



*News & Information from the  
Unitarian Universalist Church of Canton*

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October 2015

**A MONTH OF SUNDAYS**

Worship services and religious education for children and youth begin at 10:30 a.m.

**October 4**

*Veterans and Their Stories* – Bob LaVallee, Pulpit Guest

For too many veterans, coming home is the hardest part of their deployment. Homecoming can be helped or hindered by the stories we – veterans and civilians alike – tell about ourselves. In this sermon, Bob LaVallee will draw on his own experiences to help unpack a few of those stories. Bob is a third-year student at Meadville Lombard Theological School and a candidate for Unitarian Universalist ministry. He is an intern minister at the Church of the Larger Fellowship and lives in Buffalo.

*Greeters:* Judy Gibson & David Nelson,  
Rhonda Rodriguez & Richard Cook  
*Social Hour:* Cynthia Bansak, Barbara & Pete Beekman, Kathy Curro  
*Worship Associate:* Doug Rubio  
*RE Ambassador:* Jon Glaser  
*Collection Counters:* Ruth Baltus, Valerie Ingram

**October 11**

*Here is My Life* (an auction sermon about inequality)  
– Rev. Joel Miller, Interim Minister  
*Greeters:* Maggie Hockett, Linda Kenny,  
Pete & Kathy Wyckoff

*Social Hour:* Dan Kuelgen, Sarah Bentley-Garfinkel & Ryan Hicks

*Collection Counters:* Pat Gengo, Tim Opdyke

*Worship Associate:* Valerie Ingram

*RE Ambassador:* Esther Katz

**October 18**

*Glimpses of Paradise* – Rev. Joel Miller, Interim Minister

*Greeters:* Judy DeGraaff, Kathy Montan,  
Kim & Boris Jukic

*Social Hour:* Louise Bixby, Joel Foisy & Gretchen Koehler, Lonie Bogett

*Worship Associate:* Jon Montan

*RE Ambassador:* Wil Rivers

*Collection Counters:* Janet Green, Jon Montan

**October 25**

**ANNUAL MEETING**

*A Minister-Shaped Absence* – Rev. Joel Miller, Interim Minister

*Greeters:* Fred Glover, Pat & Albert Glover,  
Oscar Sarmiento & Lillian Trevizan

*Social Hour:* Heather & Jeff Rousell, David Bradford

*Worship Associate:* Robin Collen

*RE Ambassador:* Sally Hoose

*Collection Counters:* Lonie Bogett, Will Siegfried

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**DATES TO REMEMBER**

**Canvass Kickoff – Sunday, October 18**

**Annual Meeting and Potluck – Sunday, October 25**

The Annual Meeting will be held after the service; everyone is welcome, but only members may vote. The meeting will include the election of new members of Church Council, reports from our Interim Minister, Director of Religious Education, Council President, Treasurer, Budget & Finance Committee Chair, and Nominating Committee Chair.

See potluck details on page 3

## IN THE INTERIM - REV. JOEL REPORTS

I was walking by the church library last week as Eileen Raymond and Stevie Michaelson were working on their presentation on Universalism in the North Country for the SOAR class they are leading (see more on page 27). That's when I saw a map Max Coots (who was the minister of this church from 1958 to 1992) made about 20 years ago. That map especially caught my eye because it showed that just over 100 years ago there were more than 30 Universalist congregations in St. Lawrence County.

Many of those congregations were served by the students and faculty of the Universalist theological school that was at St. Lawrence University from its founding in 1856 until 1965, when it closed. This very congregation was at the center of Universalist life in the North Country, having founded both St. Lawrence University and the theological school there. Even though many of those 30 congregations may have been small – perhaps with 20 to 50 members – if the average size of all 30 congregations was 40, that would mean there were once well over 1000 Universalists right here in St. Lawrence County. This congregation has a long history of making a difference in the community.

This newsletter is filled with news of how you are all making a difference *today*: the Church and Community Program, the blood drive, Religious Education for our families, Bibliotherapy to support one another through our own hard times. It's a full newsletter this month because the church makes a difference in so many ways today. Ministers considering congregations in this year's search process will have a lot to look at here!

