

# UU News

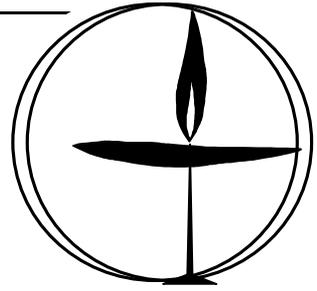
UNITARIAN UNIVERSALIST SOCIETY OF ONEONTA  
16 Ford Ave., Oneonta, NY 13820 (607) 432-3491

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*

**November 18, 2015**



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

## COOKIES AND CRAFTS—BRING IT ON!

Cookies and Crafts is coming up on December 5 and we have a great lineup of crafts this year with several new people. We'll have Charlotte Axtell with quilted items and Bonnie Laugen with jewelry and hand-dyed silk scarves. Jeane Bennett-O'Dea, also new this year, will have mittens made from recycled, felted wool sweaters. Katherine Somelofski will be selling beeswax candles and stained glass candle holders. Linda Herring will be back with wallets, purses, and aprons, as well as Betty Bryden with prints, calendars, and felted ornaments. Jennifer Kemper will have pottery, both full-sized and miniature, ornaments and original stuffed animals. Harry Barnes and Muffy McDowell are back again with gourd art, Pam Strother with crochet, and Summer's End Orchards with jams, jellies and mustards.

There will be an artists' raffle with donated items, and the UU Gourmet Table next to the check-out. Credit cards will now be accepted for your shopping convenience, as well as checks and cash. Come by and shop 'til you drop, then try our homemade soups and cookies, and free coffee and tea while you rest and relax in the dining area. The sale opens at 10:00 am and ends at 4:00 pm. —Jennifer Kemper

## THANKSGIVING DINNER AT UUSO

The annual UUSO gala Thanksgiving dinner will once again be held on Thanksgiving Day, Thursday, November 26. This annual tradition is a wonderful way to spend the Thanksgiving Holiday. You'll get a sumptuous meal without having to cook it all yourself, and you'll get to spend the afternoon in the company of UUSO family and friends.

We'll gather in the sanctuary at Chapin Memorial at 2 pm, starting with appetizers and beverages, followed by a full sit-down dinner buffet at 3 pm. Feel free to invite your friends, neighbors, and relatives. All who wish to attend are welcome at the feast.

We need all parts of the meal, from beverages and appetizers to desserts. Bring a family favorite, or try something new. (If at all possible, try making your dish gluten free, vegetarian, vegan, and/or nut free, so that guests of all dietary needs will be able to enjoy the bounty.)

*(Continued on Page 6)*

## MINISTER'S MUSINGS

### Caring Connections

During the Thanksgiving Service (11/22), there will be a special second collection for Caring Connections. UUSO is a founding, supporting member of Caring Connections. The participating congregations receive two to five requests per week for emergency assistance for people in need. The needs are too numerous and varied to list—but Caring Connections does its best to help everyone that comes to them. UUSO does not respond to these direct requests. Instead, once a year, we take up a special collection and give those funds to Caring Connections to assist those the standard funding requests do not cover. Checks in support of this valuable community program can be made out to UUSO with “Caring Connections” in the memo line. If you will not be at the service this Sunday, we will be accepting checks at the UUSO office during the next week. Thank you, in advance, for your generosity.

### Giving Thanks

As always, at this time of year, I am reminded of all that I have to be thankful for. This congregation continues to be one of my primary gratitudes. I am privileged to serve UUSO as its minister. Your support of my ministries within the congregation and in the wider world are greatly appreciated. I am thankful for the spirit of cooperation and “can-do” that is central to the heart of this community. We care for one another, we help one another, and we do what needs to be done—usually with a smile on our face and love in our heart. I am thankful for the regular practice of forgiveness that so many in this congregation offer as second nature.

There is a new energy in the congregation this year—a renewed sense of purpose—I believe. There are new faces and new ideas and inspiring plans. Not everything we try is going to work, but I'm confident that we will continue our ministry together, building the beloved community, and a making a difference we can all be proud of. There is much to be thankful for here at UUSO, and even more to be grateful for in our future. Happy Thanksgiving!

