2022/2023 Issue No.10

Summer 2023

# Our Spiritual Tourney

Last June during our final service of what had been a year filled with uncertainties, I shared a story about a garden that had experienced a great flood. This story was written by Shannon Harper, a fellow religious educator, and it went like this:

Once upon a time we were the keepers of a garden.

Then a great flood suddenly came upon our land and we watched as the waters rose and covered our garden.

Now that the waters are receding it's time to grieve the loss of our garden, survey the land, heal and prepare ourselves for the work of replanting.

In the future our garden won't look exactly like the one before because we are changed and our land is changed but we know it can be everything we need.

In the year since we have surveyed our land and we have mourned our losses. We have started the work of cleaning up the pieces. Repairing damage where we could and letting go of that which could not be fixed.

And most importantly, we have gently and lovingly prepared the earth and planted seeds. Some of these seeds are flowers and trees that we have grown before. Plants that are beloved and familiar. And others are seeds and plants that are brand new, that will create branches, leaves, and blossoms in new shapes and colors.

Together we are working to create a new garden, with familiar pathways and new trails to explore. With blossoms bright and fragrant, trees strong and tall, vegetables and fruits to sustain us, and fountains, benches, and shade to provide places to rest. A place without fences or gates so that everyone knows that they are welcome. A place where we tend to the new growth together, making sure it has everything it needs to thrive.

At the center of this garden, and spread all throughout, you will find the people. Tending this community with love and delight in their hearts.

Emily Richards, Director of Congregational Life and Religious Exploration

#### June 4 In-Person Sunday Service 10:30 am in the Sanctuary

Service will also be live-streamed on our YouTube channel.

End of the Year Religious Exploration for children.

#### June 11

Join us for the Annual End-of-Year Celebration and Picnic at Stewart Park (large pavillion) at 10:30 am

Multigenerational, family and friends invited!

Please bring a dish to share and a flower from your garden for our Annual Flower Communion.

June 18
Beginning of Summer Services
at 9:30 in the Parlor, continuing every
Sunday through September 3.

See full list of speakers on page 8.

Please note:

This is the final newsletter of the 2022-2023 church year. The next newsletter will be sent out the end of August and will cover

September 2023.

### Religious Exploration News

#### For information about Religious Exploration, please contact Emily Richards at dre@uuithaca.org.

Greetings from the DRE

Once again we have arrived at the beginning of summer and the end of our year. I am so grateful to have been given the opportunity to serve this community as we all continue to grow together.

In many ways the vibrant life and energy that this year has brought make it hard to believe that when I began in the position of Director of Religious Exploration three short years ago we were at a place where we were not able to come together in person. That our Sunday services were all online and our Religious Exploration programming was contained in a bag, carefully dropped off on porches and doorsteps to avoid unnecessary contact.

This year we have seen a return to our Sunday morning RE programming. We have made art and friendships. We have sung songs and created connections. We have learned and grown together.

I am ready for the summer as a time to refresh and recharge and excited about the possibilities that the fall and a new year together will bring.

Remember that this is your Religious Exploration program. It belongs to everyone in this community. Your support is what has allowed this program to regrow, and your support will be what causes it to flourish. And I am delighted to help you create a thriving community for our children, youth, and families.

Emily Richards, Director of Religious Exploration

#### **Upcoming Sunday Morning Religious Exploration Schedule**

**June 4th:** RE End of the Year Celebration, Arch Room Following a Time for Wonder

June 11th: Flower Communion and Dish to Pass at Stewart Park

#### RE Volunteer Sign-Up

#### **RE Plans for June and Summer**

To end our year off we have opportunities to participate in the Ithaca Festival, the Flower Communion at Stewart Park, and Nature Church at Taughannock in July. And don't forget about our annual trip to Unirondack on Labor Day weekend, which is a wonderful opportunity to reconnect at the end of the summer.

#### RE End of Year Celebration - June 4th

Our final RE class will occur during the June 4th service and will include food and games. We look forward to celebrating our year with you.

#### FUSIT at the Ithaca Festival - June 1st-4th

Please join us as we march through the streets of Ithaca as a part of the Parade. Or visit us in Dewitt Park at our FUSIT table for information and activities. Sign up to volunteer to table at the link below!

