



The Latest News

from the
Unitarian Universalist Church of Canton

A MONTH OF SUNDAYS

November 2019

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

November 3

Room on the Pew

The Rev. James Galasinski, Carol Zimmerman, DRE

Sometimes it's difficult to include everyone in our faith journey. We strive to embody the spirit of welcome and hospitality, we must make room in our pews for all identities. People often dress to express their identity. You are invited to wear something that expresses your identity or the costume you wore for Halloween. This multigenerational service will look to the book "Room on the Broom" by Julia Donaldson to inspire us to be welcoming to all.

Music: Betsy Kepes

Worship Associate: Doug Rubio

RE Ambassador: Wil Rivers

Greeters: Sally & Gary Hoose, Bobbi Haldane

Social Hour Hosts: JoAnn & Lowell McAllister,
Ben & Shelby Hunkins

Collection Counters: David Doran, Ruth Baltus

November 10

Finding Faith in a Cancer Diagnosis

Pete Beekman, Pulpit Guest

When diagnosed with the cancer that took the lives of my grandfather, mother, aunt, and sister, it was hard to ponder what my odds were for survival. My cancer journey compelled me to think about faith, a subject I avoided for many years since stepping away from my catholic upbringing.

Music: UU Choir

Lay Leader: Robin Collen and Ben Hunkins

RE Ambassador: Wil Rivers

Greeters: Pat & Albert Glover,

Oscar Sarmiento & Lillian Trevizan

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

Collection Counters: Pat Gengo, Tim Opdyke

November 17

The Footprints of Windigo *The Rev. James Galasinski*

The Ojibwe people tell the story of the Windigo, a mythological monster that personifies greed and selfishness. He was supposed to be native to the forests north of the great lakes but now his footprints are all around us. We will again look at the wisdom of Robin Wall Kimmerer.

Music: UU Handbell Choir

Worship Associate: Arianna Whittaker

RE Ambassador: Wil Rivers

Greeters: Pat Alden & Louis Tremaine,

Rajiv & Geetika Narula

Social Hour Hosts: Mark Berninghausen, David Doran,
Barney Gage

Collection Counters: Jon Montan, Lorraine Olendzenski

November 24

Shoveling Snow with Buddha *The Rev. James Galasinski*

Our annual poetry Sunday will feature Billy Collins. The Buddha probably never shoveled snow, but a simple silent awareness can be found in our daily tasks. This sort of poetic attention to detail intersects with Zen Buddhism practice.

Music: UU Choir

Worship Associate: Jon Montan

RE Ambassador: Cara Coffin

Greeters: Pete & Barbara Beekman, Linda Kenny

Social Hour Hosts: Karen Bage, Jeff & Kiley Frank

Collection Counters: Lonie Bogett, Will Siegfried



ON THE CALENDAR

Please print and post!



Sunday, November 3

9:00 a.m., Coffee, Conversation, & More

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

Monday, November 4

Noon, Mindfulness Meditation

Tuesday, November 5

4:15 p.m., Welcoming Committee Meeting

Wednesday, November 6

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

4:30 p.m., Handbell Choir Practice

6:30 p.m., Church Council Meeting

Sunday, November 10

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

Monday, November 11

Noon, Mindfulness Meditation

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

Tuesday, November 12

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

5:30 p.m., Safety Committee Meeting

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

7:00 p.m., Let's Talk About Race

Wednesday, November 13

4:30 p.m., Handbell Choir Practice

Thursday, November 14

7:00 p.m., Worship Committee Meeting

Sunday, November 17

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

Monday, November 18

Noon, Mindfulness Meditation

Tuesday, November 19

1:00 p.m., Communications Committee Meeting

7:00 p.m., Let's Talk About Race

Wednesday, November 20

4:30 p.m., Handbell Choir Practice

6:30 p.m., Religious Education Committee Meeting

Thursday, November 21

7:00 p.m., Drop In Chalice Circle

Sunday, November 24

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

Monday, November 25

Noon, Mindfulness Meditation

Tuesday, November 26

7:00 p.m., Let's Talk About Race

Wednesday, November 27

4:30 p.m., Handbell Choir Practice

Thursday, November 28

7:00 p.m., Canvass Committee Meeting

The Unitarian Universalist Church of Canton

The Rev. James Galasinski, Minister

Carol Zimmerman, Director of Religious Education; Shelby Hunkins, Assistant Director of Religious Education

Sara Trimm, Congregational Administrator

Teresa Veramendi, Social Justice Coordinator

Betsy Kepes, Music Coordinator; Carol Strome, Choir Director; 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.

