

Lo and Behold

MARCH 2025



*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*

**MARCH SUNDAY SERVICES 10:00 AM
(ZOOM AND IN-PERSON SERVICES)**

MAR. 2 - "Be the Change" presented by Rev. Janet Dunn.

MAR. 9 - "The Long and Winding Road of Our Spiritual Journey" - presented by Jackie and Mike Goodwin. **DAYLIGHT SAVING TIME BEGINS - SPRING FORWARD**

MAR. 16 - Presented by Rev. Barbara Threet -- **A POTLUCK WILL FOLLOW THIS SERVICE.**

MAR. 23 - A COMBINED HUDSON-MOHAWK UU SERVICE on Sunday, March 23, 10:30 AM
"The Power of Solidarity" - Presented by Rev. Mary Katherine Morn, President of the UU Service Committee - Joining together in solidarity for justice, we discover our power. What important lessons might we learn from UUSC's practice of partnership around the world? All are welcome as we explore the expanding circles of connection that create a vision of justice and thriving for our human family and for our shared home.

This service will be held at the UU Society of Schenectady, 1221 Wendell Ave., in Schenectady.

There is limited parking, so car-pooling is encouraged.

*It will feature music from the Hudson-Mohawk Unitarian Universalist choir
with UU churches from Albany, Glens Falls, Kingston, Saratoga Springs, and Schenectady participating.*

A Zoom link for the service will be available. It will be disseminated during the week before the service. For those who choose not to attend the service in person or via Zoom at home, we will be gathering in the sanctuary before 10:30 AM to watch and listen to the service by zoom.

MAR. 30 - "A Service of LP Recorded Music and Poetry" - Sally Strasser and Carol Strasser.

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@outlook.com. For questions, call Elayne at 518-832-7384.

FROM REV. BARBARA'S COUCH

Like many of you, it's easy to have a very heavy heart these days. I feel virtually helpless in the face of so many changes in our government - travesties, in my perspective. I cannot turn away, although I've gotten very intentional about how often I check the news and how I do so. I read a lot but rarely watch anything live, even the evening news: it's just too much. Restricting myself to the NY Times, the Week, CNN and BBC allows my soul to breathe and still stay engaged in the world. And I'm being much more intentional about giving my mind and soul a break, which is difficult since I find my thoughts (and fears) drifting back to politics over and over. I doubt I'm alone in all of this: most everyone I know seems to be struggling with all of this.

As some of you know, I live my life mostly without external noise: I live alone, and I intentionally don't listen to background music or have the TV on unless it has my full attention. But these days, politics even intrude on my silence, over and over: politics even invades meditation and study time. When it all just feels too intrusive, I stop whatever I'm doing to just sit and listen to music, eyes closed and doing nothing but listening. Carefully listening music breaks through my political 'monkey-mind' and gives me a time of solace.

So here are a few of the ones I keep returning to over the past few weeks, with you tube addresses. Some of them have ads before the music plays: I mute the ads and hit 'skip', since I'm specifically looking for the music that will soothe and uplift me.

Paul Barton, playing Beethoven's "Moonlight Sonata" for a 61-year-old elephant, which spent most of its life in a logging operation in Thailand. https://youtu.be/_4AcjvsVn5k?si=ueR-L31cMtPSVBi2

Eva Cassidy singing "Like a Bridge Over Troubled Waters"
<https://youtu.be/hE9SMaaXXF4?si=g73N0u4EHkZAGreV>

Yo-Yo-Ma and Kathryn Stott playing "The Swan," by Camille Saint-Saëns
<https://youtu.be/3qrKjywjo7Q?si=ivWBw9L21k-o-2tl>

Aboriginal Australian musician Geoffrey Gurrumul Yonupingu singing "Wiyathul" (Longing for Place)
<https://youtu.be/x8-YMpYbRqY?si=z23ygatfUvOhrwG4>

Melanie DeMore singing "I Am Sending You Light," as recorded at the Lama Foundation
<https://youtu.be/hE9SMaaXXF4?si=g73N0u4EHkZAGreV>

And lots more, but there's a smattering. And if you use music to find sanity and serenity in these troubled times, I'd love to know what your favorites are!

