

**Unitarian Universalist Church of Canton**  
**NEWSLETTER**  
**March 2024 - THIS MONTH AND SUNDAYS**

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**Sunday, March 3**

***Multigenerational Worship: Lessons from a Sled Dog***

*Rev. James Galasinski & Carol Zimmerman, DRE*

Black Bear was an Alaskan husky sled dog that retired to Washington DC. Teamwork and care were part of daily life. In a multigenerational setting, we will explore how these are important for our church community, too.

11:30 a.m., Everybody's Birthday Party

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

**Monday, March 4**

6:30 p.m., Storytelling Workshop (part 2 of 4)

**Tuesday, March 5**

7:00 p.m., Enneagram Workshop (part 1 of 2)

**Wednesday, March 6**

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

6:30 p.m., Church Council Meeting

**Sunday, March 10 – Daylight Saving Time**

***B Corporations: The Organic Certification of Capitalism***

*The Rev. James Galasinski*

Capitalism can be used to make the world better. Businesses can benefit people, communities, and the environment. Companies can make a profit and be accountable to a greater good.

11:30 a.m., Lunch with the Laurentian Singers

**Monday, March 11**

6:30 p.m., Storytelling Workshop (part 3 of 4)

**Tuesday, March 12**

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

1:00 p.m., CommComm Meeting

5:30 p.m., Sacred Scents: A World Spiritual Practices Workshop

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

**Wednesday, March 13**

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

**Thursday, March 14**

6:30 p.m., Committee Chairs Meeting

**Friday, March 15**

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

**Sunday, March 17**

9:00 a.m., History Circle Meeting

***A Close Call: A Wake-Up Call***

*Carol Opdyke, Pulpit Guest*

11:45 a.m., Community Friendship Volunteer Program

**Monday, March 18**

6:30 p.m., Storytelling Workshop (part 4 of 4)

7:00 p.m., Worship Committee Meeting

**Tuesday, March 19**

1:30 p.m., Membership and Outreach Meeting

6:30 p.m., RE Committee Meeting

7:00 p.m., Enneagram Workshop (part 2 of 2)

**Wednesday, March 20**

6:30 p.m., Film Screening: Last Flight Home

**Thursday, March 21**

5:00 p.m., Game Night

6:00 p.m., Third Thursday Soup

7:00 p.m., Science Book Club

**Saturday, March 23**

4:00 p.m., Dance Connections: Salsa!

**Sunday, March 24**

***Elevator Pitches of Faith***

*The Rev. James Galasinski*

Most of the buildings in the North Country are not that tall. So if we happen to be in an elevator with someone we don't have much time to tell them about our faith. Let's look at some examples of what a good UU elevator pitch would be and take a little time to write our own.

11:45 a.m., UUBay Training Session with Valerie

**Monday, March 25**

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

**Tuesday, March 26**

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

**Sunday, March 31**

***Bereavement Visions***

*The Rev. James Galasinski*

Your spouse of many years dies and the next morning you wake up and see them at the breakfast table. They tell you everything is going to be OK. This phenomenon of experiencing a loved one alive after they have died happens pretty often. It's possible that something like this happened to Jesus' disciples after he died.



## **JAMES' JOURNAL**

### **Attending and Surrendering to New Identities**

As I firmly stand within middle age, I have noticed certain shifts in my identity over the years. I sometimes cling to an old identity of a jazz musician who is out at the club all night and practicing incessantly. The person who could stay out all night has long gone and left. Of course, fatherhood changes things. I had to surrender to that loss not knowing how being a parent would change things.

But now I can attend to a modified identity as someone who still enjoys listening and playing jazz but now, I just do it at earlier times and enjoy it with my family. I can still carve a little time each day for music. We don't have to give up everything as we take on new identities. However, as we surrender to new identities, we have to attend to the loss that is sure to come. There are many new identities we take on and transition to. For example, being retired is a new and different identity than working.

It is the same with groups of people and institutions, like our beloved faith community. Our old identity may be shifting and we may not know what will replace it. This can cause anxiety. I think big parts of our identity are excellence in Sunday Worship, Social Justice and RE. Those may have to be modified and attended to as we morph and change as a community.

