

# Unitarian Universalist Church of Canton

## NEWSLETTER

### January 2023 - THIS MONTH AND SUNDAYS

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#### Sunday, January 1

##### ***New Year's Day: A Construct***

*Mark Berninghausen, Pulpit Guest*

Few, if any, of us will live on after our deaths as long as Julius Caesar, the one person credited with establishing the Julian calendar, naming the months of January and February, and moving New Year's Day from mid-March to January 1st.

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

#### Wednesday, January 4

6:30 p.m., Church Council Meeting

#### Sunday, January 8

##### ***Understanding Our Anxiety***

*The Rev. James Galasinski*

It's natural. It happens to all of us. But anxiety can also be extremely life-draining.

11:45 a.m., History Circle

#### Monday, January 9

7:00 p.m., [Faith in Action Committee Meeting](#)

#### Tuesday, January 10

9:30 a.m., [Sacred Texts and Coffee](#)

1:00 p.m., Communications Committee Meeting

#### Wednesday, January 11

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

#### Sunday, January 15

##### ***Dr. King and Climate***

*The Rev. James Galasinski*

We may not remember MLK as an environmentalist. But his words of justice ring true for the movement. I have no doubt he would look at climate change through the lens of race and poverty and so must we.

#### Monday, January 16

7:00 p.m., Worship Committee Meeting

#### Tuesday, January 17

6:30 p.m., RE Committee Meeting

7:00 p.m., Science Book Club

#### Friday, January 20

6:30 p.m., Jazz Night & Coffee Bar

#### Sunday, January 22

##### ***88 Buddhist Temples***

*The Rev. James Galasinski*

Shikoku, Japan is a popular pilgrimage site. One young man went because his parents said he could not marry the woman he loved. He lived in the circle for the rest of his life, became a guide and died walking, a hero.

11:30 a.m., Annual Congregational Budget Meeting

Noon, Boston Fundraising Luncheon

#### Monday, January 23

7:00 p.m., UU Men's Group

#### Tuesday, January 24

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

#### Saturday, January 28

2:00 p.m., Drum Circle

#### Sunday, January 29

##### ***'No' and Other Difficult Words to Say***

*The Rev. James Galasinski*

Do you have trouble saying 'no'? Practicing clear boundary setting and expectations is being nice to yourself and others.

11:30 a.m., Safety Response Informational Meeting

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

### Our 2023 Church Council:

Jon Montan, President

Sarah Bentley-Garfinkel,  
Vice President

Mary Michalek, Secretary  
Stefan Grimberg, Treasurer

Wil Rivers

Jim Williams

Rebecca Pickens

Ron Tavernier

Katie Boczarski

Eden Terrell

## JAMES' JOURNAL

### Waiting to Melt



It was heavy and wet and the kids were excited about the day off from school. It was good packing snow. Great snow-people were built. The trees bent and some even broke from the sticky weight. A Spectrum cable broke at the Church because of the weight or maybe it snapped from a broken limb. I am not sure. Either way, I realized how dependent I have become on the internet.

Days later, clumps of white are still left on some branches. The trees look like giant cotton plants. They look like hives up there, nests of winter honey. In time they will melt or the wind will blow and the branches will sway them away. Those clumps of snow are so stable and silent as they wait to melt.

At times, we are weighed down with heavy sticky burdens. We wait for the sun of time to melt them away. We wait for the wind of change to heal us. What if the messes that burden us are really sweet cotton nests? The things that break us can also make us brake and slow down.

We don't have to wait for the warmth to melt. We are beautiful as we are, even when we don't feel like it. We have the stability of peace within us somewhere, even when we don't deserve it. Sooner or later we will all melt back into the mystery, won't we? But in the meantime, I am sure there is life after the internet.

In peace,

*The Rev. James Galasinski*

### FROM OUR PRESIDENT

Greetings to all members and friends as we begin our 198th year as a religious community in the North Country! I am excited to be serving as President of Church Council, joined by VP Sarah Bentley-Garfinkel, Secretary Mary Michalek, and Treasurer Stefan Grimberg and our wonderful trustees Ron Tavernier, Wil Rivers, Katie Boczarski, Jim Williams, Rebecca Pickens, and Eden Terrell. I am also so happy to be able to work with our talented staff.



When Council meets each month, we reaffirm our covenant:

*We agree to be honest, straightforward, patient, respectful, and empathetic with each other.*

*We will meet together with a sense of shared purpose, be transparent in our actions, and ultimately speak with one voice.*

*We will show up, be present, listen intently, and be a contributor.*

*We will have fun.*

I know I speak for everyone on Council in saying that we welcome your comments and ideas – in short, your involvement in the life of our Church. Please don't hesitate to speak to any one of us about matters large or small.

In closing, I want to give special thanks to my predecessor Jenn Whittaker for being an outstanding President and an absolute joy to work with.