Shalom and Salaam,

Rev. Barbara

PASTORAL CARE ASSOCIATES

Rev. Barbara Threet: brthreet@gmail.com 978-855-7236

Diane Collins: dc.wildflowers@gmail.com 518-792-2811

You may contact either of them when you are in need of pastoral care.

MARCH BIRTHDAYS

Rowan LeBlanc, Will Aitcheson, Catherine Atherden, Katy Butler, Pat Decker, Jackie Goodwin, Mike Goodwin, Betty Hurley, Elayne Leonelli, Kendra Schieber, Graham Stewart, Jacky Touba

FY 2025 BOARD OF TRUSTEES

Kathy Wisnieski (President), Nancy Kimball (Vice-President)
Jean Grant (Secretary), Mike Goodwin (Treasurer),
Rich Myette, and Stephen Baratta

BOARD UPDATES

- Thanks to the generosity of our congregants we are able to purchase 20 new hymnals.
- Ellen Santasiero has volunteered to help Mike Craft on the Buildings and Grounds Committee. Thank you Ellen!
- Another thank you to Mike Craft for adding lighting to the RE hallway. This is a big help to our tenant, Kim Bullard.
- The Board discussed the ongoing work of the Safety Committee.
- The Board approved additional funds for the Worship Committee for this year.
- The Board discussed details of the Buildings and Grounds budget. This year we have had many unavoidable expenses. That will be factored in when the budget is made next year.
- The Tech team, who make Zoom happen each week, can use additional support. If you have some knowledge of tech your assistance would be very helpful. Help to coordinate the schedule is needed.
- We see the need to update our website with schedule of services and other current information. In these turbulent times we can be a place of solace for people seeking like minded folks.

I am always amazed at the number of people who step forward and do what needs to be done. Jean Grant and Will Aitcheson shoveled the ramps after the recent snowstorms. Jean obtained salt and buckets for our entrances and ramps. This is indeed a beloved community.

Board meetings are held the third Thursday of each month from 10:00-11:30 am.

All are welcome. We meet in person in the Peace room.

~ Kathy Wisnieski, President

BUILDING USE CALENDAR

Please remember Mike Goodwin has taken on the responsibility of maintaining the building use calendar. Please contact him at jmgoodwin55@gmail.com or 631-332-9310 or catch him in person at services, if you wish to use any part of the building.

FINANCE COMMITTEE

Here is a brief summary of July 2024 - June 2025 revenues and expenses for FY 2025

Total Revenues for January 2025 were \$7,917.14

Total Expenses for January 2025 were \$8,733.96

Total Revenues from July 2024-January 2025 were \$51,784.03

Total Expenses from July 2024-January 2025 were \$45,982.44

*If you have any questions, please contact Mike Goodwin at 631-332-9310 or jmgoodwin55@gmail.com,
or Elayne Leonelli at 518-832-7384 or eleone31@outlook.com.*

The Finance Committee members are Steve Baratta, Mike Goodwin, Kate Abbott, Will Aitcheson, and Elayne Leonelli, Facilitator.

Your pledge checks and/or donations for FY 2025 will be gratefully received
by sending them to: UUCGF, PO Box 534, Glens Falls, NY 12801
THANK YOU TO ONE AND ALL FOR YOUR SUPPORT!!

A NOTE FROM THE TREASURER

I'm pleased to say we are still above projections on income for the year ending June 30. However we have already over spent the budgeted amount for Buildings and Grounds. I am going to undertake an assessment of all B&G expenditures over the next month and produce a report in time for the next BOT meeting and newsletter. We also collected enough donations to purchase 20 new hymnals. Thanks to the entire congregation for keeping us afloat.

Peace
~ Mike

TECH PERSON NEEDED

We are looking for a tech savvy person to handle issues which arise during our use of zoom services and to organize the less knowledgeable people running zoom on Sundays. We are in danger of this service to the congregation collapsing in the future.

Please contact Jackie or Mike Goodwin if interested.