*Rev. Joel, Interim Minister*

## FROM THE PRESIDENT

I'd like to thank the 20+ people who came and discussed ministerial compensation with UUA Compensation Consultant Jason Smith on Sunday. There were lots of good questions, and Jason helped clarify some issues and provided some insight into what role compensation plays in the search process. He will continue to be a valuable resource for our Search Committee as we proceed on our journey to a Settled Minister.

If you haven't had a chance, please check out the terrific timeline the Search Committee has posted on the wall near the fireplace in the Social Room. It is a wonderful way to understand the search process in its entirety, and to see just where we are at this moment. It also clearly notes where your participation is essential.

This will be my last column for a few months. As many of you know, Pete is being treated for multiple myeloma. He is getting great results and the next step in his treatment is a stem cell transplant that he will undergo in Boston, beginning in late October. He will be in the hospital there for most of November, and should be back home, under close supervision, in December. We will both be following what is going on here in spirit if not presence.

Vice President Todd Moe and Church Council will continue to keep things moving forward and are always available for questions or concerns. The spirit of shared ministry present in our church community right now is inspiring, and I will keep it in my heart during the next few months.

*Barbara Beekman, Church Council President*

## RELIGIOUS EDUCATION PONDERINGS

### *A Good Relationship Starts with Good Communication!*

Each year RE plans "Living Our Values Every Day" (LOVED) programming for our 2<sup>nd</sup> to 8<sup>th</sup> graders. During four Sundays over the course of the year we examine a specific topic. We looked at Mindfulness and Service to Church and Community in the last two years. This year our focus will be on Compassionate or Nonviolent Communication (NVC). As Marshall Rosenberg, founder of NVC, states "NVC is interested in learning that is motivated by reverence for life, by a desire to learn skills, to contribute better to our own well-being and the well-being of others." This idea honors our first UU principle of "respecting the inher-

ent worth and dignity of every person." Our LOVED program this year will look to help our children build skills around empathy, observing judgments, and identifying universal human needs. Our first two sessions will begin this month.

Along with discussing nonviolent communication in our LOVED program, RE is looking to improve overall communication for parents, teachers, and the congregation. For parents, we started the year out with a "Welcome to RE" letter and throughout the year they can check the weekly enews for what's happening each week in the classroom. For teachers, we have implemented a new email communication that includes links to the curriculum materials they are teaching each week as well as a spiritual preparation activity. For the congregation, we will be changing the bulletin board monthly and preparing monthly newsletter articles like this one and weekly enews updates. If you have any ideas on how the RE program can best communicate with your and/or your family, please email me at [dre@uucantonny.org](mailto:dre@uucantonny.org)

### *What's Coming Up in October in Religious Education?*

Friday, October 2 - Jr High OWL Session

Sunday, October 11 - LOVED Program during RE for 2<sup>nd</sup> to 8<sup>th</sup> graders

Friday, October 16 - Jr High OWL Session

Saturday, October 18 - LOVED Program during RE for 2<sup>nd</sup> to 8<sup>th</sup> graders

Friday, October 23 - Jr High OWL Session

*Carol Zimmerman, Director of Religious Education*

### **THANK YOU THANK YOU...**

- † Wil Rivers and Katherine Brown for acting in the Time For All Ages story during our Ingathering Service, and Todd Moe, Stevie Michaelson, and Elyse and Isaac Tavernier for their help with Jonah and the Whale on the 20<sup>th</sup>.
- † RE Committee members for supporting the Teacher Orientation.
- † Julie VanDuyne for driving our Youth Group to Watertown.
- † Karen Bage for chaperoning the first Youth Group sleepover.
- † Kelly Johnson-Eilola, Jan DeWaters, Valerie Ingram, Jim Williams, and Richard Cook for organizing the sleepover and OWL calendar for the Jr High Youth.

### **JOYS & SORROWS**

- † Our heartfelt condolences are with Ruth Baltus and her family following the death of her mother, Mary Baltus, in September.
- † Loving thoughts travel with Peter and Barbara Beekman while they are in Boston for Pete's medical treatments.

