

*Unitarian Universalist Church of Canton*  
**NEWSLETTER**  
**October 2023 - THIS MONTH AND SUNDAYS**

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**Sunday, October 1**

***Humble Humans from Humus***

*The Rev. James Galasinski*

In the beginning, God created the human out of the soil. This second and more ancient creation story in the Hebrew scriptures has been overlooked for too long. We are from the earth and to it we will return. We are grounded in the ground.

Noon, Connections and Community Fair  
12:15 p.m., First Sunday Listening Circle

**Wednesday, October 4**

8:00 a.m., Building & Grounds Committee Meeting  
6:30 p.m., Church Council Meeting

**Thursday, October 5 (Office is closed today)**

1:00 p.m., Google Workshop with Jenn  
5:00 p.m., Game Night

**Friday, October 6**

7:00 p.m., Film Screening: Uprooting Racism

**Saturday, October 7**

Noon, UUGeos Meet

**Sunday, October 8**

***Everything Is Changing All the Time***

*The Rev. James Galasinski*

On a recent trip to the Bay of Fundy, which has the largest tidal fluctuations on the planet, I noticed the sea like I have never before. The tide was never in or out. It was always in process. If we are honest, is this not how life is?

Noon, Book Discussion with Timothy Beal

**Tuesday, October 10**

9:30 a.m., [Sacred Texts and Coffee](#)  
1:00 p.m., Communications Committee Meeting  
7:00 p.m., [Faith in Action Leadership Meeting](#)

**Friday, October 13**

6:00 p.m., Honoring Our Earth

**Saturday, October 14**

9:00 a.m., Cultivating Climate Action

**Sunday, October 15**

9:00 a.m., History Circle Meeting

***Sacred Earth Celebration***

*Sakokwenionkwas and The Rev. James Galasinski*

Sakokwenionkwas (Tom Porter) is the chief spiritual leader of the Kanien'keha:ka (Mohawk) community of Kanatsiohareke in Fonda, NY and will be leading us in words and Dan Berggren will be celebrating in song. It is only natural that our Cultivating Climate Justice series will end with a celebration of our holy home.

Noon, Farmers Roundtable

**Monday, October 16**

7:00 p.m., Worship Committee Meeting

**Tuesday, October 17**

1:30 p.m., Membership and Outreach Meeting  
6:30 p.m., RE Committee Meeting

**Wednesday, October 18**

7:00 p.m., Second Wednesday Listening Circle

**Thursday, October 19**

4:30 p.m., Google Workshop with Jenn  
6:00 p.m., Third Thursday Soup

**Sunday, October 22**

***Spiritual Growth Lessons from Trees***

*Larissa Fawkner, Pulpit Guest*

Larissa will tell us about the wisdom and healing aspects of trees that she has found meaningful in her life.

**Monday, October 23**

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

**Thursday, October 26**

7:00 p.m., Science Book Club

**Sunday, October 29**

***We Are Not What We Own***

*The Rev. James Galasinski*

Spiritual leaders from Sidhartha to St. Francis to Ram Dass have given up their wealth to pursue something deeper and bigger. Who are we if we detach from our possessions?

Noon, Annual Congregational Meeting and Potluck



## JAMES' JOURNAL Progress Pride Flag

You may have noticed that in the sanctuary on the sides of the chancel we proudly display two flags. One is a pride flag (rainbow) and the other is transgender pride flag (pink, blue, and white). The pride flag was hung by me unceremoniously sometime in my first few years here. After being in a pride parade someone donated the flag to our congregation. So, I decided to hang it up.

Red stands for life, orange for healing, yellow for sunlight, green is for nature, blue is for serenity, and purple is for spirit. This pride flag has been around for decades and celebrates sexual diversity.

The trans pride flag was hung by our Social Justice Coordinator, Teresa Veramendi, and me in June of 2020. The blue stands for masculinity, pink for femininity and the white for those who are transitioning or who are non-binary.

We used to have a rainbow welcome banner on the front of our building. A few years ago, the wind, rain, and sun got the best of it. Several people asked me about putting something in its place. Pete Beekman pointed out that other churches in Canton put up denominational flags. We should display something that shows what we are all about. Since we already display pride flags in our sanctuary, why not let everyone else know what kind of open and inclusive space we are aiming to build? Council vice-president, Sarah Bentley-Garfinkel started an email about a new flag. We had to look into the village code to make sure we were not going to put up something that would get us in trouble. It turns out a permanent sign can only have a limited number of colors but with a flag there are no rules. Our summer intern, Grace Brouillette, did some research and proposed a new progressive pride flag. I purchased the new flag online. Stevie Michealson ironed it. Mark Berninghausen provided a wood dowel and Stefan Grimberg just recently put it up. Thank you to everyone involved!

