



ITHACA

# UUU Connections

2018/19 Issue No. 11

Summer 2019

Summer Sunday Celebrations  
at 9:30 am

Summer services begin on Sunday, **June 16th**, at 9:30 am in the Parlor, and continue throughout June, July, August, and early September with regular services beginning again on **September 8th**. Please see insert for schedule of featured summer speakers. Childcare will not be provided.

### News From The Office

*Greetings from the FUSIT Office! Some things to note as we wind down the church year.*

Beginning in mid-June, the office will only be open 9 am-5 pm on Wednesdays.

We are going to be switching our congregational database and our emailing systems this July! This is an initial heads up that we will be moving from our current email listserv to Mailchimp AND from Church DB to Breeze. More info to come so keep your eyes out for continued updates on these exciting changes!

### 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](http://www.instagram.com/ithacauus) and Twitter, @IthacaUUs.*

### Our Vision

As the Unitarian Universalist presence in Ithaca, we envision ourselves as a vibrant, dynamic community. We cherish fellow seekers, nurture open dialogue and spiritual growth, and inspire action on matters of conscience, serving as a beacon of reason and hope in our interconnected world.

## Ministerial Musings

*As you journey  
May you know  
Love and hope go with you  
Learn and grow*

These are the words to the children's blessing we've been singing during Sunday services as our young people and their teachers make their way to their classes. They illustrate our hope for all of us (of all ages) to be active participants in our learning and growth, and also show the ways that our community continues to shape us even when we aren't there.

As the weather gets warmer, many of us are preparing to go on vacation, visit family and friends, or explore these beautiful surroundings in Ithaca. As the summer months approach, we will hopefully find ourselves in new places, with new people, and connecting more with the natural world.

And so, these words are also my hope for you – that you will know that love and hope, and this congregation, are with you in all of your journeys. I hope that, as you explore and journey, you will know that you are held in this community – that you are part of it and it part of you.

We will have a great summer lineup of services on Sundays – I hope you'll check some of them out! And, we will gather again in the Sanctuary after Labor Day for our annual water service. So, while you are on your journeys and travels this summer, please remember to gather some water from a place that is inspiring, sacred, or special to you. Together we will gather them in our bowl, giving thanks for the ways that water and the natural world nourish us and connect us to something larger than ourselves.

As you journey may you know love and hope go with you – learn and grow!

*With gratitude,  
Rev. Margaret*

## Religious Exploration News

For information about Religious Exploration, please contact Susanne Quagliata at [drefusit@gmail.com](mailto:drefusit@gmail.com) or 607-273-7521, ext. 23.

### **SIDE WITH LOVE: Non-perishable Food Items**

All summer long we will be gathering non-perishable food items for the Friendship Donations Network. Friendship Donations Network collects non-perishable food items and also rescues fresh, nutritious food that would otherwise be thrown away from stores and farms and redistributes it to neighbors in need. They provide food donations to hunger relief programs that serve more than 2,000 people a week, and divert over 1,000 lbs. of good food from local landfill every day. A model of efficiency, they are almost entirely volunteer-run! Items can be placed in the basket on the table in the garden entrance.

### **Kitchen Team**

If you are looking for something that you left in the kitchen in the last year, All the Kitchen stuff has been claimed for the Recycle Sale and removed from the overflowing Lost & Found. Come buy it back at the Recycle Sale in August! :-)

### **Reminder: Intergenerational Water Communion**

Please don't forget to collect a sample of water from a special place this summer, which you can share with the congregation at the Water Communion to be held on Sunday, **September 8th**.

### **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 First Unitarian Society of Ithaca.

### **From Susanne Quagliata, Acting Director, Religious Exploration**

The upcoming church year is shaping up to be an exciting one. We aim to offer spiritually connected programming across the lifespan with theme-based curriculum and bring back two notable UU programs for our youth.

**Theme-based Curriculum.** The religious exploration program will use a theme-based curriculum this year. Children and youth will explore common themes in age-appropriate ways. This approach will help create multigenerational connections and extend faith development beyond Sunday morning. Because the religious exploration themes will be the same as the worship themes (and Soul Matters packets used by many of our Small Groups), families can continue the conversation in the car ride home or over the dinner table during the week.

**Our Whole Lives.** We will offer the Our Whole Lives (OWL) program to youth in grades 7 & 8 and grades 10 & 11 this 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.