—Gratefully, Rev. Craig

### ATTN: SANTA'S HELPERS!

Our annual holiday workshop—a festive, intergenerational gathering featuring crafts and cookie decorating—will be on Sunday, December 13, immediately following the service. This is a much-anticipated holiday tradition that will be a success **ONLY IF WE HAVE SOME HELP!** We need some Volunteer Elves to propose and oversee crafts and activities during the event. Do you have an activity in mind that would be a fun, new addition to the workshop? Perhaps a holiday craft that's been a tradition in your family? Have you always wished there were an activity that didn't seem aimed at children? Contact the Membership Committee (Elayne Mosher Campoli, Laura Reyda, and Kate Seeley) with your ideas. (Perusing Pinterest is fair game!) Some ideas include: ornament-making, jewel-box decorating, origami... just about anything with easy-to-follow instructions that can be done while chatting with family and friends during social hour. We would love to have a family-led table or two! Reimbursement is available for money spent on supplies. Kate will be circulating with a clipboard after church on Sunday, November 22—see her to sign up!

—Kate Seeley

## **LISTEN TO OUR SERMON PODCASTS ON YOUR SMART DEVICES!**

Have you ever missed a UUSO Sunday Service and wish you could hear the sermon? Well, they are available on any of your “smart” devices. You can listen to our sermons on any smart phone or smart tablet or computer (iPhone, iPad, Android, Kindle, PC, Mac, etc.). On your smart phone or tablet, use any app for **Podcasts** and search for “UUSO.” If that search doesn’t bring up the list of sermons, try searching for “Unitarian Universalist Society of Oneonta,” and you should see a list of our posted sermons. You can also use iTunes on any device to find and listen to our podcasts. If you wish to “subscribe” to the UUSO podcasts, the new ones will be downloaded automatically when they are posted.

The podcasts can also be found on our web page ([www.UUSO.org](http://www.UUSO.org)) under the “Ministry” tab on the blue bar at the top of the page.

Sometimes it takes about a month before we actually post the most recent sermons, so if you don’t find one that was given in the past few weeks, just wait a couple weeks more.

Many thanks to Scott Segar for converting all the Sunday sermons into podcasts, and many thanks to Julian Pecenco for getting the podcasts working through iTunes so that we can listen on all our smart devices.

Happy Listening!!

Please contact Kathy Paranya at [kparanya@stny.rr.com](mailto:kparanya@stny.rr.com) or 441-3206 if you have any problems or questions about listening to the podcasts of our sermons. —Kathy Paranya

## **MUFFINS FOR MALI IS BACK!**

Mark your calendars! Muffins for Mali begins the Sunday after Thanksgiving and will continue on Sundays till Christmas. An impressive variety of items from which to pick—exquisite African jewelry, a decoration for your tree, bowls and purses made from colorful African fabric by Susan Ryder... and many more things perfect for a holiday gift or as a treat for yourself! We are focusing this year on purchasing books to fill the shelves in the new library which is now complete. If you choose to simply make a donation for books, we certainly won't decline your dollars! So bring your taste buds for a delicious home baked muffin or two, as well as your wallet in order to support the Mali project. No donation is too small to be meaningful. And, of course, none is too big!

And thank you—as always—for being such a supportive, caring, and generous community.

—Shirley Ferguson, The Mali Project

## **ADOPT-A-FAMILY**

Start watching! This year the UUSO will again participate in the Adopt-A-Family Project. We will provide holiday gifts and help for three families who have been chosen for us by Family Service Association. Beginning on November 29, there will be a tree at the back of the Sanctuary. The tree will be laden with tags listing the needs and wishes of the children and parents. It is again time for us to show the true holiday spirit by demonstrating our generosity. Let's all take a tag or two and purchase what it lists. Thanks to all who plan to participate and make this a happy holiday season for our three families. —Prue Stelling and Martha Robinson

## RELIGIOUS EDUCATION NEWS

*"I held my guy, and told him how safe he was...*

*I asked him to feel the warmth of my body, and to see if he could feel the love pouring from mine into his. (I was inviting him into his body and out of his frightened mind.)*

*And I reminded him how loved and cared for he is. And safe.*

*These are fearful times—and it can be so hard to imbue our homes and parenting with a sense of deep security, when we ourselves look at the news and tremble.*

*—from sparklestories.com*

These are indeed frightening, enraging, and confusing times. There is no logic in violence. We want to be present and helpful to our children even while we are in the midst of our own processes about these things. Here are a few nuggets I've found that help me know what to do and may be helpful to you as well.

