

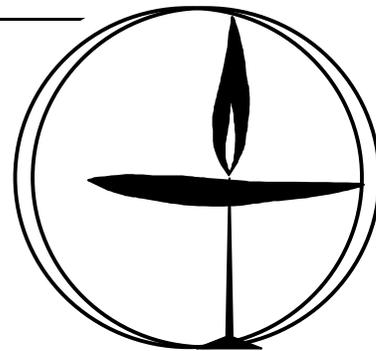
# UU News

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



January 7, 2015

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

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Music Director: Tim Horne—432-7323

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Director of Religious Education:

Susan Ryder—432-4471—dre@uuso.org

Editor & Office Administrator: Robin Ahearn—432-3491  
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## HAVE YOU CHECKED OUT OUR NEW WEBSITE AT UUSO.ORG?

If you haven't had a chance to take a look at our new website, use your browser to go to UUSO.org and check it out. We're planning to have a live demo of the new site during Coffee Hour on the following Sundays: January 18, January 25, and February 1.

Beginning on January 18 we also will have a short survey available, both online and in written form, that we hope many of you will fill out so that we can see how you like the site and what else you'd like to see added to it. Please talk to any member of the Web Committee with questions and/or suggestions. We want this website to be useful to members of the congregation as well as welcoming to visitors.

—The Web Committee: Craig Schwalenberg, Grace Smith, Kathy Paranya, Lynn Beken, Mary Ruhoff, Robin Ahearn, and Susan Ryder

## PIZZA & GAMES!!

Friday January 16, starting at 5:30 pm

All UUSO Members and Friends are invited to Pizza and Games! Please bring \$1.50 per person for pizza, a dish to share (like veggies & dip, salad, hummus, salsa and chips, dessert, etc.) and games to play. This fun event has been enjoyed by folks of all ages at UUSO for many years. Fun is guaranteed for all, whether you come alone or with your whole family. We'll hang out, enjoy company and conversation, eat a casual dinner together, and maybe even learn a new game or play an old one you've always loved. We hope you'll join us! Also check out the event on Facebook.



—Elayne Mosher Campoli, Membership Committee

## MINISTER'S MUSINGS

### **Once More 'Round the Sun...**

Happy New Year, everyone! I hope the holidays treated everyone well and all travels were safe and uneventful. I've heard it said that how you ring in the new year portends what type of year it will be. Cheryl and I said “Goodbye” to 2014 in the company of good friends, our bodies nourished by healthy food, and our spirits buoyed by good cheer and bouts of good-natured laughter. If that is the prediction for 2015, then I will consider myself most fortunate indeed.

### **Words, Words, and More Words...**

On a related note, one of our friends gave us a small ceramic jar and told us it was to “keep your blessings in.” This was before Adrienne's fabulous New Year's sermon (a UUSO tradition, almost) on the spiritual practice of taking note of and saving those moments when everything seems right with the world. This isn't the first time this spiritual practice has been suggested to me. In my second year of seminary, after my first public preaching in front of the school community, I was receiving kind compliments from several people. A classmate came up to me and handed me a small book. It was a blank journal. She said, “You feel good right now. People are saying kind, true things to you. Write them down in this book, before you forget them. Some day, when things seem dark and lonely and you are filled with doubt, pull out the book and read the kind truths people told you.” I confess, I haven't always followed that spiritual practice—but I have done it enough to know how helpful it can be. The jar our friends gave us and Adrienne's words of wisdom are a good reminder of the efficacy of that practice. Perhaps it is time to start filling that book or putting slips in the jar.

### **Looking Ahead**

We have some interesting and exciting things happening in the pulpit this quarter:

- **January Intersession – “The Cosmos”**

During the month of January, the children and youth will be exploring “The Cosmos” with their teachers and Religious Education gurus. As is our practice, we'll be exploring the same topic in the sanctuary. This past Sunday, I told a UU version of the creation myth as a part of “The Great Story.” Next Sunday, January 11, I will be contemplating the sky and asking “Are We Alone?”. The following Sunday, January 18, I will be reflecting on our place in the cosmos with “Awe, Wonder, and Insignificance.” And finally, on the last Sunday of January, the Children and Youth will share their learnings with us in the annual Intersession worship service, “Our Place in the Cosmos.”

- **Art Sunday (2/8) – “What Inspires You?”**

Come join us for this annual expression and celebration of creativity at UUSO. There will be art on display and our own Mary Krupp will be delivering the reflection that Sunday.

- **Music Sunday (2/22) – “Promises”**

From the visual arts to the musical arts. Our annual Music Sunday service will once again be an inspirational treat delivered by our Music Director, Tim Horne, the UUSO Choir, and other musical guests. It promises to be a great service once again.