SOCIAL JUSTICE COMMITTEE

Open Door Outreach

Open Door volunteers needed more than ever. Cold freezing nights bring in more folks needing shelter for their physical and spiritual warmth. Many thanks to Dee-Dee & Mike Craft for being there for that February Sunday when icy roads kept volunteers at home. Our March 16 schedule shows Debbie Murray, Regina Hillier, and Janet Dunn volunteering. Thank you in advance! **The following**

months, April, May, and June, need sign-ups. Please let Diane Collins (dc.wildflowers@gmail.com) know if you expect to be available. Your services are appreciated by the Open Door staff very much.

Thanks!

~ Diane Collins - Open Door Coordinator

dc.wildflowers@gmail.com

(518)792-2811

**THE SOCIAL JUSTICE COMMITTEE WILL MEET MARCH 30th AFTER SERVICE AT 11:15 AM
A BIG SHOUT OUT TO THE SAFETY TEAM FOR THEIR HARD WORK AND DEDICATION
IN KEEPING OUR CONGREGATION SAFE!**

MEMBERSHIP COMMITTEE / GAME ACTIVITY GROUP

**THE BOARD GAME ACTIVITY GROUP WILL BE MEETING AFTER THE SERVICE
FROM 11:45 am-1:30 pm ON MARCH 9TH.
ALL ARE WELCOME**

**HEAR YE! HEAR YE! ALL STORYTELLERS, WRITERS, AND MUSICIANS
(or those who would like a night of original entertainment)**

Saturday, March 1, 2025 from 7-9 pm

Sign-ups begin at 6:45 pm

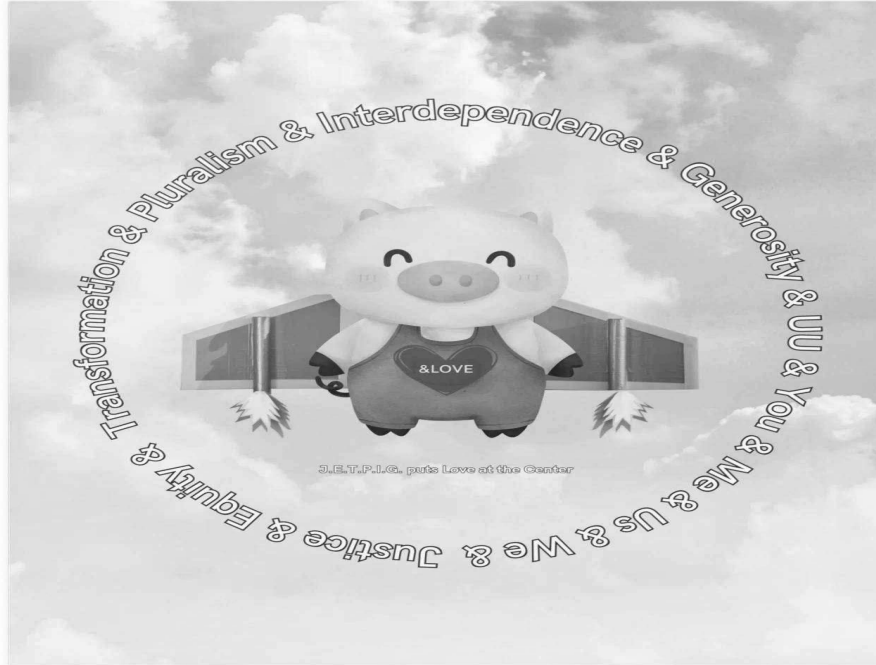
All are welcome!

**GO TO THE UUCGF WEBSITE OR FB PAGE
IN CASE OF INCLEMENT WEATHER CANCELLATIONS.**

HOPE TO SEE YOU THERE!

RELIGIOUS EDUCATION

Although our congregation has it's own mission statement, the UUA has adopted the new Six Valuescentered/grounded in Love. The RE trends in our region and within the UUA encourage us to teach these new values. The values are: Justice, Equity, Transformation, Pluralism, Interdependence, and Generosity (JETPIG).



