

MONTHLY NEWSLETTER

October 2020



THIS MONTH AND SUNDAYS

Thursday, October 1

7:00 p.m., Geocache Interest Circle

Friday, October 2

5:00 p.m., First Friday Happy Hour

Sunday, October 4

The Six Assumptions *Kathy Montan, Pulpit Guest*

Based on an encounter with Cecropia moths, this sermon is chance to reflect on our many assumptions and where they might lead us.

Monday, October 5

10:00 a.m., Eckhart Tolle Study Group

Noon, Mindfulness Meditation

7:00 p.m., Vegetable Gardening Interest Circle

Wednesday, October 6

6:30 p.m., Church Council Meeting

Thursday, October 7

4:15 p.m., Welcoming Committee Meeting

Saturday, October 10

9:00 a.m., Second Saturday Coffee Hour

Sunday, October 11

Paying Taxes and Pledges with Joy

The Rev. James Galasinski

Government provides equity and social rights like education and public safety to all. This is, of course, an imperfect endeavor. Nonetheless, we can learn to love paying taxes. It is not only my responsibility and the mature thing to do, but in many ways is in my own interest. Please join us for this year's Canvass Kick-off.

Monday, October 12

Noon, Mindfulness Meditation

7:00 p.m., Vegetable Gardening Circle

7:00 p.m., Faith in Action Meeting

Tuesday, October 13

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

Wednesday, October 14

1:00 p.m., Communications Committee Meeting

Thursday, October 15

7:00 p.m., Geocache Interest Circle

Sunday, October 18

Confessions of a Wannabe Anti-Racist

The Rev. James Galasinski

In trying to say 'no' to white supremacy, I have hurt and harmed many Black, Indigenous, and other People of Color. But I truly believe Ibram X Kendi when he says, "Denial is the heartbeat of racism and confession is the heartbeat of anti-racism." Please learn from my mistakes.

Monday, October 19

10:00 a.m., Eckhart Tolle Study Group

Noon, Mindfulness Meditation

7:00 p.m., Vegetable Gardening Circle

Wednesday, October 21

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

7:00 p.m., Science Book Club

Sunday, October 25

Listen, Process, then Speak

The Rev. James Galasinski

Part of deep listening is partaking in all the non-verbal cues that say you are truly soaking up everything. Once things are heard you have to process. Then, speak your truth. This is not always easy and seldom done.

11:20 a.m., Annual Congregational Meeting

Monday, October 26

Noon, Mindfulness Meditation

6:30 p.m., Worship Committee Meeting

7:00 p.m., Vegetable Gardening Circle

Thursday, October 29

7:00 p.m., Geocache Interest Circle

Sunday worship services will be held virtually on Zoom, beginning at 10:30 a.m. Instructions and the link to participate are [here](#); meeting ID# is 336 941 336. If you don't have internet access, you can also listen over the telephone. Simply dial 1-646-558-8656. When prompted, enter 336 941 336#. (Long distance fees may apply.)



JAMES' JOURNAL

Listening, Adapting, and Improvising

As a jazz musician, I have a problem. I know a lot of music theory, I know the history of the music, and I know a lot of the repertoire. However, when you start playing with other musicians that you have never played with, you have to throw out all that knowledge, just listen, and meet the other musicians where they are. Sometimes, I can't bear to give up what it should sound like. Some musicians play songs in different ways, with different chords, different notes, and different textures. Though I am thankful for my education and knowledge, to truly improvise I have to listen first and then adapt.

Is this not a good analogy for life and more specifically congregational life? We all know the way things should be. We shouldn't be wearing masks; we should be traveling to Canada. However, if we are listening, we are facing the music in real time. As a congregation we have been listening and adapting. We have rolled out a new initiative. Our Web of Connections a variety of circles or small groups created to build community and grow our spirits in a safe way. Check out <https://www.uucantonny.org/worship/get-connected/our-web-of-connection> and find a group to improvise with.

Stewardship is also adapting and improvising to meet the music of our time. This year's pledge drive will be unlike any others. There will be no in-person canvass meetings and little to no mailings. The main part will be a video and pledging online. Please improvise with us as we strengthen our web of connection.

The Rev. James Galasinski

PRESIDENT'S POST

It's October! The time of fall leaves and pumpkins. It's also the time of the year for the Stewardship Canvass! While it will be a little different this year, I still appreciate this time of year as a time to reconnect and support our church in a meaningful way.

