



ITHACA

UU Connections

2022/2023 Issue No. 2

October 1-31, 2022

Message from Associate Director of Congregational Life

On Sunday, September 11th, we held the first in-person gathering of the new church year at First Unitarian Society of Ithaca. As the new Associate Director of Congregational Life, I had the opportunity to participate in and bear witness to the expression of healing and love that surrounded the water communion.

Members brought to the service a small amount of water from a special place and, one by one, poured their water into a large bowl, saying a few words about where the water was from and what the water meant to them.

More than the specific words each person spoke or the simple act of mingling water, I heard the pouring out of love, joy, and belonging - belonging, our theme for the month.

"If we have no peace, it is because we have forgotten we belong to one another." Mother Theresa

The gentle, almost holy sound of the converging waters filled my ears and heart and brought us together, deepening our sense of belonging. Each person was invited into a space of peace; we waded through the water - "the troubled water," meaning that our journey toward the shores of spirituality is not always easy, but this perfect ceremony reminded us that we wade together.

The waters of belonging are deep; the reality is divine and profound; it touches us all. Through the love within our families and friendships, the love and respect we have for one another in this congregation, and the spirit behind why we are on this earth together, we can rest assured that we truly belong.

*Peace always,
Rev. Peaches Gillette*



Living the Pledge to End Racism Workshop
Sunday evenings 5:30 to 7:30 pm
October 9 - November 13

Now that FUSIT has committed to action on racism by adopting the 8th Principle, the Living the Pledge workshop is a perfect way for you to explore how you can get involved. Those who have taken the workshop have found it worthwhile and challenging.

You will learn:

- *more than you might already know about the history of race in this country
- *about your own unconscious biases
- *how to respond when you encounter racist actions or words
- *what Black Lives Matter really means
- *how you might help work for greater racial understanding and justice.

This fall's workshop will take place over six consecutive Sunday evenings. Each session runs two hours. It is necessary to commit to all six sessions.

To register: [click HERE](#).

For questions and more information contact Peggy McKernan at peggy.ithaca@gmail.com.

In-Person Sunday Services
10:30 am in the Sanctuary

*Services will also be
live-streamed on our YouTube channel.*

**Masks required and social distancing
encouraged.**

**Beginning October 2, Religious Exploration
classes for children will resume
(see page 2 for details)**

Religious Exploration News

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

Greetings from the DRE

The crispness of fall can be felt in the air as we enter into this new month, ready for the sights and sounds of the autumn season. Hopefully we are feeling settled into our new routines, moving past the initial hustle and bustle of a new school year. This month I invite you to join me on the path of courage, examining the many ways that we can live out our principles from our hearts. While the world may still seem unsettled and scary at times we can also recognize the bravery we have shown in making it this far. The courage it took to keep going in the midst of fear and uncertainty. The courage to make difficult decisions to keep ourselves, our loved ones, and those we may never meet, safe. And now the courage to continue transforming amidst an ever changing landscape in which we may wonder daily, am I making the right choices?

As we walk along this path together, be brave! And yet know that we are here with you. You are not alone. For we can only be courageous when we are afraid, and when we are afraid that is when we most need to come together. To light our chalice to be a flame shining through the darkness.

Emily Richards, Director of Religious Exploration

RE Plans for October

After two years of engaging with materials at home, meeting online, or at times outside, and then finally a short opportunity for indoor gathering for our children, youth and families, we're excited to return to faith development opportunities on Sunday mornings. We're still working on filling several needed staff positions in order to be able to offer regular Sunday morning programming.

This month we will be kicking things off with a RE-Turn to RE class and welcome back party on October 2nd during services. Get reconnected with one another at our RE-Union celebration complete with music, dancing, food, and games.

We will be re-opening our nursery for those children who have not yet reached school age as soon as possible. Everyone with kids ages birth through 12th grade should register their kids at the link below. This helps me with planning, and also helps to keep kids safe when they are participating in programming at church.

[2022-2023 RE Registration](#)

Upcoming Sunday Morning Religious Exploration Schedule

October 2nd: RE-Turn to Religious Exploration Arch Room immediately following a Time for Wonder

October 9th: TBD

October 16th: TBD

October 23rd: RE-Turn to Religious Exploration Arch Room immediately following a Time for Wonder

October 30th: TBD

New! **Music for Little People**

Free and open to the public, in October Emily Richards will offer weekly baby and toddler music classes for children 0 to 2 years of age with parents. Tuesdays from 12:30 pm-1:15 pm in the Arch Room running **October 4th through October 25th**. Sing, play, dance, explore instruments, and connect through music.

