



ITHACA

UU Connections

2018/19 Issue No. 7

March 2019

Sunday Celebrations at 10:30 am

March 3: "Resilient Community"

-Rev. Margaret Weis

It has been said that what unites a community in the face of natural disasters and tragedy is not advances in technology or resources, but trust. How do we go about building trust and resilience in our community of faith and intention here at FUSIT? How do we set ourselves up to foster trust and community in our midst?

Special music by UUUU and Friends

March 10: "A Recipe for Resilience"

-Rev. Margaret Weis

What are the ingredients necessary to prepare ourselves to bounce back in the face of adversity? What are the things over which we have control that help us feel centered in times of trial and worry? Join us as we reflect on these things together.

Special music by FUSIT Choir

March 17: "Navigating the Vulnerable Edges"

-Guest Speaker Kris Miller

Kris Miller, counselor, leadership expert, and co-director of Heart-Stone Center for Earth Essentials will share her wisdom about resilience in challenging times. Kris's philosophy is holistic, transpersonal, and integrates the principles of Buddhist mindfulness and eco-psychology.

Special music by Charlotte Greenspan, piano

March 24: "Stories of Resilience"

-Rev. Margaret Weis

As we honor Women's History Month, we will hear stories of girls and women who have been resilient in the face of difficulty and struggle.

Special music by Carolyn Grossman, piano

March 31: "Waiting for the Fog to Clear"

-Rev. Margaret Weis

In life, there are ebbs and flows of moments of clarity and moments of foginess. How do we gain the resilience to wait until the fog clears and what do we learn in the process?

Special music by VOICES, Multicultural Choir

Ministerial Musings

Tell me, what is it you plan to do with your one wild and precious life?
~Mary Oliver, *The Summer Day*

This poem, *Summer Day*, was read at my ordination and is dear to me. This month is the five-year anniversary of my ordination as a Unitarian Universalist minister! I was ordained on March 2, 2014. It's hard to believe it has been a whole five years since that amazing day!

What is an ordination, you ask? Well, in Unitarian Universalism, ordination is the right of the congregation, and it is an important ritual to signify the transition for a person from laity to ordained leadership. In my case, I had a co-ordination by my home congregation and the congregation I served as an intern. The service was a culmination of years of training, discernment, and guidance from mentors. It also signified these two congregations who helped shape me into a newly-minted minister: the congregation where I was raised, came of age, was married, and had been introduced to UUism; and the congregation where I first preached, offered pastoral care, and began forging relationships as a minister.

It was also a day of celebration of our shared tradition of Unitarian Universalism, and signified a partnership between the two congregations in sharing the good news of Unitarian Universalism with the world!

As I reflect on this important anniversary and the role of congregations in the formation of our ministers, I am grateful to you all for the ways you have supported Aileen Fitzke. Aileen has been a member here for a long time and began pursuing her call to the ministry a few years back. During that time she has completed her studies at Harvard Divinity School and will complete her internship at the UU Church of Binghamton this spring. She has been granted Preliminary Fellowship by the Ministerial Fellowship Committee!

Aileen has asked if you, the First Unitarian Society of Ithaca, along with the Unitarian Universalist Church of Binghamton, would ordain her to the Unitarian Universalist ministry on Sunday, **June 2, 2019**. I will continue to speak about what ordination means and we will have more details about the process to come. In the meantime, please consider the role this congregation has had in Aileen's formation – one of support, care, and homecoming during a challenging and life-changing process. And consider what it means to affirm this ministry and the good news of Unitarian Universalism in Ithaca, Central NY, and beyond!

See you on Sunday!
Rev. Margaret

March 2-31: Side with Love Collection Feminine Hygiene Products

*Some of the most needed items amongst people experiencing financial insecurity and homelessness are feminine products. Maxi pads and tampons are not covered by SNAP benefits, are expensive, and really, are an absolute necessity for women and girls every month. During Women's History Month we will be collecting maxi pads, tampons, and reusable and disposable menstrual cups during our first hymn all **five Sundays in March!** These items will be distributed to various local organizations: Planned Parenthood, The Advocacy Center, and St. Johns Community Services (formerly Rescue Mission).*

Soul Matters Material for March on "Resilience"

Our March worship theme at First Unitarian Society of Ithaca is Resilience. This month's packet includes a few short readings, spiritual exercises, and discussion questions for you to consider. Here is the link:
<https://tinyurl.com/ithaca-resilience>

Red Cross Blood Drive Thursday, March 21

Fuel your community! At the Community Blood Drive on Thursday, **March 21**, from 1-6 pm in the Parlor. Sponsored by the American Red Cross. Please call 1-800-REDCROSS or visit their website at www.redcrossblood.org to make an appointment. Walk-ins welcome.

