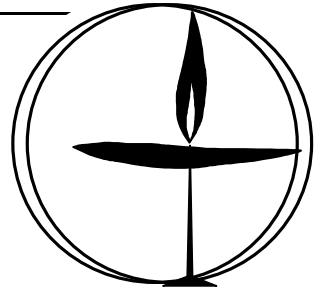


# UU News

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*

**April 6, 2016**



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:—432-3491

uuso@uuso.org

## **WELCOME TO OUR NEW OFFICE ADMINISTRATOR!**

I am pleased to announce that the Board enthusiastically approved hiring the applicant recommended by the search committee. The Office Administrator position will be filled by Evelyn Warren. Evelyn has experience working in an office as a receptionist and working as a managing editor for a publishing company. She has been a fan of Unitarian Universalism for some time and has been active in a UU congregation in Connecticut, where she used to live. She is new to Oneonta area and is looking forward to learning more about our fair city and our congregation. Evelyn will be training in the office this week on Wednesday and Thursday. She will be starting her regular hours in the office on Monday, April 11th. I expect it will take her some time to get up to speed and I'm sure there will be changes in the way she does things from the way things have been; but I trust everyone in the congregation will treat her with kindness and patience as she learns her way into the position.

-- Rev. Craig Schwalenberg

## **GETTING TO KNOW UU**

**Saturdays, April 16, April 30, and May 7 - 10am - noon**

Do you want to learn more about Unitarian Universalism and the UUSO? Are you interested in meeting other people new to the community? Are you considering membership? Then this class is for you.

*(Continued on Page 4)*

## **WELCOME TO SPRING!**

### **Shared Ministry Theme -- COURAGE!**

Our shared ministry theme for the Spring quarter will be "COURAGE." I received several good, interesting suggestions for possible themes and this one seemed to be both relevant for the time and rife with possible ways to explore it together. Once again, I'll be preparing at least one worship service ("Facing Our Fears" on April 17) with this theme in the next few months. Susan Ryder, our DRE, will be exploring the theme in some way with the children and youth during their RE classes or in a children's Worship. Now, all we need are some other activities to help the congregation explore the theme? Know a good movie we could watch? A good book we could read and discuss? Some activity requiring bravery, perhaps? Be creative. Think outside of the box. Be courageous! Our shared ministry themes are only as good as you help make them be. If you have an idea for an activity for this quarter's theme or have a suggestion for a future theme, please contact me. I look forward to hearing what we come up with together.

### **Spring Worship Calendar**

The Spring Worship calendar was included in the last newsletter and is available both on our website and in print form (in both the foyer of the sanctuary and the main office at OBH.) We have some exciting things planned for this quarter on Sunday mornings. Get your copy and plan to join us.

### **LEADING THE WAY**

As I write this, we are two thirds of the way to our goal of this year's stewardship campaign. This year we chose a goal that was about 3% higher than last year's goal, with a stretch goal of about 5% more. With that small increase in our operating budget, we can continue the ministries we have started and begin new ones. Our staff can get the training they need to support our lay leaders and volunteers in their work. Our website and on-line presence can be more dynamic and reach a wider, younger audience. Our social Action committee can continue to educate us, inspire us, and lead the way to making a difference. I have heard some people express concerns about our having a higher goal this year, again. The goal always increases. Costs always go up. And more importantly, this congregation is more active, more inspired, more involved than it has been in many years. We are making a difference in so many ways. We are growing, both spiritually and in membership. It is truly an exciting time to be a part of UUSO. We can accomplish so much together -- and it all starts with you and your pledge. Please, if you can, consider increasing your pledge this year. Help UUSO lead the way.