Our Whole Lives (OWL) Returns to FUSIT this Fall

The First Unitarian Society of Ithaca (FUSIT) and the First Congregational Church of Ithaca (FCCI) are excited to offer the Our Whole Lives comprehensive sexuality education program during the school year 2022-2023. Our 8th and 9th graders begin OWL this month and will continue through the end of January and our 10th-12th graders will do OWL this spring (registration to come!).

We will also offer six sessions of OWL for Parents and Caregivers throughout this program happening at the same time on the following dates: **Oct. 2nd, Oct. 23rd, Nov. 6th, Nov. 20th, Jan. 8th, and Jan. 22nd.**

October OWL Schedule, Grades 8-9, at First Congregational Church of Ithaca

October 2, 1-3:30 pm, OWL for Parents and Caregivers, 1 pm-2:30 pm

October 16, 1-3:30 pm

October 23, 1-3:30 pm, OWL for Parents and Caregivers, 1 pm-2:30 pm

October 30, 1-3:30 pm

All That We Have Been, All That We Will Become

Leslie Ahuvah Fails

Tell me, friends:

What have we got to lose?

Our fear of failure?

Our mistrust of our own talents?

What wonders await us in the space
between the first leap

and the moment our feet...

touch down softly on unknown soil?...

(continued on next page)

NEW Small Group Ministry for Parents

Sunday **October 9th** 2 pm-3:15 pm

Beginning this fall a new Small Group Ministry is forming, especially for individuals who are actively parenting. The group will follow the Soul Matters themes with a focus on how they are related to the journey and experience of being a parent. Gatherings will take place monthly in person or on Zoom. We invite you to join us for an opportunity for fellowship and community in a safe, confidential and nurturing environment.

Trick or Treat at FUSIT

Stop by the Parish House porch on Halloween for a special treat!

RE-Turn to RE

The Religious Exploration Team at FUSIT is planning to return to in-person programming for kids and youth this fall but we can't do it without your help! We need volunteers!. We need every member of this community to show our families and young people that they are a priority. Please contact Emily Richards at dre@uuithaca.org if you are interested in helping our community in this way.

Expanding Community

For many this pandemic has brought increased feelings of isolation and being cut off from others. We always welcome new members to our community of faith and hope to provide a safe space of connection and learning for all during this time of physical distancing. 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.

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 youth.



October Worship Services

The theme for October is "The Path to Courage" 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, October 2 "The Courage to Undo"

Magdalen Lindeberg, FUSIT member

Courage is often associated with heroic or brave deeds, but courage takes many forms. Sometimes that is the courage to step back, to rethink one's direction, or undo long held assumptions.

Sunday, October 9 "Facing Our Insecurities"

Emily Richards, Director of Congregational Life and Religious Exploration

So often the world tells us that we're not enough. Not smart enough, talented enough, attractive enough, strong enough. And that can lead to a place where our insecurities cause us to view the people in our lives as a threat to our own value and worth. How can we be brave enough to love ourselves and lift up those around us without feeling it somehow diminishes our own self-worth?

Sunday, October 16 "Courage: The Howling of the Spirit"

Rev. Peaches Gillette

It takes courage to ask ourselves whether or not we are living up to the spiritual standards we set for ourselves or those we set as part of a loving, faith community. Sometimes, we get lost or separated from the things we truly believe. Our spirits cry out to us and howl through the distance for us to return; we must listen.

Sunday, October 23 Speaker Amelia Habicht, FUSIT member

Sunday, October 30 "The Masks We Wear"

Emily Richards, Director of Congregational Life and Religious Exploration

We make choices each day about how we present ourselves to the world around us. We put on the various masks and costumes of a multitude of identities. How do we find the courage to share the many facets of our true selves, opening up to the possibility of deeper

Congregational Administrator Hours

In October, the office will be open **Sundays, Mondays, Tuesdays and Thursdays from 9 am - 4 pm** and Michelle will be working remotely on Wednesdays from 9 am - 4 pm. This schedule does change occasionally so feel free to make an appointment with office@uuithaca.org if you have church business.