#### Ithaca Festival Sign Up

#### End of the Year Service & Flower Communion at Stewart Park, Sunday, June 11th 10:30am

Our final service of the year will be held at Stewart Park in the large pavilion and will include our annual Flower Communion and a potluck meal afterwards. Bring flowers to exchange, food to share, and come ready to play on the beautiful shores of Cayuga Lake.

#### Stewart Park Dish To Pass Sign Up

#### Nature Church at Taughannock Falls - Sunday, July 9th, 11:00 am

Meet us at Taughannock Falls for a chance to connect with one another and nature. We will take the Taughannock Falls Gorge Trail up to the falls. Bring water shoes and play clothes if you would like to walk up through the water and a bathing suit and towel if you would like to stay and swim in Cayuga Lake after our hike.

## "Hope" is the thing with feathers By Emily Dickinson

"Hope" is the thing with feathers -That perches in the soul -And sings the tune without the words -And never stops - at all -

And sweetest - in the Gale - is heard -And sore must be the storm -That could abash the little Bird That kept so many warm -

I've heard it in the chillest land -And on the strangest Sea -Yet - never - in Extremity, It asked a crumb - of me. RE News, continued from page 2)

#### **RE Plans for Fall 2023**

This fall we are excited about our plans to shift back to a model of offering Religious Exploration programming three Sundays a month, with two Classroom Sundays, and one all-age Creative Sunday. This programming will better meet the needs of our children and youth by offering lessons and activities that are more precisely geared toward each age group.

In order to make this happen we need a minimum of two volunteers for each of the three classrooms, PreK-1st, 2nd-5th, and 6th and up, for the fall and the spring. This important programming can only happen with the support of the entire community. Follow the link or use the QR code to learn more about the ways that you can be involved.

## FUSIT 2023-2024 RE Volunteer Information

Sign up here or in the Parlor to volunteer with the RE program next year.

FUSIT 2023-2024 RE Volunteer Sign Up



#### Summer Sunday Playdates

Summer is approaching and with that comes a break in Sunday morning Religious Exploration activities. A message from Juliana Garcia "If you are like my family, we really love our routines, so we would love to continue to get together on Sunday mornings with other UU families over the summer". If you're interested in joining a Sunday morning summer playdate, please call Juliana Garcia, at (817) 956-5945 or email jag394@cornell.edu.

First Unitarian is a UUA-recognized LGBTQ+ Welcoming Congregation

## June Worship Services

The theme for June is The Path of Delight and the Celebrations Team is looking forward to speakers whose voices can help us to explore this theme as individuals and as a community:

## Sunday, June 4 "Choosing Joy"

Emily Richards, Director of Congregational Life and Religious Exploration

The opportunities for joy exist in abundance if we choose to take them. How do we find happiness and delight in the midst of hardship and turmoil? And when we do find those opportunities, how do we open ourselves up to the endless possibilities that love and beauty bring to our own lives and each other? How do we choose joy? *Special music by FUSIT Choir* 

## Sunday, June 11 "Amongst the Flowers"

Emily Richards, Director of Congregational Life and Religious Exploration; Rev. Janet Shortall, Pastoral Care; Rev. Peaches Gillette, Associate Director of Congregational Life

The final service of the year is our Annual Flower Communion ceremony. Join us in celebrating the many blessings of being in community. Please bring a flower to add to our beautiful bouquets and you will receive a different flower to take home with you! Also, please bring a dish to share for our potluck picnic at Stewart Park. Music provided by FUUsion. Special music by FUUsion, our house band

#### The Religious Exploration is Seeking Team Members and Volunteers

The **RE Team** needs new enthusiastic members to help guide our programming. If you have been looking for a way to make a huge impact on this community please consider the RE Team.

**Volunteers** to be mentors to our children and young people, as well as leading adult programming for parents is needed. Commitment can be as little as a single one hour program up to weekly regular meetings for children and youth.

#### **Expanding Community**

Even with the news that the pandemic is officially over many are still feeling the lingering effects of isolation. We always welcome new members to our community and faith and hope to provide a safe space of connection and learning for all. Please continue to invite any and all people that you know that you believe could find meaning by exploring what the FUSIT community and Unitarian Universalist faith can offer.