Did you know... 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, <https://www.facebook.com/FUSofI>, Instagram www.instagram.com/ithacauus and Twitter, @IthacaUUs.

Religious Exploration News

For information about Religious Exploration, please contact Susanne Quagliata at drefusit@gmail.com or 607-273-7521, ext. 23.

From Susanne Quagliata, Acting Director of Religious Exploration

I am excited to announce that FUSIT will be offering the Our Whole Lives program to youth in grades 7 & 8 and grades 10 & 11 next year. Our Whole Lives is a program of lifespan sexuality education with curricula for all ages. OWL takes a holistic view of sexuality. It provides accurate, age appropriate information while helping people clarify their values, build interpersonal skills, and understand the spiritual, emotional, and social aspects of sexuality.

Reverend Margaret, four volunteers, and I will receive training this March. We are partnering with UCC and will be offering the courses in conjunction with their volunteers and youth. To find out more about OWL visit <https://www.uua.org/re/owl>.

Faith at Home

For about two years my family has been lighting a chalice at dinnertime most nights. Our kids have really gotten into it and we take turns going around saying what we are grateful for. What spiritual practices, routines, and or reminders of our Unitarian Universalist faith are present in your home?

Please jot me a quick note or post to the FUSIT Facebook page. I would love to compile a list and share it with the entire congregation.

March Book Suggestions for Children & Youth

La Frontera: My Journey with Papa by Deborah Mills and Alfredo Alva (ages 3-11)

"Join a young boy and his father on an arduous journey from Mexico to the United States in the 1980s to find a new life." (inSpirit Bookstore UUA)

Hatchet by Gary Paulsen (grades 4-8)

"A story of survival and of transformation, this riveting book has sparked many a reader's interest in venturing into the wild." (Scholastic)

*Be sure to check out the FUSIT library books on display at the RE table each Sunday. The books align with our worship theme or special events happening that month. There will be selections for both youth and adults and you can even sign them out!

Religious Exploration Schedule for Children/Youth

March 3: Classroom Sunday

March 10: Classroom Sunday

March 17: Classroom Sunday

March 24: Multigenerational Sunday

March 31: Classroom Sunday

Joys and Sorrows

Our thoughts are with Matt Hare and his family on his mother's recent passing.

Our thoughts are with the family of Edgar Gasteiger upon his recent passing at the age of 99 years old. His family asks that stories and memories be shared, but no gifts or flowers. A donation to the Nature Conservancy on his behalf would be welcome.

Our thoughts are with the family of Carol Nickerson who passed away on February 15 at Hospicare in Ithaca. Information about a service will be forthcoming.

Janet Pierce has undergone treatment for Metastatic breast cancer for the last eight years. The remaining treatments were unlikely to help and a leg infection has made it impossible to try anything more. Meanwhile her liver metastases have grown. Her life expectancy is weeks or at most months, so she will begin home hospice.

She would love cards and letters at 149 Brooks Road, King Ferry NY 13081, but no visits please until she is home from the hospital.

Thanks to...

... Beth Howard for agreeing to take over the scheduling of our volunteers for the Ithaca Kitchen Cupboard.

... to those who made cards for families at the border. We sent off 35 cards to them!

... to everyone who donated undies for the Side with Love collection in January! We collected over 260 pairs as well as some other personal items.

... to the members of the congregation who visited with Carol Nickerson at Hospicare before her recent passing.

... for the Friday SGM for preparing 60 lunches for the Day Center (formerly called the Friendship Center) in March.

... Team 1 under Coordinators Helen Ann Yunis and Pat Evans for greeting, ushering, snack providing, coffee prepping and cleaning up after the Sunday services on January 20, and to Team 2 under Coordinators Donna Faivre-Roberts and Tom Roberts for taking on those tasks on January 27, and February 3 and 10.

