

# Lo and Behold

OCTOBER 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*

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## OCTOBER SUNDAY SERVICES 10:00 A.M.

- Oct. 6 - Kate Roos - "Surprised by Joy, Discovering Kindness in a Gotcha' World"
- Oct. 13 - Michelle Galo - "The Experience of the Sublime, and How We Interpret It."
- Oct. 20 - Rev. Barbara Threet - "A Covenanting Congregation" - Our current UU principles and purposes start with these words, "We, the member congregations of the Unitarian Universalist Association, covenant to affirm and promote..." This morning, we'll explore some of these words, and their history.
- Oct. 27 - Harvey Noordsy - "On Being Smacked By the Spirit Head On"

### 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](mailto:eleone31@roadrunner.com). For questions, call Elayne at 518-793-3081.

### 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](mailto:salstrasser@verizon.net).

INFANTS & TODDLERS ARE WELCOME  
IN THE SERVICE.

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

FROM REV. BARBARA'S DESK

Membership. Church membership, Board membership, even membership in a family or a city, a political party or a social network, or in the human race itself. I've been thinking a lot recently about what 'membership' means and what it entails. Several things have sparked this. I've been asked to create a series of classes on our Principles and Purposes at another church with an eye to how we live them out in our own lives and in our church (and I'm open to teaching such a class here, if there's interest - let me know). At our UUCGF Board retreat last weekend we began creating a covenant of how we want to be as a group, and what behaviors and practices will make us most effective. I read about the actions of public figures - members of our government, business leaders, members of sports teams, leaders of civic organizations, social justice activists - with a range from deep pride to absolute outrage: we humans can be so noble sometimes and so despicable at others.

What does it mean to be a member? What does membership in any group ask of us, and to what are we entitled from the group? What is our obligation to those beyond our own group, whatever group that is? And what's the difference between a group we're born into and one we choose to join? What makes a group healthy, or effective, or dangerous? How do we even become a member of a particular group, formally or informally? How do each of us find the place(s), the group(s), where we fit?

Membership in our church is defined in our by-laws, of course. They say membership is open to people over the age of 18 who concur with our UU Principles and Purposes, regardless of their 'race, creed, gender, sexual orientation, age and national origin'. Prospective members need to have a discussion about our religion with the Minister or a Board member, sign the membership book, and agree to support our programs and activities as well as to contribute financially. The details of what 'support' means are left to the individual. In order to vote on church matters, someone must have been a member for at least 30 days. They also must have made a recorded financial contribution and completed a pledge card for the current fiscal year [ours runs from July 1 to June 30] or have paid toward a pledge in the previous 12 months. These parameters define how one becomes a member of UUCGF.

Our by-laws also say that our obligation toward one another as members is to 'provide public religious worship and education according to the UU principles and purposes and participate in community affairs, help each individual develop his or her potential, and promote peaceable resolution of conflict.'

Membership is especially on my mind since recently, several people have spoken to me or to someone on the Membership Committee about become members. We will hold a **recognition ceremony for new members** as part of the regular service on **Sunday, October 20**, including signing our membership book. If you're interested in joining and haven't already spoken to me or someone on the Committee, please do so in the next few weeks. The Membership Committee has sent letters to those who have spoken to us about membership, but we know there may be others who feel ready to take this step. To contact me about membership, email me at [brthreet@gmail.com](mailto:brthreet@gmail.com), or speak to Membership Committee chair, Jean Grant, or anyone else on the Committee. There will be a **meeting for new members** following the post-service potluck that day, from around 12:30 to about 2:00.

A membership ceremony is a good occasion for those of us who've been part of UUCGF for a while to think about what membership means to us too. What do we give to our church and what does it give to us? Why do we remain active members, and how can we live together most effectively? It can be a great blessing to walk together over the years, and to support and encourage one another through all of life's joys and sorrows as members of this congregation: may we do so with love, wisdom, forbearance, and joy.