The first is, of course, from Mr. Rogers who said, "When I was a boy and I would see scary things in the news, my mother would say to me, 'Look for the helpers. You will always find people who are helping.'"

Practice deep listening. What is your child really saying, asking, and feeling? It is easy for us adults to over-talk and not really address what a child needs to know. It's ok not to know all the answers. It's more important to hold a child in loving presence than to go on and on about something that may not even be relevant.

Be very careful about the news. Limit exposure to TV reports if you can. TV sensationalizes events in order to boost ratings. Many of the news reports I've seen are full of bias against Muslims, model incorrect and simplistic depictions of culture and history, and show graphic violent details over and over. This is not helpful to anyone, much less children who do not have our experience and cynicism. For older youth who are more likely to be exposed to the news media, use this time to provide a larger context and teach how to question and process the information shown. Again, listen deeply to learn what questions and fears arise before trying to address them.

It's important to be genuine. Children know a lie when they hear one! It's OK to name our feelings. But as adults we can deal with our deepest grief or feelings elsewhere. We can use the time together with our children to be there in a loving way for whatever they are needing and not for processing our own feelings.

I find myself sometimes telling my own children that I don't know the answer, I need time to figure it out, or that I'm sorry for getting something wrong. I think this takes the pressure off me to be perfect and models acceptance of process. Sometimes there just aren't any right answers, but we can do our best to try to figure them out. We can point out that is part of our faith as Unitarian Universalists—that we actively live our search for truth and meaning.

## UUSO Newsletter—November 19, 2015

We can also remind children of ways they already do social justice in their own lives and they take action within our church community to help wherever they can in our world. It is a good time to remember ways we all have made a difference and that we still will make a difference in the future.

We can be the helpers in the world that Mr. Rogers said to watch for.

My plan is to go ahead being a guide and loving presence for your children. This is true of all the adults who teach in the UUSO Religious Education Program and of Rev. Craig. Please ask us if you need help. One of the reasons we do church for children is to give them a safe place to look deeply at what it means to be a person in our world.

I am, as always, feeling blessed to be a part of our faith community that is a guide and loving presence for me too.  
—Susan Ryder, UUSO Director of Religious Education

### **COLD WEATHER CLOTHING/GEAR NEEDED!**

Donations of clean, lightly used children's and adult warm clothing are needed at Family Service Association, 277 Chestnut Street, Oneonta. Winter jackets, snow pants, boots, sneakers, sweaters, warm hats and mittens/gloves all helpful and needed. A drop-off box will be located at HealthLinks at FoxCare in the lobby by the gym and pharmacy through November 30.

If you have any questions, call 432-3154.  
—Norma Lee Havens

### **BLACK LIVES MATTER**

The Black Lives Matter Task Force is sponsoring a series of conversations every Sunday through January at noon in the Chapin Memorial loft. Each conversation will be facilitated by a member of the task force on a topic, short video clip or reading relevant to the Black Lives Matter movement and racial equity. Conversations will normally last about one half hour. Childcare will be provided.

On November 22 Zanna McKay will show a short video clip and facilitate conversation on the topic of race-baiting.

What is race-baiting? Intransitive verb—To arouse the prejudice or fears of one racial group regarding another, especially as a political tactic.

Transitive verb—To attack (another) on racial grounds, as for being a racist or for inciting racial prejudice. To arouse the prejudices or fears of (one racial group) regarding another.

We will review some part of the history of the racialization of our culture and the way race baiting was used historically in a video followed by conversation on what this means today.

On November 29 Cindy Squires will facilitate a conversation based on an article entitled, "This Is What White People Can Do to Support #BlackLivesMatter."

On December 6 Kay Stuligross will facilitate a conversation on white privilege.

All are welcome and we hope to see you at one or more of the conversations.

—Patricia Engel LaFata

## RAISE THE MINIMUM WAGE TO \$15 AN HOUR

While the minimum wage for food service workers will be raised to \$15 per hour in 2019 for New York City and 2021 in the rest of the state, many of this country's workers will continue to earn a starvation wage of \$7.25 per hour. The food service workers led a gallant fight, not in small part due to a strong union, however, many other groups have not been so successful. For example, the average salary for a certified nurse's aide (CNA) in NYC is \$18 per hour. The NYS average is \$15.38 per hour, while CNAs in our local area earn around \$10 per hour. These assistants must take a training course and be certified. Often our comfort and safety are in their hands. A great many need to have additional jobs just to make ends meet and feed their children with food stamps.