**Coming of Age.** We will offer our 9th and 10th grade youth the opportunity to participate in a Coming of Age program. Coming of Age is a year-long curriculum for teenagers designed to help them to learn more about Unitarian Universalism and articulate their own beliefs. A Coming of Age ceremony, held in the spring, will feature the youth reading their statements of personal belief to the congregation.

This range of programming will require many volunteers. Please contact Susanne Quagliata today if you are interested in being a positive influence in the lives of our children. Our volunteers consistently report receiving as much from our children and youth as they give.

#### **2019-2020 Themes**

September: Vision  
October: Sanctuary  
November: Memory  
December: Mystery  
January: Possibility  
February: Trust  
March: Journey  
April: Wholeness  
May: Curiosity  
June: Beauty

**Volunteers Needed!**



### **Pastoral Emergencies during the Summer**

In case of a pastoral emergency (death or hospitalization), contact Rev. Margaret Weis at 607-218-4281

For non-emergency pastoral care, please contact the office at 607-273-7521, ext. 21

## Joy and Sorrows

We hold in our hearts family and friends of John Feaveyear, who recently passed away peacefully with his family by his side.

### Thanks to...

... all who donated in May to our Side with Love collection, "Soap for Hope". We gathered 334 personal care items!

...the clean-up crew who helped with our Spring Cleaning work day on May 18! We weeded, pruned, dusted, swept, mopped, wiped, sanitized toys, cleaned gutters, checked under the pew cushions for trash, and climbed up inside the steeple to take out the insulation for the summer. Thank you to Sara and Simon Catterall, Paul Drewry, Liz Einstein, Scott Grover, Beth Howard, Judy Jones, Mary Kirkpatrick, Dick Kurtz, Magdalen Lindeberg, Keith Perry, Tom Roberts, and Kim and Merit Wilkinson!

... Team 2, under Co-Coordinator Donna Faivre-Robers and Tom Roberts, for greeting, ushering, snack providing, coffee prepping and cleaning up after the Sunday services on May 19 and 26 and June 2 and 9.

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

### **Rev. Margaret has given us an assignment, part of a new tradition of Radical Inclusion/Radical Hospitality:**

During Coffee Hour each week extend a greeting to and start a conversation with someone you do not know or do not know well. After you have done this you are free to talk with friends or work on church business. We want to continue becoming The Welcoming Congregation.

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](mailto:patevans46@gmail.com) or John at (607) 898-3943 or at [jag222@cornell.edu](mailto:jag222@cornell.edu).

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

## Summer Office Hours

*The office will be closed, except for Wednesdays, for the remainder of the summer, starting the week of **June 17th**. On **August 21st** the office will reopen for full time hours again.*

*During the summer, if you have any questions or if you need help or information from any of the staff, you may leave a message on the answering machine, which will be monitored regularly by the staff.*

*To leave messages for the office please call 607-273-7521, ext. 21.*

## Ride for Life - September 7, 2019

This year FUSIT will have a team riding in memory of Mark Pedersen called "Mark Rides On".

Interested in riding with us?

Register here: <http://aidsrideforlife.org/rider/registration> and choose "Mark Rides On" for your team.

Interested in helping out at the pit stop at King Ferry Winery? Register here: <http://aidsrideforlife.org/volunteer/registration>

Help us raise money for the Southern Tier AIDS Program, remember our dear Mark, and gather in community for this amazing cause.

*Pit Stop Coordinator: Phyllis Smith-Hansen*

*Mark Rides On Team Captains: Rod Howe, Margaret Weis, Susan Weis*



## Green Tip from the Environmental Interests Circle

There are many ways to significantly improve your car's fuel efficiency. Minimize idling, high-speed driving, and fast starts, keep the car well-tuned and its tires well-inflated, avoid transporting heavy items more than necessary, and park in the shade when possible on hot days. Keep track of your car's fuel economy by regularly dividing the number of miles driven between gas fill-ups by the number of gallons purchased; a decrease may indicate engine trouble.

