



News & Information from the Unitarian Universalist Church of Canton

MAY 2018
A MONTH OF SUNDAYS

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

May 6

Missing Easter - *The Rev. Dr. Dorsey Blake*

Rev. Blake was a professor of Jan Hutslar's at Starr King; she says "he taught me much about being a minister of love, by his example, his open heart, and his life of integrity."

Music: The UU Choir with The Rev. Riley Sophia

Clergy Support: The Rev. Jan Hutslar

Worship Associate: Jon Montan

RE Ambassador: Esther Katz

Greeters: Jon Rosales & Matilda Larson, Anna Sorensen & Desiree LeBoeuf

Social Hour Hosts: RE Sundae Sunday

Collection Counters: David Doran, Tim Opdyke

May 13

Being Out UUs - *The Rev. James Galasinski*

Queer people have called our faith home for some time, and our movement is better for it. But it was not always that way. James Stoll was a UU and the first ordained minister in the United States to come out as gay. It wasn't always easy but many queer people helped to make our religion more inclusive.

Music: UU Choir; Sondra Goldsmith Proctor, organ

Worship Associate: Robin Collen

RE Ambassador: Jeff Frank

Greeters: Bill Kirchgasser, Mark Berninghausen, Sally Vrooman

Social Hour Hosts: Tim & Carol Opdyke, Jerry Bregg, Devin Farkas & Marielle Matthews

Collection Counters: Pat Gengo, Tim Opdyke

May 20

One in Mission - *The Rev. James Galasinski*

A mission is a shared articulation of what it is we do, who we are, and that for which we aim and hope. Our real mission is forever changing and most of the time it is implied. There will be a time for reflections on the sermon and an opportunity to give input to our mission statement in the Romer Room after the service.

Music: UU Handbell Choir

Lay Leader: Valerie Ingram

RE Ambassador: Wil Rivers

Greeters: Richard & Peggy Mooers, Bill Hull, Kate Whitehorne

Social Hour Hosts: Jan DeWaters & Stefan Grimberg, Kevin Ball & Ruth Baltus, Glen Butler

Collection Counters: Jon Montan, Lorraine Olendzenski

May 27

Prince Gautama to Buddha: The Four Sights

- *The Rev. James Galasinski*

Before Gautama became the enlightened one, while still wealthy and destined to be a great king he saw four sights: an old person, a sick person, a dead body, and an ascetic. He encountered the suffering of all being yet saw a way out. Can we, despite the suffering that is all around us, have the spiritual nerve to proceed on the path of enlightenment?

Music: Theresa Witmer, Quartet Z

Worship Associate: Theresa Witmer

RE Ambassador: Shelby Hunkins

Greeters: Laura Foster, Roger & Helen Hutchinson, Jenelle Matthews

Social Hour Hosts: Rebecca & Tim Weld, JoAnn & Lowell McAllister

Collection Counters: Lonie Boggett, Will Siegfried

And a Saturday....

May 5, 4 p.m.

Ordination of Jan Hutslar

Celebration & Potluck

[RSVP here](#)

ON THE CALENDAR

Please print and post!



Wednesday, May 2

8:00 a.m., Building & Grounds Committee Meeting
4:30 p.m., Handbell Choir Practice
6:30 p.m., Church Council Meeting

Saturday, May 5

4:00 p.m., Jan Hutslar's Ordination

Sunday, May 6

9:30 a.m., UShare Meeting
10:30 a.m., Worship & Children's RE
11:30 a.m., RE Sundae Sunday

Monday, May 7

Noon, Mindfulness Meditation

Tuesday, May 8

1:00 p.m., Communications Committee Meeting
4:30 p.m., Welcoming Committee Meeting
7:00 p.m., Second Tuesday Chalice Circle

Wednesday, May 9

4:30 p.m., Handbell Choir Practice
7:00 p.m., UU Men's Group
7:00 p.m., Sermon Writing Workshop

Thursday, May 10

7:00 p.m., Worship Committee Meeting

Sunday, May 13

9:15 a.m., Coffee, Conversation & More
10:30 a.m., Worship and Children's RE

Monday, May 14

Noon, Mindfulness Meditation
7:00 p.m., Social Action Committee Meeting

Wednesday, May 16

4:30 p.m., Handbell Choir Practice
6:30 p.m., Religious Education Committee Meeting

