

Lo and Behold

JANUARY 2019



*Newsletter of the Unitarian Universalist Congregation of Glens Falls
21 Weeks Road, Queensbury, NY 12804*

*Our mission is to CREATE BELOVED COMMUNITY:
NURTURE the mind and spirit, INSPIRE peace and justice, SERVE with love and compassion*

JANUARY SUNDAY SERVICES 10:00 A.M.

- Jan. 6 - John O'Donahue** - "Celtic Wisdom: New Year Vision" (recorded)
- Jan. 13 - Jan Raeder** - "Wellness Matters" - She will be discussing Wellbeing Theory which gives us a solid foundation on which to learn to improve our capacities for compassion, creativity, resilience and wisdom.
- Jan. 20 - Rev. Barbara Threet** - "The Quest for Truth" - 'Truth' seems to have become a very fluid concept in these days of 'alternative facts'. And yet, there are some Truths in life. How might we find them, name them, and claim them? - Potluck following the service with Mary Beth Mitchum from Cooperative Extension offering guidance in vegan & vegetarian menu choices.
- Jan. 27 - Sheldon Solomon** - "Insights for 2019" - Sheldon Solomon is a Skidmore College Professor who has spoken to us several times through the years.

ORDER OF SERVICE ANNOUNCEMENTS

Please submit announcements for the Sunday Orders of Service **before Wednesday noon** to **Sally Strasser** by phone 260-8313, or email salstrasser@verizon.net.

INFANTS & TODDLERS ARE WELCOME IN THE SERVICE. AN ADJACENT QUIET PLAY ROOM IS AVAILABLE.

RELIGIOUS EDUCATION CLASSES ARE AVAILABLE DURING SUNDAY SERVICES FROM MID-SEPT. - JUNE

LO AND BEHOLD

The UUCGF newsletter is **published monthly except July** and is distributed to members and friends of the Congregation. **THE NEWSLETTER DEADLINE IS THE THIRD SUNDAY OF THE MONTH.** Articles may be given to Elayne Leonelli or sent to eleone31@roadrunner.com. For questions, call Elayne at 518-793-3081.
FROM REV. BARBARA'S DESK

I write this on the day of Solstice, the day of the physical turning of the year. It's only 10 days until the turning of the calendar year. Endings and beginnings, both of them. I often use UU meditation manuals as a morning focus, and here's the one I read today: 'Morning Watch' written by Rev. Barbara Pescan.

Patiently / we waited in the dark.
The planet turned / and we upon it
stupid with sleep / hoping something would happen.

While we leaned toward the east / the weight of the night sank beneath us.
Toward the north a comet passed so close / we could see it through the sleep in our eyes,
and dawn flung itself up / swirling with clouds and color and birdsong

Look - this is our world for another day. / Reach out to it: it is your own life.
Know, too, that his day is dear / even to strangers you will never know.
Stretch out your arms to embrace it.

Do not go back to sleep.

I want to embrace her sentiment: the world *is* amazing, and I want very much to notice it and embrace it. But what also runs through my mind are the words of Wordsworth,

The world is too much with us; late and soon, / Getting and spending, we lay waste our powers:
Little we see in Nature that is ours; / We have given our hearts away, a sordid boon!...

The news of this day is heavy indeed: actions taken over and over with (at least from my perspective) little to no care about the consequences, with complete disregard for those with actual knowledge and experience, and an utter lack of respect or concern for wide swathes of humanity. It feels like I'm being forced to live inside a reality TV show, and I've assiduously avoided them for decades because I find that approach to life as intentionally-created drama so objectionable. Much of public life now does seem like a 'sordid boon' indeed, in my estimation. The world - as in the news of the decisions that I believe adversely affect those I love, all of our planet, and even our planet's future - seems too present, too much 'with us', and I long for a day - a week even - of rest and sanity, when the news seems hopeful or at least honest and thoughtful. I long to feel that decisions that affect us all are made with consideration and respect, using facts and science and experience rather than rage and hatred and absurdity.

And yet, the worst reaction, I know, is to try to go back to sleep, or disengage, or try to hide from this absurdity. Somehow I must remain involved and informed, I must take what small actions I can, and I must find the will to remember the signs of resistance and sanity and hope.

