



# UUU NEWS

A BIWEEKLY NEWSLETTER OF

THE UNITARIAN UNIVERSALIST  
SOCIETY OF ONEONTA

October 12, 2016

INSIDE THIS ISSUE:

<i>Minister's Column</i>	1
<i>Religious Education</i>	2
<i>Worship Services</i>	3
<i>News and Announcements</i>	4-6
<i>Anti-Racism Task Force</i>	7
<i>New Policies</i>	8-11

## MINISTER'S MUSINGS

### The Power of Forgiveness

This past Sunday, we held our annual Days of Awe service, acknowledging and honoring the Jewish holidays of Rosh Hashanah and Yom Kippur. During the ten days between these two holy days, followers of the Jewish faith consider their past year and do their best to make amends for any wrongs they have committed. They also remember and honor those loved ones who have died. It is a time of introspection and re-commitment to living a better life, to treating one another better. As part of the service, for the Time for All Ages, I compared misdeeds to rocks. Both the misdeeds we commit and the wrongs committed against us can weigh upon us emotionally, spiritually, and physically. (Guilt, distress, and anger can all take a physical toll on us.) In the exercise, I asked the two young volunteers how long they thought they could carry the stones they were holding. I asked them how long they would want to carry the heavy stones. Being wise young UU's, they said that carrying them for more than 5 minutes would be unpleasant. Indeed. Even the lightest, smoothest stones get heavy quickly. In non-religious terms, we might call these wrongs committed and felt our "baggage." This is why many of the world religions have some component of forgiveness. Buddhism seeks to practice compassion to both others and self. The Catholic faith has the sacrament of confession. Being human is synonymous with making mistakes, of falling short of our ideals. It isn't the mistakes that make us remarkable, it is our response to them. Do we carry them with us like rocks and stones? Or,

do we do what we can to make amends and to forgive others? Forgiveness is how we put the stones down. (Throwing the rocks is not an acceptable response in this metaphor-- that only results in more rocks for everyone.)

Unitarian Universalism does not have a sacrament of confession. We don't have a specific ceremony or holiday dedicated to forgiveness. And so, we look to other faiths; we adapt rituals from our deep religious heritage. We celebrate with the Days of Awe service-- but our spiritual practice of forgiveness is not limited to this one hour on this one day of the year. Rather, we are all individually called to practice forgiveness in our own way. We are called to make amends for the harms we have caused on our own terms. There is a great freedom in being a Unitarian Universalist; no one can tell us how to live our faith. But, with that freedom comes the responsibility to find our own personal sacraments, our own spiritual practices that will honor our relationships, promote our spiritual growth, and allow us to put those stones down.

What stones are you carrying? How long would you like to carry them?  
What would it take for you to be able to put them down?

*Cooperatively,  
Rev. Craig*



# RELIGIOUS EDUCATION NEWS

*“Luminous Beings are we” - Jedi Master Yoda*

UUSO children and teens have the chance each Sunday to participate in carefully crafted and age-specific programs that give them the opportunity to explore who they are as individuals, as UU's, and how to stand up for justice in a world that sorely needs them. They explore spirit, mystery, and awe. They grow to feel more able to delve deeper into some of the hard issues that can arise from living a life that is true to who they really are as people. Regular attendance builds relationships with fellow seekers and they are even more able to grow in the support of this safe, wise, and caring community.

All RE classes are currently becoming better acquainted with each other and with their classrooms. The nursery seems to have more babies and young ones than last year, some of whom are experiencing group play for the first time. Children who are now in Kindergarten have moved from the nursery are participating in their very first RE classroom in the Explorers class. Fourth graders are finally able to enter Oneonta Hogwarts. (This is always highly anticipated). Young teens are delving deeper into the Unitarian Universalist Principles and learning mindfulness skills in UUSO Jedi Academy. Finally, this year we welcome the return of our YRUU (Young Religious Unitarian Universalists) group of older teens who are creating their plans for their year together.

Guests are always welcome. I encourage your children and teens to bring friends. Bringing a friend can often help our UU's feel comfortable joining their new classes. We always learn more from each other so the entire class benefits from having new people attend. Friends often say how much they enjoyed their time in a class, can sometimes become repeat visitors, and have even been known to encourage their whole family to try out our church.