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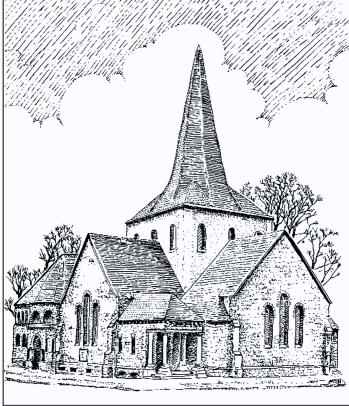
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**First Unitarian is a
UUA-recognized
LGBTQ+ Welcoming
Congregation**

The First Unitarian Society of Ithaca
306 North Aurora Street
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Ithaca, NY 14851-0006



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

Possible Ponderings

The theme for October is the Path to Courage

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 to Courage shows up in your life.

October 1-8: What has life taught you about “true courage”?

October 9-15: How would your life be enriched by bravely forgiving someone? Maybe even yourself?

October 16-22: In resistance to white supremacy culture, what are you courageous enough to stop normalizing?

October 23-29: Has comfort led you to forgetting what courage feels like?

October 30-31: Has bravely not running away ever produced surprising results? Are you being called to not run away today?

Women's Circle, Monday, October 24

Women's Circle will meet via Zoom on Monday evening, **October 24**, from 7:00 pm to 8:30 pm. We are now generally meeting on the 4th Monday of the month. 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 ananda7733@gmail.com or 607 539 7733. Zoom link Meeting ID: 819 4014 1421 Passcode: 874536

Village at Ithaca

The Village at Ithaca is preparing to open Village House, a crisis/transitional housing project to house and support youth who are experiencing homelessness. This is a lifesaving effort, and there is an Amazon wish list and a list of needed gently used furniture and household goods. Please contact Judy Jones, jwj2@cornell.edu for the lists.

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, <https://www.facebook.com/FUSofI/> Instagram www.instagram.com/ithacaus and Twitter, @IthacaUUs.

Joys and Sorrows

Our thoughts are with...

...the family of Garry Harned who passed away peacefully at home in Ithaca on August 19. There was a memorial service at the church on September 17.

...the family of Connie Hill who passed away on August 15, 2022.

We celebrate with Julianna Garcia at the birth of her daughter, Isla.

From Nancy Dolge:

"Our family has been blessed with two new grandchildren this summer. Niko William Dolge was born on June 19 in Colorado to our son Chris and daughter-in-law Sabrina. Ari Chaiken Dolge was born August 15 in Jersey City to our son Trevor and his wife, Julie. We now have 5 grandchildren. Everyone is doing well!"

Joys and Sorrows are now shared during Sunday Service. Please send notices to the team at joysandsorrows@uuiithaca.org. 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.

Soul Matters Material for October - The Path to Courage

The Soul Matters theme for October is The Path to Courage. 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/SoulMattersOct2022>

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!

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.

Choir News!

Our choir will start rehearsing again on **October 6th** at 7 pm. We will meet each Thursday this month in the Annex and will be singing at the service on **October 30th**. Masking will be mandatory. While I hope that by the time you are reading this, we will have a few candidates for the new choral director position we have been advertising, right now Music Director Stephanie Ortolano will be leading the group. All are welcome - if you are wondering if our choir is right for you, please contact Stephanie at music@uuiithaca.org.

Appreciations

From our Buildings and Grounds team: Thank you to everyone who participated in our annual Restoration Day! Sara Catterall, Brenda Golden, Judy Jones, Mary Kirkpatrick, Dick Kurtz, Magdalen Lindeberg, Murray McBride, with support from Rachel Seymour, weeded and pruned and swept our grounds on Saturday, September 10, enough to fill seven yard waste bags and a trailer! And we started some great plans for spring.

Thank you to Rachel Seymour for recently cleaning up the boiler leak from midnight to 2 am!

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@uuiithaca.org.

"Side with Love" is Back in October!

Remember before Covid when each month we collected various items for local service organizations? We're doing it again this month for OAR!

The summer is almost over and that means that the weather is getting colder. Please help OAR by donating any items that may seem fit for the winter.

