



UUU NEWS

A BIWEEKLY NEWSLETTER OF

THE UNITARIAN UNIVERSALIST
SOCIETY OF ONEONTA

Week of September 19, 2018

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MINISTER'S MUSINGS

A Campaign of Kindness

On August 19th, I talked about the upcoming congregational meeting and the work you are doing on a congregational covenant. Part of our sabbatical work this autumn is to lean into what we are calling a Campaign of Kindness.

What's important to know is that kindness is not niceness. Niceness is complacent. Niceness doesn't make waves and lets people have their own version of truth. Niceness doesn't want to bother anybody. Niceness says comfort is more important than doing what's right.

No, we are going to lean into kindness. Kindness sees a need and offers to help. Kindness stands up for the person being bullied, and then makes sure they're safe. Kindness disrupts incivility. Kindness goes out of its way. Kindness is not easy. Kindness is sometimes uncomfortable, because it requires us to not stay comfortable, to not stay nice and docile.

Much of this is what we learned in kindergarten, but we forget, especially in these hard times of divisiveness and dissent. It's easy to become critical in order to protect what we hold as true. But we also know that divisions will kill us, because the things that really harm us – injustice, hatred, and abuse – need to be met with a strong, unified force of Love.

So... if we take up kindness as this congregation's spiritual practice, we may see a difference in how information is shared, how decisions are made, how people make space for one another, how people treat one another.

How do we practice kindness? Here are some ideas:

1. T.H.I.N.K.

I'll speak more fully about this on October 28th, but let's start now with the reminder to THINK before you speak: Is it True? Is it Helpful? Is it Important? Is it Necessary? Is it Kind?

2. Interrogate your objectives.

What are you trying to achieve or make happen? Is it in line with our principles, our vision, our mission?

3. Consider how you'd react if someone said it to you.

Would it be helpful to you to hear these things, or would you feel shame or anger?

4. Give others room to be human.

We don't know what's going on in another's life, and they might not be in a good place to receive or respond as gently as we'd hope. We all make mistakes sometimes, and need help to return to covenant.

5. Avoid being reactive.

By lashing out at criticism – whether kindly or unkindly offered – are you perpetuating unkindness?

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6. Know your essential human rights.

You have the right to be treated with respect.

You have the right to express your feelings, opinions and wants.

You have the right to set your own priorities.

You have the right to say “no” without feeling guilty.

You have the right to have opinions different than others.

You have the right to take care of and protect yourself from being threatened physically, mentally or emotionally.

You have the right to create your own happy and healthy life.

7. Remember that everyone else has those same rights.

8. Share appropriately.

When sharing information, ask whose information/concern/etc. is it? Is it yours to share? Consider not sharing if it’s not yours – and encourage that person to share directly.

9. Include the right people.

When setting up meetings or sending emails, ask who isn’t in the room or on the email that may be affected?

10. Remember the first principle.

We affirm and promote the inherent worth and dignity of every person. Cruelty and callousness chips away at dignity.

11. Tell someone when you have been treated unkindly and need help getting back into right relationship with them.

Those someone’s are the minister (me for now, Rev. Craig when he returns); the president of the board; committee on ministry; folks who do pastoral care. We are all available to hold space as you work together to heal relationships.

12. If necessary, keep your distance.

If repairing the relationship is not feasible (in the short or long term), keep your distance from those being unkind to you, and keep your distance from those you can’t seem to help being unkind to. It’s better to be cool and civil than hot and cruelly engaged.

Rev. Kimberley Debus
UUSO Sabbatical Minister
kdebus@uua.org

RELIGIOUS EDUCATION

Last Sunday, September 16, was our Religious Education Annual Kick-Off Event! It was all about drumming. It was sometimes wonderfully loud!

Our day began by sitting outside while Deb Bruce read the story, [Dream Drum Girl: How One Girl's Courage Changed Music](#), by Margarita Engle. This was true story about a girl who loved drums in Cuba yet was told "Girls cannot be drummers." She practiced in secret and eventually broke through the cultural barrier to live her dream as a famous drummer. She made it possible for both girls and boys to become drummers. She was persistent and refused to give up her dream. This fit well into our Kick-Off topic of "Marching to the Beat of Our Own Drum."

Next, we welcomed our guest, Professor Julie Licata, who teaches percussion classes as well as *Music Cultures of the World at SUNY Oneonta*. We learned about the snare drum: how it is constructed, where the sound comes from, and how to change the sound it makes. She then showed us her Doumbek, an African drum. She showed us some ways to create different sounds including the sound it made when she put her arm inside from the base of the drum. Some in the group already knew about sound waves and that these can be changed to produce different sounds.