Nurturing a new congregational identity requires faith. We must trust that something new ahead is worth letting go of something now. I don't know what exactly that new identity is yet, but I sense that our congregation is becoming less Sunday morning focused and more events driven throughout the week. Change is a healthy part of growth and life. There are new identities emerging before us and it will take some faith to surrender to them and attend to them.

In peace,

A handwritten signature in cursive script that reads "James Galasinski".

*The Rev. James Galasinski*

### **FROM OUR PRESIDENT**

#### **March Is No Ho-Hum Month**

Against the backdrop of the Vernal Equinox here in the Northern Hemisphere, March is a month whose very name comes from Mars, the Roman god of war. One can imagine legions of soldiers emerging from their winter barracks and *marching* in formation to battle. The Ides of March were when the Romans were supposed to settle debts. In 2024 March has Purim, Easter, Ramadan, St. Patrick's Day, Women's History Month and International Women's Day, and, lest I slight the sports lovers, March Madness.

Many other events that might affect your life take place in March. It's no ho-hum month.

As Unitarian Universalists we draw lessons from and seek meaning in Humanity's inheritance of history. I like to think that we are capable of doing this with equanimity. This is possible with a free and



responsible search for meaning that we affirm for every individual. It is wonderful to have a community where a person can have such freedom, respect, and support. This is a great gift we give each other.

Happy March,  
*Jon Montan, Church Council President*



## FAITH ENGAGEMENT

Our church is one of the few places where multigenerational relationships can be created. Adults have a chance to appreciate children's wonder and enthusiasm. They also can learn about different perspectives. According to a recent study from the Search Institute on Building Multigenerational Relationships in Faith Communities, "youth made it clear that developmental relationships not only impacted their faith formation and retention. The relationships also made it easier for them to talk about faith with others, feel more confident and capable, make more choices aligned with their values, and have a stronger sense of agency as well as a deeper awareness of themselves in relation to others." These relationships benefit all.

We offer many opportunities to foster these important relationships through worship, religious education, and social events. This month we will be coming together for a multigenerational worship service on March 3 and then celebrating Everybody's Birthday immediately following the service. These are wonderful ways to be together and build meaningful relationships. These connections are needed.

May it be so.  
*Carol Zimmerman, Director of Religious Education*

## JOYS AND SORROWS

- ♥ Sheila Cerwonka continues to suffer from sciatic pain, but it has been good to see her back in church. We hope for continued improvement for her.
- ♥ We are rooting for Rebecca Rivers, who is undergoing treatment for thyroid cancer. Rebecca wants us all to know that this is a very treatable cancer, and she is upbeat and very optimistic about her recovery.
- ♥ The memorial service for Eileen Raymond will be on Saturday, April 6 at 1:00 p.m.



- Thank you Todd, Jenn, and all who participated for a wonderful chili cookoff! We raised \$569 for the church budget

## FROM YOUR WORSHIP TEAM

We know the summer seems very far away as we look out at the snow-covered North Country, bundled in our scarves and parkas, but it will be here before we know it. So, let's start thinking about the warmer temps, blooming flowers, and the summer worship series! Based on the success of last summer's alternative worship formats, we plan to take that approach again this summer – and we are looking for your input! If you have ideas for the summer, please feel free to talk to Rev. James or any member of the worship team – Mark Berninghausen, Dave Bradford, Cathy Crosby, Mary Michalek, Rajiv Narula, or Dave Nelson – or drop an email to [worship@uucantonny.org](mailto:worship@uucantonny.org).

Thanks!

*Your Worship Team*

### **SPECIAL FUNDRAISER: Gourmet Dining for a Great Cause...Our UU Community**

The Stewardship Committee is working hard to help close our budget gap for 2024. This year, we have a special fundraising goal of \$10,000. Our first fundraising event, The Chili Cookoff raised \$569 toward this goal, so thank you to all the chili makers, tasters and voters!!