The new flag near our front entrance is a progress pride flag. In addition to the colors listed above, it has brown and black stripes which stand for people of color. And at the very end it has a triangle of yellow with a purple circle which represents the intersex community.

The new colors seem to point to the older rainbow colors. It tells us that progress is still needed, that there is still work to be done. I am very proud to display this new flag. It shows our community that we are aiming to create a space of inclusion and welcome for all people.

In peace,

*The Rev. James Galasinski*

### FROM OUR PRESIDENT What would you tell someone about our Church?

In September's message, I said our religious community needs to offer three essential things: Meaning, Connection, and Participation. (These are taken from a brief article "Quiet Quitting Comes to Church" by David Brubaker.)



I would like to focus on each of these three things in turn during the remaining months of 2023. Let's look at meaning first.

We all search for meaning or purpose in the things we do. Things that cease to have meaning for us will drop away over time. One of the core principles of Unitarian Universalism is a free and responsible search for truth and meaning. We search, and this means we are always open to new information, ideas, and perspectives. We search in a free manner. That is to say we rely on our inherent abilities and do not merely accept the pronouncements of those who claim to possess truth. Likewise, we do this responsibly. We take our searching seriously, yet with humility. Everyone's life experience is unique and, with compassion, we can always gain wisdom from them.

Our Church Community, our Ministry, can be a source of meaning for you. This is something I hope you will share with people who may not yet realize they wish to join with us.

In Faith,  
*Jon Montan, Church Council President*

### **FAITH ENGAGEMENT**

As Unitarian Universalists, we make daily decisions about how to live our faith values. We are not given a creed to live by and thus must rely on our relationship with others and our commitment to justice, peace and love.

On September 17, we invited the children to vote on how they would like to learn about living our faith values. They were given options like Our Whole Lives, Arts and Crafts Projects, World Religions, A Quiet Space, Spirit Play Story Time, Spiritual Practices, Music and Singing, Social Justice Projects, and Board Games. The winners were Arts and Crafts, Music and Singing and Board Games. We will be looking at ways to incorporate these into our religious education curriculum this fall.



In what ways do you learn how to live our faith? What ways are important for our children to learn what it means to be UU? If you have any suggestions, please let me know. We grow in this faith together and through our relationships with each other. Blessed be.

*Carol Zimmerman, Director of Religious Education*

### **JOYS & SORROWS:**

- ♥ Our deepest sympathies go out to the family and friends of Pat Gengo, a long-time member who died peacefully on September 17 at the age of 86. You can view her [full obituary here](#).
- ♥ Our hearts go out to the family and friends of Galen Pletcher, a former church member who died in September at the age of 80. You can read his full obituary [here](#).
- ♥ A hearty thank you and congratulations to Pat Alden, who recently received the [Morrow Award](#) from Church and Community Program for all the wonderful work she does in our community.
- ♥ Congratulations to Jon Rosales, Jeff Frank, and Jen Thomas on their well-deserved [awards and promotions at St. Lawrence University!](#)

### **THANK YOU:**

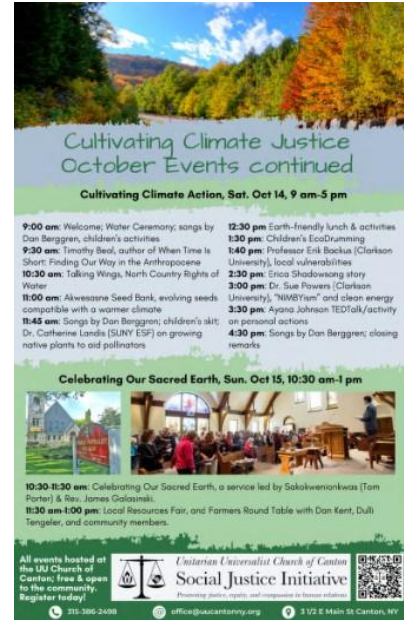
- Claire, Danny and Jen Thomas for being part of the Ingathering Worship Service on Sunday, September 10<sup>th</sup>.
- To everyone who helped with Pat Gengo's memorial on September 23<sup>rd</sup>.



