



UUU NEWS

A BIWEEKLY NEWSLETTER OF

THE UNITARIAN UNIVERSALIST
SOCIETY OF ONEONTA

January 18, 2017

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MINISTER'S MUSINGS

Our Shared Ministries

UUSO Friends,

In the last newsletter, I highlighted the generous nature of this congregation by listing just some of the financial ways we made a difference in the wider world. In this article, I'd like to look back at the last year and lift up some of the activities and events this congregation participated in to further our mission beyond our walls. Unfortunately, I already know that I won't be able to list everything we've done either as a congregation or as individuals. And so, I'm doomed to leave some important things out. I apologize in advance and hope those who aren't recognized specifically will not be slighted or upset. The list is longer than the space we have and many things are done without recognition or fanfare.

Anti-Racism Work

Last year, at this time, the Black Lives Matter task force was continuing their weekly offerings to the congregation, helping us to learn more about racism in our country and our own privilege. We hosted the Rev. Dr. Martin Luther King Jr. celebration last year. The BLM taskforce hosted panel discussions and brought guest speakers, showed movies, and suggested books for our further education and enlightenment. Eventually, the congregation did vote to hang the Black Lives Matter banner on the outside of our sanctuary and also voted to become an anti-racist institution. The Anti-Racism task force has been continuing their efforts towards that goal.

Mali Task Force

The Mali Task Force, now voted to be a full on-going ministry of the congregation, continues to sponsor scholarships for over 30 students in Mali. And last year, we raised money to build the school a library and fill it with books for those students.

Supporting Islamberg

In the spring of last year, it came to our attention that the Muslim community of Islamberg was facing the threat of a violent protest. UUSO members along with the NAACP answered their call for support and UUSO hosted a community meeting to discuss the issue and meet our Muslim neighbors. That meeting grew into a public cry of support with hundreds of people showing up at Islamberg to stand in solidarity and support with the community. The protesters

made an embarrassing showing, but they did manage to strengthen our ties and help learn more about our neighboring faiths.

Transgender Allies

Last year, due to our previous work and the amazing personal ministries of a number of our members, our congregation was asked to participate in the Transgender Town Hall meeting project. We hosted several gatherings for transgender people and their allies. From those meetings, the idea for starting a Pride Center in Oneonta took root and a small group led by one of our members started working on that project. The Board also voted to allow a transgender support group to use our space for their meetings.

Public Witness

Members of our congregation attended and participated in public vigils and protests. We were a major part of the vigil in support of our LGBTQ community after the shooting in Orlando. We participated in the vigil for the slain officers in Texas AND the many African American men & women who were the victims of police violence. Some of our youngest members joined their first protest at the first vigil in support of the water protectors at Standing Rock. When the calls went out for support, members of UUSO showed up.

Anti-Militarism Advocacy

The Social Action Committee started the new church year off with monthly film series educating the community on the dangers of militarism in our society. Last Wednesday of the month, our sanctuary becomes a documentary film house with food, challenging cinema, and deep conversation.

These are just some of the ways we made a difference last year. In the year ahead, there will be more opportunities to further our principles, to practice our ministries. There will be calls for support from our neighbors and incidents of injustice in the news-- and I believe we will show up again, and again, doing our part to build the beloved community. It's who we are and what we do.

Cooperatively,
Rev. Craig

RELIGIOUS EDUCATION NEWS

We are in the middle of the Religious Education Intersession. This year's theme is Mindfulness. We have planned three Sundays in January for workshops about mindfulness leading up to presenting an intergenerational service in the sanctuary on Sunday, January 29th.

Session I on January 8th was about labyrinths. We had a guest, Kathryn Finin, who has led many labyrinth walks at SUNY Oneonta, the First United Methodist Church, and elsewhere in our community. She worked with me to make a beautiful and simple one-circuit labyrinth in the back part of the double classroom at Chapin. It will be available to all until classes resume on February 5th. Feel free to check it out.

Kathryn taught us that labyrinths have appeared since ancient times all over the globe, even in cultures that had no contact with each other. Now they are found in parks, schools, hospitals, and religious spaces. They often confused with mazes but, unlike a maze, a labyrinth has only one possible route to go in and out. There are no dead ends. A labyrinth can be used as a spiritual tool - a kind of walking prayer or meditation. Walking a labyrinth can help quiet your mind, bring feelings of peace, reduce stress, and open your heart to compassion.