We took the theme of our workshop a step further when acknowledging that UU's "march to the beat of our own drum" yet are in community with each other. Julie encouraged individuals to play a rhythm on a drum which the rest of the group imitated. It was a powerful feeling to lead the group and it was fun to follow someone else's rhythm. Julie pointed out how each person's contribution was different from the next. We appreciated the experience and sound when we all played together!

The group then split into two smaller groups. One group had the chance to work more closely with Julie while the other made drums in the other room. The groups switched so each person had a chance to do both. The day ended with a "drumstick" snack made by Amy Forster Rothbart. These were giant pretzels dipped in frosting and coated with sprinkles. They were lovely and tasty.

This was a grand beginning of our new year of UUSO Religious Education. Classes begin on September 23rd. The Explorers group of K-3rd graders will find their room ready to embark on the lively *Spirit of Adventure* curriculum that celebrates famous Unitarians and Universalists. The 4-6th grade room will be transformed into Hogwarts Oneonta where the class will look at UU values and lessons through the wizarding world of J. K. Rowling's Harry Potter books. It isn't necessary to have read (or even like) the books to participate as the class is really about the magic that is inside all of us.

OWL (Our Whole Lives) classes will also begin on Sept. 23. Participants must have previously registered for the class when their parents attend an information session. We can still provide a parent session as needed in the next few weeks. After that the class will stop taking new participants in order to have stability and to feel safe in their group. The following description of OWL is from the UUA website:

Honest, accurate information about sexuality changes lives. It dismantles stereotypes and assumptions, builds self-acceptance and self-esteem, fosters healthy relationships, improves decision making, and has the potential to save lives.

Former OWL class participants have told us that teens at their schools know they have taken OWL and come to them for more accurate information. Teens aren't receiving this information elsewhere. We see this as a social justice issue and have opened the class to include teens who aren't necessarily a part of our church.

Please remember to register your child/youth for their RE Classes. Please do this even if you already registered last year. We are also asking that you register your baby or toddler who will be attending the Nursery. We need accurate, up-to-date information about all RE participants.

Here's to a New Year Together in Religious Education!
Susan Ryder

UUSO Director of Religious Education
dre@uuso.org

Please register your nursery child, child, or youth for their RE classes this year. Please do this even if you have already done so. There will be an RE Committee Member available on Sept. 9, Sept. 16, and Sept. 23, at coffee hour who will have registration forms and samples of curricula.



THAT'S WHAT CHANGE SOUNDS LIKE

The Endowment Committee would like to thank those, who continue to donate refundable bottles and cans to our Endowment Community Fund.

The receipts for 2017-2018 continue to make a difference. Your can and bottle donations realized \$483.95 over this past year. Remember our two Church Angels that match donations so that their matching donations totaled \$973.90. Together the total amount realized is 1,457.85.

So keep “Clyinking” away your used refundable bottles and cans so the Endowment Committee can keep realizing this revenue stream and continue to build our Community Endowment Fund.

Thank you on behalf of the Endowment Committee.

Colonel “Clynk” Bill Benedict

HOW IT WORKS

Just how easy is it? Try 3 steps and you're done.

1. BAG IT

2. TAG IT

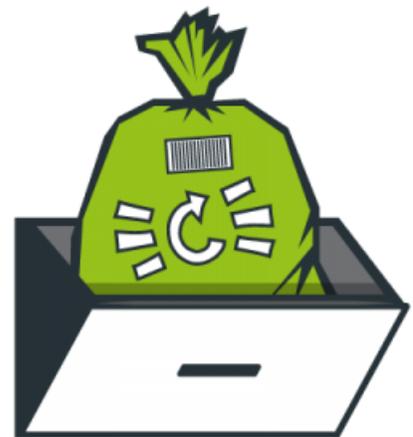
3. DROP IT



Fill your green CLYNK bag with redeemable containers (limit 20 lbs.) Tie it tight.



Slap on a bag tag sticker with our personalized barcode.



Bring it to your local Hannaford Supermarket and grab your groceries while you're there.

THIS YEAR'S COMMUNITY FUND GRANT APPLICATIONS ARE NOW AVAILABLE ON THE [UUSO WEBSITE](#).

