



The Latest News

from the
Unitarian Universalist Church of Canton

A MONTH OF SUNDAYS

February 2020

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

February 2

The Power of Pilgrimages *The Rev. James Galasinski*
In Europe, though church attendance is down, pilgrimages are as popular as ever. People still yearn to contemplate the meaning of the journey of life. Pilgrimages are spiritual practices that get you out of your daily routine, get you away from your home, and force you to recognize that the path is more important than the destination.

Music: UU Handbell Choir, Carol Strome, Kim Palermo

Worship Associate: Dave Nelson

RE Ambassador: Rebecca Pickens

Greeters: Gwen & Sean Cunningham, Sara Hutcheson, Cynthia Zebedee

Social Hour Hosts: Leo Burger, Relani Prudhomme, Sam Joseph

Collection Counters: David Doran, Ruth Baltus

February 9

The Languages of Love *The Rev. James Galasinski*
Love is one of the highest goals a person can have. On this pre-Valentine's service we will explore the many-faceted relational quality of love. We have preferences on how we give and receive love. Knowledge of this will allow us to love more completely. It's also Invite a Friend Sunday! Who are you inviting?

Music: John Danis

Worship Associate: Ben Hunkins

RE Ambassador: Arthur Freeheart

Greeters: Ron & Katie Boczarski, Jean Williams-Bergen

Social Hour Hosts: Jim Williams & Donna Dilworth, Sara Ricalton

Collection Counters: Pat Gengo, Tim Opdyke

February 16

You Are Special Ones *Dave Nelson, Pulpit Guest*
From lessons learned in the fourth grade, I learned to appreciate Mr. Rogers, the special people in life, and YOU. Because, as Mr. Rogers tells us, you are special – there's no one in the world quite like you and you are special just the way you are.

Dave Nelson is the father of three boys, husband of Rebecca Pickens and the Director of Outpatient Mental Health Services at Claxton Hepburn Hospital in Ogdensburg.

Music: Jill & Doug Rubio

Lay Leader: Arianna Whittaker

RE Ambassador: Wil Rivers

Greeters: Rick Tomlinson & Julie Welch, Caron & Phil Collins

Social Hour Hosts: Andrea Ferro, Kelly Johnson-Eilola, Bill Short & Cathy Tedford

Collection Counters: Jon Montan, Lorraine Olendzenski

February 23

Loved and Saved Together: Universalism Now

The Rev. James Galasinski
250 years ago love first caught fire in Universalism on this continent. It has changed from that first inception. While some forms of universalism persists in Christianity, it seems to have lost momentum. Come and explore contemporary Universalism.

Music: UU Choir & Paul Swartzel

Worship Associate: Jon Montan

RE Ambassador: Jim Williams

Greeters: Sue Powers & Will Siegfried, Eileen Wheeler

Social Hour Hosts: Sarah Oakley, Mary Michalek, Cliff & Janice Westerling

Collection Counters: Lonie Bogett, Will Siegfried

Spread Love Everywhere You Go

ON THE CALENDAR

Please print and post!



Saturday, February 1

4:00 p.m., Memorial Service for Ed Hildebrand

Sunday, February 2

9:00 a.m., Choir Practice

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

Monday, February 3

Noon, Mindfulness Meditation

Tuesday, February 4

11:30 a.m., American Red Cross Blood Drive

4:15 p.m., Welcoming Committee Meeting

Wednesday, February 5

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

4:30 p.m., Handbell Choir Practice

6:30 p.m., Church Council Meeting

Thursday, February 6

7:00 p.m., 2020 Census Information Meeting

Sunday, February 9

9:00 a.m., Choir Practice

9:15 a.m., Coffee, Conversation & More

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

Monday, February 10

Noon, Mindfulness Meditation

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

Tuesday, February 11

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

5:30 p.m., Safety Committee Meeting

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

Wednesday, February 12

4:30 p.m., Handbell Choir Practice

Thursday, February 13

7:00 p.m., Worship Committee Meeting

Sunday, February 16

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

11:30 a.m., Gathering of Action Circles

Monday, February 17

Noon, Mindfulness Meditation

Wednesday, February 19

1:00 p.m., Communications Committee Meeting

4:30 p.m., Handbell Choir Practice

6:30 p.m., RE Committee Meeting

Thursday, February 20

7:00 p.m., Exploring World Religions

Saturday, February 22

9:30 a.m., Youth Mental Health First Aid Training

Sunday, February 23

9:00 a.m., Choir Practice

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

Monday, February 24

Noon, Mindfulness Meditation

Wednesday, February 26

4:30 p.m., Handbell Choir Practice

Thursday, February 27

7:00 p.m., Exploring World Religions

7:00 p.m., Canvass Committee Meeting

Saturday, February 29

9:00 a.m., All-Day Congregational Retreat

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.