-- Cooperatively, Rev. Craig

## WHAT WE CAN ACHIEVE TOGETHER

As you know, the Stewardship Committee has provided our congregation with a goal and a “stretch” goal for the 2016-17 campaign “Sound the Call, Lead the Way!” The Board of Trustees has reviewed the proposed budget at these goal levels and would like to inform the congregation what we can achieve over our previous year’s budget toward advancing our UUSO Mission, Vision, and Long Range Plan:

### “Stretch” Goal of \$183K

- Provides the professional development support for our DRE to support us to move toward a “church for all generations”.
- Likewise, other staff will be better supported with professional development
- Social Justice goals are a large part of our Long Range Plan. Meeting this goal would allow the Social Action Committee and Anti-Racism Task Force to make a significant impact in the coming year
- Staff would finally get a well deserved 2% raise

### Goal of \$180K

- Professional Development, the Social Action Committee, and the Anti-Racism task force would receive more than last year but less than requested.
- Once again, staff would only get a 1% raise. Achieving our Mission is becoming more dependent on the excellent work of our staff. At some point, giving our staff a lower raise than deserved becomes a justice issue that we own.

Thank you to all who have pledged or will be pledging generously to support the our Mission!

-- Karen Palmer

### Circle of Life

It is with sadness that I officially share the news of the death of one of our long-term members, Norma Wagner. The family is planning a private memorial service. Notes to the family can be sent through the Ottman Funeral Home ([ottmanfuneralhome.com](http://ottmanfuneralhome.com)). I'm sure many of you join me in expressing our condolences to Norma's family.

-- Rev Craig Schwalenberg

UUSO Newsletter—April 6, 2016  
**SAWDUST FROM THE BOARD - MARCH 2016**

The Board is grateful to Arlana Young who took minutes for our March 16 meeting.

This month the Board took the following actions:

- Approved a building rental exception
- Reviewed committee feedback on Fundraising Policy. The Board's policy subcommittee will be integrating this and present the revised Fundraising Policy at the April Board meeting.
- Approved the Charter for the Green Sanctuary Team
- Reviewed Bylaws Committee report and advised only minor changes to the committee's proposals for bylaws changes to be brought to the congregation at the May Annual Meeting.
- Appointed Arlana Young to the Finance Committee
- Held two Executive sessions (March 16 and March 29) to review Office Administrator Search Committee recommendations. The Board approved making an offer to the candidate put forth by the Search Committee.

Our next board meeting is Wednesday, April 20, 6:30pm in the Sanctuary. Members and friends of UUSO are invited to observe. Board members are always happy to listen to your concerns or suggestions and two board members will be present at the "Sounding Board" table after the service on April 17.

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

**GETTING TO KNOW UU**  
**Saturdays, April 16, April 30, and May 7 - 10am - noon**

*(Continued from Page 1)*

The Membership Committee and Reverend Craig Schwalenberg will present this three part series to help you learn more about our congregation, its history, its present and its future. Whether you are planning to sign the membership book or are simply curious to learn more about our congregation and Unitarian Universalism please join us for conversation and fellowship. Childcare will be provided upon request.

Please RSVP by contacting Rev Craig or leaving a message at the office (432-3491). We are looking forward to seeing you.

-- Florian Reyda

## **DINING FOR WOMAN - SUNDAY, APRIL 17; 6:00pm**

The Oneonta Chapter of Dining for Women will have its next potluck dinner on Sunday, April 10, at a new time: 6:00 pm in the UU sanctuary. Each month the group learns about and supports organizations that help women and girls in developing countries improve their lives.

The featured organization this month is Hands in outreach. For 25 years this program has supported education opportunities for poor girls from the slums of Kathmandu, Nepal. Their mothers are often single, illiterate, have little standing in their communities and work at medial jobs. Be Part of Her Dream is a pilot project to teach these women basic literacy, simple computer skills, and financial planning. they will receive a stipend to help cover lost wages while they attend classes and to help them begin saving for the future.