Our next fundraiser is a series of gourmet themed dinners – you can sample some delicious and perhaps exotic food for a great cause! Dinners will be hosted in the homes of UU member families, including the Rubios, Grimberg-deWaters, Beekmans, Moe-Siskind, Bouchard, Coffins, Whittakers, and Galasinskis to name a few, in order to raise funds in support of our operating budget.

Dinners will be scheduled from mid-March through early May.

Menus will include vegetarian, vegan, dairy free, and gluten free options. Dinner menus will be featured as part of the sign-up process. Hosts and guests will coordinate a mutually agreeable date.

Cost is \$65 per person; children are free. Dinners where kids are welcomed will be noted.

Sign-up will start in the Social Room on Sunday, March 10. Keep your eyes peeled for more information via the weekly e-news, orders of service, and pulpit announcements. Meet some new people, taste something novel and enjoy some fine dining for a good cause!!

### **STORYTELLING WORKSHOP**



Kim Bouchard will lead a storytelling workshop at the UU Church of Canton on consecutive Monday evenings, February 26, March 4, 11, and 18 at 6:30 p.m. The workshop will lead people through the process of creating original stories inspired from historical and/or personal events. Please plan to attend all 4 sessions. No prior experience is necessary. Sign up in advance by

[emailing the office.](#)

Kim Bouchard performed and taught theatre arts, including storytelling and spoken word courses, for 40 years. She is excited to introduce storytelling methods and techniques that people will be able to use as our congregation moves toward the 200-year anniversary of our founding in 2025. We have a lot of stories that need to be told!

## **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.



**Tuesdays, March 5 and 19 at 7 p.m. in the Romer Room**

Please register in advance by emailing [office@uucantonny.org](mailto:office@uucantonny.org).

### **LAURENTIAN SINGERS**

Make sure to come to the service on **Sunday, March 10** when St. Lawrence University's [Laurentian Singers](#) will be our musical guests. They are led by the dynamic Jason Bishop, who comes to St. Lawrence University after working for a Methodist Mega-Church in Texas.

Immediately following the service will be an all-church potluck to which everyone is invited! Please bring dishes to share according to your last name:

A – G: Main Dish/Side Dish

H – S: Dessert

T – Z: Salad

And don't forget your potluck packs if you have them!

Help us welcome Jason and the singers to our community and enjoy their beautiful music.



### **SACRED SCENTS: A WORLD SPIRITUAL PRACTICES WORKSHOP Tuesday, March 12 at 5:30 p.m. in the Social Room**

Sacred Scents: A World Spiritual Practice will be offered Tuesday, March 12, 5:30 p.m. – 7 p.m. The workshop is free, advanced registration is required. Register [here](#).

Aromatherapy has played an intrinsic role in spiritual and healing practices throughout history and through the centuries. In the Bible, frankincense, myrrh, cedarwood, and sandalwood are among the oils of happiness and alluded to as "aloes". Sandalwood aloe and myrrh were brought by Nicodemus and Joseph of Arimathea to bury Jesus. In Buddhist temples throughout eastern Asia, incense of locally available resins and woods are burned to honor deities and ancestors.

Join holistic healer and certified clinical aromatherapist Kat Wilcox for the Sacred Scents workshop to explore the world of aromatics.

Workshop participants will explore practices to connect with the subtle energetic aspects of natural plant aromatics, and how to use them safely and sustainably. Participants will also have the opportunity to sample a variety of essential oils from plants with a long history of sacred uses. Each participant will be invited to make an anointing oil for one's own spiritual practices.

## JAZZ NIGHT & COFFEE BAR

**FRIDAY, MARCH 15**  
**6:30 – 8:30 p.m. in the Social Room**



Come enjoy some live jazz by 4 All We Know, which comprises John Danis on electric wind instrument, Tim Savage on piano, Steve Manders on drums, and the Rev. James Galasinski on bass. Coffee bar will include cafe americano, espresso, decaf coffee, various teas, including herbal, and hot chocolate.

This event is open to the public so be sure to invite your friends! We will also stream the event live on [our facebook page](#) if you can't make it in person.