(315) 386-2498 • office@uucantonny.org • www.uucantonny.org



JAMES' JOURNAL Growing Our Faith and Our Congregation

I am already starting to brainstorm: the older couple a street over with whom I always have deeper conversations, the young family I met in Potsdam who said they attended a church but it was too conservative, and the family I recently met that is new to town and looking for community. I am going to invite all of them personally and send them a little card in the mail.

Last year during 'Invite a Friend Sunday' I met 9 visitors. I invited my neighbor and she came! Our children and youth invited friends, too. It is a simple reminder that we grow by inviting people with whom we have a relationship.

Inviting people we know to join us for Sunday worship does two things: It grows our faith and our congregation. It identifies us as spiritually minded people who are grounded in community. I find that talking about matters of faith, which can be difficult, helps us grow personally. If we want to grow our larger faith and grow the congregation, we need to talk about our faith. We always need the new ideas and energy that new members bring.

If you know someone who has said "If I went to church, I would probably go to yours," invite them! They would benefit from growing with us and we would benefit from their presence. I encourage you to invite a friend to church on February 9th. John Danis will share special music about love, we will sing some of our favorite hymns and enjoy each other's company after worship in the Social Room like we always do.

I thought of 3 families to invite to February 9th's **Invite a Friend Sunday**. How many will you invite?


The Rev. James Galasinski



PRESIDENT'S POST

Sometimes in life we get a reminder we need, but maybe don't want to hear. At the end of January, I fell on the ice and sustained a concussion. It was mild, but the recovery included lots of rest and avoiding screens and heavy reading. It pushed me to slow down. Almost immediately I realized how much of my time is spent in front of computers or reading books. Sitting and doing nothing all day was extremely difficult.

Putting everything on hold gave me the space to reflect how much of my life is just doing, instead of being. It's also given me some time to reflect on some big questions that Church Council has been thinking about over the past year. One thing we've been thinking about is the question of how do we expand our presence and welcome others into our faith community beyond attendance at Sunday Service?

What do you think? We'll be sending out a survey to get your feedback soon, but perhaps now is the time to start reflecting on this idea.

I hope everyone has a wonderful February!

Jennifer Whittaker, Church Council President

FAITH ENGAGEMENT



“Love is, above all, the gift of oneself.” – Jean Anouilh, French dramatist

February is often thought of as the month of love. Unitarian Universalists are often called the love people. Our faith calls us into love. Our *Side with Love* Campaign is a public advocacy campaign that seeks to harness love’s power to stop oppression. It is sponsored by the Unitarian Universalist Association and all are welcome to join. From Monday, January 20 – Friday, February 14, you are invited to *Thirty Days of Love*. This is an opportunity to lift up the ways Unitarian Universalists and many of our partner organizations are building and organizing by taking bold, courageous action for intersectional racial justice. Each week resources, tools and a reflection are shared to support your work around building ecosystems, generative creation, endurance and commitment. May you find inspiration and love as you continue to grow in this faith. Blessed be.

Carol Zimmerman, Director of Religious Education

JOYS & SORROWS

- ⊕ Our sincere condolences go out to Kim Bouchard, whose mother passed away in December at the age of 90
- ⊕ We send healing thoughts to Janet Green, who fell and broke her arm last month. We wish her a speedy recovery!
- ⊕ Our thoughts are with Kelly Johnson-Eilola as she begins treatment for uterine cancer.
- ⊕ We join the St. Lawrence University community in mourning the loss of the Rev. Kathleen Buckley. She touched many lives in our congregation and beyond.
- ⊕ We were saddened to learn of the death of longtime church member Ed Hildebrand. We hold all those who loved and cared for him in our hearts.

GROWING OUR FAITH

Mark your calendars for these upcoming opportunities to Grow Our Faith

Growing our Faith: An Intro to the Wisdom of World Religions

Thursdays 7 - 9 p.m., February 20 - March 26

Led by the Rev. James Galasinski with guests

This six-part series will introduce you to the history, theology, and practices of Hinduism, Buddhism, Islam, Christianity, Judaism, indigenous traditions. Come with questions, share your insights, and grow your faith in the wisdoms of the world. Sign up by [contacting the office](#).



Growing Our Faith: A Retreat

Saturday, February 29, 9 a.m. - 3 p.m.

Led by the Rev. James Galasinski

The focus of this retreat will be to grow and refresh the spirit. Our time together will be a combination of spiritual practices and small group sharing, leading you into a deepening of that ‘something more’ into which you are called. We need at least 6 people to sign up to make it happen. Please contact the church office via [email](#) or phone (315-386-2498) to sign up. Childcare available.

Growing Our Faith: UU 101

Saturday, March 28, 2018 9 a.m. – 1 p.m.