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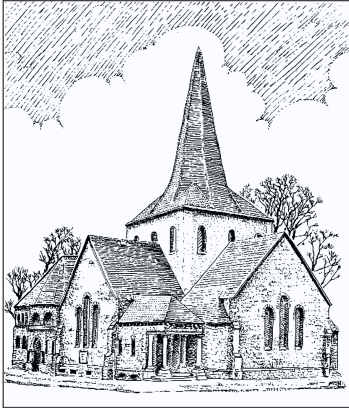
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your newsletter:  
[www.uuithaca.org](http://www.uuithaca.org)

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### **Men's Group**

The Men's Group meeting for July will be held on Monday, **July 22**. All those who identify as male are invited to join us 5:30-7:30 pm in the Fulgence Ndagijimana Room (formerly the HS Room) to share stories and eat some pizza. The August meeting will take place at Unirondack. Newcomers welcome.

Contact Jens Wennberg [jens207@gmail.com](mailto:jens207@gmail.com) or Mark Piechota [markpiechota45@gmail.com](mailto:markpiechota45@gmail.com) for information.

### **Book Discussion Group**

The group is taking a break during the summer, but will reconvene in **September**. Contact Jennifer Streid-Mullen at 351-3087 or [streidmull@gmail.com](mailto:streidmull@gmail.com).

### **Women's Circle**

Women's Circle will have a social gathering at Carol Whitlow's home sometime in June or July, date and time to be determined. Watch for email and listserv announcements. Anyone who identifies as female is welcome. Contact Nancy Miller [ananda7733@gmail.com](mailto:ananda7733@gmail.com).

### **Volunteers Needed to Prepare 'Day Center' Lunches**

*We need four volunteers to make and deliver 15 bag lunches each to the St. John's Community Services Day Center on **July 2 and August 6**.*

Volunteers may be individuals, families, or groups of any kind. You would buy supplies, make the lunches no more than 24 hours before delivery, and deliver them between 9:30 and 11:30 am to 618 W. State Street in Ithaca.

The Day Center is a drop-in assistance center for Ithacans who are homeless or otherwise in need. FUSIT provides 60 lunches (four volunteers making 15 lunches each) on the first Tuesday of every month.

Each lunch includes a sandwich, a piece of soft fruit, and a cookie or other small dessert, and should be substantial since the recipients may not get another full meal that day. All foods should be easy to chew.

Please contact Jackie Jablonski at [jackiejab@me.com](mailto:jackiejab@me.com) for specific sandwich preparation instructions, if you have questions and/or would like the Social Justice Council to reimburse your expenses.

### **First Unitarian's participation in the 2019 Ithaca Festival Parade and Booth was a Success!**

Thank you to all who marched in the Ithaca Festival Parade with the UUUU and Friends, many of whom were wearing the gold 'Side with Love' T-shirt! Our fabulous volunteers pulled together at the booth on Saturday and we helped Ithaca Festival goers create sharpie-tie-dye prayer flags. This was an engaging and popular activity that the community has come to expect each year. It was so much FUN and we made a splash with our wildflower seeds and stickers.



## Grand Recycle Sale August 17-19, 2019

Connect, Inspire, Engage

Summer at FUSIT is all about the Recycle Sale bursting forth and taking over every corner of our buildings. Summer will be upon us soon now that green is everywhere.

**Connect** – In June connect with your extra stuff in attics, basements, garages, barns and closets and decide what has to go! Then **donate to the Recycle Sale!** See insert for Intake dates & times plus guidelines. Connect by **Volunteering for intakes, sorting, or during the sale or clean-up!**

**Inspire** – In June find inspiration by joining others to make this huge undertaking start to unfold.

**Engage** – In June and July, engage with others in our congregation as you bring in your stuff or by helping out at Intakes. Engage with the Sign-up-Genius to sign up for specific dates to work in August.

*If many of us volunteer just a few hours of our time for the Sale, it is fun and easy to make this amazing fundraiser happen for our community. It truly takes a village.....And you can be part of it!*

Feel free to contact co-chairs, Nancy Miller, [ananda7733@gmail.com](mailto:ananda7733@gmail.com) 607 539-7733 or Sue Roenke [sue.roenke@gmail.com](mailto:sue.roenke@gmail.com) 607 351-8186 for further information. Talk to us at coffee hour or at the picnic on Sunday, **June 9th.**

### Intake dates

are at the Garden Entrance from  
6-8 pm on June 25, July 10, July 23 and  
August 7 and 11 am-2 pm on August 11.

