



ITHACA

UU Connections

2019 / 2020 Issue No.1

September 2019

Sunday Celebrations at 10:30 am

September 1 (last summer service at 9:30 am):

Savoring the Joy: Antidote To Just Surviving,

Rev. Janet Shortall

Special music by Samuel Smith, piano

Sunday, September 8: *Envisioning the Voyage: An Ingathering Water Service*, Rev. Margaret Weis

As we gather together after a long summer, how do we envision ourselves on this vast ocean of possibility? Alone or together? Steady or rocking? How does that inform our shared experience and vision? Please bring some water from a place that is healing, sacred, or inspiring to you. We will gather our water together during our water service.

Special music by the Unitarian Universalist Ukulele Union

Sunday, September 15: *Sankofa: The Practice of Past and Future*, Rev. Margaret Weis

In order to move forward we must first appreciate from where we have come. In the Twi language of Ghana there is a word “Sankofa” which means “go back and get it.” What would this practice mean for us as a community of faith and intention? What might it mean for each of us as individuals?

Blessing of the Backpacks

Sunday, September 22: *Awakening Vision*, Rev. Margaret Weis

Our Unitarian Universalist faith asks us to focus more on who we want to be rather than what we believe. How does this impact our creation of a vision for the future?

Special music by the FUSIT Choir

Sunday, September 29: Pulpit Swap!

Rev. Margaret is swapping pulpits with her colleague from Canton, New York – just for the day!

Getting Out of Our Own Way,

Rev. James Galasinski

Culturally, we are taught to look out for old Number One. Yet recent psychedelic experiments point to the experience of self-transcendence as a remedy for depression and anxiety. There is a depth of meaning found in transcending our individuality and feeling a larger sense of the whole.

Ministerial Musings

Life is like riding a bicycle. To keep your balance, you must keep moving.
-Albert Einstein

Much of my summer has been spent balancing on two wheels. Although I have traveled a bit, done some professional development, and taken some time with family and friends— Susan and I have also been training a lot for the Ride for Life.

Our team “Mark Rides On,” riding in honor of our beloved Mark who left us too soon, has been working diligently this summer to rack up the miles and prepare to ride in his memory. This has been an effort of will, of commitment, and of deep gratitude – to ride in memory of a person who inspired a great vision of a world of justice, kindness, and equity. At this writing, our team is the highest fundraiser for STAP! We hope to maintain this status and exceed our goal – please consider donating to our team here: <https://southerntieraidprogram.salsalabs.org/aidsrideforlife2019/t/markrideson>

While training and riding, I have had a lot of time to reflect on the power of a community coming together amidst loss. I have had the chance to think about how pushing through difficult things can build strength and resilience. I am grateful for this time for reflection, strengthening, and memory.

When riding a bike, one must look ahead – not too far (you could end up in a pothole) and not too close (if you’re staring at your wheel, you’ll wobble and probably fall down). This idea complements Einstein’s quote about life – to keep your balance you must look just far ahead enough to guide you into the future, and you must always keep moving.

And so it is with us here at FUSIT. This year we will be embarking on a journey of planning and mapping our values, guided by the board and a designated team. This journey will encourage us to do a little bit of navel-gazing: Who are we as a congregation? What do we hold dear? It will also require a bit of gazing outward, beyond our front wheel: Who do we strive to be? How can we shape our shared vision for the future?

I’m looking forward to embarking on this journey with you all – cheering one another on, pushing through the hills, and having some fun along the way!

Oh, and we hope to see you at the Ride for Life on **September 7th!**

Keep moving!
Rev. Margaret

Religious Exploration News

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

SIDE WITH LOVE: School Supplies

*During the month of **September** we will be gathering school supplies for the Greater Ithaca Activity Center (GIAC) and other programs that help young students in our community. Please bring brand new school supplies (pencils, pens, crayons, notebooks, index cards, erasers, etc) to service with you each Sunday and we will gather the items during worship. Thank you for helping our community's children and youth enrich their minds and their education!*

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.

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.

From Susanne Quagliata, Acting Director, Religious Exploration

I hope you have had a peaceful summer. My family and I managed to spend time on four of the Finger Lakes, and I capped the summer off by swimming across Cayuga Lake in the Women Swimmin' for Hospicare event.

As many of you know, I took on the role of Acting Director of Religious Exploration around this time last year. My intent was to fill in for the year until we could find a permanent replacement. However, for a variety of reasons, last year was a busy year and we never posted the position. I plan to continue in this role for the upcoming church year while the Rev. Margaret and the RE Team conduct a search for a qualified candidate.

The upcoming church year is shaping up to be another exciting year. As always, the range of programming will require many volunteers. Please contact me 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.