This is introductory course intended for those who are thinking about becoming members. We will cover the theology and history of the UU movement and will also explore how our church functions. We will conclude with lunch. Childcare is available upon request. Please sign up by emailing office@uucantonny.org.

UU 101

STEWARDSHIP COMMITTEE Generosity in Many Forms

The **Growing Our Faith** pledge drive received the financial support of church members and friends, and we appreciate that generosity – our *budget* depends on it.

Our church community relies on generosity in many ways other than dollars and cents. There is a wonderful wide variety of ways that many “contribute” and give back to our church and community.

During late December and early January, a team of volunteers gave of their time and energy to ensure that Campus Kitchens meals were prepared and served while St. Lawrence students, who coordinate the program, were away for the holidays. You may have seen the big sheets on the door of the social room closets, filled with the names of folks who volunteered to plan, cook, transport, set up, serve, clean up, and wash dishes.

Too many names to list here, but all people who took time out of their busy holidays to make a difference for others. The Campus Kitchens Monday night meals serve about 45 people weekly – every week. Our help keeps that important community service going all year round.

Generosity takes many forms. Thank you all for your generosity!

Stewardship Committee

WELCOMING COMMITTEE Happy New Year from the Welcoming Committee!



POTLUCK DINNER

It is time once again for Winter Potlucks! These are casual potluck gatherings during the months of January, February and March. We hope to get close to 100% participation, as either hosts, guests or both!

Here's how they work: A host family sets a date and time to host a meal at their home. They can be held after church, on a weekend evening or other time. Sometimes there might be a theme, like a book discussion or sledding activity. Sometimes the gathering is for adults only and others are for families. Guests sign up to attend, and then communicate with the host to choose what to bring.

If you are interested in HOSTING, please email heather@rousell.org, sign up on this [Google form](#) or look for a Host Sign-up in the Social Room.

If you are interested in being a GUEST, look for Potluck sign-ups in the Social Room very soon. Please consider hosting AND being a guest. This is a wonderful way to get through the winter months together.

Heather Rousell, Welcoming Committee Chair

WORSHIP COMMITTEE Hymnal Roundup

We use two hymnals: *Singing the Living Tradition* (gray) and *Singing the Journey* (teal). As time passes, some of these migrate away from their natural habitat, which is the sanctuary. If you have borrowed a hymnal, please return it to the sanctuary so that we will have enough copies for all. Thank you.

HANDBELL CHOIR

The Handbell Choir needs another ringer or two! Will you join us? Contact [Theresa Witmer](#) if you can help.

MAKING MUSIC TOGETHER

Come to a service at our church and you may hear the bell choir, the piano, the choir or the organ. Or perhaps it is a Sunday when guest musicians delight us with their music, on instruments ranging from the alto sax to the zither (well, maybe someday!).



It is part of our musical mission to bring a variety of music to our services. We also want to include the congregation in as much music as we can, whether it be singing hymns or participating in a choir or performing as guest musicians. To me, music is the glue that binds a service together. The synergy of words plus music is powerful indeed.

In February and March the services will feature many guest musicians, as I will be away. Paul Swartzel will be the pianist for most of the services and Jill and Doug Rubio will share their flute and guitar music. Oscar Sarmiento's trio, Caramello, will make a couple of guest appearances and Kim Palermo will dust off the organ and make the floor rumble. Enjoy!

Betsy Kepes, Music Coordinator

SOCIAL ACTION SHARED OFFERING



Since 1951 [Camp Unirondack](#) has served as a summer UU Religious Education experience for young and old alike. Located in the Adirondacks, just east of Lowville, there are opportunities for young folks 9 and up to experience adult led programming during the mornings as well as daily excursions into the surrounds of peaceful Beaver Lake—to swim, canoe, sail, hike and then settle down in the evening for a campfire circle of stories and songs to end the day before lights out.

Unirondack encourages education through experience; places high value on inclusion of all and recognition of individual needs. [Click here](#) to see their most recent brochure.

The Social Action Shared Offering on **Sunday, February 2, 2020** will go towards campships that help send youth from all over NY State for a week or two to Unirondack, who would otherwise not be able to pay the

fee. Many of our Canton young folks have had this summer experience and more information can be provided for any one from our church who might like to go. Our shared offering is a generous gesture towards providing a camp memory to a deserving and interested youth.



COFFEE, CONVERSATION & MORE

Hosted by the Climate Action group.

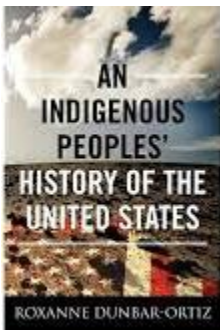
Sunday, February 9 at 9:15 a.m.