7:00 p.m., Third Wednesday Chalice Circle

Thursday, May 17

7:00 p.m., LGBTQ+ Workshop
7:00 p.m., Canvass Committee Meeting

Friday, May 18

6:00 p.m., Film Screening Potluck
7:00 p.m., *God's Own Country* film screening

Sunday, May 20

10:30 a.m., Worship & Children's RE

Monday, May 21

Noon, Mindfulness Meditation

Tuesday, May 22

6:30 p.m., LGBTQ+ Panel Discussion

Wednesday, May 23

4:30 p.m., Handbell Choir Practice
7:00 p.m., UU Men's Group
7:00 p.m., Sermon Writing Workshop

Thursday, May 25

7:00 p.m., Sermon Writing Workshop

Sunday May 27

10:30 a.m., Worship & Children's RE

Monday, May 28

Office Closed for Memorial Day
12:00 p.m., Mindfulness Meditation

Tuesday, May 29

6:30 p.m., Storytelling Workshop

Wednesday, May 30

4:30 p.m., Handbell Choir Practice

The Unitarian Universalist Church of Canton

The Rev. James Galasinski, Minister
Carol Zimmerman, Director of Religious Education
Sara Trimm, Congregational Administrator
Carol Strome, Choir Director
Betsy Kepes, Music Coordinator
Theresa Witmer, Handbell Choir Director

The Reverends Anne Marsh and Wade Wheelock, Ministers Emeriti

Office Hours: Monday through Thursday, 9 a.m. to 2 p.m.
(315)386-2498 • office@uucantonny.org • www.uucantonny.org

FROM OUR MINISTER As a Congregation, We Help



Just as social hour was winding down, a middle-aged woman I had never seen before asked for help. She was sleeping in the Evergreen Cemetery. She left a facility earlier in the week in Ogdensburg because of fear of violence. She was not from New York and did not know how to navigate social services. She asked for prayer. We prayed. I got in touch with the county on-call case manager. The case worker got a place for her to sleep and an appointment with social services the following week. We helped her.

A middle-aged man with an apparent broken leg came to the church one morning. He did not have any money for the copay on his medications. He told me he had been to several agencies and no one would help. He did not know where to turn. We called the pharmacy and his story checked out. We wrote a check to Kinney's pharmacy for \$17.25. We helped him

These are just two cases out of many. But we are not always able to help. Our staff recently met with Chris Rediehs, St. Lawrence County Commissioner of Social Services to learn more about how we can help. Despite our nation's recent economic growth, despite our state's robust social services, and despite unemployment rates being low nationally, people are hurting in the North Country.

In Peace, The Rev. James Galasinski

P.S. My son Miles is going to have a sibling!



PRESIDENT'S POST

I often joke with my husband Paul about being in my second, third, or *fourth* childhood. Usually that's after buying a used single-speed bicycle at a garage sale, attending Comic Con, or dressing up as Star Trek's Captain Picard. Hey, at this point in my life it's all about having fun, right?

On my desk at work, I've posted a quote from Randy Pausch - "Never lose the childlike wonder. And never, ever underestimate the importance of having fun." Pausch was the charismatic computer scientist who chronicled his battle with pancreatic cancer in a touching speech, and book, titled *The Last Lecture*. This year marks the tenth anniversary of his passing, and I think his message is important for all of us.

So, what's my point? We know there's more to a church community than a weekly worship service, website, and monthly newsletter. We are all members of this church because it fills a space in our lives that's very important to us. Sometimes I feel that, as a member of Church Council, my efforts can get caught up in the minutiae of management. Yes, that's important, but it leaves me with little time to deal with some of the things that I've wanted to do. For me one of the keys to the UU Church of Canton is fellowship, a place to bond with people.

We've made it through another winter, and I don't know about you, but I'm feeling full of, what - energy? Wanting a little fun? Or, maybe just some warmth and sun? Our annual church picnic will be in mid-June and an outdoor Sunday service in July or August at Meacham Lake. There's also a team working on a list of fellowship activity ideas for the year - after-church hikes, more game nights, potlucks, holiday cookie bak-

ing, a trip to Ottawa for Winterlude, even zip-lining in the Adirondacks. What else should we be doing to have some fun?

Happy May! Happy Spring! And here's one last quote, "There's no point in being grown up if you can't be childish sometimes." Tom Baker, (4th) *Doctor Who*.