Pre-school to Sixth Grade

Youth will explore common themes in age-appropriate ways across four classrooms. 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.

Grades 7 & 8

Youth in grades 7 & 8 will have the opportunity to participate in the Our Whole Lives (OWL) program on Sunday afternoons. Seventh and eighth graders are welcome to join us in service on Sunday mornings or volunteers in other ways.

Grades 9 to 12

Our Youth Group will meet every Sunday during service and be lead by Jeannie O'Neill. Jeannie grew up in our church and is excited to give back by reinvigorating this program. Once a month the group will explore the Soul Matters theme using a Small Group Ministry format. Members of the First Sunday Small Group will help facilitate those discussions.

Grades 9 & 10

Youth in grades 9 & 10 will have 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. We will hold an informational meeting in October.

Grades 10 & 11

Youth in grades 10 & 11 will have the opportunity to participate in the Our Whole Lives (OWL) program on Sunday afternoons.

Religious Exploration Schedule for Children/Youth

September 1: Last Summer Service / Unirondack
September 8: Multigenerational Service (Water Communion)
September 15: Creative Sunday (with singing and making musical instruments)
September 22: Creative Sunday (Autumnal Equinox, arrive at 10 am to rehearse)
September 29: Creative Sunday (Vision)

Creative Sundays, designed for children ages 5 to 10, involve art, music, dance, or some other hands on activity related to the month's worship theme.

About Our Whole Lives

In partnership with First Congregational Church of Ithaca, we are offering 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. If you missed the registration deadline for your child, contact Susanne as soon as possible.

Joy and Sorrows

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

Thanks to...

... all those Hospitality Team members who helped with greeting, ushering, snack providing, coffee preparation and clean up after the Sunday summer services.

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

As 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 or John at (607) 898-3943 or at jag222@cornell.edu.

Important: Parking

There are nineteen parking spaces available in the parking lot of the Thaler Building (310 N. Aurora St.) which are available to those attending this church and ONLY ON SUNDAY MORNINGS. We may use the eight spaces adjacent to the "office wing" (the old Parish House) and eleven spaces near Tioga Street west of the Thaler Building. Please do not park in the driveway area (even if you see parking spaces marked there) or the entrance area of the Thaler Building. Also, the parking meters in front of the Parish House on Aurora Street and the first one beside the church on Buffalo Street are reserved for people with disabilities. Please observe these reserved parking spaces.

Our Mission

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

Sundae Sunday is September 22!

It's that time of year again. Time to celebrate Sundae Sunday/Porchfest!

This **September 22nd** from 12:00-2:00 pm we will be handing out free ice cream sundaes with toppings in the parking lot next to the Parish House (the Thaler and Thaler lot). Live music will be provided by our own Unitarian Universalist Ukelele Union and the Better Weather String Band! We hope that you will join us for this fun, delicious event! If you feel like getting even more involved, email Sarah Buckser at memcoord@uuithaca.org to volunteer as a scooper, runner, topper, or for set up/tear down. Or keep your eyes open for the sign-up genius that will be going out in a few weeks. Get ready for a great time! Bring your family and friends and enjoy some ice cream in the September sunshine!

Ride for Life - September 7, 2019

Come cheer on the team riding in memory of Mark Pedersen called "Mark Rides On".

Help us raise money for the Southern Tier AIDS Program, remember our dear Mark, and gather in community for this amazing cause. You can now use the link below and donate to one of the riders on the team! Help us reach our goal to be the top fundraising team this year.

<https://southerntieraidspg.org/salsalabs.org/aidsrideforlife2019/t/markrideson/index.html>

Contact Pit Stop Coordinator: Phyllis Smith-Hansen at psmithhansen@hotmail.com

Mark Rides On Team Captains are Rod Howe, Margaret Weis and Susan Weis

Board of Trustees September Meeting

The Board of Trustees will hold their monthly meeting on Tuesday, **September 10**, at 6 pm in the Parlor. All interested persons are invited to attend.



Green Tip from the Environmental Interests Circle

When replacing a faucet, showerhead, toilet, or sprinkler body, look for models bearing the EPA WaterSense label, which indicates verified high water-efficiency. See the WaterSense website for more information and listings of certified products.

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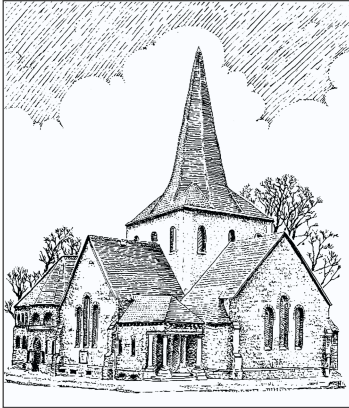
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First Unitarian is a UUA-
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(LGBTQ) Welcoming
Congregation

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

Men's Group

The Men's Group meeting for July will be held on Monday, **September 23**. 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.