I had meant to write a column of hope for the new year, and as an optimist, I still hold on to hope most of the time. But sometimes, even my optimistic soul feels challenged and strained. I suppose that's one of the reasons we have religious community, and families, and groups like our current "Building Your Own Theology" class, and even news sources that point out the signs of change and resistance and progress. May they predominate, somehow - and may I, and we all, be part of bringing that about, in this coming new year and beyond.

Shalom and Salaam,
Rev. Barbara

PASTORAL CARE ASSOCIATES

Rich Myette: richmyette@gmail.com 518-232-3351
Will Aitcheson: aitchesonw@yahoo.com 518-791-9307
Joan Reid: spiritualreid@gmail.com 518-744-0641

You may call any one of them when you are in need of pastoral care.

JAN. BIRTHDAYS

Cosimo Alessi, Ann Blanchard, Karen Johnson, Rich Myette, Pema Reed, Margaret Whittaker

FINANCE COMMITTEE

Here is a brief summary of July 2018-Sept. 2018 revenues and expenses for FY 2019

Total Revenues for July-Nov. 2018 were \$ 55,861.82

Total Expenses for July-Nov. 2018 were \$ 52,215.25

Pledge statements for the second quarter Oct.-Dec. 2018 will be available in mid-January. They will also include all contributions made between January and December 2018.

If you have any questions, please contact Elayne Leonelli at 518-793-3081 or eleone31@roadrunner.com or Stephen Baratta at stephenbrtt346@gmail.com.

SOCIAL ACTION

On the first Monday of every month the Social Action Committee includes an insert in the Sunday Order of Service. We hope to share our interests and actions with the Congregation in this way.

The January 6, 2019 insert addresses the climate crisis facing the world. Responding to climate change is the challenge of our times. Nothing else is even in the same league. Policy changes rest with our elected officials, federal and state. There is a promising bi-partisan bill before Congress now - H.R. 7173 - The Energy Innovation and Carbon Dividend Act. Our day to day choices can have impact too. Seven simple guidelines listed in the January insert about carbon emissions can guide us.

Our next two meetings of the UUCGF Social Action Committee are after Sunday service on Jan. 13th and Feb. 10th. We welcome your input.

Please consider **volunteering at The Open Door meal site** for those in financial need. Sign-up sheet is at the Social Action table in the Fellowship Hall.

Thank you!

~ Diane Collins

Open Door Soup Kitchen

Our UU commitment is for 3 volunteers to assist with serving meals at the Open Door located at the corner of Lawrence St. and Walnut St. in Glens Falls on the **4th Monday of each month** from **4:15 pm to 5:45 pm**. Three volunteers will be needed for **Monday, January 28th**. Please contact Diane Collins (518-792-2811) to sign up. Contact Diane at dc.wildflowers@gmail.com or (518) 792-2811 to volunteer to help. Please let her know ASAP.

BUILDING AND GROUNDS COMMITTEE

The Building and Grounds Committee is pleased to have a new member. Jack Abbott has volunteered to serve on the Committee and offer his support. Thank you, Jack!

The water temperature for the sanitizer was discussed, and it was determined that the present temperature is sufficient. The chemicals used in the process sanitize the dishes, which should be washed in hot water before sanitizing.

The on-going mouse activity is keeping the committee busy! Everyone is urged to put all food items in storage containers or the refrigerator, as well as not leave dirty dishes on the counters or in the sink. New containers for clean recyclables and soda bottles are in the kitchen. New door strips will be added to the back porch door, as well as the pantry door.

The Board and Committee members are working with Adirondack Basement to reduce the humidity in the basement. Future plans are to have foam insulation sprayed along the sills, which will greatly reduce heat loss and seal entry areas for the mice.

Rich Myette is working with someone to haul away the items on the back porch, which will clear the exit area and take away bedding for our mice.

~Jean Grant

HOLIDAY SHARING PROGRAM 2018

"Happy New Year," and an effusive "Thank You" to everyone who participated in this year's sharing of good will with those decidedly less fortunate. In this year's Holiday Sharing Program, with help from Will Aitcheson and Diane Collins, we were able to donate green wool hats and money for books to give to inmates at the NYS Washington Correctional facility who have no family or friends, and have received no gifts from anyone. We truly reached into the shadow with some light!!! This year's program was unorthodox for us, and it was very powerful, thanks to each of you. May light shine throughout your new year 2019!