A fun character designed to teach the children is the JETPIG. She flies in each month to teach us one of these ideas, learn UU prayers and teach songs. Last month she came to teach about MLK and Justice. February, with its snow days, means she is flying in to talk about Equity.

In other news, I am also starting to dream up a Spring field trip. Anyone with ideas can text (581-222-8851) or email (mollystewart@gmail.com). We love nature/farms/animals and I really want it to be a multi-generational day trip.

~ Molly Stewart

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MOUNTAIN RIVER CIRCLE AT UUCGF

You are invited to honor the Earth, open to Mystery, and strengthen your connection to Nature during our Full Moon circle. We gather monthly in UUCGF's Fellowship Hall to support one another's exploration of UU's seventh principle and growth as interconnected beings in the web of life. Rituals are inspired by earth-based spiritual traditions, the Work, the Reconnects, and nature itself. During March's ritual, we will be creating salt and herb jars for clearing the energy in your home. All supplies will be provided, but if you have a small jar or bowl you would like to use, please bring it. Make sure you can cover it so it doesn't spill on the way home. For more information, contact Debbie Philp at 518-810-7871 or debbie@debbiephilp.com.

Wind Moon — Sunday, March 16th at 7:00 pm

~ Debbie Philp

"Being optimistic is like a muscle that gets stronger with use.

Makes it easier when the tough times arrive.

You have to change the way you think in order to change the way you feel."

ROBIN ROBERTS

MAKING SENSE OF AMERICA BOOK CLUB

Making Sense of America Book Club will meet on **Friday, March 7**, in the Crandall Room of Crandall Public Library from 1:30-3:00. James, the Novel, by Percival Everett is the book to be discussed. We try to alternate reading a non-fiction work or memoir one month and a book of fiction, essays, or poetry on the making sense of America theme the next.

Up for April is Sarah Smarsh's She Come By It Natural: Dolly Parton and the Women Who Lived Her Songs. Most books are available from Crandall Library or the Southern Adirondack Library System (SALS), so you don't have to buy the book. All are welcome — even if you haven't finished the book.

~ Contact Maureen Reilly mr dye47@aol.com for more information.

FRIDAY PRANAYAMA & MEDITATION

This month's class **only meets March 21 & March 28** on Zoom from 10:00-10:40 at the link below. **We will continue meeting weekly in April.** All are welcome. No experience needed. These sessions began as a way to offer support during the pandemic and the political upheaval that followed. They help to reset the body, mind and nervous system so we can continue to tackle the challenges we face in our personal lives and the life of our community. Please join us at the Zoom link below; it doesn't change from week to week:

<https://us02web.zoom.us/j/7643455563?pwd=TWhJZUZYS2FKRHBzaVR1Z1RrVVBRUT09>

Meeting ID: 764 Meeting ID: 764 345 5563

Passcode: 556588R

One tap mobile

+19292056099,,7643455563#,,,,*3623617# US (New York)

~ Contact Maureen Reilly mr dye47@aol.com for more information.

SAFETY TEAM

We are investigating potential grant funding from the UUA Chalice Lighters, Glens Falls Foundation, and Sandy Hill Foundation to cover the costs of safety improvements to our building. Our wish list includes the purchase of an AED and mechanized front doors with an automatic door opener. Both items are needed for our older members. The new doors will also benefit anyone with mobility challenges and allow for safer evacuation of the building in an emergency.

We continue to take the UUA Threats Without, Care Within training to better understand and prepare for medical emergencies, fire emergencies, natural disasters, and other threats to the safety of our congregation. Anyone interested in these free training sessions will find the registration information on uua.org. The training is broken down into modules so that you can pick and choose the topics that interest you.

Please notice the new weapons free campus signs at the front door and on Weeks Road, as well as the evacuation plans for each room, and the first aid posters and kits in the kitchen, sanctuary and religious education rooms.

Anyone interested in the Safety Team is welcome to join us at our next meeting:

Sunday, March 9 at about 11:15 in the Peace Room.