Snack providers, please remember to provide a list of potentially sensitive ingredients.

If you are not currently part of a Hospitality Team, please see Pat Evans or John Gaines on Sunday or get in touch with Pat at patevans46@gmail.com or John at (607) 898-3943 or at jag222@cornell.edu.



All Church Night March 13th!

On the second Wednesday of each month, we will gather for a **Potluck Dinner at 5:30 pm in the Parlor & many teams will have their meetings.**

We will be offering free childcare!

A great opportunity for multi-team collaboration, welcoming of newcomers and families, and engaging together in community. We hope you'll join us!

Please bring a dish to share.

The following teams will participate in our All Church Night on **March 13th!**

If you'd like YOUR ministry team to participate in the All Church Night, have your team leader speak with Rev. Margaret.

Team/Committee	Time Slot
Aesthetics Team	6:30-7:30 pm
Music Team	6:30-7:30 pm
Religious Exploration Team	6:30-7:30 pm
Environmental Interests Circle	6:30-7:30 pm
Teen Team (HS Youth Group)	6:30-7:30 pm
Finance and Endowment	6:30-7:30 pm
Community Outreach and Engagement Team	7:30-9:00 pm
Care Team	7:30-9:00 pm
Buildings and Grounds	7:30-9:00 pm

Social Justice Council Meeting

The Social Justice Council will hold its regular monthly meeting on Monday, **March 11th**, from 5:30-7:30 pm in Room 122 (Francis Ellen Watkins Harper Room). Come to learn what our various action teams are doing, and participate in choosing the recipient of each month's "Sharing Sunday" and to enjoy good sociability and conversation. All are welcome!

Environmental Interests Circle Book Discussion Group

The Environmental Interests Group will host their second book discussion of the UUA Common Read *Justice on Earth* on Tuesday, **March 12th** from 6:30-7:30 in the Mark Pedersen Arch Room.

Minister

Rev. Margaret Weis
273-7521, ext. 22
minister@uuithaca.org

Religious Exploration

Susanne Quagliata, Acting Director, 273-7521, ext. 23
drefusit@gmail.com

Sexton

Sandy Soule, 272-4475

Bookkeeper

Lauren Ponzone
bookkeeper@uuithaca.org

Music Director

Stephanie Ortolano
607-708-8088
fusitmusic@gmail.com

Adult Choir Director

Jennifer Lawrence Birnbaum,
fusitchoir@gmail.com

Community Engagement and Outreach Coordinator

Sarah Buckser, 273-7521, ext 24
memcoord@uuithaca.org

President, Board of Trustees

Angela Zhang
angela.jibong@gmail.com
607-216-7162

Care Team

Molly Robbins
robbinsmolly18@gmail.com

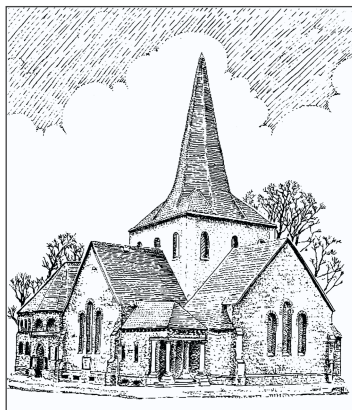
Congregational Administrator

Jessica English
273-7521 ext 21
cadmin@uuithaca.org

Administrative Assistant

Loretta Heimbuch, 273-7521
ext 28, adminasst@uuithaca.org

The First Unitarian Society of Ithaca
306 North Aurora Street
P.O. Box 6
Ithaca, NY 14851-0006



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

Drawing the Circle Wide

Annual Seaway Gathering

May 3-4, 2019

Ithaca, NY

<https://tinyurl.com/seaway2019>

**FUSIT is thrilled to be hosting this
regional annual event on May 3-4!**

Mark your calendars, this is a great opportunity to connect with other UUs in the region. We are also putting out a **request for home hospitality** for visiting participants.

Please send an email to the office if you would like to offer a place to stay for Friday night. Registration will open on **March 1st** and more info to come.

Save the Date:

Congregational Preparedness Workshop

Saturday, **March 30**, 10 am-4:00 pm
Unitarian Universalist Church of Cortland
3 Church Street, Cortland, NY 13045
Facilitated by Rev. Craig Schwallenberg

Crisis is a reality in UU congregations and communities and comes in a variety of forms such as damage to property, fires, burglaries and natural disasters. UUTRM trains congregational leaders in comprehensive congregational preparedness and assessment in UU communities.