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FROM OUR MINISTER A Place Where Faith Expands

I got to spend some one-on-one time with the poet, lawyer, formerly incarcerated, and all-around brilliant person Dwayne Betts after his keynote address. I found out we have some things in common. We both have a son named Miles and both love basketball and books. He said something that will stick with me for a long time.

"It is great that your church is bringing the community together on an issue like this."

"It was really just a lot of networking" I deflected. "We don't agree on theology, but we all agree on social justice."


"But still, churches don't normally do this sort of thing. There are no churches where I live that would do this. If there was, I would want to be part of it." Dwayne added.

Within me arose a feeling I seldom experience. I wish I knew the word for it. The feeling recalled times when I got arrested for protesting on a military base, times when I volunteered at a homeless shelter, and moments in worship. I felt like I was right where I was supposed to be. There I was being nudged out of my comfort zone and recognizing it. I moved into something beyond "me". It was a very good feeling, a complex feeling of fulfillment that I want more of. In short, my faith expanded, my faith grew.

Before that conversation, I was so caught up in the conference itself, trying to make sure things went well, not seeing the bigger picture. We did bring a bunch people together for a cause beyond ourselves. We are a community church committed to social justice.

Thank you to all that attended, planned, and worked hard to make *Justice For All* a faith expanding experience.

Proudly serving as your minister,


The Rev. James Galasinski



PRESIDENT'S POST

For me, November is a time for taking stock and remembering, with gratitude, all that we are thankful for in our lives. I'm writing this column a day after an amazing weekend at church -- our *Justice For All* SJI Conference. It started with an evening of poetry and ended with a heartfelt sermon. In between there was a keynote address, panel discussions and lots of conversation. And people from all around St. Lawrence County, Akwesasne, the Adirondacks, Vermont and Canada! Cool, huh? At one point, I just had to step back and watch all the conversations happening in the Social Room during the lunch break.

It was a great weekend for conversations, community and connections. I met a young man from St. Lawrence University who read some poetry on Friday night. I introduced myself as a member of the church. He said, "This place is cool! Ummm... could I come to church here on Sundays?" Imagine my response. "Yes!" I replied with a big grin. "Please do!" And I went on to explain the historic connection between SLU and our church. He said he'd be back. It left me with a sense of pride in our congregation.

So, I enter November with a sense of pride and gratitude for this church. My sincerest thanks to the volunteers who put together an incredible Social Justice conference -- for those who planned the event, scheduled the speakers (and poets!), baked the treats, set up the chairs and tables, fed us and cleaned up -- Thank You!

Here's wishing everyone a happy and safe Thanksgiving season!

Todd Moe, Church Council President

FAITH ENGAGEMENT

Often when I sing during worship, I get a tear in my eye, my heart starts beating fast and I feel deeply connected to the words, sounds and the people around me. The music moves me. I don't think I have a great voice for singing but I know singing brings me joy and makes me feel connected to something bigger than myself. As the Rev. William Sinkford states in our teal hymnal, *Singing the Journey*, the songs we sing "shape our worship and give voice to our theology. Our songs let us know that we are one religious people despite the many spiritual paths we follow." The music we create every Sunday is important. Stevie Wonder says "Music, at its essence, is what gives us memories. And the longer a song has existed in our lives, the more memories we have of it."



As you can imagine, music moves our children and youth, too. One goal for our children and youth religious education ministry this year is to create a song that we sing as our children leave the sanctuary, they can sing during their religious education classes and hopefully when they are at home. During the faith filled fun days at the end of this year and early next year, we will be working to create the song. If music moves you and/or you would like to be part of this creation process, please contact me via [email](#) or come chat with me after worship. Through music we can create memories and connect to our Unitarian Universalist faith. May it be so. Blessed be.

Carol Zimmerman, Director of Religious Education

THANK YOU...

- ⊕ Sue Powers, Pat Glover, Ruth Baltus and Julie Van Duyne for supporting the MakerSpace class and the Youth Group in cleaning up our adopted section of Riverside Drive
- ⊕ Our Youth Group for picking apples used in the apple meditation during worship on Sunday, October 27.
- ⊕ Gabby Clover, Danny Thomas, Ben Hunkins and Lorraine Olendzenski for chaperoning the youth group retreat
- ⊕ Our deepest gratitude to Eileen Raymond for spearheading and coordinating the 2019 Social Justice Initiative Conference *Justice for All*. The event was wildly successful due to her passion and organizational skill. To see some pictures from the weekend, visit our [facebook](#) page!

JOYS & SORROWS

- ⊕ Longtime church member Janet Green will be moving to Colorado, where she will be living just a few minutes away from her daughter. We wish Janet well as she begins this new chapter in her life!

