

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



Wednesday, June 2

6:30 p.m., Church Council Meeting

Thursday, June 3

Noon, Mindfulness Meditation

Sunday, June 6

A Bounty of Friends

The Revs. James Galasinski, Anne Marsh, & Wade Wheelock

The Rev. Max Coats, longtime minister here in Canton, preached many sermons with garden themes and metaphors. In one of his most famous writings, he likened vegetables to different kinds of friends. We will reflect on the bounty of friendship we have among us.

5:00 p.m., Faith in Action Potluck

Monday, June 7

Noon, Mindfulness Meditation

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

Tuesday, June 8

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

7:00 p.m., UU 101

Thursday, June 10

Noon, Mindfulness Meditation

Saturday, June 12

9:30 a.m., Meander with the Minster at Stone Valley

Sunday, June 13

Covid According to Kids *Carol Zimmerman, DRE*

Our children and youth reflect on their experiences during this Covid pandemic.

6:30 p.m., Documentary on National Security and Climate Change

Monday, June 14

Noon, Mindfulness Meditation

Tuesday, June 15

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

7:00 p.m., UU 101

Wednesday, June 16

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

7:00 p.m., Science Book Club

Thursday, June 17

Noon, Mindfulness Meditation

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

Sunday, June 20

9:30 a.m., Family Chapel

Nourishing the Spiritual Child

The Rev. James Galasinski

Spirituality is a naturally occurring phenomenon in all of us. It can begin around the ages of 4 and 5, and develops rapidly in the second decade of life. People who cultivate a deep sense of spirituality tend to be less depressed, less likely to get involved in drugs, and less likely to engage in other risky behavior. We can spiritually nourish the children in our families and communities and nourish ourselves along the way.

Monday, June 21

Noon, Mindfulness Meditation

Tuesday, June 22

7:00 p.m., UU 101

Thursday, June 24

Noon, Mindfulness Meditation

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

Sunday, June 27

General Assembly Sunday Worship

Join tens of thousands of UUs from around the world led by the First Universalist Church of Minneapolis, MN worship team and the President of the UUA, the Rev. Susan Frederick Gray.

Monday, June 28

Noon, Mindfulness Meditation

Thursday, June 30

Noon, Mindfulness Meditation

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.)

RE-OPENING PROCESS AND INFORMATION

The COVID-19 pandemic has caused major changes in the way we have been living our lives, and it is time to adjust once more. Church Council has begun a slow re-opening process. We will do our best to transition back to in-person activities in a way that serves our congregants. The recent listening session inspired us to revise our plans, and we still want to hear from you. If you haven't already done so, please complete our [re-opening survey](#). We hope to present a comprehensive re-opening framework shortly. Thank you in advance for your patience and understanding as we work through this.



COMING SOON FROM RELIGIOUS EDUCATION

Watch for invitations from our dedicated RE staff who are planning an ice cream social and a bonfire. Both will be exciting opportunities to spend time outdoors together and have conversations about your needs and expectations as we move forward.



SMALL GROUPS WELCOME

Though we are not opening for in person worship immediately, Council has approved use of the building for small group gatherings, with safety precautions taken. If you are eager to get back into the church and spend time in the physical presence of others, consider hosting a small group gathering. These may be one time, weekly, or monthly throughout the summer. You choose the content and structure, and we'll help you spread the word. [Email Sara](#) to discuss any planning details.

JOYS AND SORROWS

♥ We send our most heartfelt condolences to family of Marilyn Ross, who passed away in May. Marilyn moved away from Canton several years ago to be closer to her daughter. When she lived in the North Country, Marilyn was a very active church member. She will be greatly missed.

MEANDER WITH THE MINISTER

Stone Valley in Colton on Saturday, June 12 at 9:30 a.m.

Go on a short hike with the Rev. James Galasinski and talk and socialize and have fun. We will meet at the eastern side of the Stone Valley trailhead in Colton.



