

Unitarian Universalist Church of Canton NY
MONTHLY NEWSLETTER
April 2021 - THIS MONTH AND SUNDAYS



Friday, April 2

5:00 p.m., First Friday Happy Hour – *volunteer host needed*

Sunday, April 4

A Passover Presence *The Rev. James Galasinski*

After the burning bush, God tells Moses to lead the Israelites out of Egypt. Moses asks for the name of the deity sending him. The deity responds, "I am who I am." This passage speaks of the new beginnings for Passover, Easter, and spring. For true freedom comes from presence leading us into new futures.

Monday, April 5

Noon, Mindfulness Meditation

6:30 p.m., First Monday Listening Circle

Tuesday, April 6

7:00 p.m., Widening the Circle of Concern

Wednesday, April 7

6:30 p.m., Church Council Meeting

Thursday, April 8

Noon, Mindfulness Meditation

4:15 p.m., Welcoming Committee Meeting

7:00 p.m., Worship Committee Meeting

Saturday, April 10

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

Sunday, April 11

TBA – The Rev. Shaun Whitehead, Pulpit Guest

Rev. Shaun is Chaplain at St. Lawrence University and a regular guest in our pulpit.

Monday, April 12

Noon, Mindfulness Meditation

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

Tuesday, April 13

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

Thursday, April 15

Noon, Mindfulness Meditation

2:00 p.m., Third Thursday Listening Circle

Sunday, April 18

Stepping in the Same River *The Revs. James Galasinski and Jan Hutslar*

Rivers are always changing as they rush and flow. Similarly, the world, us, and our congregations are made up of relationships, events, and processes that are in constant flux. Once we step into the river of faith we change it and it changes us. Join the UU Congregation of the Upper Valley as we share the events and stories that illustrate the constant becoming of faith.

Monday, April 19

Noon, Mindfulness Meditation

Tuesday, April 20

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

7:00 p.m., Third Tuesday Listening Circle

Wednesday, April 21

12:30 p.m., Budget & Finance Committee Meeting

7:00 p.m., Science Book Club

Thursday, April 22

Noon, Mindfulness Meditation

2:00 p.m., Fourth Thursday Listening Circle

Sunday, April 25

9:30 a.m., Children's Chapel

Earth Is Not Just Our Homeland *The Rev. James Galasinski*

We have a propensity to anthropomorphize and be species centered. Other animals may not have human cognition but they sure have their own rights. Come as we examine the ethics of extinction and celebrate Earth Day.

Monday, April 26

Noon, Mindfulness Meditation

Tuesday, April 27

7:30 p.m., Tending the Spark Parenting Circle

Thursday, April 29

Noon, Mindfulness Meditation

ICYMI – We made the [front page of the Watertown Daily Times!!!](#)
Kudos to everyone who made the Everybody's Birthday cupcake delivery and celebration a wonderful and news-worthy success!

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
Abrupt Sunstroke

I went on a hike with my family at Indian Creek Nature Center during the late March heat wave. Highs were in the 60s. The last time it was that warm in Canton...maybe October?

When we left our home it was about 40 degrees and I was wearing black gloves and a knit hat. The air was clear and blue and the sun was bright and hot. The moon was prominent high above, seemingly close. Despite all that heat, the large marsh was still frozen. My European ancestors did not genetically prepare my skin for this day. I got sunburned and a slight sunstroke. My skin is not used to drastic transformation. Gradual transition is much preferred.

The pandemic has been an abrupt change that we couldn't be prepared for, and part of being unprepared is getting burned. The pandemic seems to be easing and turning as more and more people are getting vaccinated. But there is still so much uncertainty. I hope it is a slow change back to "normal." We have been changed and shocked into new ways of being. Can we ever go back to the way things were? Once we participate in the shocking change of sunburn and heat-stroke, we must remember to wear hats and sunblock and carry a water bottle. As our spirits fill with the hopes of life opening up again. We must stay alert, be smart, and remain prepared for our mutual fragility.

All seasons are a process. All of life is a process of becoming. The process of spring is full of glory but it can take you by surprise. This pandemic can do likewise.

Blessed be,

The Rev. James Galasinski

PRESIDENT'S POST

*In this warm spring rain,
tiny leaves are sprouting
from the eggplant seed
~Matsuo Basho*



Spring is here! I'm so excited to see all the trees and plants getting their new green leaves. I'm also very happy to be back in the garden.

The Vegetable Gardening Circle is meeting again. I find it a great way to connect with other Canton UUs to talk about what we love--gardening! We talk about our successes, our failures, and what we're excited to try next.

My Listening Circle also continues to meet. The deep, meaningful discussions we have are a balm to my soul. They also help push me to think and reflect, which has led to personal growth.

Have you tried a Circle yet? If you haven't, check out the [Web of Connection](#) page on our website!