All are welcome. Bring a dish to pass if you would like. For more information, call Linda at 433-2985 -- Linda Wilcox

## **SHIFT FAIR April 16 and 17 10am-5pm**

Re-charge your body, mind and soul at the 12th Annual Spiritual Arts Fair to be held April 16th and 17th (10-5 both days) at the Holiday Inn, Oneonta. The Acronym, "S.H.I.F.T." stands for spiritual Holistic Integrative Festive Transformation. People are SHIFTing their awareness toward natural health and more meaningful spiritual lives. Go to [www.shiftnewyork.com](http://www.shiftnewyork.com) for a complete lineup of presenters, workshops and information.

-- Diana Friedell

## **ANTI-WAR ACTIVIST DAVID SWANSON Sunday, April 24; 7:00pm**

On Sunday evening April 24th at 7:00pm, David Swanson, author, activist, journalist and radio host will speak at UUSO on "War Is a Lie: What Your Taxes Buy," followed by questions and answers. We received a grant from the New York State Convention of Universalists to sponsor this event which includes a gathering with college students at 5:30 with a short talk and discussion. The SUNY Oneonta Social Justice Society and Africana Latino Clubs are co-sponsoring the event and helping us get the work out on campus. We are working on involvement by Hartwick students. David will be signing copies of the newly released second edition of his book War Is A Lie and speaking about

a variety of approaches to resisting, reducing and eliminating war. We hope you will join us for an informative evening and spread the word beyond UU. Refreshments will be served. Pick up some flyers at the Social Action Table on Sunday. Thanks for your help.

-- Suzanne Miller for the Social Action Committee

## RELIGIOUS EDUCATION NEWS

Sunday, March 27th was our traditional Spring Can Hunt and Celebration. People from our congregation donated many cans which were then hidden in the backyard of the Olympia Brown House. The children found a total of 78 cans which they stacked, counted, bagged and loaded into the trunk of my car for donation to St. Mary's food Pantry of Oneonta. It was a slightly chilly but beautiful and sunny day. This is a popular event that many look forward to during our Religious Education Year. We had delicious treats. Teagan and Aubrey brought us little rice crispy-treat birds' nests that each contained small candy eggs. We also had strawberry shortcakes.

We created quite amazing frogs (and other creatures) from pompoms and googly eyes. The frog theme was yet another reminder of the "Frog Mindfulness Practice" that we have been working on this spring.

Mindfulness practice provides tools for coping in an increasingly stressful world. It is something children can choose to practice inside themselves rather than being externally ordered to "chill" or to calm down. They learn to listen to their own rhythms and to pay attention to their own need for inner calmness. This is a powerful thing. UUSO Children and I have recently had two mindfulness lessons where we practiced being "Still like a frog." Our frog mindfulness practices are inspired by the book, [Sitting Still Like a Frog: Mindfulness Exercises for Kids \(and their Parents\)](#) by Eline Snel. I wrote more about this in the previous newsletter.

Last Sunday, while RE helpers were hiding cans, children's group talked about how being mindful can help us in our lives. We practiced listening to our breathing and then taking a "weather report" of how we felt inside ourselves at that minute. Was it sunny in there? Was it stormy, changeable or cloudy? The idea was just to notice. We didn't judge but we "took our inner temperature." We focused on our breathing for a bit. Then we were done.

Taking these few minutes to focus on breath and to listen deeply is an easy thing to practice. It gets even easier to do the more we remember to do it. Our breathing becomes slower and deeper. Our bodies and minds calm down. Anyone can do this

## UUSO Newsletter—April 6, 2016

whenever they need to help themselves better experience a situation. We can use it to be more present and ready for whatever it is we are facing. Quieting our minds can help us be open to whatever there is to learn that is around us and to listen to each other. It can also just be a nice way of loving and honoring ourselves.

We had a lovely time together on Sunday! I am honored to know and work with our UU children. I learn much from them and I have so much fun. I am grateful for the support, presence, and wisdom of the other adults who work with me and the UUSO children. I am also grateful for all of you who give us things like cans whenever we ask! Many thanks to you all for what you share with us.