Shalom and Salaam,  
Rev. Barbara

#### PASTORAL CARE ASSOCIATES

Rich Myette: [richmyette@gmail.com](mailto:richmyette@gmail.com) 518-232-3351  
Will Aitcheson: [aitchesonw@yahoo.com](mailto:aitchesonw@yahoo.com) 518-791-9307  
Karen Johnson: [dooddust@yahoo.com](mailto:dooddust@yahoo.com) 518-796-5674  
Rev. Barbara Threet: [brthreet@gmail.com](mailto:brthreet@gmail.com) 978-855-7236

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

**BOARD OF TRUSTEES**

Will Aitcheson (President)  
Beth Shropshire (Vice-President)  
Felice Best (Secretary)  
Mike Goodwin (Treasurer)

Stephen Baratta, Andrew Houtman, Elayne Leonelli, Robert Rockwell

**FINANCE COMMITTEE**

Here is a brief summary of July 2019 - Aug. 2019 revenues and expenses for FY 2020

Total Revenues for July - Aug. 2019 were \$ 22,500.38

Total Expenses for July - Aug. 2019 were \$ 12,633.56

MIKE GOODWIN IS OUR NEW TREASURER. SINCE HE IS NEW TO THE CONGREGATION AND IS NEW TO OUR FINANCIAL RECORDS, PLEASE BE SURE TO INDICATE IN THE MEMO LINE ON YOUR CHECKS OR WITH ANY CASH THAT YOU GIVE HIM, WHAT THE MONEY IS FOR, e.g. FY 2020 PLEDGE, DONATION, ETC. HE IS NOT A MIND READER AND HE DOESN'T KNOW EVERYONE WELL YET.

COMMITTEE CHAIRS, PLEASE NOTE THAT IF YOU NEED A CHECK FOR SOME EXPENSE, CONTACT MIKE SO THAT HE CAN PREPARE IT AND GET IT TO YOU IN A TIMELY FASHION. HE MAY NOT BE AT CHURCH EVERY SUNDAY SO SOME PRE-PLANNING IS NECESSARY.

**WE ARE PLANNING TO REACTIVATE THE FINANCE COMMITTEE THIS YEAR. WE WOULD LIKE TO HAVE TWO OR THREE VOLUNTEERS TO JOIN US. PLEASE CONTACT MIKE GOODWIN OR ELAYNE LEONELLI FOR MORE INFORMATION.**

*If you have any questions, please contact Mike Goodwin at 631-332-9310 or [jmgoodwin55@gmail.com](mailto:jmgoodwin55@gmail.com) or Elayne Leonelli at 518-793-3081 or [eleone31@roadrunner.com](mailto:eleone31@roadrunner.com)*

**THANK YOU TO ONE AND ALL FOR YOUR SUPPORT!!**

**OCTOBER BIRTHDAYS**

John Alessi, Andy Houtman, Rosemary Pusateri, Riza Toubia, Kimberly Yazic

**RELIGIOUS EDUCATION**

This year's Religious Education program will be returning to the basics as it seems that we may have some younger children joining us. We'll be looking at our Seven Principles and investigate what Unitarian Universalism is, other than really long words. There will be no boredom for our returning students as the answers change and evolve as they grow and mature. The classroom is fluid and there are several directions that we can go as we proceed. I'll keep you posted.

Remember that I'm in by 9:30 a.m. on Sunday mornings and parents are welcome to stop in and chat, and the kids can come in and draw or do some quick crafts before the service.

~ Chuck Schiltz

**SOCIAL ACTION**

Sign up to be on the UUCGF voter registration action team. Contact Diane Collins at [dc.wildflowers@gmail.com](mailto:dc.wildflowers@gmail.com) if interested. We will meet and strategize after I hear from you. Registering people to vote is an important action we can take to prepare for the 2020 presidential election. A number of us recently went to the League of Women Voters voter registration training and will be participating in the National Voter Registration Day on September 24.

On **Sunday, Oct. 13, 2019 from 3-5 pm**. Saratoga UU Congregation at 624 North Broadway, Saratoga Springs, is hosting the showing of the film "Now is the Time" and follow-up forum on the proposed NY State legislation to establish a single payer health insurance program for all.

On **Monday, Oct. 21, 2019 at 6:30 pm** the documentary "WASTED" will be shown at Crandall Public Library sponsored by the Transition Action grassroots group (was TriCounty NY Transition). "WASTED" documents current food practices and offers alternative sustainable approaches.

On **Saturday, Oct. 28, 2019**, Dr. Sandra Steingraber, environmental activist, poet, writer and biologist will be speaking at SUNY Adirondack at noon on how to protect our environment. In the evening at 6:30 pm she will introduce her film "Living Downstream" at Crandall Public Library. The film addresses the medical impacts of the chemical industry. Sandra Steingraber was a major voice impacting NY State's ban on fracked gas. She is an influential leader and spokesperson on caring for our environment.

Volunteers are needed to assist with meals at the Open Door on the 4th Monday of each month. Contact Diane Collins at [dc.wildflowers@gmail.com](mailto:dc.wildflowers@gmail.com) or 518-792-2811. Thank you!