- **The Infamous Geek Sermon (3/8)**

Every year, around the time of my birthday, I give a gift to myself of a service crafted around some geeky joy near and dear to my heart. This year, I had to choose my topic before I left on sabbatical back in August. And now... well, now I've changed my mind. I'm not sure what to preach about for my Geek Sermon this year. I'm going to have to pick a new topic pretty soon. (If you have an idea or a request that might fit the bill, let me know.)

—Cooperatively, Rev. Craig

## Sawdust from the Board

Each month, usually on the Sunday before a regular meeting of the Board of Trustees, two members of the Board will welcome your comments and ideas at a table in the front of the Sanctuary during the Social Hour which follows the Service. This month's Sounding Board will be on January 18. Be sure to stop by. If you can't be there and have an issue for the Board to discuss, please feel free to email me at [aprilgates@stny.rr.com](mailto:aprilgates@stny.rr.com).

Our first regular Board of Trustees meeting for 2015 is coming up on January 21. We meet at 6:30 pm in the Loft at Chapin Memorial, and, as always, members are welcome to observe.

—April Gates, President, UUSO Board of Trustees

## FROM THE OFFICE...

- Be sure to check out the **insert in today's newsletter**: We are redistributing the **2014-2015 Coffee Hosting & Ushering list** so that all of you who got handy new 2015 calendars can be sure to post your assigned dates on your new calendars. Please be sure to check for your name and make note of it. Thank you!
- **New Office Hours**: Due to my school schedule, office hours will be changing slightly to Monday, Wednesday, and Friday, 9-2; and, Tuesday and Thursday, 12-2, effective immediately.

—Robin Ahearn

## RELIGIOUS EDUCATION NEWS

The January Intersession began with the January 4 class lead by Hartwick Physics Professor Kevin Schultz. He took us on a merry chase through the solar system as we went outside to pace the relative distances between our sun and planets. The sun was scaled down to the size of an Elmo Halloween bucket and placed in a bush in front of the church. The earth was the size of a peppercorn. Our group paced off each planet's distance from the Elmo sun and felt ourselves getting further and further from its warmth. By the time we reached Uranus we were near Center Street. We saw that pacing the distance to Neptune would take us up the Ford Avenue hill!

Cory brought up an important point about this journey through our cosmos. It is scary. When we start to understand even a little of the immensity of the cosmos, we can feel so small that it feels uncomfortable and can be frightening. It was great to have this acknowledged right away as we start this exploration. I am, as always, humbled by the wisdom of our children! I think the flipside of being frightened by immensity is allowing ourselves to feel awe in the presence of something so much greater than ourselves. May our January journeys into the cosmos continue to be wonder-full!

—Susan Ryder, Director of Religious Education

### Visit [uuso.org](http://uuso.org)!

Our beautiful new webpage is up and running! I hope you can spend some time navigating through all the offerings on the site. This is now the place to find out what will be going on in Religious Education Classes on an upcoming Sunday. Under "Children/Youth" in the top blue banner you will see "Next Sunday's Classes." I encourage RE class members to check this out themselves! I am trying to send out fewer paper mailings this year. This frees me to spend my work hours on other parts of the RE program, saves postage, and is more "green." If you are unable to access the website, please call the church office to let me know if you would like me to mail you information about your child's classes.

—Susan Ryder

### Dismissing RE Classes Sunday Mornings

If your child is anywhere from nursery age through third grade, they need to be picked up by a parent or guardian in order to leave the classroom. Please be sure and do this before noon so the teachers can leave. (A plus side is getting a glimpse of what the class has been doing that day.) By the time a child is in the Seekers class (Hogwarts this year), they may go upstairs unaccompanied to find their respective adults at coffee hour. Parents and guardians are always welcome to visit classes at any time. I know this can be hard for some of the children (especially third graders) to understand, but the Religious Education program has created this policy in order to keep them supervised and safe.

—Susan Ryder

## **FROM THE SOCIAL ACTION COMMITTEE**

### **Adopt-A-Family Update**

It took three extra folks to help Martha and Norma Lee with the Adopt-A-Family gifts. The gifts, bows, wrapping paper and food/gas cards moved from the basement up to the truck and out to Family Service Association. You were all so generous with our adopted families. We hope you enjoyed getting involved with the families and their dreams and hopes for the holidays. You all made it happen. Thank You from the Social Action Network!