~ Steve Baratta and Nanson Serrienne

RELIGIOUS EDUCATION

As RE makes its shift into the new classroom this January, we will be stepping away from the Amazing Grace series for a bit and talking about school life for our children and the important things that they may be facing - responsibilities, bullying, boys & girls and changing friends. Most of this will be in an informal way with the children leading the discussion down trails of their own thoughts and feelings. I expect the classes to be quite interesting. I find that kids like to chat, speaking freely, as they are doing crafts so we will be having fun that way as well.

Here's hoping that the new setting brings new beginnings for the RE Program.

~ Chuck Schiltz

ADIRONDACK FRIENDS OF JUNG

The Adirondack Friends of Jung will NOT be meeting in December. Our next meeting is scheduled for **7 p.m. Friday January 11th** at UUCGF. We will be discussing the first chapter of **MAN AND HIS SYMBOLS** by Carl Jung. Contact Bob Rockwell at 518-796-9879 for more information.

MONTHLY BOOK DISCUSSION GROUP

For the January meeting of the Discussion Group on **Monday, January 14th** at noon, Tony Krivitski will lead a workshop on the book Drawdown which explores what individuals, businesses and governments can do to reduce carbon emissions and mitigate the effects of climate change. No prior reading is needed. **All members of the congregation are welcome for this single session event.**

~ Harvey Noordsy

MEMBERSHIP COMMITTEE

The Membership Committee has been working with the Board to update the UUCGF Directory and determine who is a member or friend, as well as those who wish to be removed from the Directory. Letters were composed and mailed to anyone whose status might have changed. This was a difficult task, and the Committee is grateful to those who organized and spent much time and effort creating the new Directory. **The New Directory will be available in January 2019.**

The Committee continues to work on Coffee Hour teams and the need for more volunteers to help. Members have agreed that there might be times when there is no coffee hour after service. A list of tasks for Team Coordinators and volunteers will be created to clarify what they are responsible for. A supplies list will also be posted in the kitchen so volunteers can let the Committee know what is needed.

The Committee is very pleased Krystyne Wozniak has agreed to stay on as Committee Chairperson. She has done a wonderful job for over a year, and we appreciate all she does.

We expect to have another New Member Sunday in the spring. Anyone interested in becoming a member should speak to our Minister, Rev. Barbara Threet or to me. **Our next Membership Committee Meeting will be on Thursday, Jan. 17th at 12:00 p.m. All are welcome!**

~ Krystyne Wozniak and Jean Grant

UU CAFÉ

UU CAFÉ will be meeting on January 26th. Join us from 7:30-10:00 p.m. OPEN MIC for poets & musicians and folks who just want to enjoy the oldest OPEN MIC CAFE' in Glens Falls. (Call SALLY for info, 260-8313).

NIPPER CLUB

The group will be meeting on Sun., Jan. 13th from 4-7 p.m. Share your favorite LPs, CDs, cassettes and digital downloads with other music-loving friends. We now meet in the acoustically excellent sanctuary, with concert-hall seating and superb playback equipment. Everybody can join-in and share their recordings, or just enjoy the music. Come for the whole show, or for only a spell. Refreshments. (Call SALLY for info, 260-8313.)

JANUARY'S THEME: WINTER DREAMS

JANUARY COFFEE HOUR SCHEDULE

1st Sunday, January 6th

Team Coordinator

Will Aitcheson
518-743-9691
aitchesonw@yahoo.com

Team Members

Jack & Susan Abbott	518-654-6140	jabbott7@roadrunner.com
Michelle Galo	518-955-5114	michelle.galo@gmail.com
Andy Houtman	845-233-1152	agh1053@gmail.com

2nd Sunday, January 13th

OPEN

3rd Sunday, January 20th

Yea! A Potluck Day with Reverend Barbara!

4th Sunday, January 27th

Team Coordinator

Martha Torregrossa
518-798-0286
lottot@roadrunner.com

Team Members

Joyce Smith	518-793-6379	smithpiny@gmail.com
Linda Westlake	518-636-3306	llwestlake@roadrunner.com
Kim Yazic	n/a	kikifalcon27@yahoo.com

CARING FOR ONE ANOTHER - WITH FOOD!

One of the ways that church members and friends can support one another is through offering help when illness or injury or tragedy strikes, and one of the most practical ways to do that is by providing meals for a few days.