#### 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 4<sup>th</sup> Monday of each month from 4:15 pm to 5:45 pm. Three volunteers will be needed for **Monday, Oct. 28th**. Please contact Diane Collins at [dc.wildflowers@gmail.com](mailto:dc.wildflowers@gmail.com) or (518-792-2811) to sign up. Please let her know ASAP.

~ Diane Collins

#### **BUILDING AND GROUNDS COMMITTEE**

The Board authorized \$1500 towards landscaping the area south of the building using the services of Peter Watkins of Watkins Nursery. In the meantime in spite of my (Bob) superficial effort to clear some of the grass and plants, it is not enough to reduce the labor cost for a landscaper to do the removal of plants and roots in preparation for grading and putting in top soil. At this point \$1500 is not adequate for removing the grass, bushes and growth in the area, plus grading and topsoil. This means that we need a work party to thoroughly remove the current plants in the area, pull out roots and boards around the old perimeter of the swings and rake. This is more than I can do alone. Please contact Bob at 518-796-9879, if you are interested in helping clear up this area.

It is also becoming apparent that we cannot rely totally on the landscaper to create what we might like in the area. We need to be more involved with creating what we would like. Bob would like to have a committee of interested people to guide in the design and creation of what to do with this space. If you are interested please contact him at 518-796-9879.

Our RE space is currently being advertised in the Sept.-Oct. Healing Springs Journal which is a publication focusing on holistic and alternative health information and practitioners. If anyone knows of anyone who might be interested in renting our space, please contact Bob Rockwell or Rich Myette.

The rental space is approximately 1,115 sq. ft. The main room with an entrance door from outside measures 14.5' x 33' (478 sq. ft.). There are three rooms with windows and doors that have access from this main room. Two rooms are approx. 14' x 14' (196 sq. feet each) and the end room is 14' x 17.5' (245 sq. ft.). Each room is fully carpeted with newly painted cream/off-white walls. Three rooms are ideal for personal office space, counseling or healing work. The large main room is ideal for classes, yoga or Tai Chi, or for office reception. There is a covered walkway ramp from the parking lot that is wheelchair accessible. Bathrooms are accessible from main room.

~ Rich Myette and Bob Rockwell

## **BUILDING YOUR OWN THEOLOGY, PART II**

Last year a group of UUCGF members and friends gathered once a month for a class facilitated by Rev. Barbara, in which we explored a specific theological concept - God, human nature, suffering, prayer, what is 'holy', etc. Class members received an emailed reading a week or so before class which related to that month's topic, and our discussions were lively, thought-provoking, and fascinating, as we explored our varying opinions and experiences. Several people have indicated that they want to continue these discussions, so this year we'll explore topics such as fate, forgiveness, evil, setting things right, and purpose.

**We'll meet on the Saturday mornings before the third Sunday (that's Oct. 19, Nov. 16, Dec. 14, Jan. 18, Feb. 15, Mar. 14, Apr. 18, and May 16) from 10:30 to noon.**

Several people have already told Rev. Barbara that they want to participate. **If you'd like to join in, please contact her by October 10 ([bthreet@gmail.com](mailto:bthreet@gmail.com))** so that she knows who to send the first readings to. It is not necessary to have participated last year, but it is hoped that those who sign up will make every attempt to make each session. It's a great way to live out our principles of "encouragement to spiritual growth" and "a free and responsible search for truth and meaning"- and a wonderful way to get to know each other better through conversations about things we don't often have time to explore!

## **SPAGHETTI DINNER & MUSIC - OCT. 5 PLAN**

On Oct. 5<sup>th</sup>, plans are being finalized for an Italian night UUCGF fundraiser. The plan is for two servings for dinner - 3:30 to 5 p.m. and 6 to 8 p.m. Dinner will be a spaghetti dinner with vegan meatball option. Music & entertainment will be provided by Ray Savastano & Michelle Galo. The cost is \$10 per person. There will also be a 50/50 raffle. Karen Johnson and several others are involved in planning this event. They are seeking help, e.g. food preparations, setting up tables and chairs, from members and friends to make this a successful venture. Please contact Karen at [dooddust@yahoo.com](mailto:dooddust@yahoo.com) or 518-796-5674 for more information.