I also like to use this time of year to consider other ways I can give to our church community beyond financially. For example, there are lots of opportunities to volunteer in Religious Education, the Caring Circle, and Social Justice initiatives. If you're interested in other ways to share, you can go to <https://www.uucantonny.org/get-involved/volunteer/> or email me at president@uucantonny.org.



Jennifer Whittaker, Church Council President



FAITH ENGAGEMENT

I was recently reading the October Listening Circle Packet from Soul Matters and the following line jumped out at me, made me pause and think deeply. "We don't have conversations, we are our conversations. Who and what we listen to is who and what we become." What conversations am I listening too? The self-talk in my head, the news of the world, science-based inquiry and the sounds of the natural world? What am I willing to listen to, maybe to gain a deeper understanding of a difference in opinion or how someone else sees the world? What I am listening to, deeply matters.

In early September, Shelby and I hosted three listening sessions to hear what the RE Teaching Ministry Team, those who teach, assist and provide childcare for the children and youth of our congregation, would be most excited to do this 2020-2021 church year of virtual faith engagement. We explored the following topics which guided our discussions:

Safety using resources from the UUA's Safer Congregations Policy; Connection to each other, to adults, to our church facility and to our faith values through religious education curriculum, social events and service/art projects; and Spiritual Well-Being with a focus on parent support, expressing feelings, trauma resilience and spiritual practices/mindfulness activities. We had honest, direct and respectful conversations on how best to serve our whole congregation as we continue the need to be physically distance and connect in virtual spaces.

In an attempt to meet the faith development needs of the congregation, especially our children and youth, the Religious Education Ministry will be providing a multi-faceted approach to faith development for the 2020-2021 year. We will be offering a "choose your own virtual faith development" opportunity, we will be hosting Zoom gatherings at least monthly for all ages, we will be offering small group in-person gatherings, we will be holding a monthly children's worship service, we will be sending home faith exploration packages and we will be providing whole church faith engagement opportunities. Look for details in the weekly e-news, the weekly Faith Engagement email sent to families, the church website and our Facebook and Instagram pages.

We are mindful that our families are learning new ways of doing K-12 school this year and it could change at a moment's notice. Our faith engagement program will be a constant you can count on this year. We are aware that we are all gathering virtually more often and that we need to balance that with time away from the screen. Our religious education opportunities will provide ways to spiritually grow in community. We know our spiritual well-being matters and taking the time to connect to our faith feeds that spirit. Our faith development program will offer ways to connect to your spirit.

I'm listening! We are listening! Share what you would like to see/do in faith development this year. Our conversations shape what we will become. May it be so.

Carol Zimmerman, Director of Religious Education



FROM OUR SOCIAL JUSTICE COORDINATOR

If you have some emotions about the upcoming election, welcome to the club! Did you know that the Latin derivative for the word emotion, 'emotere', means energy in motion? ***I encourage you to let your emotions about the election move you to action!***

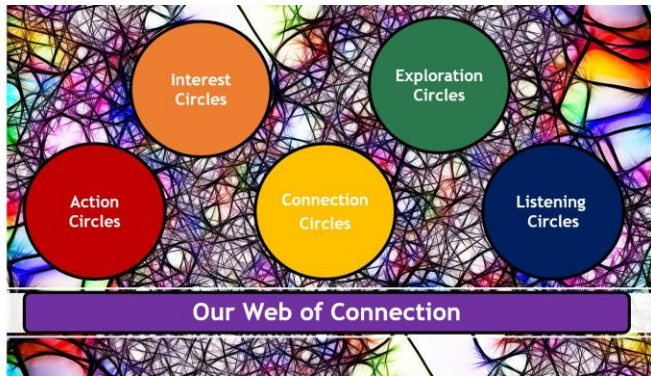
Our congregation has already committed to mailing 900 postcards together, which is incredible. This month, our UU the Vote Action Circle will continue pairing with Reclaim Our Vote to make phone calls to voters of color in swing states. These are non-partisan calls, where you provide information about voting to citizens. A call script is provided, as well as all local voting information. This is an easy, online system, allowing you to make calls whenever you want from the comfort of your home. Keep your eyes on the e-news for weekly phone banking trainings every Monday, or get started now by viewing this [phone banking training here](#). If you'd like to join UU the Vote National Phonebanks, our next **national phone bank will target Wisconsin voters on Wednesday, October 7th, from 7pm-9pm EST. [Sign Up Here!](#)**

Reclaim Our Vote phone banks have a track record of success: In at least three of our recent Get Out the Vote phone banks, including the Alabama 2017 special election and GA-6 for the 2018 Midterms, **60 to 85% of the voters we contacted voted in that election.** Our calls make all the difference!