As has been previously published in this newsletter, I have been preoccupied with taking care of my mother and, now that she has died, grieving and then settling her affairs. With time and healing I am finding myself more and more able to return to my focus on Religious Education. Through it all, I have had the support of so many people that have ensured that the RE program has begun full of excitement and hope for a great year ahead. I am especially proud of our beautiful classrooms. I hope that children and youth enter their classrooms and find places that are “other” and “sacred” and that allow them to put aside their regular lives and really open their minds and hearts to new experiences. I want their environments to invite their luminous selves forward.

Please register your children and teens for RE, even if you already registered them last year. Forms are available in all the classrooms, in the RE halls, and on the foyer table at Chappin. Those who are registered are able to receive postcards about special events. It also is important that we have your formal permission to be together with your children.

**Here's to encouraging our best and most luminous selves,**

**Susan Ryder**

**UUSO Director of Religious Education**

[dre@uuso.org](mailto:dre@uuso.org)

# UPCOMING WORSHIP SERVICES

October 16th  
**"With Great Power.."**  
**Rev. Craig Schwalenberg**  
*Children to Classrooms at 10:30*

Uncle Ben Parker said,  
 "With great power comes great responsibility."  
 We each have great power;  
 how shall we use our power responsibly?

Music by: Music Director Tim Horne and the UUSO Choir  
 Worship Associate: Rich Stelling  
 Coffee Hour Host: Alice Siegfried & Dotty Hudson  
 Ushers: Julia Gregory & Linda Wilcox  
 Chancel Table: Julia Gregory  
 Sound System: Beth Small

Sunday Service at 10:30AM  
 Childcare provided. Hearing assistance available.  
 Please consider volunteering to help out Sunday mornings!  
 We ask that every member volunteer with coffee hosting and ushering duties, but we could also use volunteers in Religious Education!  
 There are lots of ways to get involved with our community here at UUSO. Speak with our minister, Rev. Craig, or ask a board member during coffee hour after service. They're identified by gold name buttons; they're friendly folk.

October 23rd  
**"Be Good to Each Other"**  
**Rev. Craig Schwalenberg**  
*\*Start Together Sunday*

Two modern day, future prophets said, "Be Excellent to Each Other". A worthy message and goal as we work together building the Beloved Community.

Music by: Music Director Tim Horne and the UUSO Choir  
 Worship Associate: Shelly Hilts  
 Coffee Hour Host: TBA  
 Ushers: Sandy Smith & Susan Turrell  
 Chancel Table: Alice Blu  
 Sounds System: Paul Carter

***A Reminder to Members...***

Please be sure to put October 23 on your calendar to attend the October Congregational Meeting, following coffee hour, at 12:00PM in the Sanctuary.

—April Gates, UUSO Moderator

October 30  
**"Looking Forward and Looking Backward"**  
**A Samhain Celebration**  
**Pam Strother**  
*Children to Classrooms at 10:30*

Samhain, the Pagan New Year, is a "time out of time" when past and future are carefully considered. Let us join together to celebrate this ancient passage.

Music by: Music Director Tim Horne  
 Worship Associate: Cathi Wiltsey  
 Coffee Hour Host: Jamie Sharratt & Robby Poulette  
 Ushers: John & Beth Rafter  
 Chancel Table: Pam Strother  
 Sound System: Julian Pecenco

**Recent contributions from Change for Change are:**  
 \$124.00 to CANO in July and \$28.00 to Community Connections (fifth Sunday), \$121.00 to Legal Aid Society of Mid New York for August, and \$117.50 to NAMI of Otsego County for September.

We have another fifth Sunday this month, which means we'll be taking a collection for Community Connections.

Caring Connections serves residents of Delaware, Otsego, and Schoharie Counties and is offered to individuals and families who are struggling to meet their basic needs. Assistance includes a listening ear, referrals to and education regarding existing programs and services, budgeting assistance, advocacy, and when needed, material goods and financial assistance.

# UUSO NEWS / ANNOUNCEMENTS

## Assessment of our Ministries

Every member and friend of UUSO is invited to participate in a new process that the Board and the Committee on Ministry are initiating this Fall to assess our UUSO Ministries. We are using an approach known as Appreciative Inquiry (AI) to guide us. In the words of its founder, David Cooperrider, "AI begins by identifying what is positive and connecting to it in ways that heighten energy and vision for change".