Over the last few months their drop-in center has helped many clients with clothing and household items thanks to the Women's Boutique and other donors in the community, but they are **RUNNING LOW!**

So OAR of Tompkins County is seeking all types of winter essentials:

- jackets
- hoodies
- gloves
- mens & womens clothing
- coats
- socks
- sweatshirts
- belts
- winter shoes and boots
- backpacks
- reusable bags

Any donations can be brought to the Sunday service or dropped off Monday-Friday from 9-2 pm at their office at [910 West State St, Ithaca, New York](https://www.oartompkins.org). Feel free to call with any questions or concerns at 607-272-7885. [oartompkins.org](https://www.oartompkins.org). Many thanks for your generosity!



Come Talk to the Board of Trustees

The Board wants to hear from you! What you are longing for in our FUSIT community as we reincarnate ourselves this year? What would you like to see come alive as we re-unite after the long COVID absence?

This year the Board can go back to being a Board with our broad governance functions of long term planning, monitoring, and policy making. We are excited to fully embark on a new governance structure with the Operations Administration Team and the Ministry Visioning Team as a Ministry partner with the Board being the Governance partner. And to have Emily Richards and the Reverend Peaches Gillette as the Congregational Life Team plus the Reverend Janet Shortall available for Pastoral Care. We will be supporting all this “newness”.

As we look to long term planning we want to hear from you. Board Members will be available to talk with you individually at coffee hour. We invite you to come to Board Meetings (3rd Wednesdays 6:30 pm) to make a statement during the Public Comment section early in the agenda, then stay to see what we do. Join in Congregational Conversations. Send us an email at board at uuithaca.org. Or email or call individual Board members: Don Barber, Therese O'Connor, Valerie Graves, Dick Kurtz, Nancy Miller, Margaret Nichols, Walt Peck (contact information in Breeze).

We are so grateful for the community that has held strong the last two years. We need your ideas and your help to make it better!!

Nancy Miller for the Board of Trustees

October Board of Trustees Meeting

The September meeting will be held **October 19** 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.

Help Needed to Provide Lunches for the Homeless Shelter

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.

We are currently seeking volunteers for **November 1st**. Can you be one of them? 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. Social Justice Council can reimburse your expenses, at your request. To volunteer and/or ask questions, please contact Jackie Jablonski at jackiejab@me.com.



LGBTQ+ Group
Wednesday, October 19
from 6:30-8 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 6:30 to 8:00 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 and nurturing environment. For more information, please contact Kevin Moss, kevinm607@hotmail.com.

Social Justice Council Looking for Leadership

SJC is now looking for someone to take over the role of leader for this critical part of FUSIT's mission. The Social Justice Council exists to inform the congregation about important social and humanitarian needs and issues and to provide avenues for constructive service and action.

SJC selects each month's Sharing Sundays recipient and gets reports or proposals from SJC Action Teams. For more information, contact the Ministry Visioning Team at mvt@uuithaca.org.

Pub Theology

Tuesday, **October 25th**, 6:30 pm at Liquid State Brewing

Join us at Liquid State Brewing for an evening of good fellowship and conversation at our favorite local brewery (owned by FUSIT members!). We will gather at 6:30 pm and reflect together on our monthly theme of “The Path to Courage”. Non-beer and non-alcoholic drink options available! 21 and over please. Bring your friends! Hope to see you there! Pub Theology takes place on the 4th Tuesday of every month at 620 West Green Street, Ithaca.

Parking

While we are still not allowed to park in the lot next to the church on Aurora Street, we did confirm that it is ok to park in the Town Hall parking lot on Sundays (on the corner of Buffalo and Aurora) as long as the gate is open.

Now Hiring!

FUSIT is now hiring a Choir Director and a Childcare Coordinator. Details can be found in the Weekly Announce email and on the website at uuithaca.org.

Emergency Pastoral Care

In case of pastoral need, call Kathy Hopkins 607-592-3025. She will direct pastoral needs for weddings, memorial services and emergency pastoral care to Rev. Janet Shortall and/or Rev. Peaches Gillette.

Sundays, October 2, 9, 16

Fundraiser!

Autumn Harvest: Sharing the Bounty

In the Parlor of First Unitarian Society of Ithaca
after Sunday Service from 11:30 am-1:00 pm

Open to members and their friends and families



- Juice/wine
- Pies
- Fruit/Vegetables
- Bread/Cake/Muffins
- Flowers
- Plants/Bulbs
- Jams/Jellies
- Baked/Cooked Meals
- etc.