### UU Summer Camps

Summer camps in the region include Unirondack, Rowe, Ferry Beach, Star Island, and Murray Grove. And don't ignore DeBenneville Pines in California, U-Bar-U in Texas, Unistar in Minnesota, or The Mountain and Shelter Neck in North Carolina. Many centers have year-round programs. Information for many camps is available on the Buffalo Street bulletin board and near the front door to the church office.

### Welcome New Members

Please give a warm welcome to these new members who recently signed the membership book: Megan Conway, Patricia Jackson, Alexis Lord and Emily Richards.

### 2019 Annual Meeting Results

At the May 29th meeting 50 members were in attendance along with a number of other congregants. The following were discussed and voted upon:

- The 2019-20 Proposed Budget was passed as posted.
- Elton Hall, Diane Nier and Lyn Staack were elected to the Board for three year terms
- Fred Balfour, Beth Howard and Arthur Woll were elected to the Nominating Committee for three year terms.
- Geoff Dunn and Kathy Hopkins were elected to the Nominating Committee for two year terms.

### FUSIT's 2019 Summer Gathering!

*Join community members for summer fun, a dish-to-pass dinner and good conversation*

#### Where?

The Ellis Hollow Community Center (Genung Rd.)

#### What?

A mid-summer opportunity to connect, inspire & engage

#### When?

**Saturday, August 10**

Dish-to-pass 5:30, but come early to play and be together

#### Interested in Cornell's famous BBQ Chicken?

Grillmaster David Salomon is going to fire up the pit and cook 50 halves, let Wendy know by August 3rd how many you want (\$7/half). We'll cook more if interest demands.

#### Ideas of things to bring:

Lawn chair, Frisbee, lawn games, picnic blanket, ukulele, board games, campfire songbook, your favorite beverages (adult or otherwise), bathing suit & towel, flashlight, etc.

#### Rain or shine, under the pavilion;

Handicap accessible; Pool is available for use  
The EHCC is a Pack-in/Pack-out facility. **Bring plates/utensils, and take it all home**

*Questions? Want to reserve chicken halves?*

*Want to be part of the pit crew, or help set-up/clean-up?*

Contact Wendy at 646.831.6775 or  
[wendysalomon15@gmail.com](mailto:wendysalomon15@gmail.com)





## 2019 Summer Services and Guest Speakers

FUSIT will again be holding Summer Celebrations at 9:30 am in the Parlor from **June 16th through September 1st**. Each presentation will be followed by a congregational response time and social hour. Here are this summer's presenters and additional information we have as of this printing. Life has a way of presenting challenges all year long. Join us for this variety of presenters telling their stories. Along with quality musicians, it is a much needed respite. Childcare and Religious Exploration are taking the summer off. Fidget kits and coloring pages will be available.

**June 16** *Fred Balfour, "Coping — What, Me Worry About Aging?"*

*Special music by Decho Ensemble, saxophones*

**June 23** *Nancy Miller "Coping: Reproductive Rights"*

*Special music by Janine Willis and Friends vocal ensemble*

**June 30** *Magdalen Lindeberg "Laughter in the Darkness"*

Magdalen will reflect on the role of humor as a life-affirming and subversive force

*Special music by Russell Posegate, piano*

**July 7** *Veronica Richter "Comfort, If Not a Cure"*

A story of finding identity and purpose, from a period of homelessness to a top law school.

**July 14** *Rev. Margaret Weis "Balancing Spirit, Mind and Body"*

In living the human condition, we are faced with the daily challenge of finding balance in our minds, bodies, and spirits. Together we will reflect on how we might strike that balance, what helps keep us in line, and what to do when life knocks us off-course.

**July 21** *Bob Parks "The Wisdom of Coping"*

Is coping the best we can do? Maybe

**July 28** *Molly Robbins "Grow Through What You Go Through"*

Coping with the seemingly un-copable; then finding post traumatic growth

*Special music by Matt White, woodwinds*

**August 4** *Andrew Quagliata, "Living Life after the Death of Someone You Love"*

**August 11** *Walt Peck "Ithaca at Last"*

For what was Homer's Odysseus searching? What lesson can we learn from his journey that can help us cope even today?

**August 18<sup>th</sup>** *Grand Recycling Sale*

**August 25** *Janet Shortall "Savoring Joy: The Antidote to Just Surviving"*

*Special music by Emily DiAngelo, oboe*

**September 1** *Michelle Courtney Berry "Building Resiliency Despite Adversity"*

*Special music by Samuel Smith, piano*