

# Lo and Behold

APRIL 2020



*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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**THIS IS A VERY DIFFERENT NEWSLETTER  
SO PLEASE READ IT CAREFULLY**

**Notes from the UUCGF BOARD President, Will Aitcheson - Part 2**  
*(Part 1 was written a few days ago and is included further into the newsletter)*

To my knowledge, there has never been two letters from the president in one month; nor has it been often when there were two board meetings in the same month, and never have we closed our facility for health reasons. These are strange and difficult times that require more than usual vigilance, care, and effort. So here are some results of that effort:

The Board met as promised on Tuesday night, March 24<sup>th</sup>, via Zoom to discuss further facility closure. A motion was made to close our church until further notice, and to review that decision as the first item in new business at each of our regularly scheduled monthly board meetings until we decide to reopen. The motion passed unanimously.

Let me restate this for clarity. The church is closed until further notice. The Board will review this decision at each monthly meeting until we reopen. We also decided to try again this Sunday to participate in Rich's wonderful service considering the messaging of the religious right. There will be an email on Friday night with a link in order to attend the Zoom meeting. Special care has been taken to ensure that everyone who joins will be able to participate for the entire service and discussion afterward. **Please do not respond to the email because such responses will obscure the link.** We Zoom participants have discovered this the hard way.

Other things were also discussed and decided. Board members will be calling each and every member and friend to check in and support any way we can. We

also remind people of our pastoral care committee: Rich Myette, myself, Bob Rockwell, and Karen Johnson. It is our mission to listen carefully and thoughtfully, especially in times of stress and difficulty. Please reach out when you need to.

And then there is a pandemic and our necessary response. The danger is so great and so imminent, the Wed., March 25<sup>th</sup> Post-Star printed its editorial above the fold on the first page. Here are some excerpts:

- "We do not want to instill panic, but... if the virus projections come to pass, we need to be prepared."
- "As New York City goes so goes upstate."

In the editorial, the editors urged everyone to self-quarantine and to urge local communities to mobilize plans for alternate Medical Center's if hospitals are full.

Let me urge our community to follow such CDC guidelines as to maintain a 6-foot minimum distance with anyone you are interacting with. That would include while hiking or grocery shopping, for instance. Wearing disposable gloves when shopping or otherwise interacting is a good idea. Wiping down packages with disinfectant wipes after shopping is also recommended. Please rethink carpooling and visiting friends and relatives. Finally, if there are additional questions, please go to the New York State services website and click on the coronavirus page.

**ABOVE ALL, PLEASE STAY SAFE AND HEALTHY.**

Namaste,  
Will

#### **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.

## FROM REV. BARBARA'S LIVING ROOM COUCH

Who could ever have imagined just a few weeks ago where our world would be today?

The list of drastic changes in our lives is too long to even summarize, and every one of us has been affected. A virus has upended every aspect of our society, and it doesn't look like anything will return to 'normal' for quite a while. We're in shock, we're in grief, we're in fear, we're in denial, and we're in anger. Some are even in despair. We're all in a great deal of confusion and uncertainty. It's hard to imagine a time when stress levels have been higher: the tremendous uncertainty about what comes next, the sheer global scope of this, and the fact that media allows us all to know how massive the scope is makes this something quite unprecedented. Each day seems more stressful, with no end in sight.

And what does this mean, in everyday terms?

We're probably forgetful.

We're probably easily confused and distracted.

We're likely irritable and easily upset.

We're probably trying desperately to wrest back some control over anything we can control, no matter how small, in reaction to having such massive things that we cannot control.

We each have a sense of the Most Important Thing to Do, and we're likely to be baffled and even angry when some else's Most Important Thing doesn't match or at least mesh with our own.

We are starved for being able to sit down face to face, in a coffee shop or around a meeting table, to talk through an issue that suddenly looms large which we know we'd usually be able to sort out.

We're quite likely finding it hard to sleep well or to get out of bed at all; we've lost our appetites or we're constantly hungry - our usual biological rhythms have gone to extremes.