You are critical this process and we ask that you set aside an hour after the Sunday service (noon to 1pm) on either November 6 or 13. Simply sign up to be in a small group that will be facilitated by two people who will be members of the Board and/or COM. We have designed questions for each group to answer together based on AI principles. Results of each group's discussion will be summarized and shared with the congregation. The culmination of input will provide valuable insights for the Board and COM to use as we move forward toward realizing our Mission and Vision. Sign ups will be initiated at the Sounding Board on October 16 and after each Sunday service through the end of October. Child care will be provided for each session.

Karen Palmer, President

Some of you may have noticed the activities in front of the sanctuary this week.. Our old sign is out, and we had a small crew navigating various utility lines to get the concrete base poured for our new sign! We also had a light installed on the ramp, for safety's sake. Many thanks for the help from John Bagby, and Tom O'Brien's diligent supervision of the project. (And, to be honest, all of our Properties Committee members! They're a hardworking bunch.)



There will be a dedication ceremony in the upcoming weeks, when the project is completed.

# UUSO NEWS / ANNOUNCEMENTS

## Diana's Winding Path to Ministry

I wanted to let my church community here know that I had been sanctioned in to the Ministry in the Institute for Spiritual Development, a Metaphysical Church, in Washington, D.C. last winter, and I am excited to announce, we will be starting a local chapter in Oneonta. The Institute for Spiritual Development has 3 chapters and was founded 40 years ago in Sparta, NJ. ISD a God-Centered, metaphysical faith community dedicated to our growing spiritual awareness. We believe that everyone has inborn psychic & healing abilities, and that these gifts can be developed with practice.

My fellow congregants at UUSO have been by my side through my loss of my son, Jamie, in 1995, and the resultant spiritual search that led me to where I am today as a Psychic Medium, Spiritual Counselor, and Instructor. At UUSO, I have served as Religious Education Director, Board President, Play producer, led Vespers services, and have volunteered on many committees over the years. I was originally ordained through Fellowships of the Spirit, in Lily Dale, NY in 2002 when I attended a 2-year school there. And last winter I was delighted to be sanctioned in to the Ministry in the Institute for Spiritual Development, with the intention of starting an Oneonta chapter. All roads lead to where you are! But because of being called as a Minister to Institute for Spiritual Development, I will have to let my membership at UUSO lapse. Although I will be withdrawing, my husband Ben will continue his membership at UUSO, and we will continue to attend together and sing in the choir whenever we can.

The pieces to the puzzle of my vision of an Oneonta Chapter of I.S.D. are starting to fall into place- my sister Sue Landon is moving to Oneonta, who is a minister and past Director for I.S.D. and she will be working with me to create a new chapter of this faith community in Oneonta. Many thanks to my fellow congregants and friends at UUSO for your support & encouragement over the years, as I expanded my wings and learned to fly! Our first meeting will be an introduction, a movie about ISD, and reception on November 20<sup>th</sup> at 1pm at the Oneonta Holiday Inn. If you want more information, go to <http://isd-dc.org> or give me a call [607-433-2089](tel:607-433-2089), or check my website [www.tuningin-tuningup.com](http://www.tuningin-tuningup.com).

-Diana Friedell

## Joys and Sorrows

Our condolences to Pam Strother on the death of her grandson, John "Jack" Strother. Jack succumbed to an aggressive form of cancer and died on Saturday, October 8th. Pam has been doing her best to care for and support her family during this terrible ordeal. We hope that the UUSO community can provide what care and support Pam needs as she grieves this loss. Pam has requested that people refrain from calling her, but cards, texts, and emails are gratefully accepted. There will be a burial mass for Jack Strother on Saturday, October 15th, at 11:30a at our Lady of Victory church in Troy, NY. For more information, please contact the UUSO office, Rev. Craig, or Pam Strother (as directed above.)

# UUSO NEWS / ANNOUNCEMENTS

## FALL RUMMAGE SALE—NOVEMBER 2 & 3

It's our longest-standing fundraiser and contributes, on average, about \$2,000 to our treasury, but **IT'S NOT JUST ABOUT THE MONEY!**

**IT'S A COMMUNITY SERVICE**—Many people rely on our sales for their clothing and other needs.

It's about our church community as well—the good **FELLOWSHIP** of accomplishing something together and the opportunity for newcomers to participate in a meaningful way.