Other service people earn even less. Just a few examples are housekeepers and maids in hotels and motels who make under \$20,000 per year, as do cashiers. Supermarket stock people make \$16,000 per year or less. All qualify for food stamps when they are working hard, full time. We are not talking about kids trying to earn gas money. We are talking about adults, many single mothers, trying to support families.

Groups including the Occupy movement advocated for increasing it to \$15 per hour and members of the Congressional Progressive Caucus have now introduced bills in both chambers of congress to raise the federal minimum wage to \$15 per hour for all workers. While this is still barely a survival wage in today's world, it is about time. We need to make it clear to federal, state and local lawmakers that a living wage is a basic right, not a privilege. Many UU's are involved with this movement.

Please ask your member of Congress to advocate for the "Pay Workers a Living Wage Act." We invite you to pick up some information on this bill and sign our petitions to Congress found on the Social Action Table.  
—Dawn Kilts for the Social Action Committee

## THANKSGIVING DINNER AT UUSO

*(Continued from Page 1)*

The sign-up sheet for attendance at the dinner is on the bulletin board in the Sanctuary. Sign up now so we can plan for enough tables, chairs, and food. We need several more people to help with set-up (at 12:15 pm) and as many as possible to stay after the meal to help with cleanup.

If you'd like to sign up via e-mail ([jp.pecenco@gmail.com](mailto:jp.pecenco@gmail.com)), please provide the following information: Name(s), number of people attending, dietary restrictions, your contribution(s) to the meal, and whether you are able to help with either set-up and/or clean-up.

If you have any questions or you would like to volunteer to help, please contact Julian at [jp.pecenco@gmail.com](mailto:jp.pecenco@gmail.com) or Leah at [LCbridgers@gmail.com](mailto:LCbridgers@gmail.com).  
—Julian Pecenco

## CHRISTMAS BAZAAR

November 21 from 9 am-3 pm at the First United Methodist Church, 66 Chestnut Street, Oneonta.  
—Submitted by Virginia Wilson, First United Methodist Church

# CALENDAR NOVEMBER

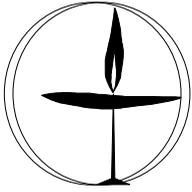
Nov 18	Wed	6:30 PM/Board of Trustees/CM
Nov 19	Thu	10:30 AM/Jung & Yoga/CM
		4 PM - 5:00 PM/Building Use/CM Loft
Nov 20	Fri	8:00 AM - 9:00 AM/Aerobics/CM
Nov 21	Sat	9:00 AM - 10:30 AM/Black Lives Matter Task Force/OBH Living Rm
Nov 22	Sun	10:30 AM/Service: "Thank You"/Rev. Craig/CM
		12:00 PM/Black Lives Matter Discussion/Zanna McKay/CM
		12:00 PM - 2:00 PM/Building Use/Robotics Team/CM/Explorers Rm
Nov 23	Mon	8:00 AM - 9:00 AM/Aerobics/CM
		6:30 - 8:00 PM/Zen Meditation/CM
Nov 24	Tue	5:30 - 7:30 PM/Small Group Ministry/OBH Living Rm
		6:30 - 9:30 PM/Stop the Pipeline/CM
		7:30 PM/Community Interfaith Thanksgiving Service/Church of Jesus Christ of Latter-day Saints, 107 Balmoral Drive
Nov 25	Wed	8:00 AM - 9:00 AM/Aerobics/CM
		6:00 PM - 8:00 PM Small Group Ministry/OBH Living Rm
Nov 26	Thu	2P/Thanksgiving Dinner & Fun/CM
Nov 27	Fri	8:00 AM - 9:00 AM/Aerobics/CM
Nov 28	Sat	9:00 AM - 10:30 AM/Black Lives Matter Task Force/OBH Living Rm
Nov 29	Sun	10:30 "An Attitude of Gratitude" Rev. Cindy Maybeck/CM
		12:00 PM/Black Lives Matter Discussion/Cindy Squires/CM Loft
		12:00 PM - 2:00 PM/Building Use/Robotics Team/CM/Explorers Rm
Nov 30	Mon	8:00 AM - 9:00 AM/Aerobics/CM
		9:00 AM/Newsletter Deadline 6:30 - 8:00 PM/Zen Meditation/CM

