



# The Latest News

from the  
Unitarian Universalist Church of Canton

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## MONTH OF SUNDAYS

November 2018

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

### November 4

#### Religious Community as Public Health

*The Rev. James Galasinski*

Friendship and relationships make us healthy. A strong support system gets people through tough times. No magic here, just accepting ourselves as social beings.

**NOTE:** Daylight saving time ends, set your clocks back one hour to arrive on time!

*Music:* Jill & Doug Rubio

*Worship Associate:* Valerie Ingram

*RE Ambassador:* Esther Katz

*Greeters:* Donna & Tori Elliott, Jon & Kathy Montan, Jane Garland

*Social Hour Hosts:* Ben & Shelby Hunkins, Sally Vrooman, Louise Bixby

*Collection Counters:* David Doran, Ruth Baltus

### November 11

#### Commitment to Social Justice

*The Rev. James Galasinski*

Writing letters and protesting might be important but being committed to social justice also involves deepening our relationships and speaking up in kind ways. A movement of social justice needs cooks, artists, singers, innovators, inventors, communicators, statisticians, and savvy media users. A true commitment to social justice takes everyone.

*Music:* UU Handbell Choir

*Worship Associate:* Robin Collen

*RE Ambassador:* Jim Williams

*Greeters:* Bart & Margaret Harloe, Jason Shirtz, Rajiv & Geetika Narula,

*Social Hour Hosts:* Maria Dickinson, Barney Gage, Mark Berninghausen, Esther Katz

*Collection Counters:* Pat Gengo, Tim Opdyke

### November 18

#### Poetry Sunday

*The Rev. James Galasinski*

While not a UU, Mary Oliver has become the patron saint of poetry for UUs. She published through our very own Beacon Press. Her poetry is readable and relevant, often including themes of deep religious conviction in the midst of nature.

*Music:* UU Choir

*Worship Associate:* Doug Rubio

*RE Ambassador:* Ron Tavernier

*Greeters:* Pat & Albert Glover, Bobbi Haldane, Oscar Sarmiento

*Social Hour Hosts:* Dave Doran, Bonnie & John Danis, Maggie Hockett, Eileen Raymond

*Collection Counters:* Jon Montan, Lorraine Olendzenski

### November 25

#### The Golden Rule *Robin Collen, Pulpit Guest*

“Do unto others as you have them do unto you.” It’s a beautiful sentiment. But can it be taken too far? Robin Collen, a member of the Worship Committee, explores this question.

*Music:* Bethany Cencer, Organ

*Lay Leader:* Kim Bouchard

*RE Ambassador:* Arthur Freeheart

*Greeters:* Barbara & Pete Beekman, Linda Kenny, Robert Best & Anita Figueras

*Social Hour Host:* Karen Bage, Jeff & Kiley Frank, Rich Fennessey & Carmen Stuart-Fennessey

*Collection Counters:* Lonie Bogett, Will Siegfried



## ON THE CALENDAR

*Please print and post!*



### **Saturday, November 3**

2:00 p.m., Coming of Age Retreat

### **Sunday, November 4**

**DAYLIGHT SAVING TIME ENDS!**

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

### **Tuesday, November 6**

Please Vote!

### **Wednesday, November 7**

8:00 a.m., Building & Grounds Meeting

4:30 p.m., Handbell Choir Practice

6:30 p.m., Church Council Meeting

### **Thursday, November 8**

7:00 p.m., Worship Committee Meeting

### **Saturday, November 10**

6:00 p.m., Diwali Celebration

### **Sunday, November 11**

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

### **Monday, November 12**

Noon, Mindfulness Meditation

7:00 p.m., Social Action Committee Meeting

### **Tuesday, November 13**

9:00 a.m., Sacred Texts and Coffee

7:00 p.m., Second Tuesday Chalice Circle

### **Wednesday, November 14**

1:00 p.m., Communications Committee Meeting

4:30 p.m., Handbell Choir Practice

7:00 p.m., UU Men's Group

### **Saturday, November 17**

Noon, Bread Time Stories

### **Sunday, November 18**

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

Noon, SJI: Criminal Justice Conversation

### **Monday, November 19**

Noon, Mindfulness Meditation

### **Tuesday, November 20**

Newsletter Deadline

### **Wednesday, November 21**

4:30 p.m., Handbell Choir Practice

6:30 p.m., RE Committee Meeting

### **Sunday, November 25**

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

### **Monday, November 26**

Noon, Mindfulness Meditation

### **Tuesday, November 27**

4:15 p.m., Welcoming Committee Meeting

### **Wednesday, November 28**

4:30 p.m., Handbell Choir Practice

7:00 p.m., UU Men's Group

## **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

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## FROM OUR MINISTER

### It is good to retreat



Now having a second child I am reminded more and more of that great virtue, patience. It can be difficult to attain, let alone sustain. It is for this reason we all need time for retreat. The word “retreat” is used often in a military context, pertaining to drawing back and leaving the battlefield. I think that is an apt metaphor for the politics of fear and division that are being broadcast to us hourly. I don’t want to admit defeat but I do want to sustain my patience and practice my peace. So, I do