CARING CIRCLE UPDATE

Our Caring Circle is excited to welcome Valerie Ingram as a coordinator alongside Eden Terrell! After years of extraordinary service as coordinator, Natalie Panshin is stepping down to focus her energies on a smaller circle. We're grateful for her leadership and support throughout her 10+ years of service, and particularly during the spring and summer of 2020, when she mobilized the Caring Circle to check in by phone with nearly every member of our congregation during a difficult time for us all.

If you do not know about the Caring Circle, let us share it with you! The Caring Circle is a group that responds when our members experience special needs and challenges due to illness, birth/adoption, death, and other life changes. The impact of these challenges can be eased by our caring for one another, person to person, family to family.

To join the Caring Circle, just complete the simple form on the church website (<http://www.uucantonny.org/get-involved/caring-circle/>). New Caring Circle members indicate which caring actions they would be willing to provide when needs arise. This might be helping with transportation to a doctor's appointment, bringing a meal to a family, or helping with a memorial service reception. It can be as simple as sending a card to someone having a tough time. When a request arises for the type of need you have offered help with, you will receive an email from the Caring Circle coordinators. Please be assured that when you are contacted about a need, you are free to decline if the timing of the request is not good.

If you or another church member has a "Caring-Circle-type" need, please contact Caring Circle Coordinators Eden Terrell or Valerie Ingram (their contact information is in the church directory or email caringcircle@uucantonny.org). If you have a need that requires pastoral care, please contact our minister, James Galasinski minister@uucantonny.org). By letting us know about the needs that are out there, you enable us to do the work for which our committee was designed, and help us create the type of caring environment that allows our church to live up to our UU values.



UU 101

Tuesdays, June 8, 15, and 22 from 7:00 to 8:30 p.m.

This is an introductory course intended for those who are thinking about becoming members or recently became members. We will cover the theology and history of the UU movement and will also explore how our church functions. We will meet via [Zoom](#). Please sign up by emailing office@uucantonny.org.

FAITH IN ACTION

Faith in Action's final meeting for this season will be a potluck held at the home of Pat Alden and Louis Tremaine on Sunday, June 6, from 5 to 7 p.m.

Documentary on National Security Implications of Climate Change: Sunday, June 13 at 6:30 p.m. via Zoom. Hosted by NC350 and our Faith in Action Team. Stay tuned for more details.

Support Humaira, a 22-year-old Afghani woman, in her quest to complete her higher education degree in the North Country. [Read more](#) from her mentor Steve, the Director of the Little River Community School, about how long he's known Humaira and why she needs our help now.

WANTED: TECH TEAM MEMBERS

Are you interested in helping produce powerful worship virtually and in person? Could you commit to helping once a month or maybe once every other month? All levels of experience are welcome. Training is provided! It is actually easy and fun! Please contact [the Rev. James Galasinski](#) to learn more.

A MESSAGE FROM OUR SOCIAL JUSTICE COORDINATOR

Dear Congregation,

It has been a profound gift to serve you over these past two years, and it is difficult to announce my departure this July. It is this congregation that has shown me the power of spiritual community and what we can create when we harmonize our spiritual energies together. With your support, I have been able to work with the Poor People's Campaign in the North Country and we have organized a coalition of leaders that is already making change. I urge this congregation to continue walking the path as faith partners and support the Poor People's Campaign by lending your time and energy. I also encourage you to fully support and embrace your next Social Justice Coordinator, so they may be as empowered and empowering as I could be in the broader community.

While my husband and I will be physically moving to the Bay area in California (where he will teach at San Jose State University), spiritually, I will continue to carry this congregation and each one of you in my heart for a long time. While I was not required to join this church as part of my position here, and I never asked to be converted... I am very grateful that all of you were so welcoming and inspiring that I am a UU now. I hope to stay in touch and see you again someday at the General Assembly, or perhaps in California, only the divine knows. I wish you peace, power, health, and justice.

Teresa Veramendi, Social Justice Coordinator

BUILDING USE PROTOCOL

Church Council has approved the use of the church building to staff and small groups.

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

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