Director of Congregational Life and Religious Exploration Emily Richards dre@uuithaca.org

Religious Exploration Assistant Madeline Natale reasst@uuithaca.org

Associate Director of Congregational Life and Ancillary Pastoral Care, Rev. Peaches Gillette assocdcl@uuithaca.org

Pastoral Care, Rev. Janet Shortall janet.mshortall@gmail.com 607-227-5074

Music Director Stephanie Ortolano music@uuithaca.org

Choir Director Jayne Demakos choir@uuithaca.org

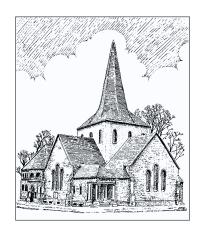
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Visit our Website and get your newsletter: www.uuithaca.org



## **Possible Ponderings**

#### The theme for June is the The Path of Delight

Possible Ponderings is an offering of ways you might consider engaging more deeply with the theme or reflecting on the ways the idea of The Path of Delight shows up in your life.

**June 1-3:** What do you know now about delight that you didn't know when you were younger?

**June 4-10:** Who taught you the most about cultivating delight?

**June 11-17:** The poet Kahlil Gibran claims that "the earth delights in us". Have you ever experienced the world delighting in you?

**June 18-24:** At this stage of your life, which do you long for the most? Delight, joy, or happiness?

**June 25-30:** Are delight and divinity intertwined? Is delight somehow a doorway into the holy? If so, what life experience of yours convinced you of that?

#### Thanks to Your Generosity

Thanks to the generosity of those who contributed to the shared plate on April 30, \$731 was donated to Open Doors Engish, which empowers English language learners in Ithaca, Tompkins and surrounding counties to live fuller lives through affordable, comprehensive English (ESL) classes.

Classes are organized by students' levels of English proficiency. ODE offers morning, afternoon, and evening classes, and workshops/events throughout the week.

Open Doors English is a project of the Center for Transformative Action.

#### Wanting to officially join FUSIT?

If you are interested in officially "signing the book" to join FUSIT, contact Emily Richards, Director of Congregational Life, <a href="mailto:dre@uuithaca.org">dre@uuithaca.org</a>. The process is simple - signing the book witnessed by Emily, Rev. Peaches Gillette, or a Board member. Once an Engagement & Outreach Coordinator is hired, a newcomers' series of informational classes will be offered.

#### **Social Media Connections**

You can find out about events happening in our congregation, see pictures of past events and connect with other UUs. Like and follow us on Facebook, <a href="https://www.facebook.com/FUSofI/and-Instagram\_www.instagram.com/ithacauus">https://www.facebook.com/FUSofI/and-Instagram\_www.instagram.com/ithacauus</a>

#### Joys and Sorrows

A joy from Wendy & David Salomon! Many in this community have sent love and healing wishes to their son, Benjamin, over the past 6 years as he faces his ongoing cancer battle. "It's with amazing pride in our son's resilience that we share that he's graduating this weekend from the University of Wisconsin. As he has throughout it all, he continues to look ahead to whatever's next with optimism."

Our condolences go out to the family and friends of Hans Fleischmann who died peacefully at home on May 5. A memorial service will be held in the summer.

Join friends and family in a celebration of life for Oliver Habicht on Satuday, **June 17**, in the sanctuary at 2 pm, followed by a reception in the Annex.

Joys and Sorrows are now shared during Sunday Service. Please send notices to the team at <u>joysandsorrows@uuithaca.org</u>. When considering what is shared in Joys and Sorrows, please note, these services are live streamed and available to the public on our YouTube Channel.

Joys and Sorrows reflect what has happened during the past month. For the most up-to-date information, please check the Weekly Announce.

#### Soul Matters Material for June - The Path of Delight

The Soul Matters theme for June is *The Path of Delight*. This month's packet includes a few short readings, spiritual exercises, and discussion questions for you to consider. The material can be found at: https://tinyurl.com/SoulMattersJune2023.

#### Archived Sermon Transcripts

Written transcripts of last summer's services (and select other sermons) are now available on the website.

If you missed these sermons or would like to revisit them, please check out the link above! We will be adding sermons to the page periodically.