Admission is free, but donations of non-perishable food items for the Church and Community Food Pantry are requested.

## FILM SCREENING: LAST FLIGHT HOME

On Wednesday, March 20, 2024, our church will air, for a second time, an award-winning documentary "Last Flight Home." This has been called "a home-movie memoir" of one family's gathering "to help their beloved patriarch exit the world with the same dignity with which he lived... an enlightening, often humorous, view of a universal experience, this intensely intimate film also offers a lasting legacy of one man's extraordinary life and his commitment to both living — and dying — with agency and grace."

Those of us who saw the film in February urge you to experience this intensely moving and rich exploration of living and dying well. The film will be followed by post-film discussions of love, compassion, death and dignity. An interview with the film maker can be found [here](#). Watch the 2-minute trailer [here](#).

This is open to the public and we hope to draw a wide audience from our greater community. Please invite your friends to share this uplifting and profound experience from 6:30-8:30 p.m. on Wednesday, March 20.

## GAME NIGHT

Join us on **Thursday, March 21 at 5 p.m.** for an evening of board games! Bring your favorite game and friends or just come to join in! We'll meet in the social room and enjoy a relaxing evening of fun and fellowship. Contact [Carlene Bermann](#) if you have any questions.



## THIRD THURSDAY SOUP



Come enjoy dinner with fellow UUsers on **Thursday, March 21 at 6 p.m.**

We have been sharing a simple meal of soup and bread on the third Thursday of every month at 6 p.m. in the Social Room.

Email [outreach@uucantonny.org](mailto:outreach@uucantonny.org) with questions or to sign up to make soup for any of the meals.

## SCIENCE BOOK CLUB

On **Thursday, March 21**, the Science Book Club will be learning about the genetic history of America's first peoples by discussing *Origin* by Jennifer Raff. The group meets at 7:00p.m. by Zoom. To sign up or for more information, email Brian Gardam at [briangardam@gmail.com](mailto:briangardam@gmail.com).

### **Dance Connections - Latin Beats: SALSA** **Learn Salsa Dancing Basics** **March 23, 4 p.m. – 6 p.m.**

Spice up March with fun Latin rhythms that make you want to move!

Join Jeanna Matthews in the social room for beginning salsa lessons. You don't need to have prior dance experience, or a partner. Just come ready to have fun. Salsa inherits an ancient African and Afro-Cuban movement tradition where dance and music are entwined with everyday life – celebration, spirituality, and communication.

You'll learn the fundamentals of leading and following, as well as a variety of moves that you can incorporate into partner and individual dance. You'll be amazed at what you can learn in a session or two, and you'll get some good exercise too!



## COMMUNITY FRIENDSHIP VOLUNTEER PROGRAM

Community Friendship Volunteer Program is a volunteer-based program that provides friendship and a helping hand to seniors in St. Lawrence County. It is a program of Community Health Center of the North Country. Volunteers can assist the senior through friendly home visits, phone conversation, light housekeeping, going on outings, help with errands, and more. A volunteer can choose how frequently they volunteer, how many seniors they work with, and what tasks they would prefer to assist with.

Meghan Conklin will be at social hour on **Sunday, March 17** to talk about the program and answer any questions you might have. If you are unable to make it on March 17, please reach out to her by email – [mconklin@cpnorthcountry.org](mailto:mconklin@cpnorthcountry.org) – or phone (315) 379-8346.

Intrigued by UUBay, but not confident about how to use it? Come to a brief training in the Romer Room after church on March 24. Valerie Ingram will show you the ins and outs and suggest appropriate uses. It's not difficult, but we realize it can be intimidating at first to send a message to a larger audience. UUBay is a great resource for information or exchanging goods and services. In each of these ways, it helps strengthen our community and forge new ties with one another. Join us for a brief and fun (maybe) orientation.



**Our Annual Church Picnic  
will be held on Sunday, June 9, 2024  
at Bend in the River Park in Canton**

If you can help with the planning, please email [outreach@uucantonny.org](mailto:outreach@uucantonny.org)

**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** & 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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