The next Social Action Committee meeting is the first Tuesday of the month, February 3, 6 pm, at Alice Siegfried's house, 67 Church Street, Oneonta. Shared supper following the meeting. Questions? Call Alice at 432-8673. —Norma Lee Havens

## **FROM COOKIES & CRAFTS COMMITTEE...**

On behalf of the 2014 Cookies and Crafts Committee, a huge thank you again to all of the help we received in making this such a successful sale. Volunteers in many capacities, bakers, and chefs were all appreciated. The cookies were beautiful and the gourmet items were artisan quality. Before expenses (pay outs to vendors, specific supplies, etc.), we earned about \$9500! Can you imagine that much money coming through—wow!!! After all was said and done, we earned \$3200 for the church. Awesome! And we couldn't have done it without YOU!

Thank you from the bottom of our sugar canisters! —Liz J-C for the C & C Committee

## **CHANGE FOR CHANGE UPDATE**

Recent disbursements from Change for Change were \$157.00 to Habitat for Humanity in October, \$230.00 to Hunger Coalition of Otsego County in November, and \$150.50 to Family Service Association in December. —Cindy Squires

## **JANUARY DINING FOR WOMEN**

The Oneonta chapter of Dining for Women will have its next potluck dinner on Sunday, January 11, at 1:30 pm, in the UU sanctuary. Each month we learn about and support organizations that help women and girls in developing countries improve their lives. This month we are supporting the work of Collateral Repair Project which helps refugees from Iraq, Syria, and Somalia who are now living in Amman, Jordan. All are welcome to join us at our monthly meetings. Bring a dish to pass if you would like. For more information, call Linda at 433-2985. —Linda Wilcox

## The Phoenix 2015

A sense of anticipation  
And a dull sense of sadness  
Both claiming space in her heart  
At the same time  
Dancing thoughtfully in the space  
Between past and future  
Acknowledging loss and joy  
Faces—once so familiar  
Now fading, like a sweet dream  
She would hold on  
If she could  
If only she could  
But now is the time for letting go.  
Aches, cold.  
Unwanted companions  
Dull feathers  
All color spent  
In pursuit of bright dreams  
Cover her  
She is ready  
Facing that last setting sun  
Waiting...  
Eyes closed, yet every cell aware  
Sensing the light and colors  
Red, orange, yellow  
Shining upon her and through her  
Intensifying  
Yet not igniting yet  
The spark begins  
When she unleashes  
And releases the flood  
Of fears, insecurities, doubts  
Want, Uncertainty, Anger...  
With anger, the real flames begin  
And burn

With consuming waves  
Until the red of anger turns  
To all white flame  
Flickering with forgiveness now  
And the dull feathers fall away  
Or float away  
Ash in the air  
Leaving now the brightest crimson  
shades The Phoenix Beginning  
anew She stretches in delight,  
breathes deeply Strong.  
Filled with excitement and energy.  
Possessing wisdom  
Having overcome obstacles  
Having been present  
Opening her eyes and her heart  
Now  
To hope,  
Love  
And possibility.

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Happy New Year!  
May your heart be renewed and your  
spirit strengthened!



—Cheryl DeDecker

# CALENDAR

## January 2015

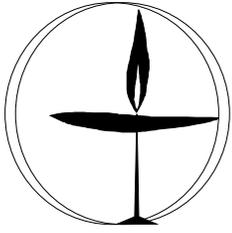
Jan 8	Thu	4:30-6pm/C&C Mtg/OBH Dining Rm
		<b>5:30pm/NAACP/OBH Living Rm</b>
Jan 9	Fri	8:00am - 9:00am/Aerobics/CM
Jan 10	Sat	5pm/COAST Wizard of Oz Retreat/CM
		5pm/COAST Wizard of Oz Retreat/OBH
Jan 11	Sun	9am-12pm/Bldg Use/RE/CM Classrooms
		9:00am - 12:30pm January Session Workshops/OBH
		<b>10:30am/Service: "Are We Alone?"/Rev. Craig/CM</b>
		<b>1:30pm/Dining for Women/CM</b>
		1:30pm - 4:00pm/Building Use/DT Rehearsal/OBH Upstairs
Jan 12	Mon	8:00am - 9:00am/Aerobics/CM
		3:00pm - 4:00pm/Building Use/CM Loft
		6:30-8/RE Cmte Mtg/OBH Dining Rm
		6:30pm - 8:00pm/Zen Mediation/CM
Jan 13	Tue	4:30pm - 8:30pm/Building Use/CM Loft
Jan 14	Wed	8:00am - 9:00am/Aerobics/CM
		1:30pm/Small Group Ministry/Off-site
		4:00pm - 4:30pm/Building Use/CM Loft
		<b>6:00pm/Scrabble &amp; Potluck/CM</b>
Jan 15	Thu	6:00pm - 8:30pm/Building Use/CCS/CM
Jan 16	Fri	8:00am - 9:00am/Aerobics/CM
		<b>5:30pm/Pizza &amp; Games/CM</b>
Jan 18	Sun	9:am-12pm/Building Use/RE/CM Classrooms
		9:00am - 12:00pm January Session Workshops/OBH
		<b>10:30am/Service: "Awe, Wonder, and Insignificance"/Rev. Craig/CM</b>
		12pm/Finance Cmte Mtg/OBH Upstairs
		12-2/Mali Task Force/OBH Living Rm
		12:00pm - 4:00pm/Building Use/DT Rehearsal/OBH Dining Rm
		12:00pm - 4:00pm/Building Use/DT Rehearsal/OBH Kitchen
		1-3pm/Small Group Ministry/CM Loft

