

2024/2025 Issue No. 10

Summer 2025

Our Spiritual Journey

We are all free to decide how it is that we will spend our time in this one precious life that we have been given. And although a day technically holds twenty four hours for everyone, we don't all have the same freedom to choose how we spend those hours. Time isn't truly equal. The freedom to choose how we spend it is shaped by job schedules, family needs, health, money, and the systems we move through every day.

So when you choose to spend some of your time in community, with this congregation, with one another, it is no small thing. It is a gift.

Sunday Celebration June 1st at 10:30 am in the Sanctuary. Live-streamed on our YouTube channel, Childcare available.

Summer Sunday Services begin June 15 at 9:30 am in the Parlor No childcare available for

No chilacare available for Summer Services.

Whether you're here on Sunday morning for worship, serving on a team committee, helping in RE or in the garden, or simply being present for a conversation during coffee hour, your time is meaningful. Not everyone has equal access to free time, so we don't take it for granted when you choose to show up here.

Building beloved community requires more than shared values, it requires showing up for one another in the ways that we can, when we can. That might look different for each of us, and that's okay. Your presence is a thread in the fabric of this community, weaving the picture of what it looks like to be a faith centered on love

Thank you for the time you give, in whatever form that takes. Your presence in this community helps to keep us moving forward, alive, connected, and ever becoming.

Emily Richards, Director of Congregational Life

Emergency Pastoral Care

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

Stay Connected

Curious about events and happenings at First Unitarian Society of Ithaca? Check out our Facebook page and stay current with what's going on in the community!

First Unitarian Society of Ithaca Facebook Page



Newsletter of the First Unitarian Society of Ithaca (FUSIT), New York

Religious Exploration News

For information about Religious Exploration, please contact Madeline Natale at REASST@uuithaca.org

Greetings from Religious Exploration

This month brings us the warmth of summer. Let us not remain separate through these months. The sunshine is our chalice. Join each other to bask in the rays, dig your feet into the mud and mess of rest. Chase waterfalls and children. Soak your garden. Share the fruits of your labor and continue to nourish this community.

"May the rebirth of life all around you—the bursting forth of green growth and blossoms and the germination of seeds—plant hope in the rich soil of your being. And may we find strength in community as we strive together for a better tomorrow." - Polly Peterson

Nursery

The Nursery will not be open after June 1st. We look forward to seeing you back again in September!

Plans for the Fall

In the fall we will continue by expanding our 3 classrooms to 5, rotating between Classroom Sundays, Creative Sundays, and Multigenerational Sundays. Our elementary classrooms will be focusing on our monthly Soul Matters theme. The middle school youth group will have an exciting opportunity to participate in Crossing Paths, a curriculum that explores neighboring faith traditions, while our High School Youth explore spiritual practices in a youth led format.

Our Whole Lives

We plan to offer Our Whole Lives for grades 10-12 beginning in the fall. More information coming soon!

Join our Religious Exploration Program

We are excited to share that we are planning to expand our Classroom Sundays offerings next year to three elementary aged classrooms, a middle school classroom, and a high school classroom. This means we need even more amazing community members to engage with our Religious Exploration Programming by joining one of those rooms for half of the year. Being a part of the lives of our young people is deeply meaningful and the effects last a lifetime. This important programming can only happen with the support of the entire community.

Thank you to everyone who has already committed to supporting the RE program! There is a fruit for everyone so please sign up using the link below. If you have any questions please contact Madeline.

https://docs.google.com/spreadsheets/d/ibumUGZ_A817vyDunsRJArxK32TqjW2f1n3Mkf7QKm80/edit?usp=drivesdk

Religious Exploration Wishlist

If you are looking to support the RE program and would like to purchase a gift, here is a list of items that would be useful and deeply appreciated.

RE Wishlist

Please join our <u>First UU Ithaca Parents Facebook Group</u> to stay connected through the summer months. We encourage family meetups at local parks, trails, and businesses.

Summer Religious Exploration Events

Adult Religious Exploration - Building a Better World

Beginning June 8th, Youth Room, 2nd and 4th Sunday from 12 pm-2 pm

Are you looking for a creative way to explore your values? Join Mike Timonin in the Youth Room every 2nd and 4th Sunday of the summer months to Build a Better World. This small group will construct and play in a Role Play world using the Building a Better World curriculum. Space is limited so please register.

https://docs.google.com/forms/d/e/1FAIpQLSd5I4TMso-K34wbCaFnJ2JTXIjq1TzAtjVroUFxnsAj8kVZhA/viewform?usp=header

Expanding Community

For many our increasingly busy, digital world can bring about heightened feelings of isolation. We always welcome new members to our community and faith and hope to provide a safe space of connection and learning for all. Please continue to invite any and all people that you know that you believe could find meaning by exploring what the Unitarian Universalist faith can offer.