If you have any questions or concerns, please contact me at president@uucantonny.org

Jennifer Whittaker, Church Council President

FAITH ENGAGEMENT



In my early 20s, I worked in retail, specifically outdoor retail. I was the buyer for a small privately owned store. I got to travel to buying shows, spend large sums of money, and work six days a week. A young woman's dreams come true. There were downsides too. The week before Christmas I always seemed to get sick with a bad cold or the flu. I would spend Christmas day trying to recover from weeks of work. I took pride in my work and yet I felt I was following a path that wasn't right for me.

I left that work and became an outdoor educator (read my March article for part of that story). I found the work of teaching and being outdoors so rewarding and soul filling. My work as an educator has taken many paths as I have grown older. Teaching outdoor education in summer camps, universities and local school districts. Teaching the eight dimensions of wellness – emotional/mental, environmental, financial, intellectual, occupational, physical, social and spiritual wellbeing – at local work sites.

These paths have led me to becoming a Unitarian Universalist religious educator, my true calling. I feel I am using all the skills I have gained from all my past experiences. As we explore what it means to be a people of becoming this month, what paths have led to who you have become? What role has being a Unitarian Universalist made in shaping your path? As Unitarian Universalists, we value each other in our becoming (inherent worth) and the paths we are on (search for truth and meaning). May it be so and blessed be.

Carol Zimmerman, Director of Religious Education

FROM OUR SOCIAL JUSTICE COORDINATOR

Alongside the sunshine, hope for justice has peeked out over the horizon in the past few weeks. One source of hope for me is the newly founded New York UU Justice network, and their selection of the campaign to #HALTSolitary in NY as one of their three areas of focus this year. Another source of hope is that #HALTSolitary legislation was passed in the NYS Senate and Assembly on March 18! All that is left is for Governor Cuomo to sign it. *We must call and write letters NOW to ensure this happens.*



Before I came into contact with the #HALTSolitary campaign in the North Country, I had no idea that the UN had declared solitary confinement beyond 14 days to be torture. I also had no idea that the average stay in solitary confinement in a NYS prison is 70 days. This issue has grown as prisoners who have COVID-19 are put into solitary confinement to isolate them from others (which has led to prisoners underreporting symptoms). I also didn't know that ending solitary in NYS would save \$132 million a year! Everything you need to know about this legislation, and the materials to help you contact the Governor can be found on nycaic.org.

Teresa Veramendi, Social Justice Coordinator

JOYS AND SORROWS

- ♥ We send our healing thoughts to Marilyn Ross as she recovers from surgery.
- ♥ We also send our best wishes for a quick recovery to Becky Van de Water who fell and broke her shoulder.

THANK UUS

- Wil Rivers for assisting with the Time for All Ages story on February 21.
- Harper and Crosby Terrell for recording the story for Family Chapel on February 21.
- Susan Hayden, Mary Michalek, Barbara Beekman, Jacky Ryan, Eden and Harper Terrell, Geetika Narula, Carol Pynchon, Cara Coffin, Barney Gage, Sally Hoose, Janice Westerling, Jim Williams, Karen Wells, Helen Hutchinson and Heather Rousell for baking and/or delivering cupcakes for Everybody's Birthday Party!
- Ron Tavernier for hosting Friday Fun Night on March 19.



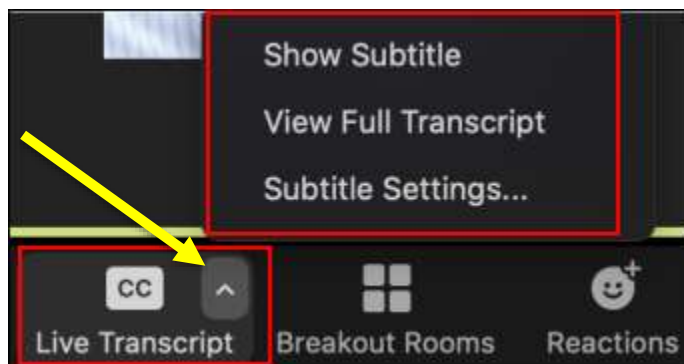
You should have received this brightly colored StimUulus Campaign postcard in the mail last week. We hope it got your attention if by chance you had missed the eblast or the announcement in church or the website post. They say some people need to see/hear something seven times before they act. So...here is another shot!

Our church has historically relied on the generosity of a few individuals to raise the funds needed for our annual operating budget. The Stewardship Committee has been working for a number of years to reach a more equitable distribution of donations, with limited success. This year, the pledges of 14 households accounted for 50% of our canvass total, while 114 households pledged the remaining half.

Church Council & the Stewardship Committee invite you to consider contributing some or all of your federal stimulus payment to the [StimUulus Campaign](http://www.uucantonny.org/stimuulus-campaign) to help us all share in the cost of creating a welcoming, compassionate faith community, committed to social justice and open to wonder. Learn more about the campaign – and the reasons it is necessary – at www.uucantonny.org/stimuulus-campaign.

WORSHIP COMMITTEE

Attention Hearing-Impaired Persons!



