

# Unitarian Universalist Church of Canton

## NEWSLETTER

### November 2022 - THIS MONTH AND SUNDAYS

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#### Wednesday, November 2

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

6:30 p.m., Church Council Meeting

#### Sunday, November 6 – DAYLIGHT SAVING TIME

**Countering Disinformation** *The Rev. James Galasinski*

When you come across someone who is telling false or misleading facts, getting angry won't change their minds. Neither will more facts. People won't care what you know until they know you care.

12:15 p.m., First Sunday Listening Circle

#### Monday, November 7

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

#### Tuesday, November 8

9:30 a.m., Sacred Texts and Coffee

1:00 p.m., Communications Committee Meeting

#### Wednesday, November 9

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

7:00 p.m., Countering Disinformation Workshop (1 of 2)

#### Sunday, November 13

**Being, Thinking, Doing, Feeling**

*The Rev. James Galasinski*

One or two of these quadrants of spirituality probably come easy to us. The other two or three might be more difficult for us to attain but having some sort of balance between the four will bring us lasting peace.

11:45 a.m., History Circle

#### Monday, November 14

7:00 p.m., Worship Committee Meeting

#### Tuesday, November 15

6:30 p.m., RE Committee Meeting

7:00 p.m., Science Book Club

#### Wednesday, November 16

7:00 p.m., Countering Disinformation Workshop (2 of 2)

#### Thursday, November 17

7:00 p.m., Compassion and Choices Info Meeting

#### Friday, November 18

6:30 p.m., Jazz and Coffee

#### Sunday, November 20 – BRING A FRIEND SUNDAY

**The Local Practice of Gratitude**

*The Rev. James Galasinski*

As much as we can have a cosmic gratitude for life itself, we can also be thankful for ordinary things that are all around us. Let us give thanks for our friends and neighbors, the geology, and the unique space and place of the North Country.

#### Tuesday, November 22

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

#### Thursday, November 24

Office will be closed for Thanksgiving

#### Sunday, November 27

**TBA**

*Stay tuned for details and pulpit guest information.*

Worship services happen every Sunday at 10:30 a.m. [via Zoom](#) and in the Sanctuary.



#### REMINDER

DAYLIGHT SAVING TIME happens on Sunday, November 6. Don't forget to "fall back."

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When the St. Lawrence County Covid level is HIGH, masks are required in the building. If you are having COVID symptoms or have been exposed, please get tested. If you test positive, please worship with us on Zoom.

Thank you in advance for doing your part to keep each other safe!

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**JAMES' JOURNAL**  
**Bring a Friend Sunday**



According to the UUA, the most frequent way people hear about Unitarian Universalism is through word of mouth. Fully 70 to 90% of people who join a congregation have a friend or relative already in the congregation; 75 to 90% visit because someone invited them. Yet, the average Unitarian Universalist only invites a person to church once every 26 years!

I know it can be scary to invite a friend to church. We don't want to come across like we are trying to convert someone. The word "church" might scare off people. But the reason people join UU congregations is because of people like us.

The best way to invite a friend is to do it clearly and honestly. Ask a friend to experience something that has given you joy and meaning over the years. Your friends will want to know and experience what is important to you. Let them know about our beautiful space filled with beloved people. You may know the perfect way to do this authentically in your words but in case you need a little help, something like this is a good start:

*"On Sunday, November 20, my congregation is having a "bring a friend Sunday." There will be a service featuring a sermon about gratitude by our minister and an informal reception following the service. As you know, this is a community that is very important to me, a place where I feel at home. As someone who is also important to me, I want you to see this place and to meet the people who mean so much to me. Will you accept my invitation?"*

Our congregation is a special community of hope, friendship, and meaning. We all have experienced that. It's about time our friends experience it as well.

In peace,

*The Rev. James Galasinski*

**FROM OUR PRESIDENT**

Even though I have complex feelings on the holiday of Thanksgiving, I still find November to be a month where my mind turns to gratitude. It's generally a time I get to spend with my extended family who I don't always get to see the rest of the year. It's also a time where the outdoors tends to be rather stark, reminding me how much I appreciate the vibrancy of the rest of the year in the North Country.



This month, I have support from my church in thinking about gratitude. We're doing a UU of Canton Month of Gratitude! Having already had a sneak peek at the upcoming ways I can show my gratitude to our church and our community, I'm so excited for the upcoming month!

I'm also grateful for the way our church community is stepping up to help us move forward. Going to many of the Canvass Conversations, I was able to hear firsthand what many of us are grateful for in our church, as well as ways we plan to support our church in the future. Church Council is so grateful for these meetings and will have already met to discuss what they included by the time the newsletter is released.

*Jenn Whittaker, Church Council President*

## FAITH ENGAGEMENT



Our principles are changing! Our principles are changing!