APPLICATIONS ARE DUE 10/15/2018

FUNDRAISING AND SOCIAL EVENT SUGGESTIONS FROM BRAINSTORMING MEETING—YOUR HELP NEEDED

A special thanks to those who joined us on Sunday, September 9 after coffee hour for our fundraising and social events brainstorming session. The following is a list of suggested ideas for ways to raise money and/or create community through social events. Before any projects can be put into action they must be submitted as a proposal (a form will be provided) and approved by the Stewardship and Fundraising Committee and the Board of Trustees.

If you are interested in helping a team to explore the logistics of an event/fundraising project, or have an additional suggestion, please contact Kari Reynolds.

FUNDRAISING PROJECTS

- **UUSO B & B** (or no breakfast) during Baseball season. Members with extra rooms would welcome guests to stay overnight with payment made directly to the UUSO. In 2020 Derek Jeeter will be inducted into the Hall of Fame, so it will be a very busy season. Test market summer of 2019. Advertising could be done through the UUA World magazine and by contacting other UU societies.
- **UUSO Senior Men Photo 2020 Calendar**—celebrating life after 50. Fun photos of UU men (and/or other Oneonta notable citizens) to be sold to UUSO members, friends and the community. If profitable, repeat the next year with women.

FUNDRAISING EVENTS

- **BINGO**—monthly afternoon-evening bingo events to raise money and provide community to seniors.
- **Grand and Glorious Garage Sale** – feature UUSO information table and sell donated household items.
- **Strawberry (or Blueberry) Festival**—Fundraising and social event featuring berry desserts sold for consumption at the event or to take home. Pie Raffle, music, other entertainment to attract families.
- **Community Craft Beer & Cider Tasting** event at UUSO. Admission fee. Solicit vendors to rent tables and provide samples and sell products. Could also invite other food artisanal vendors—cheese, pastry, etc. Child care and entertainment for children downstairs.
- **Mardi Gras Costume Party**. Admission fee. Raffles. Finger foods, wine, etc. Attendees wear costumes/masks. Mask and costume making workshop the Sunday before for adults and children.
- **Backyard BBQ by UUSO Men** picnic at OBH/CH with music, games. Admission fee. Ladies—no cooking for once!

SOCIAL/ IN REACH EVENTS

- **Secret Valentine** -name exchange during coffee hour to send valentines.
- **Secret Pals**-- name exchange during coffee hour to show kindness in any way.
- **Hospital/Home Visitors**—pairs of people to visit sick/elderly/homebound members and friends and to report updates during joys and concerns.

"RESPECT ACROSS DIFFERENCE" WORKSHOP WITH REV. EVIN ZIEMER-CARVILL

Ever feel disrespected, but when you say so, the other person insists that's not what they meant? Or try to say something respectfully and the other feels the opposite? There are a myriad of differences that impact how people communicate. On Sunday, September 30, from noon to 2pm, Rev Evin Carvill Ziemer will lead us in an exploration of the skills to help cross that gap—skills that let us be true to who we are, while opening up communication with others. You will learn something about yourself and fellow congregants *and* have fun. This is an interactive workshop that is appropriate and inclusive for teenagers through all life stages of adults. Lunch type finger foods will be provided during the workshop and child care will be available.



WITH GRATITUDE TO ALICE SIEGFRIED ON HER BIRTHDAY!

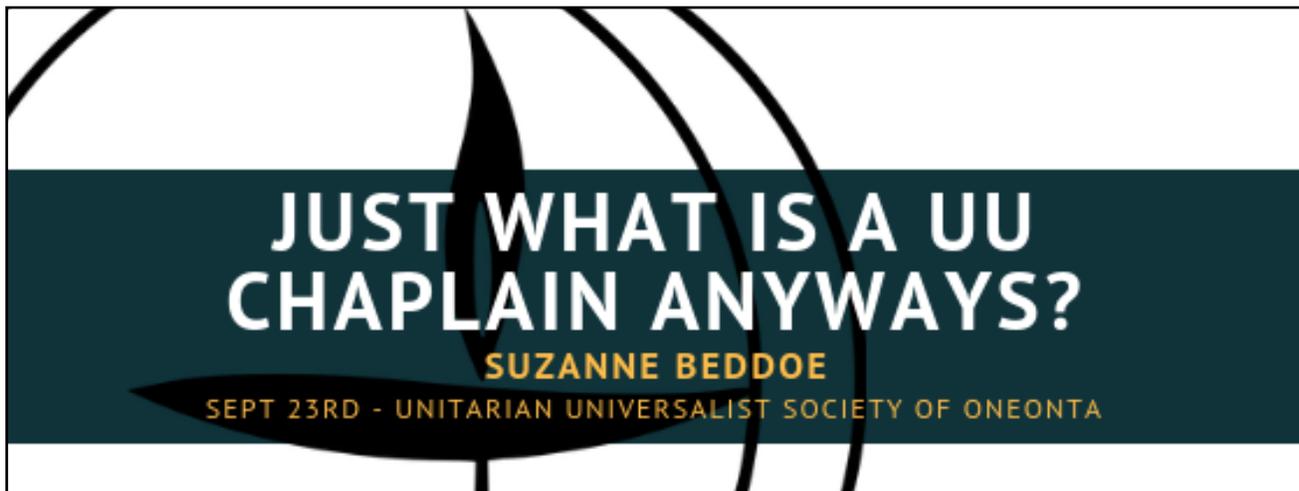
Happy birthday, Alice, the longest member of UUSO who has given over a half century of work and love to our congregation!! Alice was a founding member of the Social Responsibility Committee and continues to work for social justice on a variety of issues, hosting the Social Action Team every month and being one of the first to display a Black Lives banner and a Peace Pole at her home. She was one of the originators of Cookies and Crafts where her beautiful pottery has been a sought- after item. Throughout the years a great deal of money has been raised through her auction dinners which she hosts in her lovely home, often with delicious produce from her garden. She serves as coordinator of our chancel table and has reignited our candlelight dinners to build community at UUSO. Alice, you are an example of someone who embodies our UU principles in so many ways-- we thank you for all you have given to us and to UUSO. Have a wonderful birthday!!