We're probably finding it hard to relax, to feel calm, to be at ease with the world. Even small irritations seem overwhelming, and it's hard to find the energy to adapt to so many changes so quickly.

The list could go on. But all of these and more are usual, normal reactions to major stress. So what can we do, in such troubled times?

Be honest with yourself about the fears and confusion. Don't expect anything to feel 'normal' in yourself or others. Remember that everyone else is also tremendously stressed and irritable, and dealing with a life where many of the usual routines have been shaken and shattered. Talk to your family about how they're feeling and what they're fearing, including your kids (of whatever age).

Make lists. Write things down. It's not likely that you'll remember things as well as usual, so find ways to accommodate that rather than getting angry and frustrated when you forget.

As paradoxical as it might sound, find a time for silence. There are many versions of the story about the Holy Person who advocates sitting in silent meditation for half an hour every single morning. One person confronts this practice, "But that's not always possible! There are days when I just have too much to get done, too many responsibilities to attend to, too much on my mind to settle down. How can you possibly sit in silence on *those* days?" And the Holy Person replies, "Those are the days when you need to sit for an hour, instead of a mere half hour." Breathe deeply. Sing "Spirit of Life" or "I am Sending You Light" or some other similar song over and over until it fills your being. Watch a single tree move for half an hour, or watch your morning cup of tea until the steam dissipates. Find a way to be still for long enough so the silence settles into your soul.

Try to be aware of where you're desperately seeking for control over Something - suddenly some little detail of daily life matters immensely, to your family's bafflement, and suddenly someone else is insistent on Something that doesn't usually matter much at all. *Be gentle in how you point this out.*

Be gentle with yourself and those around you in general. Take walks. Sit down and listen to the music you love but rarely listen to without any distractions. Remember that thing you used to enjoy doing but haven't had time for in years - the pile of jigsaw puzzles, or the barely-started quilt, or the language

tapes you meant to use, or whatever, is probably sitting in a corner somewhere gathering dust, and it may be time to go find it.

**Stay connected.** As social distancing intensifies, staying connected is critically important. Email one another, of course. But email involves only your hands and eyes, interacting (usually quickly) with type. When you're using email, slow down and pay careful attention to tone - people are more likely to misinterpret in this stress-filled time. Try using Zoom, or Skype, or whatever allows you to actually see and hear one another. Call one another on the phone so you can hear each other's voices. Write letters: there's something very comforting about an actual physical piece of paper arriving in the mail unexpectedly that means someone's thinking of you. Let one another know they matter to you. Talk about what you're doing, how you're feeling, what you want for the future. And remember to share laughter, as well as fears and plans and accommodations to what's happening.

And call your mom, whatever that sentiment means to you. Call often, and call many 'moms'.

We're working on options for worshipping together, even though it will be in a different way than what we'd like. There will be emails with more information about this, and those who don't use email will be contacted by phone or snail mail.

These are difficult times, without a doubt. We do not know how long this will last, or what more might be asked of us: we're living with an unprecedented level of uncertainty. Our church community can provide support and friendship through this time, even though it will be in a new form.

You are loved, and you are a blessing. Share love, and be a blessing to our world in this time.

Shalom, Salaam: Stay well, and stay connected!  
Rev. Barbara

## NOTES FROM THE BOARD PRESIDENT - PART 1

These are trying times. Deep and intense feelings are provoked. The current pandemic is universally dangerous. Some may be angry or even enraged over the late recognition of the impending danger by our President as well as the inept response to the pandemic by our federal government. There may be grief and anxiety over the loss of a simple way of life, like the ability to find and purchase such mundane items as spaghetti or cleaning supplies. It is even difficult to get an eye exam in order to renew one's driver's license. My local eye doctor is self-quarantined for two weeks, and no one gets into DMV without an appointment. Then, of course, there is fear. There is the abject fear in our community that drives our neighbors to panic so they buy items that have nothing to do with our difficult situation, like toilet paper and spaghetti. But there is also real and rational fear of getting sick despite complying with all CDC precautions, the fear of not surviving the infection or the fear that older and /or more vulnerable loved ones may not survive. Finally, there is the pervasive fear of Great Depression level economic collapse resulting from the imposed restrictions to public assembly and commerce designed to save our lives and our country.