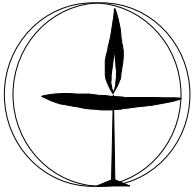
-- Susan Ryder, UUSO Director of Religious Education

### CALENDAR - APRIL

Apr 6	Wed	8:00 AM - 9:00 AM Aerobics/CM
Apr 7	Thu	10:30 - 11:30 AM Yoga/CM Loft
		4- 5 PM Building Use/CM Loft
		7:00 PM - 8:00 PM Membership Cmte/OBH Living Rm
Apr 8	Fri	8:00 AM - 9:00 AM Aerobics/CM
Apr 9	Sat	9 - 11 AM Anti-racism Task Force/OBH Living Rm
		<b>4:30 - 9PM Building Use/RE Rehearsal/CM Sanc &amp; Kitchen</b>
Apr 10	Sun	<b>9 - 10:30 AM Building Use/RE Rehearsal/CM</b>
		<b>10:30 AM "The Creator's Workshop"/DRE Susan Ryder &amp; RE Participants/CM</b>
		12 - 2PM Building Use/Robotics Team/CM/Explorers Rm
		5:30 PM - 6:00 PM Building Use/CM
		6:00 PM - 8:00 PM Dining for Women/CM
Apr 11	Mon	8 - 9AM Aerobics/CM
		6:30 PM RE Cmte/OBH Dining Rm
		6:30 - 8 PM Zen Meditation/CM
		7 - 8:30 PM Endowment

		Committee/OBH Living Room
Apr 12	Tue	10:30 - 11:30 AM Yoga/CM Loft
		5:30 - 7:30 PM Small Group Ministry/OBH Living Rm
		5:45 PM - 7 PM Yoga/CM Loft
Apr 13	Wed	8 - 9 AM Aerobics/CM
		6 PM Scrabble & Potluck/CM
		6 - 8 PM Small Group Ministry/OBH Living Rm
Apr 14	Thu	10 AM - 12 PM Small Group Ministry/OBH Living Rm
		10:30 - 11:30 AM Yoga/CM Loft
		4 - 5 PM Building Use/CM Loft
		5:30 - 8 PM NAACP/OBH Living Rm
Apr 15	Fri	7 - 9:30 PM Building Use/CCS/CM
		8 - 9:00 AM Aerobics/CM
Apr 16	Sat	10 - 11:00 AM Building Use/CM
		<b>10AM - 12PM New to UU Class/OBH Living Rm</b>
		11AM - 2PM Building Use/Relay for Life Event/CM

CM=Chapin Memorial/OBH=Olympia Brown



UNITARIAN UNIVERSALIST SOCIETY  
12 Ford Ave.  
Oneonta, NY 13820

## UPCOMING SUNDAYS at the UUSO

**April 10**

### **"The Creator's Workshop"**

*Stay Together Service*

In one story of our planet's birth,  
humans were given the precious gift  
of freedom.

**DRE Susan Ryder and  
Members of the UUSO RE  
Program**

**Music provided by  
Tim Horne, Music Director**

*Ushers: Eileen and Peter Hill*

*Coffee Hosts: Prue and Rich Stelling*

*Worship Associate: Cathi Wiltsey*

*(Please submit announcements to*

*Cathi via email by 4/08)*

**April 17**

### **"Facing Our Fears"**

*Children to Classrooms at 10:30*

Fear can motivate, inform, and protect  
us; it can also distract, paralyze, and  
even kill us.

What are we so afraid of and why?  
How might we befriend our fears?

**Rev. Craig Schwalenberg**

*Ushers: Annemarie Hosnedl &*

*Carolyn Wolf-Gould*

*Coffee Hosts: Cindy Miller &*

*Bernadette Ryan*

*Worship Associate: Keith Willcox*

*(Please submit announcements to*

*Keith via email by 4/15)*