Contact Jens Wennberg jens207@gmail.com or Carston Hess carston@hess.att for information.

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.

Book Discussion Group

After taking a break during the summer, the group will reconvene on Friday, **September 6**, to discuss the book "*The Power*" by Naomi Alderman. The meeting will take place at 12:30 pm in the Beatrix Potter Library Room. Contact Jennifer Streid-Mullen at 351-3087 or streidmull@gmail.com.

Women's Circle

Women's Circle will meet on Sunday, **September 22**, from 12-1:30 in the Mark Pedersen Arch Room. Anyone who identifies as female is welcome. Contact Nancy Miller ananda7733@gmail.com.

Social Justice Council Meeting

The Social Justice Council will hold its regular monthly meeting on Monday, **September 9**, 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 to participate in choosing the recipient of the monthly "Sharing Sunday," and to enjoy good sociability and conversation. All are welcome!

Soul Matters Material for September on "Vision"

Our September worship theme at First Unitarian Society of Ithaca is Vision. 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-Vision>

MUSIC NEWS

Choir News

I hope you've all had a wonderful summer full of sunsets and waterfalls. Mine has been spent traveling, hosting family and friends visiting from near and far, time by the lake, and making music. I spent a long weekend at a Justice Choir leaders retreat in Wisconsin and also returned Massachusetts ACDA conference. I can't wait to share all that I have learned with you!

Rehearsals Beginning in September

We will begin rehearsing this season on Thursday, **September 5th** from 7:30-9:00 pm in the Annex.

2019-2020 Choir Dates

September 22

October 27

November 17

December 22

December 24 (Sage Chapel evening service)

January 12

February 9

March 15

April 19

May 17

A reminder that you can join choir for a month at a time! Just commit to coming for the 3-5 rehearsals before each Choir Sunday. New members excitedly welcome (especially tenors)!

Want to sign up? Have a question? Contact Jennifer

Musical opportunities for kids at FUSIT this fall!

September 15th is our first Creative Sunday this year and we would like to invite all of our young members to join us for music and instrument making.

We will be making instruments and learning songs to sing both at Porchfest with the UUUU and as the Prelude during our **September 22nd** service.

And we are thrilled to offer a new opportunity for music making, a FUSIT Children's Choir beginning this fall for ages 5 and up with Emily Richards. Details will be forthcoming.

UUUU (Unitarian Universalist Ukulele Union)

The UUUUs will play once a month during the service on the 1st Sunday. For more information, please contact Stephanie Ortolano at fusitmusic@gmail.com.

Possible Ponderings



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

September 1-7: What vision has been with you since you were a child? How has it both changed and remained the same?

September 8-14: "Once there were three bricklayers. Each one of them was asked what they were doing. The first man answered gruffly, 'I'm laying bricks.' The second man replied, 'I'm putting up a wall.' But the third man said enthusiastically and with pride, 'I'm building a cathedral.'" Are you sure you are just laying bricks? What "brick" or "wall" is asking you to see a "cathedral" in it?

September 15-21: Wayne Dyer writes, "If you change the way you look at things, the things you look at change." What in your life needs another look? What if you started with the things you are most sure about?

September 22-28: How is the season of fall a time of vision for you? How does this season of harvest and turning of leaves allow you to "see" differently?

September 29-October 5: Is the speed and pace of your daily routine blurring your vision? Could the secret to finding clear sight be slowing down?

New Board President of FUSIT

Andy Turner will be the new FUSIT Board President for the coming year. Andy joined the Board in 2018 and began serving on the Executive Committee as Vice-President this past year. Andy is originally from Western NY, growing up near Letchworth State Park. He has a 30 year career in Cornell Cooperative Extension, living and working in the Hudson Valley and Catskill region before coming to Cornell in 2012 with partner Anne Horst and daughter Madeline Turner to join the state Cooperative Extension team at Cornell. Andy moved to the College of Human Ecology in 2014 when we was named Director of the NYS 4-H Youth Development program, the position he holds now. In addition to his work with the FUSIT board Andy participates in a small group, supports the Recycle Sale and provides support to Hazel's Backyard.

"Newcomers Inspired Connected and Engaged (NICE)"

We will host a 3-class series designed for YOU to become Inspired by our liberal faith, Connect with other newcomers, and Engage with your spiritual self. Classes are conveniently scheduled on Sundays after service from 12-1:30 pm. Bring your lunch, explore UUism and share great conversation!

