosher Campoli to have been some of the most rewarding professional development that I have undertaken in my years as DRE. I am grateful for the chance to learn from such sincere, talented, and fun individuals who have spent many years learning the art of working with teens.

If all of this wasn't wonderful enough, Sunday morning we were treated to a delicious breakfast prepared and served to us by Molly Swain and Norma Lee Havens. We enjoyed fun conversations and the perfect conclusion to our retreat.

I am grateful for the support of the adults in our UUSO community for me and for our children and youth. We are all much richer from the attention and love we share.

—Susan Ryder, UUSO Director of Religious Education

Upcoming Raffle... COASTing Our Way Towards Boston!

The COAST (Coming of Age Spiritual Trek) Group has just completed their Circle of Life Retreat weekend, and is one step closer towards the highlight of their journey—the pilgrimage to Boston! To support our fundraising efforts we are happy to announce an exciting raffle! Starting April 19, during coffee hour, you can purchase raffle tickets from any COASTER, one for \$5.00 or five for \$20.00. We have many prizes, so your chances of winning are excellent!

PRIZES:

- Electric Keyboard, donated by Norma Lee Havens;
- Two WINNERS! Deluxe COASTER Quiche Lunch with special salad and dessert, pick your own date, donated by Lisa Zuend-Misner;
- COASTER Baked Goods Basket, including a variety of yummy baked goods donated by all members of COAST;
- Three WINNERS! Delectable Chocolate Fudge Pie, donated by Jenny Bagby.

The drawing will be on Sunday, May 17, and prizes (except the Deluxe Quiche Lunch) will be given to the winners on this date. As always, COAST is very grateful for the congregation's support and generosity. Questions or want to get your tickets? Contact COAST Coordinators Elayne Mosher Campoli or Eric Zuend-Misner, or DRE Susan Ryder.

STEWARDSHIP UPDATE!

I want to thank everyone for your generous response to our final campaign appeal on Sunday, April 12. At the start of the service, our pledge amount was \$150,009. By the end of the day, we were at \$162,638! Although we did not reach our goal of \$170,000 yet, I am in awe of the congregation's collective effort to resolve the campaign's shortfall. It's amazing how ants can band together to move a rubber tree plant!

A very special thank you goes to all who helped with the pledge drive... those who gave testimonials at our Sunday services... those who contributed food for the Stewardship Sunday luncheon and to Jane Bachman for helping to coordinate that event. Many thanks to those who made phone calls in the final days of the campaign to help move things along. Also, I'd like to give a very special thanks to the Stewardship Committee members: Deb Bruce, Judy Tator, Mary Krupp, Pam Strother, Rev. Craig Schwalenberg, and Stan Sessions (Board Liaison). Thanks to Finance Committee members Beth Rafter, Lynn Beken, and Margaret Maguire for all the time and effort they put into keeping us up-to-date on the pledge submissions. And thank you to Robin Ahearn for helping me coordinate meetings, agendas, and all the mailings that happened behind the scenes. I also appreciated that Judy Tator and Jeane Bennett-O'Dea covered my absence during Easter Sunday. Finally, I want to extend a special thank you to Judy Tator for her exceptional efforts in mentoring me throughout this campaign.

Together we have shown that magical things can happen when we band together towards a common goal. Thank you for chipping in to steadily move the rubber tree plant during this year's campaign.

—With much gratitude, Sandy Smith, Stewardship Chair



CHANGE FOR CHAGE UPDATE:

Recent Change for Change donations were as follows: \$156.50 to the NAACP Oneonta Branch in January; \$115.00 to the Binghamton PFLAG in February; and \$198.00 to the Oneonta Community Health Center in March. —Cindy Squires

SHIFT NY Holistic Living & 11th Annual Spiritual Arts Fair

(Continued from Page 1.)