*Sponsored by the Binghamton, Ithaca, Syracuse,
Oneonta, Utica, Athens and Cortland UU Congregations*

Lunch will be provided
RSVP to Rev. Margaret by **March 22**

Our Mission

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

Possible Ponderings ?

*The theme for March is **Resilience**.*

Possible Ponderings is an offering of ways you might consider engaging more deeply with the theme or reflecting on the ways the idea of Resilience shows up in your life. These will also be printed in the order of service each week.

March 3-9: Do you make your religious community more or less resilient?

March 10-16: What are your top five resiliency strategies? Make a list!

March 17-23: Where do you see evidence of resilience in the natural world?

March 24-30: Think of a time when you were resilient. Write about it for five minutes.

March 31-April 7: Resilience is not about bouncing back, but moving forward. How are you moving forward?

New Opportunity: Join the Kitchen Team!

Once upon a time, FUSIT had a kitchen committee (and more paid cleaning staff). As that went away, Mark Pedersen tidied the kitchen, washed dish cloths at home, and managed the leftover food.



However, those jobs are not part of any staff job description! Thank you to the volunteers who stepped in this fall to clean and organize the main kitchen: Kathy Hopkins, Beth Howard and Nancy Miller, with help from Nancy Dolge and Camila Faraday.

With that foundation, we are starting a new kitchen team! Members will take turns on a schedule to check and tidy the main and annex kitchens, and will participate in work days to deep clean them, including the appliances. The team will have the authority to manage kitchen policies, supplies, equipment, and leftover food. It isn't hard work, but it needs to be done consistently, year round, by enough people to cover all the times. Working together brings us together!

Interested? Contact Kathy Hopkins at 605-592-3025/kathy1122@gmail.com or Beth Howard at 539-3226/beth4howard@gmail.com.

Weekly Food Collection

Every week we collect dry or canned food for delivery to a local food pantry. Please bring non-perishable items to the basket which is located in the Garden Entrance.

Choir News

Below is the repertoire for **March 10th**. For those that like to plan ahead, we will NOT have rehearsal on **March 14th and 21st** and will sing on Sunday, **April 28th and May 19th**.

March 10

Prelude: The Storm is Passing Over - Tindley/Baker

Anthem: Turn the World Around - <https://www.youtube.com/watch?v=kSBYfgZmTV4>

Postlude: Resilience - Abbie Betinis - <https://www.youtube.com/watch?v=jB6c6aOGEGY>

Library News and Book of the Month

"Faith For the Unbeliever", by Daniel Chesney Kanter, is a new addition to our library and ties in with last month's theme of Faith.

FUSIT has been blessed with many donations to our library last month. Margaret Lay-Dopyera gave twenty-five books spanning the subjects of: Meditation, Mythology, Buddhism, Paganism, Atheism, UU Authors, Spirituality, and Mindfulness. Pat Court gave several books on aging and death studies. Rod Howe brought many titles from Mark's personal collection that add to our UU heritage. Thank you to all three! Susanne Quagliata and I invite you to browse the displayed books from our library during coffee hour on the RE table.

Barbara Shew

Women's Circle

The Women's Circle will meet Sunday, **March 24th**, from 12-1:30 in the Mark Pedersen Arch Room. All who identify as women are welcome at the Women's Circle. Contact Carol Whitlow at whitlowcarol@gmail.com.

Men's Group

The Men's Group meeting for January will be held on Monday, **March 25th**. All those who identify as male are invited to join us 5:30 - 7:30 pm in the Mark Pedersen Arch Room to share stories and eat some pizza. Newcomers welcome.

Contact Jens Wennberg jens207@gmail.com or Mark Piechota markpiechota45@gmail.com for information.

Babies First Spring Bake Sale

Reach out to the needy babies of Tompkins County this Spring. Help us to provide them with car seats, cribs, strollers and other large items. Working with many agencies in the County, we reach out to needy families who can not provide these themselves. We are now the only agency in Tompkins County who provides these items. Our Spring Bake sale is on two Sundays this year, **March 24 and 31**, during coffee hour. Please support our babies by purchasing a delicious treat of two.



