

News for UU!



What is **SOUL MATTERS**? It's a program we use in our listening circles, and it offers so many resources! This month's theme is IMAGINATION. Find a **playlist** for this month, follow their **facebook page**, and peruse their **website** for more!

WORSHIP

Sunday, January 10, 2021

10:30 a.m. **Consciousness: How Far Does It Go Down?**
The Rev. James Galasinski

Click here for instructions on how to join virtual worship on Sunday.

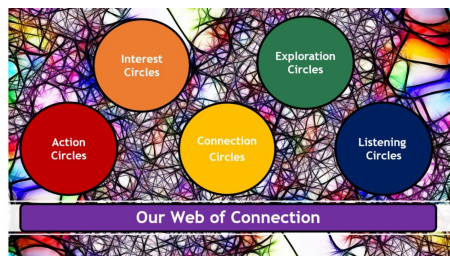
View past sermons on our website **here**
and watch Family Chapel **here!**

JANUARY NEWSLETTER

The first newsletter of 2021 is here! Read all about the new exploration circles, Reachout, and Faith In Action discussion groups.



Read it all **here**.



CONNECT

Join a small group or circle. There are many to choose from **here**.

Don't see anything for you?
Contact us to create a new group.

TIP: Be sure to refresh each web page for the most updated information. (Click the circle arrow at the top left of your screen next to the home icon.)

Host the first Coffee Hour of 2021! Start the year out right by being the virtual host of the Second Saturday coffee hour. It's easy and fun!

Email Sara to get the step-by-step instructions.

Boosting Immunity Through Nervous System Regulation: A new exploration circle led by Kathy Montan began on Saturday, January 2 at 11 a.m. **via Zoom**. The group is open to all and will meet every Saturday in January for 30 minutes. Sign up online **here**.

Church History Circle: Are you a history buff, or hobby treasure hunter? Join Eileen Raymond and the Church History Circle to learn about our church history in preparation for the bicentennial celebration.

GIVE

Mystery Pledge! Did you mail back a pledge card indicating your annual pledge would be **\$1052**, and that you majored in English? We have the card, but there was no name or return address on the envelope, so we're stumped. If it was you, please **email Sara** or call the office at 315-386-2498. Thanks so much!

January SASO to benefit Reachout: The collection on Sunday, January 17 will be sent to Reachout, the 24/7 crisis hotline that has been serving St. Lawrence County since 1976. Click on the link above to learn more.

ENGAGE

Wonder-Full Faith Engagement for Your Home - Check out the January Faith Engagement for Your Home. Imagine a New You, a World without COVID, a Better World or Think Outside the Box and Visit Other Worlds. Leave your comments on how you are living your faith!



RE Choice: Join us via **Zoom** this Sunday, January 10th at 1pm. We will learn about and create Fairy House. We will also take a closer look at Martin Luther King Jr's "I Have a Dream Speech."

Coming of Age Orientation - For our 8th and 9th graders and their parents, please save the date of January 20 at 6:30pm. Check your email for more details.

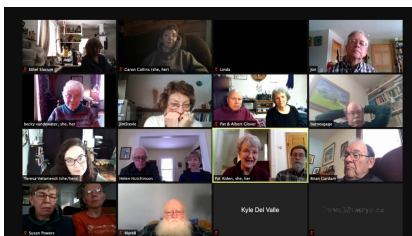
ACT

Faith In Action Updates

GEORGIA: Once again, a hearty thank you to all who sent postcards and

made phone calls for the Senate runoff elections! We sent 2,000 postcards and made 39 phone calls to help get out the vote!

FAITH IN ACTION CONVERSATION SERIES:



We had a very fruitful discussion on Sunday about Climate Action. We shared educational resources, opportunities to be an advocate, and significant upcoming events! Read about [Climate Action & Events in January 2021](#), and join us for our post-service discussion on Police Reform on

January 10th!

January 10: Police Reform - January 17: Anti-Racism - January 31: Housing
February 7: Healthcare

Join Black Lives Matter Potsdam on Saturday, January 9 at 1p.m. for a march in protest of the paralyzing shooting of Jacob Blake by police in Kenosha, WI. No charges are being brought against the officers involved. [See the facebook event for more details.](#)

PLAN

The Week Ahead

NOTE: Gatherings will take place virtually.

Saturday, January 2

9:00 a.m., Second Saturday Coffee Hour
11:00 a.m., Boosting Immunity through Nervous System Regulation

Sunday, January 10

10:30 a.m., Worship

Monday, January 11

Noon, Mindfulness Meditation
7:00 p.m., Faith in Action Leadership Group

Tuesday, January 12

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

Wednesday, January 13

7:00 p.m., Communications Committee Meeting

GO GREEN



Read about life on earth in the next 100,000 years-the Anthropocene Age in Curt Stager's *Deep Future*. How long will it last and how extreme will it's changes be? Curt Stager teaches at Paul Smiths College and can be heard regularly on NCPR in the mornings with weekly scientific commentary.