There will be unique metaphysical and spiritual gifts and crafts, alternative and complementary solutions for pain management, intuitive development and stress relief, AND the fair's biggest draw is the extraordinary line-up of **FREE workshops** (covered in the cost of your \$6 per day or \$10 for both days advance price admission ticket). For example, there will be: a Past Life Regression with Audrey Aitkin from Binghamton; Qi Gong with Daniel Blacklock from Oneonta; Gentle Yoga with Kelly Morrissey, "Messages from Beyond" with Psychic Mediums Adam Bernstein from Woodstock, who was featured in Court TV's groundbreaking "Psychic Detectives;" Diana Friedell from Oneonta; "Ending Depression with Lewis Harris," a life coach, bestselling author, and radio personality from Stamford, NY; "Overcoming Negative Scripting & Conditioning" with world renowned authors Dr. Robert Gerard and Zeljka Roksandic; "5 Steps to Discover your Personal Truth" with Renee Guidelli. Many more workshops on subjects such as raising the vibration in your home, your soul purpose, career satisfaction (Margaret Maguire), Spirit Guides, animal communication, etc. View workshop schedule on www.shiftnewyork.com and plan your day.

This fair promises to be chock-filled with insights, wisdom, and fun for the whole family. "Answer the Muse" will be there on Sunday from noon-2 pm—spiritually inspired alternative pop/rock, live music to move and sing along to!

For additional fees get a private, confidential session with tried and true psychic readers and energy healers from all across the Northeast. There will be fun activities for all ages, including henna tattoos, psychic drawings, Faerie Hair, tarot readings, astrology readings, photos of your aura, and chair massage.

Find details on readers, healers and presenters, and pre-book your slot with your favorite reader or healer on www.shiftnewyork.com. There you can also browse our amazing vendors' offerings—things like hand-embellished clothing, healing crystals, stained glass, Fairy Fantasy Figures, natural personal products, candles, altar cloths, butterfly paintings, unique jewelry, nutritional supplements, clothing, runes, books, and meet the authors, woodwork, award-winning arts and crafts, pendulums, handbags, scarves, and much more.

Loretta Holdredge from Oneonta, NY, shared, "The SHIFT Fair was amazing... My Psychic reading changed my life. Thanks to the teachers and connections I made there, I am beginning to find my path."

Advance Tickets are \$6/day online (\$8/door), (www.shiftnewyork.com) or at Green Toad, Transitions Boutique, or Green Earth in Oneonta. \$10/advance price for two-day Pass (\$12/door). A portion of the proceeds will go to the Unitarian Universalist Society of Oneonta. UUSO members who want to volunteer for a two-hour shift will get in for free. Call Pat Donnelly at 547-5762 to volunteer. For more information, contact Diana at 433-2089. —Diana Friedell

UUSO Newsletter—April 15, 2015

CALENDAR APRIL

Apr 16	Thu	11:30 AM - 12:30 PM/Yoga/CM
		5:30 PM - 6:30 PM/Yoga/CM
		6:30 PM - 8:30 PM New to UU Class/OBH Living Rm
		7- 9:30 PM/Building Use/CCS/CM
Apr 17	Fri	8:00 AM - 9:00 AM/Aerobics/CM
		10- 11:30 AM/Jung & Yoga/CM
Apr 19	Sun	10:30 AM/Service: "Our Commandments"/Rev. Craig/CM
		12-2 PM/Mali Task Force/OBH Lvg Rm
		1-3 PM/Small Group Ministry/CM Loft
Apr 20	Mon	8:00 AM - 9:00 AM/Aerobics/CM
		3- 4:00 PM/Building Use/CM Loft
		6- 8:00 PM/Small Group Ministry/OBH
		6:30 PM - 8:00 PM/Zen Meditation/CM
		7 PM/Endowment Cmte/OBH Upstairs
Apr 21	Tue	10:00 AM - 11:30 AM/Yoga/CM
		10:15 AM/Small Group Ministry/OBH
		4:30- 8:30 PM/Building Use/CM Loft
		6:30 PM/Stewardship Cmte/OBH Dining Rm
Apr 22	Wed	8:00 AM - 9:00 AM/Aerobics/CM
		1:30 PM/Small Group Ministry/Off-site
		4-4:30 PM/Building Use/CM Loft
Apr 23	Thu	11:30 AM - 12:30 PM/Yoga/CM
		5:30 PM - 6:30 PM/Yoga/CM
		6:30- 8:30 PM/New to UU Class/OBH Living Rm
Apr 24	Fri	8:00 AM - 9:00 AM/Aerobics/CM
		10- 11:30 AM/Jung & Yoga/CM
Apr 25	Sat	5- 9:00 PM/RE Service Practice/CM
Apr 26	Sun	9- 10:00 AM/RE Service Practice/CM
		10:30 AM/Service: "How Coyote Lost His Songs..."/DRE Susan Ryder & UUSO Children/CM
		1 PM/Free Hypnosis Clinic/CM Loft
Apr 27	Mon	8:00 AM - 9:00 AM/Aerobics/CM
		9:00 AM/Newsletter Deadline