### **ANNUAL MEETING POTLUCK**

As is our tradition, all are invited to share a potluck lunch in the Social Room after our Annual Meeting on Sunday, October 25. We would like some man- and woman-power to help with the set-up and clean-up for the event and a sign-up sheet will appear in the Social Room in time to get some willing volunteers. A dish to share is requested according to the alphabet breakdown as follows: if your last name begins with A-F please bring a salad; G-P please bring a dessert; and R-Z please bring a hot dish. As in past communal meals, we make a strong appeal for folks to bring their own table settings to reduce our waste and cut back on dish washing. Hope to see you there!

### **LATEST FROM THE SEARCH COMMITTEE**

We're in the midst of 14 Cottage Meetings, during which many of you are giving us valuable input on what you'd like to see in a new minister! Twelve of the meetings have been open to everyone, one meeting is for our Church staff, and the final meeting is for members of the Youth Group.

In October, we'll be asking for your help in filling out a survey, either online or on paper - your choice! The survey will give us additional data, with some questions serving as follow-ups to what you've told us in the Cottage Meetings.

The Sunday, October 25 service will be centered on the Ministerial Search, so be sure to come and learn more!

Continue to check out our Bulletin Board and big "timeline" in the Social Room. There is a suggestion box and forms for you to write us a question, comment, or suggestion. Handouts in the Bulletin Board's document box include a list of all our names, roles, phone numbers, and email addresses. In addition, you can contact the Search Committee at our new church email address: [search@uucantonny.org](mailto:search@uucantonny.org).

By the time you get the *next* newsletter, we hope to be online at the new website!

*Jon Montan (chair), Erika Barthelmess, Kim Bouchard,  
Rajiv Narula, Jenn Whittaker, Theresa Witmer, Pete Wyckoff*

### **FALL STEWARDSHIP PLANS**

As we head into fall in the North Country, the Stewardship Committee is planning a new approach to this year's pledge drive, one that will focus on being more intentional in our approach to the "shared ministry of stewardship."

In April of 2015, Stewardship and Budget and Finance met with other leaders in our church community to assess the financial resources of the church and explore new ways of thinking about our collective effort to provide a sustainable program going forward.

Here are four key goals that emerged from our conversation in April:

- 1) Broaden the base of giving in the church by encouraging a more intentional approach to pledging.
- 2) Explore new approaches to fundraising and encourage new ways of thinking about giving.
- 3) Move the congregation as a community toward a shared ministry of stewardship model for pledging by increasing involvement in the annual pledge drive.
- 4) Prepare for a new minister by effectively meeting our operating budget goal and also providing for a small cost of living increase in our annual budget in the next fiscal year.

So this year we will be encouraging a more broad-based approach to our canvass by organizing what we're calling "Speed Pledging" workshops to be held in October. The goal of these workshops is to build a new team of canvassers and move toward a more "grassroots" approach to fundraising by creating a broader base of participation in the canvassing process. We will also have fun and enjoy tasty treats together!

We plan to approach the budget goal this year with a matching fund that will allow us to boost the amount raised by matching each new dollar of an increased pledge and each new pledge over \$500. Several lead donors in our congregation have already agreed to contribute to a matching fund and we hope to reach \$10,000 soon. Each new pledge or pledge increase will be essentially doubled by this generous one-time event.

Much more information about the canvass and budget, and what we all can and need to do to sustain our beloved community, will be presented at the Canvass Kickoff on Sunday, October 18. Hope to see you there!

*Bart & Margaret Harloe, Stewardship Committee*

## SOCIAL ACTION DIGEST

### *Hunger Action*

The Social Action Committee invites you to support the local focus on Hunger Action this fall. You may recall that our Social Action Shared Offering last May was to benefit GardenShare, a local organization dedicated to improving food security in the North Country. Several members of our church serve on the GardenShare board and committees, and we are eager to support its good work in our community as part of our overarching focus on Inequalities in the North Country.

GardenShare is sponsoring a Fight Hunger 5K walk to heighten community awareness about this issue and to raise funds for new initiatives related to food insecurity in the North Country. The walk/run takes place on Saturday, October 10, and we anticipate that members of our youth group, our RE kids, and some of our grown-ups will want to participate. You can sign up to walk/run or to sponsor our own TEAM UU after church on September 27 and October 4 at the Social Action table in the Social Room. Registration and more information will be available at our table.

Another Hunger Action event: GardenShare and Cinema 10 are screening "Just Eat It: A Food Waste Story" ([www.foodwastemovie.com](http://www.foodwastemovie.com)) at the Roxy in Potsdam on Monday, September 28, at 7 p.m. The film will be followed by a panel discussion on food issues. All are welcome.