Todd Moe, Church Council President



RELIGIOUS EDUCATION PONDERINGS

I was introduced to Unitarian Universalism and this congregation in the spring of 2008. While living with Betty Weeks, a longtime member of this church, I was invited to join her one Sunday morning. I hadn't been to church in a long time, and thoughts of my Catholic upbringing loomed large. Even though I had trepidation, I agreed to come, and I am grateful I did. I remember almost immediately feeling at ease and finding a deep sense of place.

Betty and I came off and on and I found myself drawn to the religious education program. After speaking with our then Director of Religious Education, Jan Hutslar, I decided to sign up to be an assistant in the 7th-8th grade classes. That first year I learned so much about what it means to be a Unitarian Universalist, the seven principles, our six sources, and some of our history. I created covenant and developed relationships with fellow teachers and with our youth. My second year in religious education, I got to travel to Boston with our Coming of Age class. WOW!!!! I knew I had found my church home. In my third year, I continued to serve in the RE program with the youth group. The opportunity to spend time with our youth gave me hope for our world, kept me current with what matters to our children, and inspired me to live my faith. When Jan made the announcement, she was leaving to pursue her calling to be a minister, I felt a call to this work. The opportunity to be with children, create and support others in providing meaningful, thought provoking curriculum and to be part of a spiritually enriching faith excited me to the core. I have been serving this congregation for four years now and feel deeply blessed every day. My faith has deepened, my connections and relationships have grown, and I feel I have found my purpose. It began with an invitation.

On Sunday, May 6, the religious education program will be inviting you to join the RE ministry team. We will be sharing the 2018-19 curriculum for our children and youth. I hope you will take an opportunity to consider this wonderful opportunity to deepen your faith and your connection to this community, and to share your time and talents with our next generation of Unitarian Universalists. Blessed be and may it be so.

Carol Zimmerman, Director of Religious Education



I scream, you scream, we all scream for ice cream!

Join the Religious Education Committee during Social Hour on Sunday, May 6, to make your own sundae.

During this time, we will have information about the upcoming 2018-2019 religious education program and recruiting for volunteers.

We look forward to seeing you there!

THANK YOU THANK YOU...

- † For assistance with the April Red Cross Blood Drive: Linda Kenny, Dotty Hall, Pete and Christian Beekman, Joan Kepes, Helen Hutchinson, Stevie Michaelson, Eileen Raymond.
- † Bart Harloe and Miles Manchester for sharing voter rights information with our youth group.
- † David Bradford and Rajiv Narula for driving youth to the Akwesasne Cultural Center.
- † Sue Powers and Jon Montan for sharing their knowledge of the Great Pacific Garbage Patch with our 2nd-6th graders.
- † Caron Collins and Reg Budelmann for helping cut ribbons for the Earth Day worship service.
- † Kathy Montan for sharing her earth prayer during worship.
- † Erika Barthelmess and Rajiv Narula for being readers during the Earth Day worship service.

JOYS & SORROWS

- † Our thoughts are with Jim Rudd as he continues to recuperate following foot surgery at the end of March
- † We send wishes for speedy healing to David Fox, whose shoulder and leg were injured in a car accident in late March.
- † Ulrike is pregnant! Unfortunately, she is feeling quite sick.

ANNUAL CHURCH PICNIC Sunday, June 10 We Need Your Help!

The church picnic is one of the most fun, church-wide social events of the year. It will be held after church on June 10 at Bend in the River Park in Canton.

Church Council is looking for a few church members to organize this event. We have records from previous picnics that will make it easier to plan this one.

If you've wanted to get involved at church but don't want to sign-up for an on-going committee this might be a good project with a limited time commitment!

Please contact Sara at the [church office](#) if you are willing to get involved in this way. We would be so grateful.



USHARE GARDENS

Spring is finally here and it's time for gardening! The UShare Project is gearing up for another growing season with new energy.

SUNY Potsdam/Wiser Center interns are organizing a community workday in the Cecilie Garden in Lehman Park, Potsdam, for Sunday April 29. We will be inviting all the participating communities; Temple Beth El, the Presbyterians, and Clarkson students as well. For more information contact Dave Bradford.



The Priest Garden behind the church was left fallow last year and it's time to put it to good use again for the community. We will be having a garden clean-up party for the Priest Garden on Sunday, May 6, from 3 to 5pm. Please join us! For more information contact Ben Hunkins.

**THE COMMUNICATIONS COMMITTEE
IS TRYING TO REACH YOU!**

Communicate. It's what we do. And we know we have to find lots of interesting ways and all different times to do it if we hope to get church news and information where we want it – to you!