# DECEMBER

Dec 1	Tue	1:00 PM - 3:00 PM Small Group Ministry/OBH Living Rm
-------	-----	---

		6PM/Social Action Cmte/67 Church St 7 PM/Web Cmte Mtg/OBH Dining Rm
Dec 2	Wed	8:00 AM - 9:00 AM/Aerobics/CM
Dec 3	Thu	10:00 AM - 12:00 PM Small Group Ministry/OBH Living Rm
		4 PM - 5:00 PM/Building Use/CM Loft 7:00 PM - 8:00 PM Membership Cmte/OBH Living Rm
Dec 4	Fri	8:00 AM - 9:00 AM/Aerobics/CM
		12:00 PM/Building Use/C&C Prep/CM
Dec 5	Sat	8 AM - 10:00 AM/Building Use/CM
		9:00 AM - 10:30 AM/Black Lives Matter Task Force/OBH Living Rm
		10 AM-4 PM/Cookies & Crafts/CM 4:00 PM - 6:00 PM/Building Use/CM
Dec 6	Sun	10:30/Service: "Glaciers, Icebergs, and Black Ice"/Rev. Craig/CM
		12:00 PM/Black Lives Matter Discussion/Kay Stuligross/CM Loft
		12:00 PM - 2:00 PM/Building Use/Robotics Team/CM/Explorers Rm
Dec 7	Mon	8:00 AM - 9:00 AM/Aerobics/CM
		6:30 - 8:00 PM/Zen Meditation/CM
Dec 8	Tue	5:30 PM - 7:30 PM Small Group Ministry/OBH Living Rm
		8:00 AM - 9:00 AM/Aerobics/CM
Dec 9	Wed	6:00 PM/Scrabble & Potluck/CM
		6:00 PM - 8:00 PM Small Group Ministry/OBH Living Rm
Dec 10	Thu	10:00 AM - 12:00 PM Small Group Ministry/OBH Living Rm
		4 PM - 5:00 PM/Building Use/CM Loft
		5:30 PM/NAACP/OBH Living Rm
Dec 11	Fri	8:00 AM - 9:00 AM/Aerobics/CM
Dec 12	Sat	9:00 AM - 10:30 AM/Black Lives Matter Task Force/OBH Living Rm
		12-2 PM/Building Use/OBH 1st Floor
Dec 13	Sun	10:30 AM/Service: "Stories of the Season"/Rev. Craig/CM

CM=Chapin Memorial/OBH=Olympia Brown House  
 Rev. Craig's Office Hours: Tues, Wed, & Thurs, 10-2  
 Office Administrator's Hours:  
 Mon, Wed & Fri, 9-2; Tues & Thurs, 11:30-2



UNITARIAN UNIVERSALIST SOCIETY  
12 Ford Ave.  
Oneonta, NY 13820

## UPCOMING SUNDAYS at the UUSO

**November 22, 2015**

### **"Thank You"**

*Stay Together Sunday/Thanksgiving Service*

Originally, to "Thank" meant to think well of someone or something, to hold them in thought with good will. As we prepare to give thanks this holiday, let us share our thoughts of good will.

**Rev. Craig Schwalenberg**

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

*Ushers: Arleen Benedict & Clark Rhoades  
Coffee Hosts: Beth Small & Friends  
Worship Associate: Kevin Schultz  
(Please submit announcements to  
Kevin via email by 11/20.)*

**November 29, 2015**

### **"An Attitude of Gratitude"**

*No Religious Education Classes Today*

When we express gratitude not only for profound gifts but also for everyday coincidences, we change our outlook on life, and can even change the world. Expanding Thanksgiving from a day of feasting to a year-round attitude is an opportunity for personal and community transformation.

**Rev. Cindy Maybeck**

**Music provided by  
Dorothy and Michael Frye-Hunt**

*Ushers: Jennie Buffington &  
Carolyn Wolf-Gould  
Coffee Hosts: Deb Bruce & Pam Strother  
Worship Associate: Adrienne Martini  
(Please submit announcements to  
Adrienne via email by 11/27.)*