## Cultivating Climate Justice

Our 2023 Social Justice Initiative *Cultivating Climate Justice* continues in October with a series of informative and engaging events. Besides examining the causes and impacts of climate change on marginalized communities, the events will provide hope, encouragement, and practical ways we can all work together to combat and adapt to climate change. Click the poster images or the links below for more information:

[Poster](#)  
[Full Schedule of Events](#)  
[Website](#)



We hope that you will join us for these important events. *The 2023 SJI Planning Committee: Rev. James Galasinski, Caron Collins, Larissa Fawkner, Arthur Freeheart, Paul Siskind, Ginger Storey-Welch*



## Connections and Community Fair

Ever wonder what the UU Geos do during their outings? How musicians become an integral part of our services? Why a Church History Learning Circle formed a few years ago?

Join us after church on **Sunday, October 1st** to learn about these and many other opportunities for connection in our church community. From committees and teams to circles and groups, there are endless ways to begin or deepen involvement. Find and create meaningful - and joyful - experiences to grow and thrive together. There will be fun activities, food, and conversation for everyone! Contact our Church Council Vice President Sarah Bentley-Garfinkel with questions.



## GOOGLE WORKSHOP

*Have you struggled to use Google Docs?* If so, this workshop is for you! Many teams and committees at our church use Google products like Google Docs because of their shareability, but learning to use them can be tricky, at least at first. This workshop can help you to set up a Google account (if you don't already have one), access your Google Drive, and learn the basics of Google Docs.

The workshop is led by Jenn Whittaker in the Romer Room and it will be offered twice:

**Thursday, October 5 at 1:00p.m. and Thursday, October 19 at 4:30p.m.**  
 Please register in advance by emailing [outreach@uuantonny.org](mailto:outreach@uuantonny.org) or contacting Jenn.



### Last Chance to Geocache!

Our final official UUGeos outing for 2023 is scheduled for **Saturday, October 7<sup>th</sup> at 12:00 p.m.** for **International Earthcache Day!** We will spend the afternoon hiking at the Macsherry Nature Trail near Hammond to discover "A Changing Landscape" Earthcache (<https://coord.info/GC1QFHH>) and also earn an official geocache souvenir. The Macsherry Nature Trail in the Crooked Creek Nature Preserve, is a 2.6-mile trail marked with sites of interest in the woods, on level ground, over exposed rocks, along a pond and a creek, with wonderful views of Chippewa Bay. We will meet at our **UU Church of Canton parking lot at noon** to carpool together. If you wish, after the hike we can celebrate our find with dinner in Alexandria Bay. Contact Caron Collins at [bandtchr1@hotmail.com](mailto:bandtchr1@hotmail.com) for more information.



### SOCIAL ACTION SHARED OFFERING: WORLD FOOD PROGRAM

Our next Social Action Shared Offering (SASO) will be received on Sunday, October 8 to benefit the [World Food Program](#), an international organization within the United Nations, providing food assistance worldwide. Your Faith in Action team sees world hunger as a pressing critical need, made worse by conflict and climate change. Recent disasters in Libya (flooding) and Morocco (earthquake) have compounded the already urgent need for food in countries like South Sudan, Afghanistan, Yemen, Ethiopia, Haiti, and many other countries. Russia is using food as a weapon by preventing Ukraine from selling its grain stores to hungry nations. The World Food Program reports that more than 345 million people are facing high levels of food insecurity today.

The World Food Program is the world's largest humanitarian organization. This year they expect to serve the food needs of 160 million people across more than 120 countries. In 2020 the WFP was awarded the Nobel Peace Prize for its efforts to provide food assistance in areas of conflict and to prevent the use of food as a weapon of war and conflict. WFP has earned the highest ratings from Charity Navigator and GuideStar, assuring that all donations will be well used. We invite you to check out their website for more information. While you can donate directly on the website, we encourage you to contribute to our SASOs. Such acts of giving as a group and giving from our church draw us closer in our commitment to social justice.

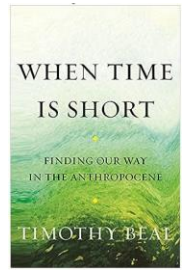
### COMING SOON – OUR 2024 CANVASS

Our 2024 Canvass focuses on **Meaning, Connection, and Participation**, three words that form the foundation of a vibrant church community. We will use our time together to explore more deeply how we can improve opportunities for meaning-making, genuine connection with others, and authentic participation.