		3-4 PM/Building Use/CM Loft
		6:30 PM - 8:00 PM/Zen Meditation/CM
Apr 28	Tue	10:00 AM - 11:30 AM/Yoga/CM
		4:30-8:30 PM/Bldg Use/CM Classroom
		6:30 PM/Stop the Pipeline Mtg/CM
Apr 29	Wed	8:00 AM - 9:00 AM/Aerobics/CM
		4- 4:30 PM/Building Use/CM Loft
Apr 30	Thu	11:30 AM - 12:30 PM/Yoga/CM
		6-8 PM/Solarize the Southern Tier/CM

MAY

May 1	Fri	8:00 AM - 9:00 AM/Aerobics/CM
		9 AM-11 PM/Building Use/Set-up/CM
May 2	Sat	9:00 AM - 5:00 PM/Building Use/CM
		2/New to UU Class Reception/Off site
		5:00 PM/Auction/CM
May 3	Sun	10:30 AM/Service: "The Meaning of Ministry"/New Member Recognition/Rev. Craig/CM
		1-3 PM/Small Group Ministry/CM Loft
May 4	Mon	8:00 AM - 9:00 AM/Aerobics/CM
		3- 4:00 PM/Building Use/CM Loft
		6:30 PM - 8:00 PM/Zen Meditation/CM
May 5	Tue	10:00 AM - 11:30 AM/Yoga/CM
		10:15 AM/Small Group Ministry/OBH
		4:30- 8:30 PM/Building Use/CM Loft
		6:30 PM - 8:00 PM/Ending Well/CM Classroom(tentative)
		6:30 PM - 8:00 PM/Ending Well/OBH Front Room(tentative)
May 6	Wed	8:00 AM - 9:00 AM/Aerobics/CM
		4- 4:30 PM/Building Use/CM Loft
		7- 8:00 PM/Membership Cmte/OBH
May 7	Thu	11:30 AM - 12:30 PM/Yoga/CM
		5:30 PM - 6:30 PM/Yoga/CM
		7:00 PM/Web Cmte/OBH Dining Rm
May 8	Fri	8:00 AM - 9:00 AM/Aerobics/CM
		5:30 PM/Pizza & Games/CM

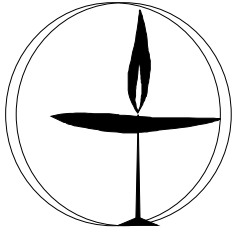
CM=Chapin Memorial/OBH=Olympia Brown House

Rev. Craig's Office Hours:

Tuesday, 10-4; Wednesday, 12-4; Thursday, 10-4

Office Administrator's Hours:

Mon, Wed & Fri, 9-2; Tues & Thurs, 9-12



UNITARIAN UNIVERSALIST SOCIETY
12 Ford Avenue
Oneonta, NY 13820

UPCOMING SUNDAYS at the UUSO

April 19, 2015

"Our Commandments"

Start Together, Bring-A-Friend Sunday

Christianity and Judaism have the
Ten Commandments.

What about Unitarian Universalism?
What might our commandments be?

Rev. Craig Schwalenberg

Music provided by the UUSO Choir
and Music Director Tim Horne

*Ushers: Julia Gregory &
Annemarie Hosnedl*

*Coffee Hosts: Cindy Miller &
Bernadette Ryan*

*Worship Associate: Bob Brzozowski
(Please submit announcements to
Bob via email by 4/17.)*

April 26, 2015

"How Coyote Lost His Songs..."

Stay Together Sunday

The UUSO Children present this
intergenerational worship service about
acceptance of each other's differences
and a celebration of community

Director of Religious Education

**Susan Ryder & the
UUSO Children**

Music provided by
Music Director Tim Horne

*Ushers: April Gates & Judy Tator
Coffee Hosts: Clark Rhodes &
Kathy Shimberg*

*Worship Associate: Adrienne Martini
(Please submit announcements to
Adrienne via email by 4/24.)*