Implications of and military preparation for a changing climate

Our military recognizes that their operations will be significantly impacted by changing climate. The most recent 2019 Army War College report's second sentence spoke of the Department of Defense as being "precariously unprepared" to meet the challenges of climate change-induced national security threats. It said rising seas will displace "tens, if not hundreds, of millions of people." It wondered where the people nearest the ocean in already over-crowded Bangladesh will go. It describes the Army as being "precariously close to mission failure" in meeting the hydration needs of troops in hot and arid places. The presentation and discussion will be led by Ginger Storey-Welch.

Ginger is a member of our congregation and the chair of NC350, the local community climate action group. She worked with an SLU intern to prepare this presentation. In addition to leading this discussion, she will provide a brief video to recap the key points to share with all of us.

The CC&M venues provide us with an opportunity to learn, share our own concerns and ideas, and take action. Join us at this event or during social hour to write postcards to congress to urge them to take note of the numerous DoD studies that address the challenges of climate change. Our military needs to be prepared.



LIBRARY COMMITTEE

Get Ready for the UU Common Read

The UUA Common Read selection for 2019-2020 is [An Indigenous Peoples' History of the United States](#) by Roxanne Dunbar-Ortiz (Beacon Press, 2015). You can ready more about this year's common read selection at <https://www.uua.org/books/read>. Our congregation will participate by hosting a common read discussion in early spring. The library will have copies of this book available to check out and there will also be a few copies for sale for those who wish to purchase their own. Stop by the library to check out a copy!

SOCIAL ACTION COMMITTEE

The Social Action Committee regularly meets on the second Monday of each month at 7:00 p.m. in the library and all are welcome. 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](#).



Social Action is Evolving. As we continue to work on integrating the social justice work of our congregation, the Social Action Committee has been discussing its role. The enormity of concerns in the world is daunting and overwhelming. How can one person, or one committee, make a difference, and how long will it take? Beginning last year, we tried a different approach. Small groups of individuals with shared interests agreed to form working groups for a year. Currently, the three most active working groups or "Action Circles" are the

Climate Action Group, the Campus Kitchens Support Team and the LGBTQ+ Group, and others are gaining momentum.

In addition to the project-oriented Action Circles, we propose establishing the “Faith in Action Leadership Group” that will work with our Social Justice Coordinator to support and coordinate emergent and on-going efforts while continuing to attend to our congregation’s long-standing commitments to social justice, such as selecting recipients for the Rachel S. Grant Social Action Award or Social Action Share Offerings. From nurturing a new generation of leaders to explaining the nuts-and-bolts for organizing an event at church to holding the big picture and institutional memory of social justice work in our congregation, the Faith in Action Leadership Group hopes to involve, coordinate, inspire and lead. We think these are good ideas, but we know we haven’t thought of everything and welcome suggestions, questions, or ideas for new Action Circles as we embrace our 6th Principle: The goal of world community with peace, liberty and justice for all.



Continuing Our Commitment: Gathering of Action Circles. Members of current Action Circles and all who are curious are invited to join us **after church on February 16**. Participants will share progress reports on what they have accomplished this year and thoughts about where they could use some additional help. We will also seek input on the proposed evolution of social justice efforts described above. A light lunch will be provided. Contact Teresa (sjcoordinator@uucantonny.org) if you have questions.

Learn More About the 2020 Census – It’s Important!! We are joining forces with the League of Women Voters to co-sponsor a presentation by Census Bureau Partnership Specialist Nicole Jordan on Thursday, February 6th, at 7 p.m. at the church. The census **determines not just congressional representation, but also federal funding** to support essentials that New Yorkers use every day, including funding for housing, highways, transportation, food stamps, and education. Based on the 2010 census, New York receives about \$73 billion a year and the 2020 census will influence policymaking and planning for the next decade. After the last census in 2010, New York State lost two seats in Congress, reducing its delegation in the House to 27 members. An undercount in 2020 could result in more losses in representation in Washington. The presentation is geared for organizations and agencies to do outreach to their clients to ensure a full and complete 2020 Census count. Join us to learn more!



MAYDAY! MAYDAY!

Save the date for Friday, May 1! A **SERVICES AUCTION** is in the works!

The church needs to close a 2020 budget gap and a services auction seems like the perfect way to do that. The last auction was in 2015 and I remember it being an entertaining event that garnered quite a bit of money for the church.

Members and friends offer creative services and items to be sold to the highest bidder. Here is a sampling of things that you could offer or bid on: homemade bread or pies, leaf raking, computer expertise, a fishing outing, dinner at your home, a guided hike with picnic lunch. Services by children and for children will be included, too.

There will be refreshments and possibly some intermission entertainment as well.



Stay tuned for more information about the auction and how you can contribute. There will be plenty of opportunities to help! In the meantime, plan to be at church on the evening of Friday, May 1, 2020.



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: Thursday, February 20.