We traced a labyrinth pattern on paper with crayons. The group took turns watching each other walk the labyrinth we had taped to the floor. Everyone was quietly mindful of their walking time, pausing in the center, the return journey, how it was to pass someone coming in or going out, and how it felt to leave the labyrinth. Watching was another kind of mindfulness practice. Children said they really liked the experience. They said it would be helpful if they were sad or just needed some time to slow down. They liked that there was no right or wrong way to walk the labyrinth and we saw many creative ways of walking. The group drew labyrinths onto cloth wall hangings to take home. They were already talking about where to hang it and how they could use it whenever they needed. They could follow the path with a finger or with their thoughts.

The second session was held on Sunday, January 15th. The class learned about traditional Japanese Zen Gardens with the example of the rock garden at the Ryoanji Temple in Kyoto, Japan. They learned how this garden shows the Zen Buddhist concepts of *Kanso* (simplicity), *Fukinsei* (asymmetry/irregularity), and *Yugen* (subtle grace/hidden beauty). We talked about how the monks rake this garden smooth and then into a new pattern each day.

Jacob and his mother, Amy, read a story they like from their house called The Lemonade Hurricane: A Story of Mindfulness and Meditation, by Licia Morelli. It is about a girl who has a brother she calls, "The Hurricane," because he is always on the move. She teaches him how to "*sit, bow, and breathe*" and he finds himself much calmer. As they read the story we, as listeners, found ourselves getting quieter and calmer.

Participants made their own table-top Zen sand gardens to bring home. As with walking a labyrinth there were no right or wrong patterns to rake into the sand. As they raked their sand into many beautiful designs the room, once again, grew quieter and quieter.

We hope that these lessons will provide tools for the children to use in their lives. We are excited to see what our guest, Jeane Bennett-O'Day, will bring for us when she visits on Sunday, January 22nd for our final workshop about mindfulness.

In Peacefulness and Quietness,

Susan Ryder
UUSO Director of Religious Education

There will be a pizza party at Chapin Memorial Church on Saturday, January 28th from 5-7 to get ready for our service the following day.

NEWS/ANNOUNCEMENTS

CHANCEL TABLE SCHEDULE

Chancel table arrangers are scheduled through Feb. 12 and then open for volunteers with the exception of March 19 and April 9. Flowers, plants, sculpture, paintings, posters, items to coordinate with the sermon topic or to observe an occasion are welcome. Candles and table coverings are in the closets next to the stage.

Please let me know at alice.pott@icloud.com. Thanks, Alice Siegfried

Getting to Know UU

This is for you if you are new to UU and/or new to the UUSO congregation!

Want to learn more about Unitarian Universalism and UUSO? Interested in meeting other people new to the community? Considering membership? Then consider joining us for this year's Getting to Know UU! The Membership Committee and Rev. Craig Schwalenberg will present this three-part series. Whether you're planning to sign the membership book or simply curious to learn more about our congregation and its history, you are welcome to join us for conversation and fellowship.

Childcare will be provided upon request.

Meetings will be held 6:45 pm- 8:45 pm

5/2/17@ Olympia Brown House (16 Ford Ave.)

5/9/17@ Loft in Chapin Memorial

5/16/17@ Olympia Brown House

5/21/16 New member welcome during the worship service.

12/27/2016

Season Greetings

Dear friends and partners, please let me take advantage of the New Year's Eve to wish you and to all your beloved ones Merry Christmas and Happy New Year. May 2017 bring us Peace, love, health, happiness, long life and success in our lives. I am very happy and grateful to send you this email to sincerely thank you very much for your outstanding collaboration, friendship and tireless support. May the New Year strengthen the collaborative ties and friendship that exist between us.

Best Regards,

Youchaou Traore

Director of Youchaou's School in Kalabancoro, Mali

(The UUSO Mali Task Force arranges for 52 yearly scholarships for children to attend Youchaou's School. The sponsorships are for children who would otherwise not be able to go to school. The Mali Task Force also hosts fundraisers for educational equipment and supplies for the school throughout the year.)

WED JAN 25

LAST WEDNESDAYS FILM SERIES

AGAINST MILITARISM

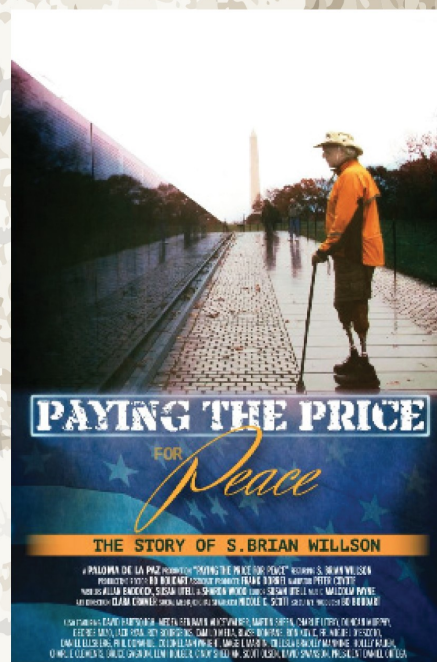
JOIN US THE LAST WEDNESDAY OF EACH MONTH FOR A VEGETARIAN DINNER AT 6:00 PM,
FOLLOWED BY A FILM SCREENING AT 7:00 PM, NO CHARGE. DISCUSSION TO FOLLOW AFTERWARDS