GRATITUDE

With the foundational work of Tom O'Brien, the excellent project coordination of Duncan Smith, the communication and back up planning of Evelyn Warren, the talent of some great contractors, the financial generosity of our congregation, and the hardiness of volunteer chair and furniture movers, we now have what we could deem our very own "magic" carpet. Our sanctuary has a flat sturdy fresh new flooring that will surely be enduring as well as a much improved electrical set up. One caution from the carpet layers---please avoid dragging anything over the carpet. The glue will be curing for a while and the seams are vulnerable to being pulled apart. Thank you to all who contributed to this major project going so smooooothly!

The Board of Trustees

UUSO UPCOMING WORSHIP SERVICES
SUNDAY MORNINGS AT 10:30AM



What does a UU Chaplain have to offer?
A sharing of thoughts, experiences,
and thanks from a novice.

**Children to Classrooms at 10:30*
With music provided by Music Director Tim Horne and
the UUSO Choir.
Worship Associate: Julian Pecenco

Coffee Hour Host: Carol Malz
Ushers: Arlana Young
Chancel Table: Suzy Beddoe
Sound System: Scott Segar



Human diversity is a source of both wonder and
frustration. “Wow!” and “Geez!” in the same
breath. Often communities experiencing a shift
to greater diversity have a significant increase
in friction, even violence.
Creativity offers us a different way to move into
relationship across human difference.

**Start Together Sunday*
With Music provided by Music Director Tim Horne
Worship Associate: Alex Schultz

Coffee Hour Host: Rosemary Summers & Cathi Wiltsey
Usher: Sallie Han & Kim Yousey-Elsener
Chancel Table: Martha Frankel
Sound System: Julian Pecenco

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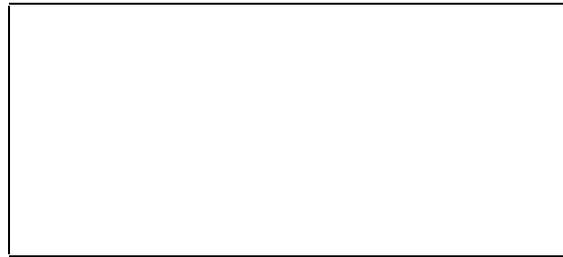
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UUSO DEADLINES:

UU News Articles: Deadline for the week of October 3rd issue is October 1st, by 9AM.

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

Verbal Announcements:
Contact Worship Associate by Friday before Service

Green Sanctuary Corner



To get some concrete answers to this critical question of our generation, Please join Hartwick College Associate Professor of Physics, Dr. Kevin Schultz, and Solstice representative, Jackie Burke, on Sunday, Sept 23, from noon to 2:30pm in the Sanctuary.

Dr. Schultz will provide a graphically illustrated presentation of the scientific facts to date on the subject and Jackie Burke will follow this by discussing one substantial means of reducing carbon emissions through subscribing to the new local solar garden being constructed right now in Laurens, NY. Several people from our congregation have attended these presentations with enthusiastic reviews. Don't miss the opportunity to be educated and motivated!

Lunch and child care will be provided.

Co-sponsored by the Green Sanctuary Task Force and Social Action Team