Teresa Veramendi, Social Justice Coordinator

JOYS AND SORROWS

- Our heartfelt sympathy goes out to the family of Janet Green who died in late September. A memorial service for Janet, who had moved to Colorado to be near her daughter, will be held in Canton next fall.



OUR WEB OF CONNECTION

What is all this web and circle stuff???

Staying connected with one another and our church during a pandemic is a challenge. In addition to our online worship on Sunday mornings, we now have many different ways to come together in beloved community.

There are five categories of small group gatherings:

- **Action Circles** are the social justice groups that are working on a specific cause.
 - If you are interested in sending postcards to people who have been removed from voting rolls, encouraging them to vote, please contact Teresa Veramendi at sjcoordinator@uucantonny.org
- **Connection Circles** are very casual opportunities to socialize.
 - Right now the only Connection Circle opportunities are online via Zoom:
 - Happy Hour on First Fridays at 5pm
 - Coffee on Second Saturdays at 9am
- **Interest Circles** are groups for people who share a common interest or hobby.
 - All current Interest Circles are online via Zoom:
 - Parenting Circle on the 4th Tuesday of each month at 7:30pm
 - Gardening Circle on Monday evenings at 7pm
 - Geocaching Circle on Thursday evenings at 7pm
- **Exploration Circles** provide an opportunity to learn about a topic or theme
 - Sacred Texts and Coffee meets in person the 2nd Tuesday of each month at 9am in the Social Room.
 - All other open circles meet via Zoom:
 - Science Book Club meets on the third Wednesday of each month at 7pm
 - Mindfulness Meditation meets at noon on Mondays and Thursdays
- **Listening Circles** focus on spiritual development.
 - These circles will meet once a month from October through June
 - Groups of 10 or less explore the assigned theme with the help of a facilitator
 - Listening Circles will be offered on different days or times, but the content and theme will be the same
 - One Circle will be meeting in person at the church (unless safety concerns arise):
 - 4th Thursday of the month at 2pm
 - Two Circles will meet online via Zoom
 - 1st Monday at 6:30pm (NOTE: This circle has been filled so registration is closed)
 - 3rd Tuesday at 7pm

If you are interested in attending a Listening Circle but the available times don't work, please [contact us](#).

To sign up for any of these gatherings or circles, (or to start a new one) you can complete the forms [online](#), email office@uucantonny.org, or call the office at 315-386-2498.



Did You Know??

You can view everything we post on our Facebook page even if you don't have a Facebook account. [Click here](#) to check it out!

CARE-TO-GO PACKS at CHURCH & COMMUNITY PROGRAM

The food pantry at [Canton's Church and Community program](#) does a great job of getting nutritious food to those in need. Not provided by government and other resources, however, are personal care items that you would include on your shopping list, such as toothpaste, soap, shampoo, and personal hygiene items. These are also often needed by those coming to the food pantry.

Director Connie Jenkins is putting together Care-to-Go packs, with a selection of personal care products meeting that person's needs, or a pack for a family. She buys in bulk, to get the best possible price. Average cost for a Care-to-Go pack for an individual is \$15; for a family \$25. Here is a way to do a bit extra, with a gift of \$15 or \$25 (or multiples thereof!) and know just how you are making a difference. Checks can be sent to Church and Community Program of Canton, 30 Court St., Canton, NY 13617. Please put Care-to-Go in the memo line.

Note - Our three representatives on Church and Community Board are Pat Alden, Sue Hayden, and Cliff Westerling

BUILDING USE PROTOCOL

Church Council has approved limited use of the church building if the following precautions are taken:

- *all meetings must be approved
 - *sign in on arrival
 - *no more than 10 people
 - *wear masks
 - *maintain 6' distance
 - *use hand sanitizer
 - *no shared food
 - *wipe down surfaces when finished in the church
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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
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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
The Reverends Anne Marsh and Wade Wheelock, Ministers Emeriti

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