Finally, it's about **RECYCLING** things that still have useful life.

### What Can You Contribute?

Space and time limit what we can handle. We will gladly accept:

- Fall and winter clothing and accessories
- Jewelry, giftware, collectibles
- Holiday decorations
- Bedding, curtains, linens
- Baby goods, children's clothes, stuffed animals
- Puzzles, games
- Small appliances and lamps in working order, and other quality house wares
- Tools (but no other hardware)
- Small furniture

We cannot accept books, TV's, electronics, or any large items. If in doubt about any items you'd like to donate, please call Arlana at 202-839-6475 or Julia at 607-563-2924 to ask.

We will be taking in rummage goods on Sunday afternoon, October 30, until 5 pm, and on Monday, October 31, from 9 am to 6 pm.

### How Can You Help?

Many hands are needed for preparations on Sunday, Monday, and Tuesday, and for the sale on Wednesday & Thursday; and for packing up remainders on Friday. To offer your services, you may call Arlana at 202 839 6475 or email the office at [uusso@uusso.org](mailto:uusso@uusso.org). Please join us!

**The sale will be from 10:00am - 6pm on Wednesday, November 2nd, and 10:00am-8pm on Thursday, November 3rd.**

—Arlana Young and Julia Gregory

# ANTIRACISM TASK FORCE

The Anti-Racism Task Force is pleased to announce the following events planned for the next few months. We hope that you will find something that appeals to you and will help you grow in your understanding of and commitment to becoming an anti-racist congregation. Check the UUSO website for more info and updated events.

*Many thanks to the active, regular members of the ARTF, who have been working and meeting regularly to plan, especially Alice Siegfried, Cindy Squires, Grace Smith, Duncan Smith, Donna Behrendt, Zanna McKay, Karen Palmer, Patricia LaFata. Submitted by Susan Turell.*

## **October:**

- October 16: Sermon “With Great Power..”, Rev Craig
- October 30, Noon: Food for Thought: film: “*Class Divided*”, facilitated by Alice Siegfried and Zanna McKay

## **November**

- Nov 20, noon: Food for Thought: topic “*White Privilege and Me*”, facilitated by Duncan Smith

## **December**

- Dec 4: Food for Thought, Video TBA

January through May: We are planning monthly Food for Thought discussions, another book group (“*Whistling Vivalde*”), some videos/movies, and other events.

**Let us know ideas you have that will help all of us grow in our understanding and commitment.**

# NEW POLICIES

*These policies were recently passed by the Board of Trustees. They meet each third Wednesday at 6:30PM, visitors are welcome to observe. Childcare is provided for those who request it, 48 hours in advance.*

## **UUSO Bulletin Board Policy**

August 23, 2016

The bulletin boards located at Chapin Memorial, 12 Ford Avenue (one inside the sanctuary, one in the outside entryway), are intended to be means of communication for the UUSO community. The Office Administrator is responsible for maintaining the bulletin boards and ensuring that all postings follow this policy.

### **Sanctuary Bulletin Board**

The sanctuary bulletin board is for posting:

- Worship service announcements
- Denominational information
- UUSO events and information
- Articles about/by UUSO Members and Friends
- Correspondence intended for the UUSO community
- Notices of community events
- Offers of services or goods from Members or Friends

All items posted on the sanctuary bulletin board must be signed and dated by the poster. Only the Office Administrator (or other UUSO staff) may remove items that are not signed, are no longer relevant, or have been posted for an excessively long time. The sanctuary bulletin board will be kept closed during worship services and ceremonies. No one may post items on the exterior of the bulletin board (visible when the bulletin board is closed), except that a group renting or using CM may post things on the exterior surface only during their event. Chairs are not to be stacked in front of the bulletin board.