JANUARY 25,

PAYING THE PRICE FOR PEACE: THE STORY OF S. BRIAN WILSON.

WILSON, A FORMER AIR FORCE VIETNAM VETERAN TURNED PEACE ACTIVIST, LOST BOTH OF HIS LEGS DURING A PEACEFUL DEMONSTRATION WHEN HE WAS STRUCK BY A MUNITIONS TRAIN THAT WAS SPEEDING 3 TIMES OVER THE LEGAL LIMIT TOWARD THE PROTESTERS AT THE CONCORD NAVAL WEAPONS STATION, CALIFORNIA.

CONSEQUENTLY, THOUSANDS OF ANTIWAR DEMONSTRATORS CONVERGED AT THE SITE AND RIPPED UP THE RAILROAD TRACKS BLOCKING ALL TRAINS FOR THE FOLLOWING 865 DAYS IN PROTEST OF ALL MUNITIONS SHIPMENTS TO THE US GOVERNMENT BACKED WARS IN NICARAGUA OR EL SALVADOR. WILSON HAS SINCE RETURNED TO VIETNAM TO MAKE AMENDS. NOT RATED.



RSVP REQUESTED BUT NOT REQUIRED.

CHILD CARE AVAILABLE UPON REQUEST,
PREFERABLY BY EMAIL, UUSO@UUSO.ORG,
OR CALLING 607-432-3491.

PLEASE CALL BY 1/23/17, WITH AGES/NUMBER OF CHILDREN.

SPONSORED BY THE SOCIAL ACTION COMMITTEE OF THE
UNITARIAN UNIVERSALIST SOCIETY OF ONEONTA (UUSO), 12 FORD AVE.



6:00 PM Dinner

7:00 PM Film

12 Ford Ave. Oneonta

NEWS/ANNOUNCEMENTS

Upstate New York-born Military Officer/Peace Activist Featured in Last Wednesday's Film Series AGAINST MILITARISM's Next Offering

Paying the Price tells the story of the amazing movement that halted Reagan/Bush era plans to invade Nicaragua. Wilson and other anti-war veterans had fasted to stop the movement of military weapons to the Contras in Nicaragua. This had continued despite the Boland Amendment against arming the Contras. Wilson was run over by a Navy train engineers upon orders from their military bosses. After Wilson lost his legs in that accident, demonstrators tore up the tracks leading from the California weapons depot and occupied the tracks for over 2 years, preventing further shipments. Uplifting, eye-opening, and illuminating.

Come see the man who Alice Siegfried met in Nicaragua. As Wilson explained his commitment to the Sandinista government of Nicaragua: "We are not worth more than you. I am not worth more than any human being. And you are not worth less."

Upcoming Events with the Anti-Racism Task Force

Sunday, January 22 at 12:15 in the sanctuary:

Join Alice Siegfried and Zanna McKay to view the short film "A Class Divided". See how a group of school children respond to the arbitrary distribution of privileges based upon the arbitrary distinction of eye color. A discussion will follow.

Sunday, February 5 at noon:

Join Rev Craig in a discussion of how we might use the Appreciative Inquiry model (the topic of this day's sermon) to talk about race.

Please join the conversation. All are welcome.

Dear members of the Congregation,

On behalf of the Oneonta Community Health Center, I would like to thank you for your generous gift of \$850. We deeply appreciate your gift.

For over six years our services have relied entirely on the charitable donations from our community. Those who volunteer give their time and talents to offer free health care services to uninsured adults and those greatly challenged with health care and insurance costs.

Thank you for your support.

Sincerely

Suzanne Hollist

President, Board of Directors

Oneonta Community Health Center

SAWDUST FROM THE BOARD

The Board members gathered at the Arc Otsego on Saturday, January 14, for our winter retreat. Due to the uncertainty of my attendance, Vice President Sandy Smith facilitated the retreat and kept us perfectly on track. We reviewed the input from members of the congregation collected during the Assessment of the Ministry process. We were all impressed with the breadth and depth of the responses and thank who participated. We will be preparing a report for the Congregation that will appear in Newsletter at the end of January.