CHOIR NEWS

If you have been thinking it might be nice to sing with the choir sometime, now would be a great time! Several of our members are snowbirds and will be leaving us soon, depleting our numbers until spring. We are in particular need of tenors, but anyone of any voice part is welcome. We rehearse three times a month at 9:00 a.m. on Sunday mornings, and sing in church twice a month. The music we perform ranges from simple hymns, folk, and popular songs, to 4-part choral pieces in a variety of styles. If you would like more information, contact me at choir@uucantonny.org or just show up for a rehearsal. We will be glad to see you!

Carol Strome, Choir Director

FROM THE WELCOMING COMMITTEE

We came across this quote and thought it beautifully captured the spirit of welcoming we hope to share with all those in our congregation. Thank you for all you do to welcome visitors and new members to our church:



"How are we caring today for the many people who dare get out of bed on a Sunday morning and risk meeting us in hopes that we will provide the religious community they want?...Let us treat each visitor as the precious gift they are, just as we were when we first visited...This is not rocket science, this is human love."

-Gini Courter, Former UUA Moderator

LET'S TALK ABOUT RACE

Tuesdays, November 12, 19, and 26 7:00- 9:00 p.m. in the Romer Room.

Facilitated by the Rev. James Galasinski, we will explore our own cultural background and how that influences our perception of others. We will learn about white privilege, implicit bias, systems of oppression, and intersectionality. However, the main component of this class is having an open and honest dialogue about race. Being willing and open to sharing your personal stories and unpacking our cluttered past is a must. Please bring your discomfort. Sign up by emailing office@uucantonny.org



SAFETY COMMITTEE NEWS

Over the past year, the Safety Committee has been doing a broad assessment of the safety and security needs of our church facility. We are happy to report that these assessments have led to the implementation of several improvements to our building safety and security protocols.

Last March, ten people in our congregation were trained and certified in the use of CPR/AED. As a result of that initiative, we have purchased and will be installing an AED, (Automatic Electronic Defibrillator), to have available, should the need arise.

Another need that was identified, was that we needed to better understand our fire protection/emergency response. To that end, the committee identified and mapped all of the fire alarm stations, fire extinguishers, exits, security lighting and fire drill/evacuation policies as well as gaining a better understanding of what the fire department response services actually cover. As it turned out, the Canton Fire Department has very specific and defined and limited response protocols.

In response to those findings, in February, the committee hosted a seminar, led by Alan Mulkin, the Chief of SUNY Canton University Police on the subject of safety and security in public facilities. After many months of discussion at the committee and church council levels, we determined that our emergency response systems

were narrowly focussed on fire events. As a result of those discussions, the decision was made to augment our fire alarm and notification system with a companion system for the purpose of law enforcement notification. Both systems are provided to us by NCC Systems. If you have any questions about either of our alarm notification systems and procedures, please see Todd Moe, John Danis or Rev. James Galasinski for further information.

John Danis, Safety Committee Chairperson

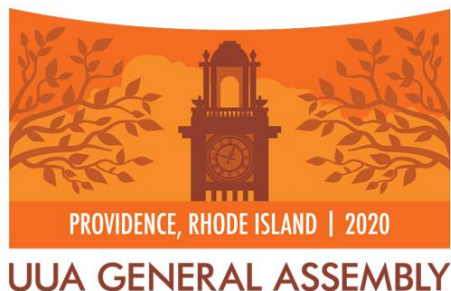
WORSHIP COMMITTEE

Hearing Assist Reminders

Our church tries to make it possible for everyone to hear the worship services. Toward this end, we have five portable hearing assist units with earpieces that are to be found every Sunday morning in a little labeled box near the Social Room entrance to the Sanctuary. These work by picking up a radio signal from our sound system and amplifying it. The user can adjust the volume. Many people are aware that these are available, but some may not know that we also have two “neck loops” for people who have hearing aids with a T-coil setting. The way these work is that the user unplugs the earpiece jack and plugs in the neck loop jack. The neck loop transmits the wireless signal directly to the hearing aid. If you have such a hearing aid and would prefer to leave it/them in during the service, this may be an attractive option for you. If you have questions, please contact me.



Jon Montan, Worship Committee Chair



CHURCH COUNCIL

Church Council would like to encourage your participation in the [Unitarian Universalist Association's General Assembly](#) (GA) which is being held June 24-28, 2020 in Providence, Rhode Island. GA is a conference that features inspiring worship, practical workshops about congregational life, and important meetings where we decide the future of our religious movement. There are many chances to connect with other UUs from around the world! Council has set aside funds

to pay the registration fees for members who would like to serve as delegates and for whom the cost associated with GA provides a barrier to attendance. Members who have never attended are especially encouraged to participate! For more information, [email Sara](#) or call 315-386-2498.