#### Women's Circle, Monday, June 26

Women's Circle will meet via Zoom on Monday evening, **June 26**, from 7:00 pm to 8:30 pm. We will continue to meet on the 4th Monday of the month during the summer. All who identify as women are welcome. This is a drop-in group, so no need to sign up; just come. Anyone is welcome to bring a poem or a reading. For information or questions contact Nancy Miller at <a href="mailto:ananda7733@gmail.com">ananda7733@gmail.com</a> or 607-539-7733.

Zoom link MeetingID: 819 4014 1421 Passcode: 874536

#### Our Mission

Our mission is to create connection, find inspiration and engage the world.

Connect. Inspire. Engage.

#### MVT Report - May, 2023

**Listserv:** This has generally being working well. While there was one recent posting that was of questionable appropriateness, the monitors feel that the system is working as was intended.

**Engagement and Outreach program:** We continue to search for a part-time E&O coordinator and hope to interview another candidate in coming weeks. We discussed the value of forming an E&O team in the fall regardless of whether we have hired a coordinator by that time.

**Evaluating the ministry teams:** Each MVT member is responsible for overseeing particular teams, and will request summaries of accomplishments and challenges from their assigned teams. There will be a final TLC meeting on June 6. We also plan to use an established assessment framework to assess our own effectiveness over the past year.

**Social Justice:** The Social Justice Leadership Team is 'finding their way' with processes and procedures and so will continue to evaluate the structure of SJ work. They are continuing to differentiate from the Anti-Racism Ministry Team, which focuses more specifically on particular projects.

#### **Upcoming events:**

Ithaca Festival **June 1 – 4**: Stephanie Ortolano will be organizing our team for the parade. Still need volunteers to table for FUSIT.

**FUSIT Annual Meeting:** We are working with Janet Shortall to honor longtime FUSIT members who have died over the past year.

**Stewart Park service June 11**: Final regular service of the year. Need volunteers for set-up and clean up.

#### FUSIT Library

Did you know... the FUSIT Library (located upstairs in the Parish House) has over 800 books available to check out. Visit our online catalog or stop in and browse the shelves.

Did you know you can text
in your donations to the offering plate
on Sundays? Simply text 607-260-6616 with the
amount + offering (eg: \$5 offering) to donate by phone.
It's super easy!

#### **Emergency Pastoral Care**

In case of pastoral need, call Kathy
Hopkins 607-592-3025. She will direct
pastoral needs for weddings, memorial
services and emergencies.

#### 2023 Community-Wide Online Auction

This was an exciting event that took place the last weekend in April. The 210 Bidding Owl auction items included over 80 gift certificates and baskets from community vendors and over 120 wonderful items and services donated by our FUSIT members and friends. The generosity of our bidders and donors resulted in our raising \$7,782! Congratulations to all the happy winners and a very special thanks to our Auction Team which included Marie Benedetti, Simon Catterall, Alice Churchill, Jessica Brown, Fred Balfour, Loretta Heimbuch, and Michelle Waffner.

#### **Buildings and Grounds Volunteer Opportunity!**

We will be repainting the walls and installing a new floor in the main upstairs room of the annex in **June**! This is a big job that we can't afford to hire labor for, and many hands make light work! All tools and supplies provided, plus food and conversation--working together is a great way to get to know each other.

If you might be willing and able to help with any aspect of this — painting prep, painting, vinyl floor installation — please contact Sara Catterall <a href="mailto:sara.catterall@gmail.com">sara.catterall@gmail.com</a> to get on the list to plan times!



#### Mark Your Calendars for the AIDS Ride for Life

The 25th annual AIDS Ride for Life will be held on Saturday, **September 9, 2023**.

Cyclists from all over gather at Stewart Park to cycle the 90-100 miles around Cayuga Lake in order to raise funds for Southern Tier Aids Program (STAP). Traditionally FUSIT volunteers have supported this event by helping cheer on the riders at the first pitstop in King Ferry. Southern Tier Aids Program serves folks living with HIV/AIDS, others with two or more chronic illnesses, people who are LGBTQ+ Youth at Identity Youth Center, or Syringe Exchange participants. Come cheer on the riders! Contact <a href="MKaminsky@stapinc.org">MKaminsky@stapinc.org</a>.

#### Help Needed to Provide Lunches for the Homeless Shelter this Summer

As a member of Area Congregations Together (ACT), FUSIT finds four volunteers to provide fifteen lunches apiece to the Ithaca homeless shelter on the first Tuesday of each month.