### **Outside Bulletin Board**

The outside bulletin board is for posting:

- Sunday schedule of events at UUSO
- Weekly schedule of events at UUSO
- Religious Education Sunday programming & information
- Upcoming Events at / for / by UUSO

The outside bulletin board will be kept locked. The Office Administrator, Minister, and Director(s) of Religious Education will have keys to the bulletin board. As a public bulletin board, the outside bulletin board will be kept uncluttered and up-to-date. Nothing is to be posted on the glass (inside or out) of the bulletin board. Items may be submitted for posting to the outside bulletin board by giving them to the Office Administrator or by putting them in the UUSO office mailbox (located in the foyer of 12 Ford Avenue).

# NEW POLICIES

## Building Use and Rental Policy

July 27, 2016

Thank you for your interest in using space at the Unitarian Universalist Society of Oneonta (UUSO). The Board of Trustees is happy to offer our space for rent to UUSO members, friends and the community. Rental fees are used to defray building costs. All users and renters are required to abide by this building policy.

1. Spaces available for rent at Chapin Memorial (CM), 12 Ford Avenue, include the sanctuary, the kitchen, the loft and the basement. Renters may visit the memorial garden behind the sanctuary for quiet reflection, but no activities or events are to be scheduled for that space. Occupancy at CM is limited to 185 in the sanctuary, 55 in the loft, and 15 in the choir loft. Basement occupancy at CM is dependent upon the rooms chosen.

2. Spaces available for rent at Olympia Brown House (OBH), 16 Ford Avenue, are limited to the first floor (front parlor, library, and kitchen) and the back yard. Renters are not allowed in the basement, 2<sup>nd</sup> floor\*, or garage of OBH. Renters are not allowed to use the fireplace. Occupancy at OBH is limited to 50 total. (Occupancy per room is much lower.)

\*In-house groups of no more than ten may use the upstairs front room at OBH.

3. Both CM and OBH are primarily designated for use by the UU Society for society functions. If a building use conflict arises, the Office Administrator and the Minister are authorized by the Board to settle the conflict using the following priorities:

- a. Worship Services and Rites
- b. Religious Education
- c. UUSO business and events
- d. Long term renters or Previously Scheduled Events
- e. Member Use
- f. Non-Member, Contributing-Friend use
- g. Non-UUSO, Unitarian Universalist use
- h. Use by organizations in sympathy with UU principles
- i. All other use

4. Renters may be issued a key to the appropriate building with a \$50 deposit. This deposit will be returned when keys are returned to the Office Administrator.

5. Payment must be received and keys returned within one week of the event.

6. If your group has liability insurance, please give a copy of your policy to the church office.

7. While UUSO is happy to offer rental of our space to groups, we reserve the right to deny rental to groups at any time. Groups that operate in direct opposition to the principles and values of this Society may be denied.

*(Continued on page 10)*

# NEW POLICIES

*(Continued from page 9)*

## **Please follow these Policies whenever using UUSO facilities.**

1. Smoking is not permitted anywhere on UUSO property.
2. Helium balloons are prohibited.
3. There is to be no tape used on the sanctuary walls.
4. The piano in the sanctuary may not be used unless specific permission is given by a Staff member.
5. We request that you follow the Green Guidelines posted in the kitchen at each property.
6. Styrofoam products are not to be used.
7. Both CM and OBH have wireless networks with access to the internet. Access to this service is free, but requires a password. If needed, please request the current password from the Office Administrator. Please use this service responsibly and legally.
8. All trash must be properly disposed of – including the separation of recyclables. There are marked containers in the kitchens of both each buildings for this purpose.
9. Items may be hung on the **outside** of the bulletin board in CM sanctuary during your event.
10. Rented spaces are to be left in the same condition in which they were found

Renters are encouraged to contract with our Church Custodian for cleaning and set-up / tear-down assistance. At the Office Administrator's discretion, when events are scheduled close together, or building use is higher than normal, renter may be required to contract with Custodian as part of rental agreement. The Custodian's current hourly fee will be added to the standard rental fee.

11. When leaving the building, please turn off all lights, close all windows, and lock all doors. Thermostats in both buildings are automatic and should not need to be adjusted. If you do need to adjust the thermostat, please return it to its prior setting when leaving the building.
12. No one may post anything on the outside or inside doors of CM.
13. There will be no storage on the premises unless permission is given by a Staff member.
14. No guns are allowed on UUSO premises.