*In faith,  
Jon Montan, Church Council President*

## FAITH ENGAGEMENT



January has arrived! Many make resolutions for the New Year. I'd like to offer another idea. What if we spent the first week of the new year committing to living our values. There is a celebration that already exists, Chalica!

According to the UUA website, Chalica is a week-long celebration of our [Unitarian Universalist Principles](#) which now includes the [8<sup>th</sup> principle](#). The holiday [first emerged in 2005](#) out of a wish to have a holiday organized around Unitarian Universalist values. Chalica is often celebrated on the first Sunday in December and lasts eight days but some folks celebrate it in the first weeks of January. Each day, a chalice is lit, and the day is spent reflecting on the meaning of that day's principle and doing a good deed that honors that principle. Not all Unitarian Universalists celebrate Chalica, but it has a growing following. There is a Chalica [Facebook page](#), [blog](#), and many Chalica-themed [videos on YouTube](#). There is also a [Chalica guidebook](#) written by Meredith Plummer, Director of Lifespan Faith Development at First Unitarian Church of Cincinnati.

Living out our UU values sounds like a fun way to start the new year. Look for ideas on our [Facebook page](#) during the first week in January. May your new year be bright and filled with love, joy and a commitment to living your values.

*Carol Zimmerman, Director of Religious Education*

## JOYS AND SORROWS

- ♥ We continue to hold Bonnie Danis in our hearts as she receives treatments at Sloane Kettering.
- ♥ We send our heartfelt sympathies to the friends and families of Barbara Trerise, who died in early December at the age of 92. You can read her full obituary [here](#).
- ♥ We are glad Mark Berninghausen is on the mend after knee surgery.
- ♥ We were so sorry to learn of Janet McFarland's fall resulting in a broken kneecap, but heartened by her characteristic "can do" attitude.

## THANK UU TO

- Thank you to Jenn Whittaker for serving as Church Council President through some interesting times!
- Many thanks to Jon Montan for fearlessly leading our Worship team through many technological transitions these past few years. We look forward to his leadership as Church council president in the new year.
- Harper Terrell, Crosby Terrell, Miles Galasinski, Sofiya Boczarski, Lois Cutter, Josiah Nelson, Jessie Jean Coffin, Suzannah Coffin, Evelyn Boczarski, Eileen Wheeler, and Dave Nelson for being part of our holiday pageant.

## SOCIAL HOUR HOSTS AND GREETERS

A big thank you to all who served as social hour hosts and greeters in the fall. It was so nice to have you back in church and participating in ways that we always have in the past. Please watch for the schedule in enews and take a moment to find your name on the lists and mark your calendars. If you know there is conflict with your scheduled date, reach out to others on the list to swap dates and then let Sara know by emailing [office@uucantonny.org](mailto:office@uucantonny.org). If you don't see your name on the list, but you would be happy to serve, please tell us!



## 2023 CONGREGATIONAL BUDGET MEETING

The Annual Congregational Budget Meeting will be held immediately after worship on **Sunday, January 22**. The proposed budget will be available online and in the back of the sanctuary beginning January 8. If you have any questions after reviewing the budget, please reach out by emailing me at [treasurer@uucantonny.org](mailto:treasurer@uucantonny.org).

*Stefan Grimberg, Treasurer*

### FAITH IN ACTION

FIA's next scheduled meeting is Monday, January 9 at 7p.m. via [Zoom](#). Your attendance and participation are encouraged and welcome.

**January Social Action Shared Offering (SASO):  
Faithify: UU Church of the Philippines (UUCP)**



Faith in Action's purpose in this month's Social Action Shared Offering is to introduce our UU Canton members to Faithify, the UU crowdfunding platform that helps all UUs live out the UUA mission of advancing UU values in the world, equipping congregations for vital ministry, and supporting religious leaders. Through Faithify, more than 300 proposers and thousands of individual donors have come together to build a more vibrant Unitarian Universalism since 2014.

Log on to the Faithify crowdfunding platform at [www.faithify.org](http://www.faithify.org). There you can peruse current appeals. In the list, please check out one that drew our attention as a project worthy of our combined SASO support to Faithify's effort:

The UU Church of the Philippines (UUCP) seeks \$15,000 to make their individual church buildings more resilient and able to serve as Community Centers and Shelters in a disaster. For more information on this project, [click here](#).

On January 8, our Faith in Action group will receive a Shared Offering to support the work of our siblings at UUCP to help them make their buildings more resilient and welcoming in the face of climate change. As always, you can also send in your donation for this SASO to the church office before January 15, memo-ing the check with SASO-Faithify, or by donating [online](#). We will forward our combined gifts to Faithify to support this UUCP project. We also encourage our members to make a practice of checking out Faithify regularly to look for projects underway by other UU congregations and members that are worthy of your support. It is inspiring to see what other UUs are up to in the world!

### SACRED TEXTS AND COFFEE

This is a small group gathering to read and reflect together on sacred texts and drink coffee and tea in the Social Room. No preparation is necessary. We even read unconventional sacred texts like the poetry of Mary Oliver. We'll meet again on **Tuesday, January 10, at 9:30 a.m.** and continue to meet on the second Tuesday of every month in the Romer Room. Everyone is welcome. If you can't make it in person, to join us via ZOOM at [this link](#).