We have worked hard on and are incredibly proud of our amazing website, which gets kudos far and wide. www.uucantonny.org. Do you visit? Often? There's nothing you can't find there. (Need help? Let a member of the Communications Committee know.)

We offer a snapshot of current news and information in our weekly enews. If you're not getting it in your e-mailbox on Wednesday nights at 7, please let Sara know (office@uucantonny.org).

And then there's Facebook. Are you a Facebook user? Do you hate it? Avoid it? Malign it? However you feel about Facebook, there's no denying that it is a great platform to share church news and encourage conversation and engagement among congregants – wherever you are, wherever you live.



We're upping our Facebook game by making daily posts you might find interesting. Here's what our committee has in store:

**JOIN US ON FACEBOOK AT
UNITARIAN UNIVERSALIST CHURCH OF CANTON
FOR CONTINUED
COMMUNITY AND CONVERSATION**



MON

Mindfulness Monday
Meditations and reflections

TUE

Takeaway Tuesday
*Connections, Questions, & Reflections
from Sunday's sermon*

WED

Welcoming Wednesday
Introductions and Fellowship

THU

Throwback Thursday
Blasts from the past

FRI

Fun Friday
A little bit of UU humor

SAT

Shared Action Saturday
*Ways to get involved in the
community and beyond*



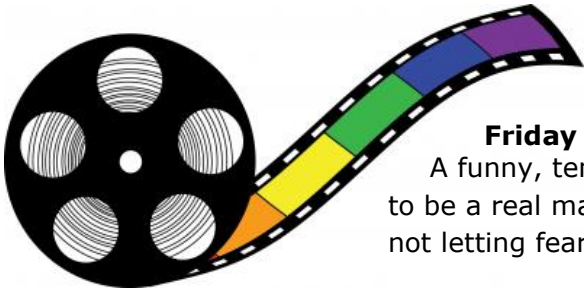
If you're not a Facebook user, you can still go to www.facebook.com/uucanton and check out the posts and conversation. You just can't comment or participate in the conversations. If you want to be a part of it and need help setting up an account, let us know. A member of the CommComm would be happy to meet with you after church – or even at your house with your own computer – to get you started.

With so many great things happening at our church, and so many wonderful and interesting people to engage with, who wants to just leave it for Sunday mornings? Why not meet and talk on Facebook?!

Please check with any member of the committee with questions or ideas: Katie Boczarski, Mary Michalek, Carol Pynchon, Jim Rudd, Jen Thomas, Cliff Westering, Theresa Witmer, Sara Trimm, and Carol Zimmerman.

Carol Pynchon, Communications Committee Chair

OUT IN THE NORTH COUNTRY FOR 20 YEARS



LGBTQ+ FRIDAY FILM SERIES

Co-sponsored with PRISM

Friday April 27: [Boy Meets Girl](#)

A funny, tender, sex positive romantic comedy that explores what it means to be a real man or woman, and how important it is to live a courageous life not letting fear stand in the way of going after your dreams.

Friday, May 18: [God's Own Country](#)

Young farmer Johnny Saxby numbs his daily frustrations with binge drinking and casual sex, until the arrival of a Romanian migrant worker for lambing season ignites an intense relationship that sets Johnny on a new path.

All films will be shown in the Romer Room, with potluck at 6 p.m. and movies at 7 p.m.



Sunday, May 13, 9 a.m.: **Primer on Pronouns**

During this "Coffee, Conversation and More" discussion before the service, church member Ashley Clover will guide us in understanding how we can use pronouns to increase our inclusivity across the gender spectrum. Are he/she/they enough anymore? When is it appropriate to use "they" when referring to a single individual? What's the big deal about pronoun use, anyway, and why are people making such a fuss about it? In celebrating 20 years of being a "Welcoming Congregation", take this opportunity to get the answer to these questions (and more!) and engage with others about how we can use language to increase the sense of welcome folks experience as visitors to and members of our congregation.

Thursday, May 17, 7 - 9 p.m.: **LGBTQIA Awareness and Ally Training**

LGBTQIA Awareness and Ally Training will be a general discussion about the lives and cultures of the LGBTQIA (Lesbian, Gay, Bisexual, Trans*, Queer, intersexual, and Asexual/gender) community. In this two-hour discussion, participants will learn about the movement's history, important terminology, and the issues that members of the LGBTQIA community face in today's society. Participants will get an opportunity to interact with one another through activities, scenarios, and question and answer period. Help us move our congregation to the next level of inclusivity and welcoming by learning to be the best Ally you can be! Refreshments will be provided.