retreat from the extreme battles of our time. In October I went to a UU minister’s retreat in Hamilton, New York. It was good to see colleagues and talk ministry. More importantly, it was good to just retreat. You may wonder what ministers do on retreat. We worship together. We had a business meeting. This year we focused on spiritual practices.

I stared at an icon of jazz saxophonist, John Coltrane, for 30 minutes, slowly repeating these words in a Lectio Divina manner: *God breathes through us so completely... so gently we hardly feel it... Yet, it is our everything. Thank you God.*

I sat by a quiet lake listening and speaking with a fellow minister about our spiritual struggles.

We need times of retreat.

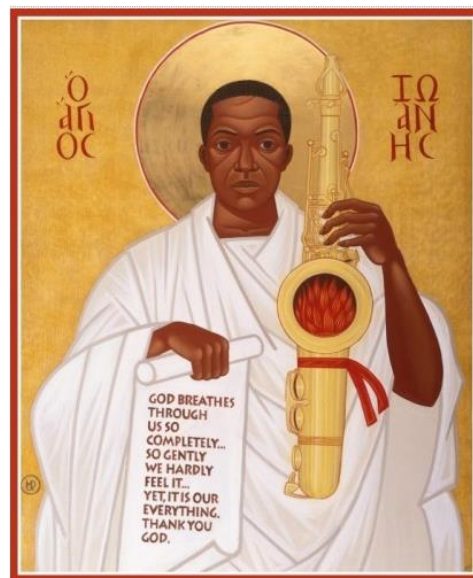
What amazed me most is the same thing that amazes me about this congregation: a deep commitment to Unitarian Universalism.

We all need places and spaces in which to retreat. Whether it is the ritual of running or reading – we all need to time to draw back, to be called back from the battle lines of life.

**Last thing, I beg of you, I plead with you, get out there and vote!**

Blessed be,

*The Rev. James Galasinski*



# NOVEMBER 6, 2018



## PRESIDENT'S POST



I'm going to break with the usual President's column format this month. For me, November is a time for taking stock and remembering, with gratitude, all that we are thankful for in our lives.

I've been reading and re-reading the book, "Bless the Imperfect - Meditations for Congregational Leaders." I don't know for certain, but I suspect other members of Church Council and leaders in our church have savored bits of wisdom from it over the last few years. As I've stated before in this column, I am grateful for all the work that is done in this church. And so, I'll fill the rest of this column with some of the stanzas from Steven J. Crump's "Song for the Unsung":

*You make the coffee, set up the tables, and organize the cleaning when the rest of us have gone home.*

*You know where the brooms and the supplies are kept.*

*You come up with new ideas.*

*You gracefully accept the group choosing someone else's idea.*

*You step up to make the extra contribution.*

*You make welcoming room for others.*

*You acknowledge children and are happy to be around them.*

*You go the extra mile, contribute the extra dollar, and give the benefit of doubt.*

*You know that church life is all about relationships.*

*You often wish you could do more.*

*You labor not for praise or for a song but for the good in the doing of work.*

*We appreciate you very much.*

Here's wishing everyone a happy and safe Thanksgiving!

*Todd Moe, Church Council President*



## OUR MISSION STATEMENT WAS APPROVED!

Creating a welcoming, compassionate faith community, committed to social justice and open to wonder.

Together we strive to:



Foster a spirit of inclusion and connection



Encourage exploration of truth and meaning



Nurture respect for all life and the environment



Live our values in the North Country and in the wider world

## **MISSION POSSIBLE! Your Voice, Your Dollars**

The Canvass Committee is thrilled by all the positive responses to this year's pledge campaign in both comments and pledge dollars. We are well on our way to our \$260,000 goal!

There is lots of excitement building around the possibility for two part-time positions. Margaret Harloe spoke eloquently about the need for a Social Action Coordinator on October 14 and Wil Rivers presented enthusiastically on October 21 for adding an Assistant Director of Religious Education. Video recordings of their remarks are available [here](#).