It is possible to view subtitles during our virtual worship services when using the Zoom platform.

At the bottom of your screen you will see an icon for “Live Transcript.” If you click on the upward-pointing arrow and select “Show Subtitle,” text will display along the bottom portion of your screen as people are speaking.

We hope this feature will help make it easier to participate in our worship services.

Sermon Topics Listening Session

Have you ever hoped to hear a sermon on a particular topic that is important to you?

On Sunday, April 25, the Worship Team plans to hold a listening session following the virtual worship service during the “breakout rooms” period. The purpose is to gather themes for future worship services and sermons that you feel are important to explore from both personal and societal viewpoints. You are encouraged to attend. Thank you.



Did You Know?

The Worship Committee starts the announcements slideshow at 10:15 a.m. on Sundays. “Arrive” early for church news and announcements!

Mystery-Ingredient Cook-Off

Do you consider yourself to be open to wonder? Do you like to cook and have fun? Well, then you may enjoy exercising your spirit of mystery by signing up for this Mystery-Ingredient Cook-Off!

On Sunday, April 11, from 1 to 3pm we will come together virtually to cook with a mystery ingredient, chosen and sealed in a paper bag by the RE team.

Each cooking participant will have 1 1/2 hours to take a unique food item, along with ingredients already in their home, to create a wonder-filled dish!

This event is sure to be a great fellowship experience, packed with jammin' music, food and fun!

Sign up today [here!](#) Have a question about the event? Contact [Shelby](#) or [Carol](#).



The [UU Vegetable Gardening](#) group will meet at 7:30pm on Mondays this Spring via Zoom. If you love to watch zucchini grow or can't wait to pick your first ripe tomato, please join us. We bring ideas and gardening questions to our meetings and usually have a topic of the week.

Social Action Shared Offering to Benefit BonusBucks

Our church has chosen to support the BonusBucks initiative of GardenShare for our April Social Action Shared Offering. On Sunday, April 25, the service will include a brief introduction to this program by GardenShare's Carlene Doane, and all of the offering will be directed to this (unless you specify otherwise).



Many of you are familiar with the many facets of this local not-for-profit, which supports local farmers and helps provide us all with access to locally grown food. GardenShare also supports low-income families helping them to access this good food. BonusBucks support effectively doubles the purchasing power of income eligible St. Lawrence County residents at any of the following five St. Lawrence County farmers markets: Canton, Potsdam, Massena, Gouverneur, and Hammond. To learn more about what GardenShare does for our community and about Bonus Bucks in particular visit www.gardenshare.org.

Volunteers Needed for Church and Community Program

The Canton Church and Community Program needs volunteers, to fill immediate needs in the thrift shop and food pantry, and to be available as substitutes and for special projects.



These volunteer roles are important and critical to meeting the mission *to provide food, clothing and other essentials to those in need, to offer referrals for additional assistance, and to do so with respect for those we serve.* In addition to the food pantry and clothing at the thrift shop, Church and Community has an Emergency Assistance fund, and operates special projects including Giving Tree and the back-to-school backpack program.

Get more information about the volunteer roles and sign up by contacting one of our three representatives to the program: Pat Alden, Sue Hayden, or Cliff Westerling.

Our church was one of the founding churches in 1974, and our members have a long tradition of both volunteer and financial support. Church and Community is now located at 30 Court Street, almost next door to our church. All are welcome to drop by if in need of assistance, to shop in our Second Chance Thrift Shop, or to get involved in helping people in your community.

Church and Community serves the towns of Canton, Hermon, Clare, DeKalb and Russell, and the villages of Rensselaer Falls, Richville and Heuvelton.

Campus Kitchens Project

Campus Kitchens has continued to serve warm meals to those in need here in our community throughout the pandemic. They currently offer these meals on Monday nights in pre-packaged to-go containers from our church parking lot. They also deliver to a few local places. As the students finish their semester, the project seeks community volunteers to help with this very worthy cause. If you have spare moments on Monday afternoons or evenings, please consider spending your time feeding hungry neighbors. Contact [Ashlee Downing](#) for more information.

Looking for more ways to live your faith?

If you're looking for more ways to get involved and live your faith, check out the websites listed on our website:

[Links of Interest](#)

Sign up to receive their newsletters or follow them on social media to stay up to date on all events!

WHERE IN THE WORLD (OR THE NoCo) ARE THE FLAT CHALICES?

Has one of our [Flat Chalices](#) visited you?

Did you share a picture and have you sent it on its way?

People are eagerly awaiting their visit,
so please be sure to keep it moving!



BUILDING USE PROTOCOL

Church Council has currently limited use of the church building to staff and individual visitors.

The following precautions must be taken:

- *sign in on arrival
 - *wear masks
 - *maintain 6' distance
 - *use hand sanitizer
 - *no shared food
 - *wipe down surfaces when finished in the church
-

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

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 Revs. Anne Marsh and Wade Wheelock, Ministers Emeriti

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