What do we do? First, we do what we know how to do. We are careful to wash our hands and disinfect surfaces often. We travel, even within our community, only when necessary. We maintain recommended social distance when conversing in person. We self-quarantine if we have any cold like symptoms: and we no longer assemble or congregate. What we can also do is remain connected and committed to love, nurture, inspire and serve one another. Those of us who live within walking proximity can converse in person at a safe distance or even walk together in good weather. We can maintain contact via phone and computer. Committees can continue to meet via Zoom or other media platform, not necessarily to get work done, but necessarily to maintain the social, emotional, and spiritual connections we have with one another.

As to when we will hold worship services again in our church, this is currently not knowable. Experts predict, according to reports that the apex of the pandemic in the U.S. will not be reached for about 45 days from 3/17/20. Given when the first case was reported, the pandemic could last several months past that.

Let us be brave enough to be transparently afraid. Fear, adaptively manifested, motivates us to be both careful and caring. Fear, appropriately acted on, keeps us and those we love safe. Panic and despair only leads to disaster. Let us be careful and safe, caring and connected. Perhaps we can stay adaptively angry too. Not the kind of angry that demonizes and scapegoats, or uses abusive or inflammatory rhetoric, or engages in self-sabotaging or fatalistic behavior; but rather the kind of angry that keeps us socially and politically active in order to take back our democracy. A democracy that belongs to all of us instead to only those of us who can afford it will not betray and abandon us when we need it the most.

May it be so.

Please know that my heart, soul, and thoughts are with all of you in our beautiful and Beloved Community.

Peace be with all of you.

~ Will

#### 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  
Robert Rockwell: [robertrockwell1938@gmail.com](mailto:robertrockwell1938@gmail.com) 518-796-9879

You may contact 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)  
Andrew Houtman, Elayne Leonelli

#### APRIL BIRTHDAYS

Haven Alessi, Michelle Galo, Bernice Mennis, Ray Savastano, Chuck Schiltz, Jean Thomas

#### RELIGIOUS EDUCATION

*(Chuck prepared this before we shut down services so it outlines what he intended to have happening and I thought it might still be informative. Just be aware that **AT THIS TIME THIS IS NOT HAPPENING.** - Editor's comment)*

What started as stories from all nations has now developed into a new Curriculum for RE. We have begun "World of Wonders" which is based on our 7th Principal; Respect for the Interdependent Web of all Existence of which we are a Part. This will take us through the end of the

year. Although it was originally developed for grades K - 1, as I so often do, I am adjusting it so that everyone can take something of value home.

Class size has remained steady and as you all know I am welcoming younger children into the class.

On Easter we will be doing an egg hunt on the grounds (The plastic kind) and I'd like a firm count of the number of children attending. Please see me or text me at 518-932-5768 to let me know if your children will attend. Thank you.

~ (Mr.) Chuck

## FINANCE COMMITTEE

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

**Total Revenues for July - Feb. 2020 were \$ 55,920.27**

**Total Expenses for July - Feb. 2020 were \$ 47,710.10**

*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)*

*The Finance Committee members are Karen Johnson, Joyce Smith, Maureen (Dye) Reilly, Steve Baratta, Mike Goodwin and Elayne Leonelli, facilitator*

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

## **UUCGF ANNUAL STEWARDSHIP CAMPAIGN / PLEDGE DRIVE**

*(This information was sent out in an email to members and friends on Tuesday, March 17, 2020, but we wanted to include it in the newsletter as well.)*

As most UUCGF members and friends know, this is the time of year, we talk about budgets and pledging for our next fiscal year. This year because of the chaos and anxiety about the coronavirus, our approach to this annual event will shift a bit. Since at this point we won't be seeing each other face to face for an unknown period of time, our Board members will be contacting members and friends by phone for a **pledge for FY 2021 (July 1, 2020 - June 30, 2021)**. **These pledge payments will not be due until after July 1, 2020.** We are suggesting, if you are able, to commit to a pledge equal to what you pledged for FY 2020. We do not anticipate dramatic increases in our budget needs and feel that if we can do as well as last year at this time, we should be able to manage for next year.