### *Red Cross Blood Drive*

The American Red Cross will hold its next Canton blood drive on Tuesday, October 13, with extended hours – from 11 a.m. until 5:30 p.m. Whatever your blood type, whether you are a new or a regular donor, your contribution is needed. The Red Cross must collect 15,000 donations a day to serve patients who need blood. You, or someone you love, could be one of them. Please consider donating. Walk-ins are welcome, but if you want to schedule an appointment, call 1-800-733-2767 or visit [www.redcrossblood.org](http://www.redcrossblood.org). Please bring photo identification or your blood donation card.

We need people to help with registration and hosting through the afternoon. This is a pleasant, and even sociable kind of volunteer work. Please contact Pat Alden ([socialaction@uucantonny.org](mailto:socialaction@uucantonny.org) or 854-8130) if you can help.

### *Feed the Need*

Thanks to those who contributed to Back-to-School Supplies, organized by the Church and Community Program – 190 children were assisted. Now the focus returns to our Feed the Need initiative. This is an easy, but nevertheless valuable, way for everyone to participate in the church's social justice work.

Please try to pick up one of the following items every time you shop. Items go in the wooden box in the corner of the Social Room, by the door to the sanctuary, and are delivered to the C&CP pantry or to the Canton school's Bearpacks program.

For Bearpacks – individual serving sizes of fruit, cereal, pasta, etc.; granola-type bars; small boxes of macaroni and cheese.

For the food pantry – tuna, beef stew, chili, canned vegetables and fruit, nutritious cereals.

### *Invest With Your Values*

The Social Action and Environmental Action Committees and the North Country 350 Alliance (NC350) will co-sponsor a presentation on personal divestment strategies and issues, entitled "How to Invest With Your Values," providing information on social and sustainable investing, impact investing, and fossil fuel free investment options. The event will take place on Wednesday, October 14 from 7 to 9 pm at the church.

The program will be presented by Keoki Hansen, a specialist in sustainable, responsible, and impactful investing. Before joining Hansen's Advisory Services in Syracuse, where she is a registered representative,

Hansen worked in nonprofit and education sectors, including serving as the director of research and evaluation at Big Brothers Big Sisters of America for 15 years and as a program evaluator at Cornell University.

This event is free and open to the public. All are welcome!

*Eileen Raymond and Pat Alden, Co-Chairs, Social Action Committee*

### **CARING CIRCLE - WHAT IT IS AND HOW YOU CAN HELP**

If you are a newer member of our church, you may not yet be aware of the Caring Circle. The Caring Circle is a group that responds when our members experience special needs and challenges due to illness, birth/adoption, death, and other life changes. The impact of these challenges can be eased somewhat by our caring for one another, person to person, family to family.

How does it work? To join the Caring Circle, just complete a simple form (which is on the church website, <http://www.uucantonny.org/documents.php?docid=529> or by contacting Natalie Panshin). On the form, Caring Circle members indicate which caring actions they would be willing to provide when needs arise. This might be helping with transportation to a doctor's appointment, bringing a meal to a family, visiting a member in the hospital or nursing home, or helping with a memorial service reception. It can be as simple as sending a card to someone having a tough time. When a need arises, you will receive an email request. Please be assured that when you are contacted about a need, you are free to decline if the timing of the request is not good. We also try to match needs and "carers" on a geographical basis.

Finally, if at any time you are aware of a church member with a need we might be able to help with, or if you have a need, please contact our Caring Circle Coordinators, Esther Oey or Natalie Panshin (their contact information is in the church directory, or email: [caringcircle@uucantonny.org](mailto:caringcircle@uucantonny.org)). By letting us know of the needs that are out there, you enable us to do the work for which our committee was designed, and help us create the type of caring environment that allows our church to live up to our UU values.