All Bakers Needed!

If you would like to donate any jam, jelly, pickle, chutney, candy or baked item for the sale, please contact Jane McArthur at 216-2151 and be added to the list of bakers. You can drop off your goodies in the kitchen before the service on the **24th**. Thank you!

Newcomers Inspired Connected and Engaged (NICE)

Do you want to learn more about UU? Do you want to discuss the history of UU, questions about FUSIT, or what it means to be a member? Are you a newcomer or returning member looking for connection? Than N.I.C.E. Is the place for you! **Cohort 4 is the final cohort for the program year** and still has spots open and childcare is provided for all sessions. We will be meeting on 2/24, 3/3, 3/10, and 3/17 with a New Member Breakfast on 3/24. RSVP via email at memcoord@uuithaca.org. Hope to see you there!

From the Care Team

The Care Team will hold its monthly meeting on All Church Night, **March 13th**, from 7:30-9:00 pm, after the potluck dinner.

If you have questions about how you'd like to be involved, feel free to contact Molly Robbins at robbinsmolly18@gmail.com.

Are you having trouble finding enough food to eat or to feed your family? If you are experiencing food insecurity, please let Rev. Weis know or connect with Joanne Farbman, who is our volunteer that helps those of us experiencing food insecurity connect with resources in our community. Joanne can be reached via email at jsfarbman@gmail.com.

Community Outreach and Engagement Team

Is looking for new members! Our team's goal is to expand outreach to the Ithaca community and to provide a welcoming church environment for newcomers and lifelong members alike. In these troubled times our team wants help to spread the message that this congregation is a safe and supportive home for all. Members of the COE Team help put on the Newcomers Inspired Connected and Engaged Breakfasts, greet people at the welcome table, volunteer to help set up and clean up at events, and help with publicity. If you have an interest in helping bring in new families, helping congregation members to become official members, publicizing events, or helping to create events like Sunday Sundae or Ithaca Festival, please contact Sarah Buckser at memcoord@uuithaca.org.

We hope to meet you soon!

Pastoral Emergencies

In case of a pastoral emergency (death or hospitalization), the Rev. Margaret Weis can be reached at 607-218-4281 (cell) if you need to speak with her.

For non-emergency pastoral care, please contact the Care Team Chair, Molly Robbins at robbinsmolly18@gmail.com.

Additionally, if you need a ride to any event at church, please contact Molly at the numbers listed above as early as possible, so that they can contact a member who is willing to help. If you are willing to provide occasional rides for others, contact Molly to give her your name and contact information.



Adult Faith Formation Series: Spirit in Practice with Rev. Weis

***Mondays: March 18, March 25, April 1, April 15
from 6:00-8:00 pm***

Do you have a spiritual practice? Would you like to learn about the ways you can deepen in your spiritual practice? Have you ever wondered what makes something a spiritual practice? Join Rev. Weis for this four-week series. Together we will explore a variety of spiritual practices, try some out, and hopefully grow in our understanding of this idea and practice of intentionality.

Registration required via email: minister@uuithaca.org by **March 10th**.

Board of Trustees March Meeting

The Board of Trustees will hold their monthly meeting on Tuesday, **March 12th**, at 6 pm in the Parlor. All interested persons are invited to attend.

Vision of Ministry

In the year 2019-2020, the First Unitarian Society of Ithaca will project our mission of creating connections, finding inspiration, and engaging the world in the following ways:

CONNECTIONS: We will expand our commitment to shared ministry by creating opportunities for worship, community service, and religious education that build and strengthen multigenerational relationships.

INSPIRATION: We will advance opportunities for congregational faith formation by creating spaces for dialogue and reflection that help members of our community grow their Unitarian Universalist spiritual identities, build community, and embody our values and principles in their daily lives.

ENGAGE: We will strengthen and extend our commitment to service and social justice based on our UU principles; projecting our UU voice and values in Ithaca and beyond.

Book Discussion Group

The FUSIT Book Discussion Group will next meet Friday, **March 1**, in the Beatrix Potter Library Room at 12:30. The book will be *Life After Life* by Kate Atkinson.

For more information please contact Jennifer Streid-Mullen at 351-3087 or streidmull@gmail.com.