We are a living faith tradition. We adapt and change our principles, sources, and purpose when both formal and grassroots efforts call us to. The Unitarian Universalist Association national bylaws include a requirement that we study our principles, sources, and purposes at least every 15 years.

Our principles and sources were last changed in 1986. The seven principles we know today were a revision of the 1961 principles that were created when the American Unitarian Association and the Universalist Church of America merged. You can read the originals at <https://www.uuworld.org/articles/uas-original-principles-1961>

Our Principles and Sources have received updates and proposed changes in the years since 1986. The sixth source, naming Earth-centered traditions, was added in 1995. And in 2017 the second source was updated from the wording of “words and deeds of prophetic women and men” to “words and deeds of prophetic people.” The idea of an eighth principle to specifically address the lack of anti-racism language in our existing seven principles came from the work of Paula Cole Jones and Bruce Pollack Johnson in 2013.

The Article II Study Commission was convened in the fall of 2020 and is “charged to review Article II of the UUA Bylaws, and propose any revisions that will enable our UUA, our member congregations, and our covenanted communities to be a relevant and powerful force for spiritual and moral growth, healing, and justice.” They are charting the future of our faith and there are ways you can be part of the creation process. The Commission will submit a proposal for a vote at General Assembly 2023. Learn more about it at <https://www.uua.org/uuagovernance/committees/article-ii-study-commission>

Change is part of being a Unitarian Universalist. Change is required to live more fully into our faith. Unitarian Universalism is a living tradition. Blessed be.

*Carol Zimmerman, Director of Religious Education*

Sources: <https://www.uua.org/uuagovernance/committees/article-ii-study-commission> and <https://uucorvallis.org/wp-content/uploads/2021/11/A-Living-Tradition-Nov-2021.pdf>

## JOYS AND SORROWS

♥ We are overjoyed for Doug and Jill Rubio on the birth of their grandson, Oliver Douglas Rubio-Cleveland, on October 9. Congratulations to the happy grandparents and to Oliver Douglas’s parents, Ella Rubio and Dylan James Cleveland.

♥ We send healing thoughts to Becky Van de Water, who has been in Canton Potsdam Hospital being treated for a blood clot. She looks forward to returning home after a time in a rehab unit getting her walking up to snuff. She welcomes visits, calls, cards, and notes.

♥ Bonnie Danis is relieved to be done with kidney dialysis but faces ongoing chemotherapy treatment for multiple myeloma.

♥ When the sorting and packing is finally done, we'll celebrate with Louise Bixby as she settles into her new home in Canton.

### **In Memoriam**

**Nancy Ross Auster**

**1926 – 2022**

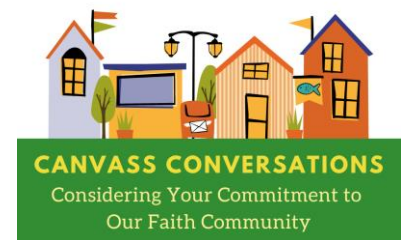
Nancy Auster, who lived a full and inspiring life, died peacefully at home on October 14, 2022, surrounded by loved ones. Honored for her many pioneering achievements, she was the first recipient of the SUNY Canton Distinguished Faculty Award, the first woman and first person from a two-year college to become President of the statewide SUNY Faculty Senate, and the First Distinguished Service Professor at SUNY Canton. Nancy is known in the North Country as a runner, triathlete, and duathlete. She competed in over 500 races, won the U.S. Track and Field Women's 5K Title in her age category several times including most recently at 86 years old. A wonderful mother and grandmother and beloved wife of Don Auster, Nancy's optimistic spirit and generous heart lifted us all.



A Celebration of Life will be held for Nancy and Don in the spring or summer of 2023. We will share those details at a later time.

### **THANK UU TO**

- Cliff Westerling, Rick Tomlinson, Pete Wyckoff, Carol Pynchon, and Jenn Whittaker for joining members of the Building and Grounds Committee to clean up our grounds before the snow starts falling.
- Thanks to all who have pledged for the 2023 church year! Your generosity and participation are greatly appreciated. If you haven't yet pledged, you still can! Simply [click here](#) to submit your online pledge.



### **A REMINDER FROM CHURCH COUNCIL**

Church Council meets monthly on the first Wednesday of the month and at other times as announced. Meetings are open to members and friends, although only elected Council members may vote. All are welcome to join meetings from 6:30 to 7 p.m. to share comments. It is helpful but not required to let the office or a Council member know if you plan to attend. Please reach out to Sara at [office@uucantonny.org](mailto:office@uucantonny.org) or 315-386-2498 for the Zoom link. Visit the [Church Council webpage](#) to learn more.



## WORKSHOP: COUNTERING DISINFORMATION



We have all been exposed to misinformation and disinformation. It can be frustrating and make us angry when people spout out that white people face more racism than black people or that regulating greenhouse gasses will destroy our economy. But there is a science-based way to counter untruths and it can be learned.