*Natalie Panshin, Chair, Caring Circle*

### **COOTS LIBRARY BOOK reMARKS**

Mark your calendars for our upcoming congregational Common Read, Sunday November 15, following the church service. If you have never participated in one of these, we take time to read a common book, then come together for light lunch and to share our impressions and experiences for a few hours in the Social Room. We're breaking with tradition by choosing a book that has not yet been recommended by the UUA. This year, we will be reading *Being Mortal: Medicine and What Matters in the End* by Atul Gawande. Perhaps you already own the book, or know someone who has a copy you can borrow. We have purchased several copies that are available for check-out in the library. Everyone I've talked to so far who has read the book has found it worthwhile and pertinent in some way to their own family situations. So, read the book, join the discussion, and contribute to deepening our shared experience with one another.

If you're looking for something else to read we have new books for you! New to our Coots Library collection are – *Black Prophetic Fire* by Cornel West and Christa Buschendorf, *Margaret Mitchell: A New American Life* by Megan Marshall, *Beyond Belief: The Secret Gospel of Thomas* by Elaine Pagels, and *God Makes the Rivers to Flow*, by Eknath Easwaran, an anthology of the world's spiritual poetry and prose. Thank you to all who continue to donate such great titles that enrich our library.

*Lorraine Olendenski, Chair, Library Committee*

## BIBLIOTHERAPY

### *Healing Words Aid in Recovery*

Do you keep favorite quotes – maybe on your refrigerator or in bedside drawer? Have you saved meaningful sermons, or passages from great authors? Maybe you keep letters that touched your heart? If so, you already know the power of words to promote healing – physical, emotional, and spiritual. That is the essence of *Bibliotherapy*.

Members of our Caring Committee and our Coots Library Committee are collaborating to create a folder of “Readings on Recovery” for anyone working toward recovery from illness or injury. (Readings for caregivers will be included in a separate section.) All church members are invited to add to our Bibliotherapy project, on the premise that people who have experienced recovery can offer each other encouragement, inspiration, and just good practical advice.

What might be in our Bibliotherapy folder?

Quotes: Sometimes when we are tired it’s hard to concentrate on longer passages, but quotes – humorous, provocative, inspiring – can help reframe our thinking on a “bad” day.

Short readings: Sermons, chapters, short essays can be powerful medicine. Our collection will help us exchange readings we find meaningful, so they might make as much difference to others as they have to us.

Letters from Us: We all know something about recovery. The process of coming back from illness or injury can be frustrating. Sometimes as we flail about, we stumble upon a profoundly useful idea or practice and think: Why didn’t anyone tell me about this? Letters From Us will offer a perfect opportunity to share what helped us along the path to recovery.

Your suggestions are eagerly sought as we launch our Bibliotherapy project. Please send quotes to Judy Gibson, short readings to Betsy Kepes, and your letters to Kathy Curro. Their contact information is available in the church directory or from the church office. Please contact any of them if you have questions. Thank you for helping us to build a collection of Readings on Recovery.

## REPORT FROM THE USHARE GARDENS

We’ve made some great contacts with the Clarkson University and SUNY Potsdam. Cecilie Garden will be closed up on October 4 and Priest on October 11. We’re looking for volunteers for the closing and helping to provide a lunch for the volunteers. We had a great time last year.

Totals as of September 23 (all numbers are in pounds unless noted):

<b>Priest</b>		<b>Cecilie</b>	
Broccoli: 2.75	Broccoli: 11.15	Honey: 48.85	
Carrots: 12	Butternut Squash: 70	Leeks: 8	
Chard: 11.75	Cauliflower: 12.75	Red Potatoes: 8	
Cherry Tomatoes: 0.25	Carrots: 52.5	Rhubarb: 22.25	
Cucumber: 27.5	Delicata Squash: 4.2	Summer Squash: 150	
Green Peppers: 8.75	Garlic: 5+ buckets	Tomatoes: 185.75	
Kale: 33	Garlic Scapes: 3	Yellow Patty Pan: 41.75	
Red Cabbage: 12.75	Green Beans: 61	Zucchini: 41	

That’s 894.7 pounds of food, so far, to help our community. We’re 30 pounds shy of besting last year’s totals! Next month we’ll have the grand totals.

Our next meeting is Sunday, October 4, at 9:30 before church in the upstairs room. Hope to see you there.

*John Tyo, Chair, UShare*

## UNIVERSALISTS IN THE NORTH COUNTRY

You probably know that our church has been here for a long time, and that it had something to do with the founding of St Lawrence University. Have you ever wondered about the role that Universalism has played in the history of northern New York? Who were these early settlers who have played such an important role in our communities? What has become of the churches they gathered?