At this time we are currently seeking volunteers for **July 4 and August 1.** Can you be one of those volunteers? You would buy supplies, make the lunches within 24 hours of delivery, and deliver them between 9:30 and 11:30 am to SJCS Day Center at 618 W. State Street. Deliveries are made through a window on State Street.

Each lunch should include a sandwich, a piece of soft fruit, and a cookie or other small dessert. Remember you can be reimbursed, in full or in part, for your expenses. Just let Jackie Jablonski know. To volunteer and/or ask questions, contact Jackie at <a href="mailto:jackie;atb@me.com">jackie;atb@me.com</a>.

#### Message From the Board of Trustees

Summer is certainly a break at First Unitarian. Staff, teams, and committees reduce and, in some cases, take a summer pause on church activity to recharge their individual and collective batteries. Summer is traditionally a vacation time for families as well.

At First Unitarian, we have spent the past 2 years nurturing community after a winter of separation due to the pandemic. Cultivating and nurturing needs to be done consistently to produce good results. The Board wants to suggest that we each make the commitment, whenever we are in town, to attend and participate in the many First Unitarian events found in this newsletter. Your personal investment of time and energy can be the cultivation our community needs to maintain what has been built.

Recently the US Surgeon General said that "loneliness is a crisis in our country". At First Unitarian we build connections and create engagement opportunities. In these troubled times, our church is the antidote to loneliness; a place for healing, a place for contemplation, and a place for community. Please mark your calendar with all the activities shown in this newsletter and join us all summer long on Sunday mornings for our Summer services.

Don Barber, Board President

#### Board of Trustees Meeting Wednesday, June 21

The June meeting will be held **June 21** at 6:30 pm. The board meeting is a hybrid format, taking place in the church parlor and through Zoom. All FUSIT members are invited to attend this meeting. Ten minutes are set aside at the beginning of the meeting for congregation feedback. Email office@uuithaca.org or check the Weekly Announce email for the Zoom link.

#### Congregational Administrator Hours

From mid June through mid August, the office will be open on **Tuesdays and Thursdays from**9 am - 4 pm. Changes to this schedule will be listed in the Weekly Announce. Michelle can be reached at office@uuithaca.org or 607-273-7521 ext. 21.

#### Appreciations

From Judy Jones: "So grateful for the plants provided by Don Rakow, Phyllis Smith Hansen (and transported by Fran Helmsteter), and Margaret Fabrizio. Site work by Tom Coakly and Gregg Hardy. Second Wind looks the best ever, preparing to build a community center mid site."

A huge appreciation to Arthur Woll for stepping up and joining the FUSIT tech team this last month! Big thanks for helping make things sound great in the sanctuary, streaming and recording services on our YouTube channel for those who can't make it in person on Sunday morning, and creating documentation that will help us teach our system to new folks.

By the way, if helping out with sound and video at FUSIT sounds fun to you, please have a chat with Arthur, Tim Ball, or Steve Doria - we would love to show you how things work!

From Therese O'Connor: I want to recognize Don Barber as being a stalwart president of the board for the past 2 years. Don has given so much time and energy to church leadership during our "turbulent" times. AND, he always gives credit where credit is due to others. We are lucky to have such a loyal and reliable leader of this board.

Thank you to Sara and Simon Catterall, Brenda Golden, Matt Hare, Kathy and Carl Hopkins, MaryPaul Kirkpatrick, Keith Perry and Rachel Seymour for putting three hours of good work into sorting out the crammed Parish House attic and carrying loads of recycling and donations away! It's at least half clear now.

In an effort to nurture a culture of appreciation at First Unitarian Society of Ithaca, we would like to add "Appreciations". Who here at First Unitarian Society of Ithaca have you noticed doing something above and beyond, who has been a quiet unsung hero, or who is doing an exceptional job! It can be a member or staff or friend to our community. Let's sing praises to the many people who help make our community the wonderful place it is. Send your submissions to joysandsorrows@uuithaca.org.

#### Nametags

Our tradition is to wear nametags for Sunday services. If you need a nametag (or need a new nametag), please fill out a nametag request form at the Welcome Table on Sunday. Indicate your preferred pronouns (she/her, he/him, they/them). We'll get it ready for you to pick up at the Welcome Table the following week.