Fragrance Free Consideration

Some members of our congregation experience serious allergic reactions to strong fragrances and scents. Please refrain from using them when attending events at the First Unitarian Society of Ithaca.

**First Unitarian is a UUA-recognized (LGBTQ)
Welcoming Congregation**



Easter/Spring Flower Order Form

This year we are offering an opportunity to honor someone's memory with spring flowers for our **April 21** (Easter) Service. Each pot will contain tulips or daffodils. To contribute a plant, please fill out this form and place in the offering plate on Sunday or return to the church office by **April 17**. A list of individuals honored in this way will be listed in the order of service.

Please indicate your choice:

* I would like someone to distribute this plant to a person who would appreciate it _____

* I will pick up this plant after the service on **April 21st** _____

Your name _____

In memory of _____(optional)

In honor of _____(optional)

The cost is \$11.00 each. Please enclose your payment with this form. Thank you.



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Your name _____

In memory of _____(optional)

In honor of _____(optional)

The cost is \$11.00 each. Please enclose your payment with this form. Thank you.



Ignite Your Generosity

March is Stewardship month! Throughout the month we will celebrate the ways we "Share the Flame" of hope, generosity, love, belonging, and gratitude. Stewardship seeks to lift up the wonderful things happening here and highlight the vast potential of this community moving forward into 2020 and beyond. You will hear from members of our community about what they are most proud of, and how they engage with the worlds within and beyond the walls of our church. None of these inspiring things are possible without the flame of financial support from our beloved community. Ask yourself what you might contribute financially to upholding our values, ensuring that our good work will continue, and even ignite new possibilities in the future!

*We will celebrate the start of the campaign with a fun (dare we say fiery) event after the Sunday service on **March 10**. In the meantime, keep an eye out for emails and mailings, and of course, the bedazzled purple hat!*

Ride for Life

For 21 years, the AIDS Ride for Life has been raising money and awareness in the fight against HIV/AIDS and Harm Reduction regarding substance use. The fully supported ride is 102, 90, 69, 42, 25 or 14 miles with indoor cyclists joining around many communities!

FUSIT has a long-standing tradition of hosting the first pit stop of the ride (under the direction of Phyllis Smith-Hansen), and we will be hosting again!

This year FUSIT is creating a team of riders in memory of our beloved Mark Pedersen, who died suddenly this past fall. Our team, riding under the name "Mark Rides On" will be captained by Rod Howe, Rev. Margaret Weis, and Susan Weis!

We hope you'll sign up to ride with us – regardless of the distance you choose – and will be involved in our many training rides and socials leading up to the event on **September 6, 2019**. If you would like to be on our team, please select the team "Mark Rides On" when you fill out the registration form. If you need to register at a discounted rate, please email Rev. Margaret (minister@uuithaca.org) for more information.

Here is the registration link:
<http://aidsrideforlife.org/rider/registration>

More information to come!

Summer Sunday Service Planning Begins Now!

During the summer months our services are led by you – the people in the pews! Services take place in the parlor and feature a variety of speakers throughout the summer months. This year, Don Barber will be coordinating these services and is looking for others to join in the fun! Please contact Don if you are interested in learning more: sunnybrk@gmail.com

"Crafting Worship" Workshop with Rev. Margaret: Saturday, April 6, from 10 - 1

Ever wondered how the Sunday services come together? Curious about how to write a sermon, choose readings, or find that perfect hymn? Rev. Margaret will be offering a half-day workshop on worship planning, sermon writing, and more! This is especially great for people interested in offering a summer service or curious about what that entails!

Living Into Our Promise Offering to Benefit Black Lives of Unitarian Universalism (BLUU)

On January 13, our Sunday service focused on the ways we are called to live into our promise of Unitarian Universalism. We heard the voices of people of color within Unitarian Universalism who reflected on the ways they have been disappointed and let down, and their hopes for all of us to grow into a new reality.

We gathered our Share the Plate offering to send to BLUU to continue their important work in our movement.

Our goal was to raise \$1500 and we are almost there! Will you help us reach our goal? Thank you for your generosity!

We are asking each of you to give at least \$5 to help us reach our goal for our donation to BLUU. Will you help us get there? Please send your payments to the office (with an indication they are for BLUU), or bring them with you on Sundays this month (with an indication they are for BLUU).

Learn more about BLUU at <http://www.blacklivesuu.com>.