Stevie Michaelson and Eileen Raymond have been looking into our history over the past year in preparation for a SOAR class they are teaching this fall focusing on our Universalist forbears here in the North Country. This course will take a trip through history from the arrival of itinerant Universalist ministers in the early 1800s to the present day: (1) Universalists come to northern New York in the 1800s; (2) Ups and downs from the 1880s to 1950s; and (3) Universalism in our community: 1960s to the present.

We would like to let you know that the third session of the class will be held in our sanctuary on Tuesday, October 27, from 10 to 11:30 a.m. With our extra space, we welcome church members to be our guests that day as we finish up our romp through history, including having Nelly Case talk about our organ's history, and we look at the history behind our beautiful windows. All are welcome!



### **The Unitarian Universalist Church of Canton**

Interim Minister, Rev. Joel Miller

Carol Zimmerman, Director of Religious Education

Nelly Case, Music Director

Carol Strome, Choir Director

Gwen Cunningham, Congregational Administrator

The Reverends Anne Marsh and Wade Wheelock, Ministers Emeritus

Office hours: Monday to Friday, 1 to 4 p.m.

(315) 386-2498

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[www.uucantonny.org](http://www.uucantonny.org)



## ON THE CALENDAR

### **Thursday, October 1**

4:30 p.m., Handbell Choir rehearsal  
7:00 p.m., Chalice Circle

### **Friday, October 2**

6:30 p.m., Jr. High OWL session

### **Sunday, October 4**

9:30 a.m., UShare meeting  
10:30 a.m., Worship and RE

### **Monday, October 5**

Noon, Mindfulness Meditation

### **Tuesday, October 6**

1:30 p.m., Outreach Committee meeting  
7:00 p.m., UU 101

### **Wednesday, October 7**

8:00 a.m., Building & Grounds Committee meeting  
10:00 a.m., Library work day  
12:15 p.m., Personnel Committee meeting  
6:30 p.m., Church Council meeting

### **Thursday, October 8**

4:30 p.m., Handbell Choir rehearsal  
7:00 p.m., Worship Committee meeting

### **Saturday, October 10**

### **Sunday, October 11**

10:30 a.m., Worship and Children's RE  
10:45 a.m., RE LOVED session

### **Monday, October 12**

Noon, Mindfulness Meditation

### **Tuesday, October 13**

11:30 a.m., American Red Cross Blood Drive  
7:00 p.m., Chalice Circle

### **Wednesday, October 14**

10:00 a.m., Library work day  
7:00 p.m., Divestment Strategies workshop

### **Thursday, October 15**

4:30 p.m., Handbell Choir rehearsal  
7:00 p.m., Budget & Finance Committee meeting

### **Friday, October 16**

6:30 p.m., Jr. High OWL session

### **Sunday, October 18 - CANVASS KICKOFF**

10:30 a.m., Worship and Children's RE  
10:45 a.m., RE LOVED session  
12:30 p.m., Ministerial Search Cottage meeting

### **Monday, October 19**

Noon, Mindfulness Meditation

### **Tuesday, October 20**

*NEWSLETTER DEADLINE*

### **Wednesday, October 21**

10:00 a.m., Library work day  
6:30 p.m., Religious Education Committee meeting

### **Thursday, October 22**

4:30 p.m., Handbell Choir rehearsal

### **Friday, October 23**

6:30 p.m., Jr. High OWL session

### **Sunday, October 25**

10:30 a.m., Worship and RE  
11:30 a.m., ANNUAL MEETING & POTLUCK

### **Monday, October 26**

Noon, Mindfulness Meditation

### **Tuesday, October 27**

10:00 a.m., Universalists in the North Country  
SOAR class  
7:00 p.m., Stewardship Committee meeting

### **Wednesday, October 28**

10:00 a.m., Library work day

### **Thursday, October 29**

4:30 p.m., Handbell Choir rehearsal  
6:30 p.m., Committee Chairs meeting

### **Friday, October 30**

6:30 p.m., Jr. High OWL session

If you would like to receive weekly electronic news updates, please email:

**office@uucantonny.org**

Deadline for next newsletter:

**Tuesday, October 20**