To that end, Rev. Barbara is establishing a list of people willing to make and transport a simple meal when needed, so that we can offer this support to each other. Then, when she learns of an illness, injury, or loss, she can ask if meals would be helpful and if so, she'll contact those on the list to organize this service. We may not be able to offer as many meals as would be ideal for the recipient, and any of us may not be able to contribute in a given situation, but this is one concrete way we can 'serve one another with love and compassion', to paraphrase our Mission Statement.

If you'd be willing to be contacted to provide a simple meal, notify Rev. Barbara at brthreet@gmail.com - and thanks to those who have already volunteered to be on the list!

And the second part of this request: **if you learn of someone who's ill or injured or grieving who might appreciate meals for a few days, or who might appreciate a visit, card, or call, please let Rev. Barbara know. It is love and compassion - in action!**

BUILDING YOUR OWN THEOLOGY CLASS

The monthly **Building Your Own Theology** class will be continuing with the next meeting on Sat. January 19th. For subsequent classes, materials will be provided at the previous month's class. Regular attendance will greatly enhance our discussions. At this point there are about 15 members and friends attending the class.

TEMPLE BETH EL CLASS

Following the Pittsburgh tragedy and the recent gathering at the synagogue, the Rabbi would like to offer to our members and the community-at-large a **free Introduction to Judaism class**. This class will meet on Sundays from 12:15 p.m. to 1:30 p.m., following Temple Religious School. It is my hope that these discussions, which will cover Jewish history, thought and actions, will be of value to the general community as well as our own congregation. We anticipate beginning on **Sunday, January 6th**. In order to determine that we have enough people to warrant this class, please give Katie a call and let her know that you are planning to attend. It is my belief that this class will provide a way to help those in the community-at-large know who we are and what we believe. Please help spread the word, to help obviate ignorance and prejudice in a positive way.

Rabbi Norm
Temple Beth El
3 Marion Avenue
Glens Falls, NY 12801
(518) 792-4364

DENOMINATIONAL AFFAIRS

For further information about these items, please check the UUA web site at www.uua.org and www.uua.org/cer for the Central East Region

Board Members

Robert Rockwell, *President*, Carol Strasser, *Vice-President*
Felice Best, *Secretary*, Stephen Baratta, *Treasurer*
Will Aitcheson, Andy Houtman, Elayne Leonelli

Music Accompanist: Ray Savastano

Worship Chair: Sally Strasser

Website: www.glensfallsuu.com

Office phone: (518) 793-1468

Mailing address: P.O. Box 534, Glens Falls, NY 12801

REGULAR BUILDING USE

Mondays at 7 p.m. - Jungian Discussion Group facilitated by Bob Rockwell

Mondays & Wednesdays at 5 p.m. - AA meetings - Fellowship Hall

Tuesdays from 5:15 - 6:15 p.m. - Yoga classes - Fellowship Hall and

6:00-7:30 p.m. - Belly Dance classes - Fellowship Hall

Wednesdays from 2:00 p.m. - 4:45 p.m.

every two weeks - Margaret Lampasi's voice lessons

Thursdays at 4 p.m. - Scrapbook group - Fellowship Hall

PLEASE REMEMBER TO CONTACT Donna Garvin at drgarvin@outlook.com before scheduling **ANY UU** meeting or other event to insure there are no conflicts that might reduce attendance at both events.

JANUARY CALENDAR OF EVENTS

Tues., Jan. 1 - HAPPY NEW YEAR

Sun., Jan. 6

10 a.m. - Sunday Service

Fri., Jan. 11

7 p.m. - Adirondack Friends of Jung

Sun., Jan. 13

10 a.m. - Sunday Service

11:30 a.m. - Social Action Committee

Mon., Jan. 14

12 noon - Book Discussion Group

Wed., Jan. 16

6:30 p.m. - Board of Trustees meeting

Thurs., Jan. 17

12 Noon - Membership Committee

Sat., Jan. 19

10 - Noon - Building Your Own Theology adult RE class

Sun., Jan. 20

10 a.m. - Sunday Service

POTLUCK FOLLOWING THE SERVICE

Board/Minister/Congregation meeting

Mon., Jan. 21

Martin Luther King Day

Sat., Jan. 26

7:30-10:00 p.m. UU Café

Sun., Jan. 27

10 a.m. - Sunday Service

Mon., Jan. 28

4:15 p.m. - Open Door serving