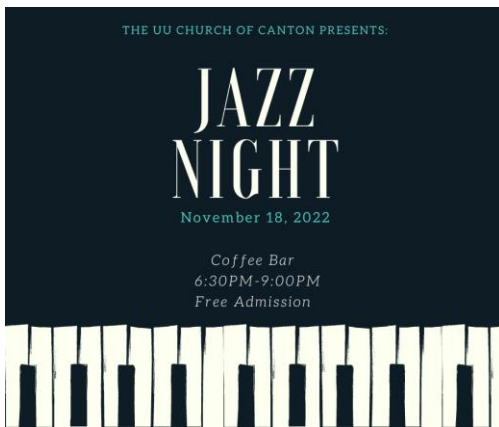
This two-session workshop will be led by the Rev. James Galasinski

**Wednesdays, November 9 and 16, at 7 p.m.**

Please email [office@uucantonny.org](mailto:office@uucantonny.org) to register.

## JAZZ NIGHT AND COFFEE BAR

When was the last time you heard your favorite jazz standards and drank your favorite coffee drinks in a dimly lit room with all your UU friends? Here's your chance!



**Friday, November 18, 2022**

**6:30-9:00 p.m.**

The event is free and open to the public.

### **Jazz Night Line-Up**

John Danis, Vocal and EWI

Rev. James Galasinski, Bass,

Josh Barkley, Piano

Coffee bar will include cafe americano, espresso, decaf coffee, various teas, including herbal, and hot chocolate.

## **FAITH IN ACTION Make A Difference!**

You are invited to make a difference with our UU Faith in Action group. Join us on Monday, November 14 at 7:00 p.m. on Zoom when together we will discuss and develop environmental and social justice actions for our community and beyond.

Want to help but can't attend our meeting? Here are three ways you can help:

1. Nominate worthy organizations for our monthly Social Action Shared Offerings (SASOs) by contacting Pat Alden
2. Suggest guest speakers and workshop leaders for our 2023 Social Justice Initiative that will focus on Environmental-Social Justice by contacting Caron Collins
3. Donate to individual Unitarian Universalist Ministry projects around the world through the Faithify crowdsourcing website at <https://www.faithify.org/>

Join us in making a positive difference in our world!

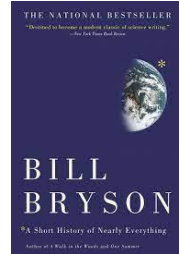


## SACRED TEXTS AND COFFEE

This is a small-group gathering to read and reflect on sacred texts and drink coffee and tea together. No preparation is necessary. We even read unconventional sacred texts like the poetry of Mary Oliver. We'll meet again on Tuesday, November 8, at 9:30 a.m., and continue to meet on the second Tuesday of every month in the Romer Room. Everyone is welcome.

## UU SCIENCE BOOK CLUB

The UU Science Book Club will continue discussion of *A Short History of Nearly Everything* by Bill Bryson. Join our Zoom meeting at 7:00 p.m. on Tuesday, November 15. Our December book selection will be *What the Future Looks Like*, edited by Jim Al-Khalili. For more information, contact Brian Gardam.



## LEGALIZING MEDICAL AID IN DYING IN NEW YORK

### A Community Conversation

Thursday, November 17

7:00 - 8:30 p.m.

Corinne Carey, Compassion & Choices NY & NJ Campaign Director, will be facilitating a presentation and discussion on what Medical Aid in Dying is and the progress of passing the Medical Aid in Dying Act in the NYS Legislature. [Compassion & Choices](#) is a nationwide organization that improves care, expands options, and empowers everyone to chart their end-of-life journey.

## POTSDAM PRIDE FUNDRAISER

### Queer Tales Story Slam

The Potsdam Pride organizing committee is holding its first fundraiser for Potsdam Pride 2023. The Queer Tales Story Slam will be held on Thursday, November 10, 2022, from 5:00 to 7:00 p.m. at Jernabi Coffeehouse in Potsdam. The theme is queer life in the North Country, from coming out to living out loud.

Community members are invited to sign up on arrival to tell five-minute true stories from their own lives. All storytellers will receive Pride swag from Planned Parenthood of the North Country. \$10 suggested donation or free with student ID. All donations will go to Planned Parenthood's LGBTQ programming, including the first Potsdam Pride community celebration scheduled for June 8 to 10, 2023.

Tickets will be available at the door or in advance at [potsdampride.org](https://potsdampride.org) or [facebook.com/potsdampride](https://facebook.com/potsdampride). Presented in partnership with Planned Parenthood of the North Country, North Country Public Radio, and SLC Arts. More information about story guidelines is available at [potsdampride.org](https://potsdampride.org).



## **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  
Sara Trimm, Congregational Administrator  
Betsy Kepes, Music Coordinator  
The Revs. Anne Marsh and Wade Wheelock, Ministers Emeriti

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