CLIMATE ACTION GROUP

One outcome of the Building our Commitment to Social Justice workshops was the formation of a Climate Action Group. This group is planning a series of Coffee, Conversation, & More sessions to address the climate crisis Sundays before worship, 9:15-10:15 a.m. They will help to educate the congregation and determine our outreach to the wider community.

The first two events will be Sundays, November 3 and December 8. We will start with the Current State of the Climate in November to solidify our understanding of the issue. In December we will discuss How to Engage with Alternative Viewpoints. This is intended to be especially useful for those connecting with relatives over

the holidays who may deny, dismiss, or downplay climate change, but certainly has broader applications as well.

Other topics are Motivating Change, Advocacy, and A Societal Solution to Climate Change. We will be actively seeking your questions and suggestions.

Sue Powers, Climate Action Group

COMMUNICATIONS COMMITTEE

Get Active on UU Canton Social Media



Our church has a presence on both [Facebook](#) and [Instagram](#). If you are a social media user, check our sites. A search for UUCantonNY should you lead to us.



You will find information about our worship services, religious education, and comments and commentary from our members. We would love for these to become even better spaces for the sharing of both information and ideas. Do you have a photo that provides spiritual inspiration to post on Instagram? Or perhaps a some comments to share on Facebook related to a recent sermon? Don't be shy.

Your posts, comments, shares, and likes can help our pages be more interesting to all who visit. Spend a little time each week doing some UU Social Hour online - (you do have to provide your own coffee!)

See you online!

Cliff Westerling, on behalf of the Communications Committee (a.k.a. CommComm)

SOCIAL ACTION COMMITTEE



The Social Action Committee regularly meets on the second Monday of each month at 7:00 p.m. in the Romer Room. Can't make the meeting but want to keep up with Social Action? Look for our meeting minutes on the church website and linked [here](#).

Campus Kitchens Project: We are developing a more robust connection with the student-run Campus Kitchens program based at St. Lawrence University. This program offers a hot meal every Monday night to people in our community. Our UU objective is to provide volunteer support when students are on vacation. We plan to cover November 25, December 16 & 30, and January 6 & 13. Volunteers are needed to help with cooking (at SLU), set up and serving (in our social room), and washing up (at SLU). If you can volunteer for one of these dates and one of these tasks, please contact Carol Pynchon or Pat Alden. If you can volunteer sooner to get "trained" for one of the tasks, please let us know!

Feed the Need Box: We will also use our food donations (collected in a wood box in the social room) to provide additional food on Monday evenings for our dinner guests to take home. Please bring a non-perishable food item for the box whenever you come to church. Desirable items include canned meat and fish, beans, soups, cereals, rice & pasta, canned fruit, peanut butter-pretty much anything you like to have in your pantry. Pick up a small green reminder card on the table opposite the church office.

Church and Community Program's Giving Tree is coming! Gift Tags will be available at Thanksgiving time.

Grace House: The women at Grace House often come with very little in the way of personal supplies and there is a gap between their arrival and support. For this reason, we are keeping a bin in the social room for donations of hygiene products, paper products, and cleaning supplies. Thank you in advance for your generosity.



The Maker Space religious education class tackles many problems and learns that they can create solu-



tions. Their first project focused on littering and reducing solid waste. They worked with the youth group class on September 28 to pick up our adopted highway stretch of Riverside Dr. just past the fire department. Their letter to the editor shows that it had an impact on them.

To the editor:

We picked up litter along Riverside Drive in Canton recently and were disgusted and horrified by what we found. There were a lot of cigarette butts, fast food containers and soda and water bottles.

There was even an exercise treadmill and a bunch of lottery tickets! Why do people litter? We think that people should respect the earth and be polite enough not to expect us to pick up their trash. It makes us angry and it makes us sad because we want to save the planet but a group of kids can't do it by themselves. But you can make a difference by educating yourself and others about problems in the environment and littering.

Sincerely,

Maker Space 4th- 6th grade religious education class of the Unitarian Universalist Church of Canton: Finley Thomas, Lena Frank, Harper and Crosby Terrell, Aaron Rosales, Jackson, Tyler, and Zoey Zebedee, Jojo Nelson, Sola Oakley, with Chaperones Sue Powers, Ruth Baltus, Pat Glover, Eden Terrell, and Julie VanDuyne



Unitarian Universalist Church of Canton

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



If you would like to receive weekly electronic news updates,
please email office@uucantonny.org
Submission Deadline for our next newsletter: Wednesday, November 20.