Canvass Committee members and volunteers are planning to conclude the canvass of church members and friends by Sunday, November 4. Please do your best to return your completed pledge card to the church by then.

Have questions or comments? Please contact us!

*Jennifer Whittaker and Peter Wyckoff  
Canvass Committee Co-chairs*

## **RELIGIOUS EDUCATION PONDERINGS**



Ohhh November! The beginning of the holiday season!! The grocery stores are advertising turkeys with all the fixin's. Christmas decorations are arriving in local box stores. We are preparing, too.

Our MakerSpace class will be creating a display for [Lights on the River](#) in Lisbon. "Lights on the River is dedicated to providing both physical supplies and monetary donations to local food pantries of St. Lawrence County. The organization is focused on meeting the needs of the food pantries and acting as a voice for them in the community." Our children will be designing a display that represents the mission and values of our church. We will be asking for help with painting and installing the display. We are excited to be part of

this social justice initiative that has been happening in our region since 2010. Look for details in e-news and during social hour.

We will also be preparing for our holiday pageant scheduled for Sunday, December 16. We are still determining the script but look for sign-up sheets by the middle of this month. All are invited to be part of this annual tradition.

During our faith-filled fun day at the end of this month, our children will be creating decorations for the Church and Community Program as well as asking for food donations. We will need a few crafty people to help. If you are interested, please contact Carol via [email](#).

May you find the beginning of this season filled with joy, meaning and connection. Blessed be.

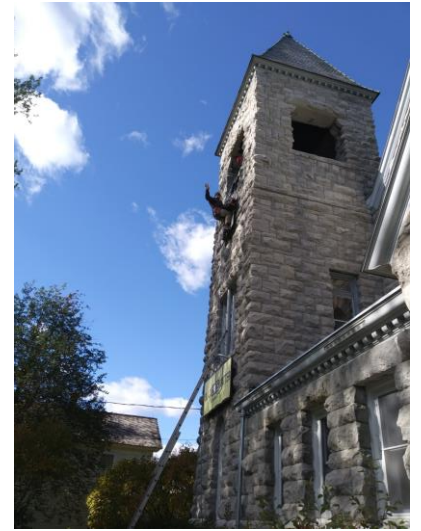
*Carol Zimmerman, Director of Religious Education*

## THANK YOU...

- ⊕ Becky Van de Water, Bonnie Danis, Linda Kenny, Dotty Hall, Pete and Christian Beekman for their help with the blood drive. And thanks to all who donated blood!
- ⊕ Miles Manchester for repairing and installing the sundial.
- ⊕ Pete Wyckoff for reattaching the chicken wire in the bell tower to protect us from the pigeons.
- ⊕ Danny Thomas, Lorraine Olendzenski, and Tim Nolan for chaperoning the Coming of Age retreat.

## JOYS & SORROWS

- ⊕ We send healing wishes to Kate Whitehorne as she continues her recovery and as she begins rehab and physical therapy.



## HANDBELLS NEWS

We'll have a special dedication of the new handchimes on Sunday, November 11, and we'll play them along with the newly refurbished bells. We'll finish the service with a special change-ringing "extravaganza," using all of the bells and the handchimes!

Anyone interested in playing handbells may contact me at [handbells@uucantonny.org](mailto:handbells@uucantonny.org).

*Theresa Witmer, Handbells Director*

## WELCOME!

We welcomed five new members recently – look for their photos and bios on the Welcoming Committee bulletin board soon.

A reminder to please help us welcome any unfamiliar faces during Social Hour. Look for the blue mugs for visitors or for anyone that might be new!

## Upcoming Events

**UU Bread Time Stories** Saturday, November 17, 2 - 4 p.m.  
Join us in the kitchen/social room for an afternoon of fresh bread and stories.

We want to hear about your experience baking bread with family, friends and community. How does bread play a part in your household holidays and celebrations? Are there breads that your grandmother or grandfather baked that invoke a fond memory? Did a bread play a big part of your childhood or adulthood memories? Are there breads you bake with your kids or grandkids? We'll have fresh bread to sample, stories to share, and you can bring a loaf of your favorite bread to the bring-a-loaf-take-a-loaf Exchange Table.



**Tree Decorating & Cookie Making** Saturday, December 8, 10 a.m.

Join us for a morning to get into the holiday spirit! There will be cookie baking for kids & teens, and adults can help with decorating our tree and the sanctuary for the holiday season. Holiday music, cocoa & fun for all. Hope to see you there!