To facilitate our ability to meet in small groups of 8-10, we will hold meetings (before and/or after Sunday worship services) starting Sunday, October 22. You can sign up for meetings in the social room after Sunday services starting on October 8. Food will be provided and childcare will be available upon request. More information on our 2024 Canvass will be shared in October weekly News to Know emails and Sunday's Order of Services.

## BOOK DISCUSSION WITH THE AUTHOR

As part of the Social Justice Initiative, we will have the opportunity to meet with Timothy Beal, the author of **When Time Is Short: Finding Our Way in the Anthropocene** on Sunday, October 8 after worship. The Coots Library has purchased 5 copies of the book, and they are available in the library for checkout.



### *Like to bake? We need you!*

The Social Justice Initiative planning committee is seeking more bakers to make these delicious homemade pumpkin chocolate chip cookies for our Cultivating Climate Justice Day on Saturday, October 14th. If you can help, please [email Ginger Storey-Welch](mailto:storeygi@cpcs.us) at storeygi@cpcs.us or contact the church office.

### **Pumpkin Chocolate Chip Cookies**

Preheat: 350 degrees F

#### Ingredients:

4 c flour  
2 c oats  
2 tsp baking soda  
2 tsp cinnamon  
1 1/2 c butter  
1 3/4 c brown sugar  
3/4 c white sugar  
1 egg  
1 tsp vanilla  
16 oz can pumpkin (plain)  
1 1/2 cup chocolate chips



#### Directions:

Mix dry ingredients separately. Cream butter, sugar, egg, vanilla separately. Add dry to wet ingredients. Then alternate adding pumpkin and chocolate chips and mix well. Scoop dough with tablespoon onto a greased cookie sheet. Bake approximately 13 minutes until lightly brown. Makes 4 dozen cookies.

## THIRD THURSDAY SOUP

Come enjoy some dinner with your fellow UUsers! A simple meal of soup and bread will be offered on the Third Thursday of the month at 6 p.m. in the Social Room. Vegetarian options will be available.

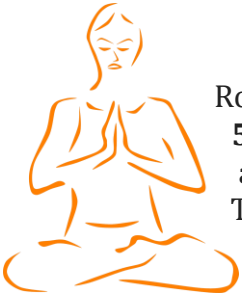
Our next Soup Dinner is scheduled for **Thursday, October 19 at 6 p.m.** Any questions or interest in making soup for one of the monthly meals, email [outreach@uucantonny.org](mailto:outreach@uucantonny.org).



## SCIENCE BOOK CLUB

The UU Science Book Club's October book is Ed Wong's *An Immense World - How Animal Senses Reveal the Hidden Realms Around Us*. The club will meet by Zoom on Thursday, Oct. 26, at 7:00 pm. To participate, contact Brian Gardam at [Briangardam@gmail.com](mailto:Briangardam@gmail.com).

## FREE YOGA CLASSES OFFERED



Robin Collen will be leading a series of free yoga classes **on Thursday evenings from 5:30p.m. – 6:45p.m.** in the Social Room. Classes will be held on **November 2, 9, & 30 and December 7 & 14.**

These sessions are appropriate for anyone interested in an accessible meditative and physical practice that inspires connections, compassion, and joy, and can lead to improved general health, strength, and flexibility. The entire community—whether you are new to yoga or have practiced extensively—is invited to attend. Classes will be gentle and meditative with the invitation for participants to work at a pace that is right for them—whether that is taking things more slowly or offering greater challenge. Participants are welcome to use chairs as well as mats. Please bring a yoga mat and bath towel. Call or text Robin with questions and concerns (315.261.1684). Robin is a dance professor at SUNY Potsdam and a 200-hour Kripalu certified yoga teacher.

### Staff Schedules for the 2023-2024 Church Year:

**THE CHURCH OFFICE IS OPEN on TUESDAY and THURSDAY from 9 a.m. – 2 p.m.**

**The Rev. James Galasinski:** Available by email and by appointment **Monday – Thursday**

**Carol Zimmerman, DRE:** Available by email **Sunday-Thursday** and by appointment on **Tuesdays & Wednesdays.**

**Sara Trimm, Administrator:** Available by email **Monday – Thursday** and in the office **Tuesday & Thursday**

### 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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