Mike Goodwin, Treasurer, and Elayne Leonelli, Asst. Treasurer, are the only people who know the pledged amounts each person or each couple makes. Therefore, after you receive the phone call from the Board member, we ask that you email one of us, Mike at ([jmgoodwin55@gmail.com](mailto:jmgoodwin55@gmail.com)) or Elayne at ([eleone31@roadrunner.com](mailto:eleone31@roadrunner.com)), with your FY 2021 pledge amount. You may say either, "same as last year" or specify the dollar amount in your email. We will use this email response as the record for your pledge form and to prepare our budget.

**We need these pledged amounts by APRIL 5, 2020** in order to prepare our FY 2021 Budget for approval at the **Board meeting on April 16th**. Currently our UUCGF Annual Meeting is scheduled for May 3, 2020 but it may be postponed. At this congregational meeting, we vote on our budget, new or returning Board members, all Board officers, and one Nominating Committee member this year.

**For new members or friends who have not been through this process before, please feel free to call Mike (1-631-332-9310) or Elayne (518-793-3081) for more information.**

We need and appreciate your financial support since it is the primary source of income for our congregation. We have limited building use income, but no other external source of income. Any current pledge payments you wish to make would best be done by sending checks made out to UUCGF and mailed to UUCGF, PO Box 534, Glens Falls, NY 12801. Mike picks up the mail regularly. In this way we can continue to pay our current bills. THIRD QUARTER PLEDGE STATEMENTS WILL BE SENT OUT BY MID-APRIL.

Be well. We plan to be together again as a Beloved Community as soon as it is safe to do so.

Mike Goodwin and Elayne Leonelli

## **UU MONTHLY READING/DISCUSSION GROUP**

### **REGARDING THE MONDAY BOOK DISCUSSION GROUP**

**WE WILL HAVE AN ONLINE MEETING FOR OUR SCHEDULED DATE OF APRIL 13.**

For the next time or two we are shifting to a book recommended by Diane Collins titled Rising: Dispatches from the New American Shore, by Elizabeth Rush.

The book is a finalist for the Pulitzer Prize in general nonfiction and winner of the National Outdoor Book Award. It consists of vivid stories of people and places on the American coast from Maine to Washington State. A reviewer states that "*Rising* is both a highly original work of lyric reportage and a haunting meditation on how to let go of the places we love."

We will do Part I and as far as we can go in Part II for the next time. If you have any questions, please contact Harvey at [hnoordsy+UU@gmail.com](mailto:hnoordsy+UU@gmail.com) or call him at 518-798-0330.

~ Harvey Noordsy

**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

## **MEMBERS & FRIENDS**

### **CONGRATULATIONS TO:**

- ..... Serena and Michael Stone on the birth of their daughter, Delaney Faye Stone, on Wednesday, March 18, 2020
- ..... Steve Ruzbacki on the birth of his first grandchild, Delaney Faye Stone

### **SPECIAL THOUGHTS TO:**

- ..... Nancy Corliss who is now at the Fort Hudson Health System in Fort Edward, NY
- ..... Jackie Goodwin whose sister has been diagnosed with COVID-19



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

**CURRENTLY THERE IS NO REGULAR BUILDING USE AVAILABLE  
TO ANY OF THESE GROUPS**

**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  
and **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

**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.

**SUNDAY SERVICES AND ALL COMMITTEE MEETINGS ARE ALL ON HOLD  
UNTIL FURTHER NOTICE**

**APRIL CALENDAR OF EVENTS**

**Thurs., Apr. 9**

**FIRST DAY OF PASSOVER**

**Sun., Apr. 12**

**EASTER SUNDAY**

**Mon., Apr. 13**

**Noon - Monthly discussion group**

**MEETING WILL BE HELD ONLINE**

**Thurs., Apr. 16**

**6:30 p.m. - Board of Trustees meeting VIA ZOOM**

**Wed., Apr. 22**

**EARTH DAY**