## Ottawa Winterlude

A trip to Winterlude in Ottawa is in the works for February. Please look for a sign-up sheet in the Social Room so we might gauge interest and plan for numbers.

*Heather Rousell, Welcoming Committee*

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Last one here after worship or a meeting?  
Make sure the lights are off and the doors are locked –  
even if staff members are working in their offices.  
(It's a safety thing, but also good for the environment and the light bill.)  
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## SOCIAL ACTION UPDATE

### Social Action Shared Offerings

- The September SASO to benefit [BOMA Project](#) raised \$1,762. Thanks to all contributors.
- The next SASO will be taken on Sunday, November 11. The collection for that day will be on behalf of [Deep Root Center for Self-Directed Learning](#) (DRC), an innovative educational facility located in downtown Canton. Learn more [here](#).



### Grace House

Numerous members of our congregation are interested in a new interfaith initiative, Grace House, a supported residence for women in recovery from addiction. At this moment, the urgent need is to meet a \$25,000 fundraising goal so the program can open in January 2019. If you are interested in contributing, a check may be made out to THM/Grace House and sent to PO Box 637, Canton NY 13617. (THM=Transformation House Ministries, Inc.) If you can help with fundraising, please speak to Pat Alden, Helen Hutchinson, Sara Hutcheson, or Sarah Oakley. To learn more about Grace House and SAC activities, [check out the minutes here](#).

### Church & Community Program

Read about the rewarding connection between the [Ogdensburg Correctional Facility](#) and the Church and Community Program's [Summer Outreach to Seniors](#).

The next Social Action Committee meeting is on Monday, November 12 at 7 p.m. All are welcome.



## KEEP IN TOUCH!

The Communications Committee knows messaging and communications aren't a "one size fits all" proposition. We try a little bit of everything to get church-related news and information to you. Newsletter (paper and online). Website. Enews. Order of service. Snail mail. Facebook. And we keep at it. Some say repeating a message three times ensures people will remember it, others swear by the "Rule of Seven," which says someone needs to see or hear your marketing message at least *seven times* before they take action.

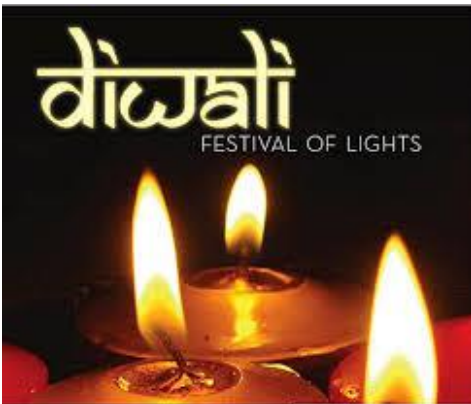
We've learned that Canton UUs are no different - so we keep at it! The latest addition to our communications arsenal is [Instagram](#). Yep - we've jumped on! It's a quick fun way to share goings on and especially pictures. Follow us at uucantonny (OK, so far we only have four followers and one posting...but we'll get traction!). Instagram is not only a good way to share news and pictures with each other, it's also a great way for us to let others see what we're up to. Please feel free to share photos with us so we can add them, or add them yourself and tag uucantonny.



Speaking of photos, it's not by accident that we have a beautiful website and lots of good images to share on Facebook, Instagram, etc. Please share your photos with us and be understanding if there are photographers in our midst occasionally snapping quick shots during church activities.

If you have questions or suggestions, let us know.

*Carol Pynchon, Communications Committee*



Geetika and I would like to invite you all for celebrating Diwali - The Festival of Lights and Harvest - on Saturday, November 10, from 5:00 p.m. onward. We will have a get together at our home (The Abode of Bliss, 23 Judson Street, Canton, NY) for a brief ceremony (Aarti) at 5:00 pm. and then assemble at the church at 6:00 pm for a celebratory potluck. We will plan the main course but side dishes are welcome (no meat, no eggs, no onion and garlic, please— dairy is fine.) The church has many table settings but it would not be a bad idea to bring your own. We were blessed with the presence of many in the last five years.

This year's Diwali holds a special meaning to us as we are expecting a baby in January. We would love to have your blessings and good wishes for Geetika and the baby on this auspicious occasion and get together. No gifts please.

Hope to see you all. Please extend the invitation to anyone you feel would be interested.

Much Love, Light, and Peace!  
~ Rajiv Narula

If you would like to receive weekly electronic news updates,  
please email [office@uucantonny.org](mailto:office@uucantonny.org)  
Submission Deadline for our next newsletter: Tuesday, November 20.