On a personal note, I want to thank everyone for the e-mails, cards, phone calls, meals, flowers, visits and offers of support. The caring of our UUSO community has definitely helped my healing process!

Our next Board meeting is Wednesday, January 18, 6:30pm in the Sanctuary. Sandy will preside once again. Members and friends of UUSO are invited to observe.

Karen Palmer, President
UUSO Board of Trustees
607-267-4793
kpalmer14@hughes.net

Singing the Journey Dedicating Our New Hymnals

We have purchased and received 100 copies of the Unitarian Universalist hymnal, "Singing the Living Journey." We will be distributing the hymnals next month and will begin using them regularly as a part of our worship services. The UUSO choir has been singing selections from the teal hymnal for the past year or so. "Singing the Living Journey" is an exciting collection of many genres, including jazz, folk, pop, gospel, and world music. (*Two of my favorite songs are in the hymnal. Feel free to guess which ones.~ Rev. Craig*) To celebrate this new addition to our musical repertoire for worship, and to help offset the cost of the hymnals, we are inviting members of the congregation to sponsor dedications in the new hymnals. Members can honor a person or celebrate an event. Each dedication bookplate will cost \$15.00. If you would like to purchase a dedication, please send the following information to UUSO@UUSO.ORG and mail or drop off a check/cash for the desired amount. (Checks should be made out to UUSO with "hymnal dedication" in the memo line.)

Dedicated to _____
or

In Honor of _____
or

In Loving Memory of _____
(pick one)

by

(name of person or family making the dedication)

**This form and
online payment
will be available on
our website by the
end of the week.**

UUSO UPCOMING WORSHIP SERVICES

SUNDAY MORNINGS AT 10:30AM

JANUARY 22 • 10:30AM

"HAVE WILL? MAKE WAY!"

REV. CRAIG SCHWALENBERG

UNITARIAN UNIVERSALIST SOCIETY OF ONEONTA

Mindfulness is more than just focused awareness. It is also the spiritual practice of intention. While our thoughts can't change reality, intentionality can change how we perceive and interact with it.

**Children to Classrooms at 10:30*

With Music provided by Music Director Tim Horne and the UU Choir.

Worship Associate: Kevin Schultz

Coffee Hour Hosts: Carol Malz

Ushers: Kathy & Spike Paranya

Chancel Table: Bob Brzozowski

Sound System: Paul Carter

JANUARY 29TH, 2017

MINDFULNESS:

A JOURNEY INTO THE PRESENT MOMENT

Susan Ryder, Director of Religious Education
and the Children and Youth of UUSO

Sunday Service at 10:30AM | UUSO

Religious Education Intersession Service

"You practice mindfulness, on the one hand, to be calm and peaceful. On the other hand, as you practice mindfulness and live a life of peace, you inspire hope for a future of peace."

-Thich Nhat Hanh

The children and youth will share their explorations of living more fully in the moment.

With Music provided by Music Director Tim Horne

Worship Associate: Shelly Hilts

Coffee Hour Hosts: Mary Ambrose & Linda Wilcox

Ushers: Cindy Miller & Bernadette Ryan

Chancel Table: Mary Ambrose

Sound System: Scott Segar

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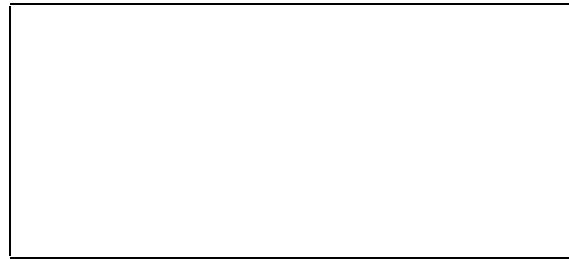
Tim Horne
Music Director
607-432-7323



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UUSO DEADLINES:

UU News Articles: Deadline for the February 1st issue
is Jan. 30th.

Order of Service Announcements:
Wednesday a.m. before the Sunday Service
Verbal Announcements:

Green Sanctuary Corner



Consider using non-toxic de-icing substances such as clean clay cat litter, sand, or fireplace/stove ash to prevent hazardous waste from chemicals. Chemical de-icers can be hazardous to your pets, your trees and shrubs, and the environment. Anti-freeze that leak from car engines and chemical snow melters on driveways, roads, and runways can pollute surface waters and groundwater through the soil.

Source: Environmental Protection Agency