

# Unitarian Universalist Society of Oneonta

## Winter 2017 Worship Schedule

Regular Sunday Services start at 10:30 a.m.

January 1  
**Training the Mind**  
Ani Samten  
*\*Stay Together Sunday*

Mindfulness is the method of developing greater awareness of the distractions around us and in us. Being mindful allows us to be present in life.

January 15  
**Prayerfully Present**  
**Selma and Standing Rock**  
Rev. Craig Schwalenberg  
*Children to Classrooms at 10:30*

The tribal elders considered Standing Rock to be a Resistance Ceremonial Prayer Camp. We were literally standing on holy ground, and were asked to be prayerfully present at all times. What does that mean? How is it done?

January 29  
**"Mindfulness:  
A Journey into the Present Moment"**  
Susan Ryder, Director of Religious Education  
and the Children and Youth of UUSO  
Religious Education Intersession Service  
*\*Stay Together Sunday*

*"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.

February 12  
**"Love is the Water..."**  
Rev. Craig Schwalenberg  
*\*Start Together Sunday*

Pat Victor, of Brother Sun, sings,  
"Love is the water that wears down the rock.  
Love is the power that won't be stopped."  
Does Love conquer all? Let's hope so, together.

January 8  
**The Labyrinth:  
A Walking Meditation**  
Chris Rosenthal  
*Children to Classrooms at 10:30*

Walking the Labyrinth is an inward movement to the deep center in each of us, offering space to listen to ourselves, and a journey to explore emotions and options. It invites us into the awareness of our inner most being.

January 22  
**"Have Will? Make Way!"**  
Rev. Craig Schwalenberg  
*Children to Classrooms at 10:30*

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.

February 5  
**"Our Gifts, Our Hopes, Our Dreams"**  
Rev. Craig Schwalenberg  
*Children to Classrooms at 10:30*

After gathering together in appreciative inquiry, what have we learned about our best gifts, and our hopes and dreams?  
What's on our wish list for the coming years?

February 19  
**"Faithfully"**  
Rev. Craig Schwalenberg  
*\*Start Together Sunday*

Unitarian Universalism is our "Faith Tradition", though that word challenges some of us. What does it mean to live a life full of faith? What does a Faith-full community look like?

February 26

## **"Hope"**

Tim Horne, UUSO Choir, & Guest Musicians  
Music Sunday

*Children to Classrooms at 10:30*

Emily Dickinson wrote,  
"Hope is a thing with feathers  
that perches in the soul  
and sings the tune without words  
and never stops at all."

Let's explore this theme with music and readings.

March 12

## **"This Land Is Whose Land?"**

Rev. Craig Schwalenberg

*Children to Classrooms at 10:30*

The Doctrine of Discovery is one of our country's,  
one of our faith's original sins. Created by papal  
decree in 1452, affirmed by the U.S. Supreme  
Court in 1823, and poisoning our land  
and our spirits to this very day.

March 26

## **"Pilgrimage in a New Key"**

Jim Mills

*Children to Classrooms at 10:30*

What if there the spiritual practice of pilgrimage  
came to the United States?  
Imagine local, interfaith trips planned to promote  
environmental sustainability and social justice and  
heal individuals, societies, and the earth.

April 9

## **"Building a Brave Space"**

Rev. Craig Schwalenberg

*\*Start Together Sunday*

A synonym for sanctuary is "a Safe Space."  
Sometimes safety is hard to achieve and overrated.  
What if, rather than "safe space",  
we built a "Brave Space" both here and out there?

March 5

## **"Rosie, Get Your Cape!"**

Rev. Craig Schwalenberg

*\*Start Together Sunday*

There's been a lot of powerful female heroes  
showing up lately; though they've never been as  
rare as you might think. What's going on?  
Look! Up in the Sky! Is it a bird? Is it a plane?  
No, it's the annual geek sermon.

March 19

## **A Unitarian Universalist Taize Service**

Mary Ruhoff, Rev. Craig Schwalenberg,  
& Tim Horne

*Children to Classrooms at 10:30*

A Catholic tradition, a Taize service  
creates a time for renewal and reflection,  
with worshipful music, brief words, and silence.

*(Many regular elements of our traditional service will  
not take place this Sunday or will be done non-verbally.)*

April 2

## **"If I Had A Million Dollars..."**

Rev. Craig Schwalenberg

Stewardship Sunday

*\*Start Together Sunday*

What would you do if money was no object?  
How would you make a difference in the world?  
I know what I'd do.

*\*Start Together Sunday:*

Children from Kindergarten through 6<sup>th</sup> grade start  
out at 10:30AM in the sanctuary with their families  
until after Time for All Ages.

*\*Stay Together Sunday:*

Children stay with their families for the entire service.