Suggested Pricelist - buyers pay what they can

Autumn Harvest Donations

For those interested in donating “bounty”, we welcome your garden produce: fruits and veggies; baked goods: cookies, cakes, pies, muffins; fresh-picked flowers; jams and jellies; pickled products; salsas and sauces.

You are welcome to bring your donations on Sunday to the Autumn Harvest tables that will be set up in the FUSIT Parlor. The sale is open to FUSIT members, friends and families and will take place on Sunday, **October 2, 9, and 16** immediately after service from 11:20 a.m. to 1:00 p.m.

The event is a fundraising event for FUSIT and a good way to create community within our congregation. If you don't donate goods, please come and purchase these gifts from your fellow FUSIT members.

Bring your own container for transporting products you plan to buy. There will be a suggested price list for items.

Volunteers are needed for each of the three Sundays to help with assisting buyers with their purchases.

Please contact joAnn kowalski at jmkowalski@gmail.com for questions or to volunteer for a shift on one (or more!!) of the three Sundays.



Attention All UUs with Inquiring Minds

The Adult Religious Education (ARE) Team is now offering pre-service presentations to be held on the first and third Sundays of each month of the church year in the Annex, unless indicated otherwise in the

Order of the Service, the Weekly Announce, and/or the monthly newsletter. Coffee and treats are to be served starting from 8:45 am, with the presentation (including discussion and Q&A) running from 9:00-10:15 am. The Annex can be accessed through the garden entrance to the church on Aurora St. Some of the programs so far scheduled include the following speakers and topics for the month of October:

- **October 2** - John Gaines will speak about and discuss his spiritual journey through UUism that has sustained and challenged him throughout the decades of his unflagging service to FUSIT.
- **October 16** - Sue Perlcut will present her and Nils Hoover's documentary on Constance Cook, a New York State Assemblywoman who was instrumental in the passage of the law that legalized abortion in this state in 1970 and who served as an advocate for reproductive justice and women's rights throughout her storied career.
- **October 30** - Yael Daphna Saar, 12:00 pm in the Annex (*please note this special event is not part of the ongoing ARE presentations and will take place at noon*).

What: A gentle exploration of your inner landscape to disarm guilt, dissolve shame, and find strength and comfort.

Why: Guilt and shame pretend to be protective, but cause more harm than good. This work invites you to give yourself permission to get off the self-torture train and become more effective, present, and joyful.

How: Yael Saar, founder of Mama's Comfort Camp, will share some embodied practices to recognize and disarm harmful thought and self-talk patterns.

From the Ministry Visioning Committee (MVT)

Dear fellow FUSIT members:

The Ministry Visioning Committee (MVT) of Nancy Miller, Don Rakow, Emily Richards, Peaches Gillette and JoAnn Kowalski has been meeting monthly since this summer. As Board chair Don Barber recently shared with the congregation, the MVT is tasked with guiding and coordinating the work of the ministry by overseeing programming, ministry teams, and affinity groups to bring to life the annually developed Vision of Ministry.

Recently, the MVT has contributed to the orientation of Rev. Gillette, and has focused on how best to support the various teams that comprise the Team Leadership Council. Each MVT member will serve as the liaison to specific team leaders to determine their needs for support and help. The role of MVT is to support these teams, not to lead them.

Going forward, members of MVT are anxious to hear thoughts and ideas from any congregants on ways to better fulfill our mission to create connections, find inspiration, and engage the world.

Don Rakow for the MVT

What is the Ministry Visioning Team (MVT)?

This newly formed team consists of four people, whose task will be to guide and coordinate the work of the ministry and serve as governance partners with the Board to implement the goals articulated in the annual Vision of Ministry. This team will also regularly report back to the Board the progress in its implementation of the Vision of Ministry. It will guide the Team Leader Council and ensure coordinated efforts across all of FUSIT's ministry teams.

Charge of the MVT:

- Authority to guide and to make independent decisions regarding the implementation of the Vision of Ministry in coordination with the work of staff and Teams.
- Report the results of the Ministry work to the Board by having one MVT member present at each Board business meeting and submitting a ministry report to the Board each month.
- Create intentional communication with the Organization and Administration Team.
- To propose annual budget expenditures to support the ministry work.
- Partner with the Board in Vision of Ministry and Open Question development.

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 pronouns (she/her, he/him, they/them) and let us know which cabinet location you'd like to use (Garden Entrance or Narthex (corner of Buffalo and N. Aurora)).