**SEE FLYER INCLUDED WITH THIS NEWSLETTER.**

~ Karen Johnson

## **UU WEEKEND AT SILVER BAY - OCT. 18-20, 2019**

Annual UU Weekend! This eagerly awaited highlight of the fall season, held **October 18-20**, at Silver Bay YMCA features stimulating workshops, family togetherness, music floating over the lake, cozy conversations by the fireplace, the sights and smells of fall, and silent auction skirmishes. **For more information about this annual event, please contact Beth Shropshire at 518-791-7861 or [bshropsh@nycap.rr.com](mailto:bshropsh@nycap.rr.com).**

## **MEMBERSHIP & HOSPITALITY COMMITTEE**

The committee met on Sept. 13<sup>th</sup> with Rev. Barbara Threet, Steve Baratta, Lynn McDonald, and Jean Grant present.

Committee members discussed the New Member Ceremony which will be held Sunday, October 20th. Materials were ordered in July and September. Barbara will be contacting those who have expressed an interest in joining UUCGF.

The committee wishes to thank everyone who volunteered their time and special treats to the Summer Coffee Hour gatherings.

A special thank you to everyone who continues to take great care of the kitchen. Our church mice have been very quiet, although the cooler temperatures will certainly encourage them to find more comfort inside the building. Please remember to wipe down counters and store food items in the refrigerator or plastic bins.

Anyone wishing to be a Greeter is asked to sign the posted calendar in the Fellowship Room. Members, friends, and visitors always enjoy a welcoming smile when they arrive.

The Membership Committee, as well as everyone at UUCGF, sends our love and support to Julia O'Rourke whose sister, Margie, passed away in September. Julia serves on the committee and has always been very caring and compassionate to so many, sending cards and gifts throughout the year.

Our next meeting will be Fri., October 18th at noon.

~ Jean Grant

## **October 2019 Coffee Hour Schedule**

### ***1st Sunday, Oct. 6th***

#### **Team Coordinator**

Betty & Harvey Noordsy  
518-798-0330  
noordsyb@roadrunner.com

#### **Team Members**

Bob Bradley 518-222-9053  
Nancy Kimball 518-668-0115  
Lynn McDonald 518-494-8001  
Claire Epworth 518-656-9534

bobbradley1957@gmail.com  
nmkimball@live.com  
birches27@aol.com  
Claire@ice-makers.com

### ***2nd Sunday, Oct. 13th***

#### **Team Coordinator**

Jane Kana  
518-792-6024  
janezee@roadrunner.com

#### **Team Members**

Diane Collins 518-792-2811  
Jean Grant 518-798-8291  
Elayne Leonelli 518-793-3081

dc.wildflowers@gmail.com  
jeanne421@hotmail.com  
eleone31@roadrunner.com

### ***3rd Sunday, Oct 16th***

## **POTLUCK DAY**

### ***4th Sunday, Oct. 20th***

Pema Reed  
518-474-9713  
pritaji@yahoo.com

Felice Best 518-361-4774  
Beth Shropshire 518-791-7861  
Julia O'Rourke 518-668-3190

fclauder@hotmail.com  
bshropsh@nycap.rr.com  
orourke191@verizon.net

***If you are unable to volunteer on your scheduled date, and time permits, please contact a volunteer from another team to trade Sundays with. If there is an emergency, please notify your team leader, if possible.***

***Thank you for volunteering your time and delicious treats to UUCGF's Sunday coffee hour.***

## **MONTHLY BOOK DISCUSSION GROUP**

The reading/discussion group will meet at **noon on Monday, October 7<sup>th</sup>** to discuss "The Uninhabitable Earth". **Contact Harvey Noordsy at hnoordsy+UU@gmail.com for more information.**

~ Harvey Noordsy

## **ADIRONDACK FRIENDS OF JUNG**

The Adirondack Friends of Jung will meet on Friday, October 11 at 7 pm in the "Jungian Room". We will continue looking at videos from You Tube about Carl Jung and his ideas and discuss issues that come up from watching the videos. All are welcome. **Please contact Bob Rockwell for more information at 518-796-9879.**

## **SPIRITUAL DIRECTION**

Bob Rockwell recently started participating in a program at the Consultation Center of the Roman Catholic Diocese of Albany to train to become a "Spiritual Director". As part of the training, the students are encouraged to take on clients who are interested in furthering their spiritual growth and understanding of themselves. Please contact him at 518-796-9879 if this might interest you.

## **JUNG GROUP**

The Jung Group continues to meet Mondays at 7 p.m. in the "Jungian Room". This is an informal conversation group that meets without an agenda with the idea that we can explore and learn about ourselves and others in a safe, intimate setting without expectations except to try to be sensitive to our own unconscious reactions and the reactions of others. For more information, contact Bob Rockwell at 518-796-9879.