Tuesday, May 22, 6:30 - 9 p.m.: **LGBTQIA Panel Discussion**

Many of us may think that with the passage of marriage equality, we no longer need concern ourselves with LGBTQIA (Lesbian, Gay, Bisexual, Trans*, Queer, intersexual, and Asexual/gender) issues in terms of social justice. Think again! At this panel discussion, we will hear from LGBTQIA members of our North Country community to learn more about their experiences, both positive and negative, of living their whole lives in the North Country. We will begin with a light dinner/social gathering (dinner provided, preregistration appreciated) and then move to the panel discussion. This event is being offered as continuing education as we celebrate 20 years as a Welcoming Congregation and stretch ourselves to be an even more welcoming congregation.



SPRING WORK DAY

Our spring work day is earlier than usual this year to ensure our building and grounds are beautiful for Jan's ordination.



During her years as our director of religious education Jan touched our lives and our kids' lives in profound and lasting ways. Many hands make light work even if you can only come for an hour or two; let's show our love and appreciation for Jan!

Spring Church Work Day Plan

Saturday, April 28, 2018

8:30 a.m. - 12:30 p.m.

We will be weeding, edging, and mulching our landscaping beds and the Memorial Garden, sweeping and edging sidewalks, washing windows (inside and out), removing storm windows and replacing with screens, and other tasks. Please bring work gloves. If you are comfortable lending tools for the cause, we can use rakes, brooms, weeding tools, and 5 gallon buckets.

To sign up for the work day please use the following link below:

<http://www.uucantonny.org/committees/buildings-and-grounds/help-wanted/>

LIBRARY COMMITTEE

Kate Whitehorne and Joan Kepes have been working on the children's books in the Coots Library, making room for new books and creating several new categories of books. There are four new classifications of books: B for biography, Po for poetry, So for social concerns, S for sexual material (on the top shelf!); there is a children's memorial section in the memorial books bookcase. Just to remind you, the remaining categories are P for picture books, CH for chapter books, YA for young adults, SC for science, R for religion and spirituality, and M for music.

Discarded books on the book cart are free to be taken.

SOCIAL ACTION NEWS & NOTES

Racial Justice Program: Beginning May 1, Love Resists and the American Friends Service Committee (AFSC) are offering "[Changing Systems, Changing Ourselves: Anti-Racist Practice for Sanctuary, Accompaniment, & Resistance](#)" a four-part program to explore how an anti-racist framework can deepen our activism and solidarity work, focusing on immigrant justice and deportation defense. The deadline to register is Friday, April 27.

May Shared Offering: With thousands of refugees now passing through the area on the way to the Canadian border, [Plattsburgh Cares](#) has come together to help these vulnerable individuals. This coalition of service, interfaith and activist groups and local citizens strives to meet the needs of immigrants with respect and dignity. So far, the organization has provided housing, food, healthcare and legal assistance to individuals and families from countries like Syria, Turkey, Egypt and Pakistan.

In the U.S. legally, these families came to the area hoping to declare refugee status in Canada. Plattsburgh Cares provides educational materials to help members of the Haitian and other communities make optimal choices as they consider fleeing to Canada because their relief status in the United States is set to expire.

More recently, their mission has broadened its focus to include more support for all vulnerable people in the Plattsburgh area. In response to racist social media posts and white supremacist flyers hung in their downtown, Plattsburgh Cares has become involved with creating a more welcoming community for the students at SUNY Plattsburgh.

Their goal is to join forces with local interfaith, campus, and community groups to foster open communication and actions that support the students and local residents who feel hurt, frightened, and threatened by the hate-filled actions of a few.

Medical Aid in Dying Legislation: The New York State Assembly Health Committee will be holding [hearings on medical aid in dying](#) on May 3, 2018 in Manhattan. This is a special opportunity to express your support for medical aid in dying in a public forum to create a public record. View the full bill [here](#). For more information about participating in the hearings or submitting written testimony, please contact [Pat Alden](#).

Nominations: For the [Rachel Somers Grant Social Action Award](#) are due Monday, April 30.

At the next Social Action Committee meeting on Monday, May 14, at 7 p.m., we will explore themes and foci for the 2019 Social Justice Initiative. Please join us and bring your ideas!

Pat Alden, Co-Chair, Social Action Committee

If you would like to receive weekly electronic news updates,
please email office@uucantonny.org
Deadline for the next newsletter: **Sunday, May 20**