### SCIENCE BOOK CLUB

In January, the UU Science Club will be talking about [Finding the Mother Tree](#) by Suzanne Simard. Picked by the New York Times as one of the best science books of 2021, the book urges an appreciation of the wisdom

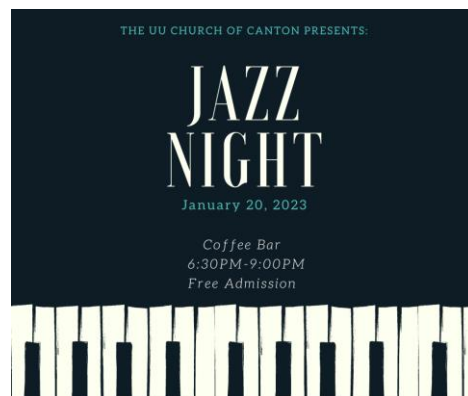
of forests. We will meet by Zoom at 7:00 pm on Tuesday, January 17. To join the discussion, send an email to [briangardam@gmail.com](mailto:briangardam@gmail.com).

## JAZZ NIGHT and COFFEE BAR

Come out for an exciting night of Jazz, featuring local favorites Tim Savage, Rev. James Galasinski, and Sam Bailey!

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

**Friday, January 20, 2022 6:30-9:00 p.m.**  
**This event is free and open to the public.**



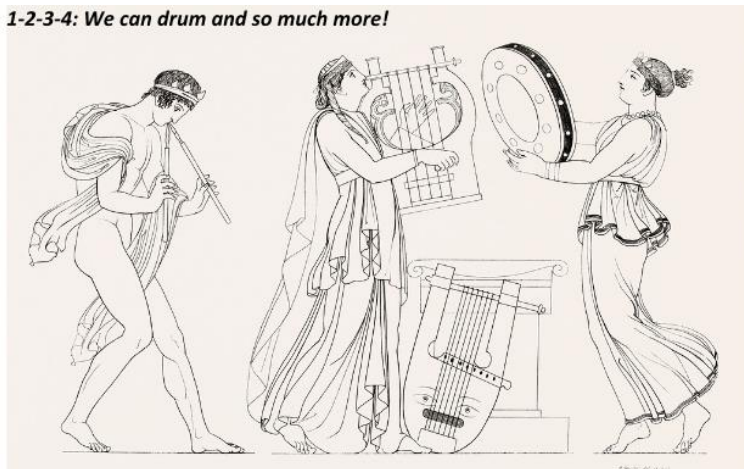
## UU MEN'S GROUP

Unitarian Universalist men are not your average men. We recognize that what it means to be male in our culture is changing. We deplore toxic masculinity and want spaces to explore our identity. We may have numerous work colleagues and buddies, but it's rare these friendships provide opportunities for exploring personal issues in any depth. This group will start with a check-in allowing for personal sharing, followed by discussion of an issue of relevance and will be facilitated by the Rev. James Galasinski.

**4th Monday of the month at 7p.m. in the Romer Room, starting on January 23rd**

## DRUM CIRCLE

1-2-3-4: We can drum and so much more!



*Did you know that the frame drum is one of the known oldest instruments and was originally played exclusively by women?*

It was used in pagan rituals from 5600 B.C.E. to about 400 C.E. by priestess musicians.

**On Saturday, January 28** at 2:00 p.m. Caron Collins will lead a family friendly Drum Circle using frame drums and hand-held percussion instruments. Through simple rhythmic patterns, movement, and improvisation we will experi-

ence a fun musicking community, suitable for all ages and abilities. You can bring your own drum or percussion instrument or you can use one of Caron's. Please wear face masks for our health safety.

For more information, contact Caron Collins via email at [bandtchr1@hotmail.com](mailto:bandtchr1@hotmail.com).

**Nine Ways of Showing Up in the World:  
An introduction to understanding yourself and others through the Enneagram**

Facilitated by Peter Brouwer, Ph.D

The Enneagram is a system of personality typing that describes patterns in how people interpret and act in the world. The Enneagram describes nine personality types and maps each of these types on a nine-pointed diagram. Understanding your Enneagram type provides an opportunity for greater self-awareness, authentic presence, and personal growth.

**Thursdays, February 2 and 16 at 7:00 p.m. in the Romer Room**



The Potsdam Interfaith Community (PIC) will be hosting the annual **Festival of Sacred Music and Text** at Potsdam Methodist Church on the afternoon of Sunday, March 26. Please stay tuned or contact our congregation's PIC liaisons Pat Alden or Sarah Bentley-Garfinkel, for further details.

**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

(315) 386-2498 • [office@uucantonny.org](mailto:office@uucantonny.org) • [www.uucantonny.org](http://www.uucantonny.org)