RESPONDING TO REMOVAL OF DEI PROGRAMS AND POLICIES

The NAACP issued a Consumer Advisory regarding the rollback of Diversity, Equity and Inclusion (DEI) policies by American companies. They are encouraging Black Americans not to spend money at these businesses. In the spirit of our second principle for justice, equity and compassion in human relations, we might also protest these rollbacks with our own spending decisions or letters to their corporate headquarters. Below is a list of businesses on the NAACP advisory and some that were reported in the press recently. This list is limited to businesses we have access to locally or virtually.

RETAILERS:

Aldi's
Amazon
Amtrak
BJs Wholesale

MEDIA:

Alphabet/ Google* (your attention is their \$\$\$)
CNN*
Disney
Meta/ Facebook*

Chipotle's Mexican Grill
Ford
Lowe's
McDonald's
Nissan
Starbucks
Target
Toyota
UPS
Walmart

PBS (You may want to donate more money here
because it's dependent on government funding and
PBS is targeted for elimination)

We may also want to support businesses, with local connections, that have recommitted to their DEI
policies: Apple, Ben & Jerry's, Microsoft, and American, Delta, Southwest, United Airlines

PREPARING FOR THE GREAT ESCAPE

There comes a point in this tumultuous world in which we now exist when we will be forced to flee political storms, environmental storms, even physical conflict. All appear to be on the rise. Keeping this in mind, I invite you join me in playing The Great Escape (a game of survival).

Know What, How, When

For more information, search: **Survival Kit: 11 Items FEMA Wants You To Keep In Your Home.**

What is in your Kit. How to Use it. When to use it.

Lessons on how to use the tools in your kit will be on demand for both individuals and small groups. To schedule a lesson, call Dave Legg at 838-218-0871 or email david.legg@gmail.com

Minister: *Rev. Barbara Threet*

Music Accompanist: *Ray Savastano*

Worship Chair: *Joan Lennon*

Website: www.glensfallsuu.com

Office phone: *(518) 636-5657*

Mailing address: *PO Box 534, Glens Falls, NY 12801*

DENOMINATIONAL AFFAIRS

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

CENTRAL EAST UU REGION

The UU Central East Region (CER) offers a variety of programs, workshops, and on-going groups. Take a look at their web page <https://www.uua.org/central-east> for more information.

Our contact person for the Central East Region of the UUA, is Rev. Alia Shinbrough (they/them).

MEMBERS & FRIENDS

CONDOLENCES TO:

..... Eric Lawson whose brother, Mike, died in early February

SPECIAL THOUGHTS TO:

..... Jim and Lynn McDonald because Jim is dealing with some health concerns

..... Frank Pusateri who will be having some minor surgery

THANK YOU TO:

..... Those people who donated money so that we are able to purchase 20 new hymnals

..... Ellen Santasiero for volunteering to help with the Building & Grounds Committee

..... Mike Craft for installing new lighting in the RE hallway

..... Jean Grant and Will Aitcheson for shoveling the snow from the entrance ramps

..... Jean Grant for obtaining salt and buckets for our entrances and ramps

MARCH CALENDAR OF EVENTS

Sat., Mar. 1

7 - 9 pm - Open Mic night

Sun., Mar. 2

10:00 am- Sunday service - HYBRID SERVICE

Sun., Mar. 9

DAYLIGHT SAVING TIME BEGINS - CLOCKS SPRING FORWARD

10:00 am- Sunday service - HYBRID SERVICE

11:15 am - Safety Team

11:45 am - Game Activity Group

Sun., Mar. 16

10:00 am - Sunday service - HYBRID SERVICE

THERE WILL BE A POTLUCK TODAY

3:00 - 6:00 pm - SERVING AT OPEN DOOR
7:00 pm - Mountain River Circle - Wind Moon

Mon., Mar. 17

ST. PATRICK'S DAY

Thurs. Mar. 20

FIRST DAY OF SPRING

10:00 - 11:30 am Board of Trustees in person meeting

Sun., Mar. 23

10:30 am - Sunday service

A COMBINED SERVICE at the UU Society of Schenectady, OR
via Zoom in your home, OR via Zoom at UUCGF

Sun., Mar. 30

10:00 am - Sunday service - HYBRID SERVICE

11:15 am - Social Justice Committee meeting