Jan 19	Mon	8:00am - 9:00am/Aerobics/CM
		<b>9:00am/Newsletter Deadline</b>
		3:00pm - 4:00pm/Building Use/CM Loft
		6- 8:00pm/Small Group Ministry/OBH
		6:30pm - 8:00pm/Zen Mediation/CM
		7:00pm/Endowment Cmte/OBH Upstairs
Jan 20	Tue	10am-12pm/Small Group Ministry/OBH
		4:30pm - 8:30pm/Building Use/CM Loft
Jan 21	Wed	8:00am - 9:00am/Aerobics/CM
		4:00pm/Web Cmte/OBH Dining Rm
		4:00pm - 4:30pm/Building Use/CM Loft
		6:30pm/Board of Trustees/CM
Jan 22	Thu	7:00pm - 9:30pm/Building Use/CCS/CM
Jan 23	Fri	8:00am - 9:00am/Aerobics/CM
Jan 24	Sat	5:00pm - 9:00pm RE Pizza Party & Service Practice/CM
Jan 25	Sun	9am-10am/RE Service Practice/CM
		9am-12pm/Bldg Use/RE/CM Classrooms
		<b>10:30am/Service: "Our Place in the Cosmos"/RE/CM</b>
		<b>12pm/RE January Session Potluck/CM</b>
		12:00pm - 4:00pm/Building Use/DT Rehearsal/OBH Dining Rm
		12:00pm - 4:00pm/Building Use/DT Rehearsal/OBH Upstairs Front Rm
		<b>1:00pm/Free Hypnosis Clinic/CM Loft</b>
Jan 26	Mon	8:00am - 9:00am/Aerobics/CM
		3:00pm - 4:00pm/Building Use/CM Loft
		6:30pm - 8:00pm/Zen Mediation/CM
Jan 27	Tue	4:30-8:30/Building Use/CM Classroom
		6:30- 9:30pm/Stop the Pipeline Mtg/CM
Jan 28	Wed	8:00am - 9:00am/Aerobics/CM
		1:30pm/Small Group Ministry/Off-site
		4:00pm - 4:30pm/Building Use/CM Loft
Jan 30	Fri	8:00am - 9:00am/Aerobics/CM

CM=Chapin Memorial/OBH=Olympia Brown House

**Rev. Craig's Office Hours:**  
Tues, 10-4; Wed, 12-4; Thurs, 10-4

**Office Administrator's Hours:**  
Mon, Wed, Fri, 9-2; Tues & Thurs, 9-12pm



UNITARIAN UNIVERSALIST SOCIETY  
12 Ford Ave.  
Oneonta, NY 13820

## UPCOMING SUNDAYS at the UUSO

**January 11, 2015**

**"Are We Alone?"**

*Children to Classrooms at 10:30*

One of the most profound metaphysical and cosmological questions we all face:  
Are we alone? What if we are?  
What if we aren't?

**Rev. Craig Schwalenberg**

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

*Coffee Hosts: Prue and Rich Stelling  
Ushers: Cindy Miller and Bernadette Ryan  
Worship Associate: Bob Brzozowski  
(Please submit announcements to  
Bob via email by 1/10.)*

**January 18, 2015**

**"Awe, Wonder,  
and Insignificance"**

*Children to Classrooms at 10:30*

There are 300 billion stars in our galaxy.  
There are ~300 billion galaxies in the  
universe. We have no idea how many  
universes there may be. But, we know  
this: there is only one of you and me.

**Rev. Craig Schwalenberg**

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

*Coffee Hosts: Ed Garbarino & Dawn Kilts  
Ushers: Stan Maricle and Cathi Wiltsey  
Worship Associate: Julian Pecenco  
(Please submit announcements to  
Julian via email by 1/17.)*