#### LGBTQ+ Group Wednesday, June 21 from 7:00-8:30 pm

This Small Group is especially for FUSIT's LGBTQ+ community. Meetings typically follow the same general format and structure as other Small Group Ministries at FUSIT. Gatherings take place on the third Wednesday of each month, from 7:00-8:30 pm. *All who identify on the LGBTQ+ continuum are welcome*.

Come enjoy this opportunity for fellowship and community within our larger FUSIT community, in a safe, confidential, nurturing environment. For more information, please contact Kevin Moss, <a href="kevinm607@hotmail.com">kevinm607@hotmail.com</a>.

#### You've Been Flocked! Brighten Someone's Day!

Interested in "flocking" the yard of one of your friends, neighbors, or co-workers? You can rent our rainbow colored lawn flamingos from the office and place them in someone's yard to add a little color to their day. This is a great way of bringing joy to each other, and raising some money for our congregation in the process! Suggested donation: \$20. Email office@uuithaca.org to rent the flamingos today!



## Summer Pub Theology Wednesday, June 28th & Wednesday, August 2nd 6:00 pm at Ithaca Beer Company

For the summer only we will be shifting to the Ithaca Beer Company so that we can enjoy their outdoor spaces. Meeting twice over the summer at 6 pm on Wednesday evenings. All are invited, including families and children. 122 Ithaca Beer Drive, off of Rt. 13 just south of Ithaca.

### UUA General Assembly June 21 - 25, 2023

Join fellow UU's, **June 21 - 25, 2023** online or in-person in **Pittsburgh, Pennsylvania.** General Assembly 2023 will be a multiplatform event, with registration options for inperson and/or virtual participation. In-person registration includes access to events scheduled to take place in Pittsburgh, as well as everything available to virtual registrants. Full virtual registration includes access to the GA app, as well as all on-demand programming, live webinars, and live-streamed events.

Register Here.

## Everyone is invited to the End of Year Celebration & Picnic

at Stewart Park

Please plan to come with your entire family for fun and fellowship by the Large Pavilion at Stewart Park on

Sunday, June 11, at 10:30 am.



This will be a dish-to-pass luncheon, so please bring a food item that can serve 12-15 people along with your own tableware (cups, plates, utensils) to take home and wash - we want to make this a GREEN event and be gentle on Mother Earth.

Please bring a flower from your garden to share during our traditional Flower Communion.



#### Ithaca Festival Parade

FUSIT will be participating in the 2023 Ithaca Festival Parade, which will be held on Thursday, **June 1**, starting at 6:00 pm. This year's theme is "Planet Ithaca". We are looking for members to walk in the parade and help us spread the word about FUSIT!

#### Ithaca Festival Tabling

We need volunteers to spread the word about this amazing community during the weekend of **June 2-4.** We will have handouts on who we are and an activity for children and families.

Sign up to walk in the Parade or to lend a couple of hours to help with tabling:

Ithaca Festival Volunteer Sign Up



## Summer Services Schedule 2023

Every Sunday at 9:30 am, June 18-September 3

All are welcome to enjoy a stimulating series of sermons and discussions given by members and friends of the church as part of an abbreviated UU service. Offered in the morning coolness of the parlor, many find it the perfect way to keep in touch with the wide-ranging views of their fellow congregants. Coffee and tea provided following the service. We hope to see you there! For further information, please contact Jens Wennberg or Preston Wilson.

June 18 - Nancy Miller, "Reproductive Injustice: Where Are Our Moral Obligations?"

**June 25** - Alice McDowell, "It's Not Your Fault: Original Sin through a Buddhist Lens"

**July 2** - Marty Hiller, "Being Exceptional"

**July 9** - Preston Wilson, "The Power of Popular Music"

July 16 - David Schwartz, "Rod Serling and the Twilight of Civilizations"

July 23 - Wren Tuatha, "The Arts in Public Discourse"

July 30 - Sue Roenke, "Growth Through Mothering"

August 6 - Amie Hamlin, "The Benefits of a Plant-based Diet"

August 13 - Don Barber, "Capitalism Is Our UU Challenge"

August 20 - David Salomon, "Going Back: Art, Family, Memory, and Myth Along the Hudson River"

Augusst 27 - Judy Jones and Matt Franke-Singer, "Medical Debt"

**September 3** - John Gaines, "With the Best of Intentions"