## **Special Loft Regulations**

- a) There will be no food in the loft unless the loft is being used by adults for UUSO-related scheduled events. Beverages are allowed in the loft.
- b) The loft is not available for meetings during church services.
- c) There will be no regularly scheduled Sunday school classes in the loft, although Youth may reserve the loft for a special occasion or worship service.

*(Continued on page 11)*

# NEW POLICIES

*(Continued from page 10)*

## **Building Rental Rates<sup>1</sup>**

(All use for 3 hour blocks)

	<u>Members</u>	<u>Pledging Friends</u>	<u>Non-Members</u>
Sanctuary	\$50	\$100	\$150
Rooms (per room) [Loft, CM Basement Room(s), Library, Parlor, OBH Yard]	\$15	\$30	\$50
Kitchen Use	Free <sup>2</sup>	\$15	\$25
Memorial Service <sup>3</sup> (Sanctuary, Kitchen & Loft)	Free	\$100	\$150
Wedding Service <sup>3</sup> (Sanctuary, Kitchen & Loft + additional rehearsal time)	\$50	\$100	\$200

<sup>1</sup>There is never a rental fee for space used for UUSO sponsored activities or business.

<sup>2</sup>Members renting space at OBH or CM may use the kitchen in either space for free.

<sup>3</sup>These fees are for building use only. There may be a separate honorarium for the Minister

1. There is a reduced rate for on-going, longer-term rentals. A monthly rental (at least 8 / year) receives a 25% discount; a weekly rental (at least 30 / year) receives a 50% discount.
2. Any special discount or waiving of rental fees must be approved by the Board.

## **Additional Services / Suggested Honoraria**

Church Custodian (added to standard rental fee; arranged through UUSO)	Current hourly rate
Sound System Tech (mics, recordings, set-up, tear-down, monitoring, etc.)	\$25 - \$50
AV Tech (set-up and use of projector and screen)	\$25 - \$50
Musicians	negotiated

**THE UNITARIAN  
UNIVERSALIST  
SOCIETY  
OF ONEONTA**

16 Ford Ave  
Oneonta, NY 13820  
Phone: 607-432-3491  
Email: UUSO@uuso.org  
www.uuso.org  
Sanctuary at 12 Ford Ave

**The Rev. Craig Schwalenberg**  
Minister

Office Hours by Appointment  
Email: revcraig@uuso.org  
607-432-3491/607-287-7906

Evelyn Warren  
Editor & Office Administrator  
uuso@uuso.org  
Tuesday-Friday 9-3

Susan Ryder  
Director of Religious Education  
607-643-1927  
dre@uuso.org

Karen Palmer  
Board President  
607-267-4793

Tim Horne  
Music Director  
607-432-7323



## UUSO DEADLINES:

**UU News Articles:** Deadline for October 26th issue is  
October 24th, 9AM

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

**Verbal Announcements:**  
Contact worship associate by Friday before Service

## Green Sanctuary Corner



### GOING GREEN: WHAT CAN WE DO?

-- There are many avenues and many ways to approach this subject, both in overview and in particular actions, and various resources to start with. Here's one, with links to many further ones:

-- **Global Stewards:** Green Eco Tips for a Healthy Planet, and for a Sustainable Lifestyle: <<http://www.globalstewards.org/ecotips.htm>>, which starts: "The critical first step of waste prevention has been overshadowed by a focus on recycling. Please help to promote a greater awareness of the importance of the 'Reduce' part of the Reduce-Reuse-Recycle mantra. For ... overview of how raw materials and products move around the world, see the video 'The Story of Stuff' -- <<http://storyofstuff.org/movies/story-of-stuff/>>."

*Green Sanctuary Corner will appear in every newsletter with pertinent tips, references, and ideas as we move toward certification of UUSO as a Green Sanctuary congregation. Everyone's contributions are welcome -- to share them here, please send to <[gKatMuse@gmail.com](mailto:gKatMuse@gmail.com)>.*

### UUSO Board of Trustees

Karen Palmer	President
Sandy Smith	Vice President
TBA	Clerk
John Bagby	
Kate Seeley	
Keith Willcox	
Jeane Bennett-O'Dea	
Amy Forster Rothbart	
Suzy Beddoe	
Stan Maricle	
Paul Carter	
Lynn Beken	Treasurer
Evelyn Warren	Recording Secretary