Session one of our "NICE: Newcomers, Inspired, Connected and Engaged" series is on **September 29th**. Other sessions are scheduled for **October 6** and **October 13**. Contact Sarah at memcoord@uuithaca.org to sign up.

2019-2020

Monthly Newsletter Deadlines

August 15 -covers September 1-30
September 12 -covers October 1-31
October 17 -covers November 1-30
November 14 -covers December 1-31
December 12 -covers January 1-31
January 16 -covers February 1-29
February 13 -covers March 1-31
March 13 -covers April 1-30
April 17 -covers May 1-31
May 15 -covers June 1-11
May 29 -covers Summer 2020

Diners Club 2019: Come Dine with Us!

Diners Club is a wonderful way for adult members to get to know each other better while eating delicious food! As a Diners Club member, you participate in up to six small dish-to-pass dinners between October and May. Dinners are held in members' homes with each participant bringing part of the meal. Each month, new dining groups are created, providing the opportunity to dine with a variety of members throughout the year.

On Sundays, **September 8th and 15th** you will be able to sign-up in the Parlor. You can also sign-up by contacting the coordinator, Jane Koestler, at j.e.koestler@gmail.com or Jessica English in the Church Office at 273-7521, ext. 21. The October dinner assignments will be e-mailed to members in late September.

Hope you can join us!

Five Wishes: Planning Ahead for End of Life

Join Rev. Margaret in a five-part series to explore the conversations and things to consider around end of life. This series will utilize the Five Wishes packet and aims to guide participants through having discussions with loved ones, expressing one's wishes, and planning for one's end of life. Please sign up by emailing Rev. Margaret at minister@uuihaca.org. **Wednesdays in October** from 6-7:30pm in the Parlor.



Thanks to All Who Helped with the Grand Recycle Sale!

The 2019 Recycle Sale was once again a tremendous success thanks to all the amazing volunteers and co-chairs who spent hundreds of hours receiving, sorting, pricing, selling and cleaning up for this important fund raising event. Kudos to all who assisted in this gargantuan effort!

Soul Matters Drop-In Group Sunday, September 15

Jennifer Streid-Mullen and Susanne Quagliata will be running a drop-in Soul Matters group monthly this fall, for anyone interested. Come and delve into a deep sharing and listening to each other on the topic of the month's Soul Matters package, and explore the theme of our Sunday services and RE program at a deeper level. The group format will echo a typical Small Group Ministry session, which will be explained. We will meet Sunday, **September 15, 12:15-1:30**, in the Mark Pedersen Arch Room. The topic for September is Vision. You are welcome to bring lunch or food to munch on.

Racism Anyone?

Have you noticed ... ?

- race and racism are front and center in American society these days?
- racial issues have been very much in our local news recently?
- our own congregation is not exactly racially diverse?

In America, most white people don't ever have to think about race. But most people of color face racial prejudice and racially-based injustice every single day. If you are concerned, outraged, or just want to better understand the role of race in our town, our country, our world, read on ...

A planning meeting for a **Monthly Series on Race and Racism** will take place Wednesday, **August 28**, at 4 pm. Then beginning with Tuesday, **September 24**, meetings will be held on the 4th Tuesday of every month at 6:30 pm in the Parlor. All are welcome. If you would be interested in helping to lead or facilitate one session, or if you would like to be added to an email list to receive future FUSIT race-related information, contact Beth Howard at beth4howard@gmail.com.

Nametags

If you have misplaced your nametag, simply complete the form available on the table near the nametag cabinet on Sundays. The nametag will be waiting for you the next Sunday at the location you select. Please select one location where your nametag will be found, in whichever cabinet you place it. If you would like a pink triangle or rainbow ribbon affixed to your nametag, indicating your support for the lesbian, gay, bisexual and transgender communities, you may indicate this on the nametag request form.

Volunteers Needed to Make Lunches for St. John's Community Service Day Center

*We need four volunteers to make and deliver 15 bag lunches each to the St. John's Community Services Day Center on **October 1st and November 5th**.*

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.

Each lunch will include 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. The center asks that we make a simple list of the foods on the outside of the bag, so its staff can accommodate preferences and allergies.

The Day Center is a drop-in assistance center for Ithacans who are homeless or otherwise in need, run by the Rescue Mission Alliance of Syracuse. It provides assistance in landlord-tenant disputes, locating housing and obtaining social benefits, and free bag lunches twice a week.

Our congregation helps by providing 60 lunches (four volunteers making 15 lunches each) on the first Tuesday of every month.

If you have questions and/or would like Social Justice Council to reimburse your expenses, please contact Jackie Jablonski at ackiejab@me.com.