## **UU CAFÉ**

**UU CAFÉ** will be on **Sat., Oct. 26<sup>th</sup>** from 7:30-10:00 p.m. It is the oldest Open Mic Café in Glens Falls. We look forward to what people will bring to share from playing live music, singing, reading poetry or other appropriate material for our Open Mic Café. Refreshments will be served. Contact Sally Strasser at 518-260-8313 for more information.

## **NIPPER CLUB**

The Nipper Club is now being hosted at Sally's Audio & Art Shop on Thompson Ave. in Glens Falls. The next meeting will be in October. Sally Strasser will be sending out an email notification or check The Chronicle weekly calendar. Contact Sally Strasser at 518-260-8313 for more information.

## **MEMBERS & FRIENDS**

Tom and Colleen Garvey recently welcomed their first great-grandson, Theodore, to their family. Congratulations to one and all!!

Pema Reed has resigned from her position on the UUCGF Board of Trustees. The Board accepts her resignation with regret. We appreciate her dedication to UUCGF and to her other interests with social action issues, in particular, the environment. Thank you, Pema.

## **CONDOLENCES TO:**

..... Julie O'Rourke whose sister, Margie, passed away on Sept. 7<sup>th</sup> at Glens Falls Hospital

..... Linda Eckstein whose cat passed away recently

**SPECIAL THOUGHTS TO:**

..... Nancy Corliss as she adjusts to changes in her life

**Music Accompanist:** Ray Savastano

**Worship Chair:** Sally Strasser

**Website:** [www.glensfallsuu.com](http://www.glensfallsuu.com)

**Office phone:** (518) 793-1468

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

**BOARD OF TRUSTEES**

Will Aitcheson (President)

Beth Shropshire (Vice-President)

Felice Best (Secretary)

Mike Goodwin (Treasurer)

Stephen Baratta, Andrew Houtman, Elayne Leonelli, Robert Rockwell

**DEOMINATIONAL AFFAIRS**

*For further information about these items, please check the UUA web site at [www.uua.org](http://www.uua.org)  
and [www.uua.org/cer](http://www.uua.org/cer) for the Central East Region*

**REGULAR BUILDING USE**

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

**Mondays, Wednesdays & Fridays** 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

**Time change at end of Oct. for Belly Dance classes to 7:00 - 8:30 p.m.**

**Mondays** from 4:00 - 5:00 p.m. and 7:30 - 9:00 p.m.

**every two weeks** - Margaret Lampasi's voice lessons

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

**FOR YOUR INFORMATION, AA WILL BE USING OUR FELLOWSHIP HALL  
THREE NIGHTS (MON., WED., FRI.) FROM 5 TO 7 P.M.  
IF UUCGF WANTS TO USE THAT SPACE, WE WILL NOTIFY THEM ONE WEEK IN  
ADVANCE  
SO THEY CAN MAKE ALTERNATE PLANS.**



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

**OCTOBER CALENDAR OF EVENTS**

**Sat., Oct. 5**

**ITALIAN NIGHT EVENT**

**Sun., Oct. 6**

10 a.m. - Sunday Service

**Mon., Oct. 7**

Noon - Monthly discussion group

**Wed., Oct. 9**

**YOM KIPPUR**

**Fri., Oct. 11**

7 p.m. - Adirondack Friends of Jung

**Sun., Oct. 13**

10 a.m. - Sunday Service

**Mon., Oct. 14**

**COLUMBUS DAY**

**Thurs., Oct. 17**

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

**Fri., Oct. 18**

12 Noon - Membership Committee

**Sat., Oct. 19**

10:30 a.m.-noon - Building Your Own Theology, Part II

**Oct. 18 -20**

**UU WEEKEND AT SILVER BAY**

**Sun., Oct. 20**

10 a.m. - Sunday Service - **NEW MEMBER SUNDAY**

**POTLUCK FOLLOWING THE SERVICE**

Board/Minister/Congregation meeting

**Fri. & Sat., Oct. 25-26**

New York State Convention of Universalists (NYSCU) Annual Meeting  
at First Universalist Church of Rochester, NY

**Sat., Oct. 26**

7:30 - 10 p.m. - UU CAFÉ

**Sun., Oct. 27**

10 a.m. - Sunday Service

**Mon., Oct. 28**

4:15 p.m. - Open Door serving

**Thurs., Oct. 31**

**HAPPY HALLOWEEN**