Emily Richards CRE (Credentialed Religious Educator) - Director of Congregational Life Madeline Natale - Religious Exploration Coordinator

Results of Annual Meeting

Over 50 members of the FUSIT congregation were present at the May 21 Annual Meeting, which included in-person and virtual attendance. At the meeting, the minutes of last year's Annual Meeting were approved and the congregation voted to adopt the Amendment to the Certificate of Incorporation. The 2025-2026 Budget was presented and adopted.

The following people were voted to fill these Board of Trustee positions: Sharon Markus, Susan Salton and Jack Zinda were each elected to 3-year terms. There is still one opening for a 2-year term and one opening for a 1-year term.

Stewardship Thanks and Update

Following the recommendation from our Stewardship For Us consultant, Rev. Lydia Ferrante-Roseberry, twenty stewards got training and fanned out to visit with congregants. Our premise was that in-person visits, to talk about how FUSIT is meaningful to each congregant, builds connection and engagement along with pledging. As implied by this year's theme, 'Together we Rise', it is our emotional and spiritual connection to FUSIT that spurs generous pledging. Stewards visited individually with almost 90 congregants, and our plan is to spread the love and visit with different congregants next year. Congregants on the 'visit list' this year who didn't get the opportunity for a visit will go on next year's list.

By many measures our Stewardship approach this year was a success. Stewards report that their conversations were heartfelt and full of sharing. At the time of this writing our pledge total was \$329,199. We got to this point with a total of 138 pledgers – thank you for your generosity! Impressively, 55% of pledges were increased relative to the most recent previous pledge. In addition, 11 households pledged for the first time!

However, we are still \$20,000 away from this year's goal of \$350,000. The budget that was approved at the annual meeting, designed to maintain dedicated staff and programming that is helping us grow and live into our mission, assumes that Stewardship will be successful at reaching this goal. Thus, the Stewardship team is still at it, and we encourage you to use the 'Donate' button on the FUSIT home page to make a pledge if you haven't already. Ultimately, in order to maintain our current strength, we will need to increase our number of pledging households.

With Gratitude,

Matt Hare, Jeanette Knapp, Margaret Nichols and Wendy

Our Mission

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

June Worship Services

The theme for June is "Living Love Through the Practice of Freedom" and the Celebrations Team is looking forward to speakers whose voices can help us to explore this theme as individuals and as a community.

Sunday, June 1, "Pride - Meeting the Moment"

Emily Richards, CRE

Jes Martinez-Hunt reminds us that "the fullness of who we are is our gift to the world." We celebrate the blessing that we all are to this world when we are able to live our lives proudly, as our full and authentic selves. Join us in a multigenerational Pride Month celebration where we consider how we can meet this moment and continue providing a truly Welcoming Community.

*Wear solid rainbow colors for a photo opportunity in front of our building right after the service. Special music by FUSIT Choir

SATURDAY, June 7, "The Blossoming Hope of Renewal"

Rev. Peaches Gillette, Emily Richards, CRE Join us in our annual Flower Communion on the beautiful shores of Cayuga Lake. We come together to celebrate the many blessings of being together in community. Please bring a flower to add to our bouquets and you will receive a different flower to take home with you! Also, please bring a dish to share and your own place setting for our potluck picnic at the Large Pavillion at Stewart Park.

Special music by Kevin Moss and Jack Zinda *Please note: There will **not** be a Sunday service on June 8th.

Community Photo on Sunday, June 1st at 11:30 am

We invite you to wear solid rainbow colors to our **June 1st** service and participate in a community photo in front of our building immediately after the service.

Summer Pub Theology

Thursday, **July 10th**, 6:00 pm Hopshire Brewery - 1771 Dryden Road, Freeville, NY 13068 Join us at Hopshire for an evening of good fellowship and conversation at one of our favorite local breweries. Non-beer and nonalcoholic drinks options available! Families and children are welcome. Bring your friends! Hope to see you there! Director of Congregational Life Emily Richards <u>CongregationalLife@uuithaca</u> .org

Pastoral Care Associate Rev. Janet Shortall pastoralcare@uuithaca.org

Preacher and Program Associate Rev. Peaches Gillete pgfreedomo9@gmail.com

Religious Exploration Coordinator Madeline Natale reasst@uuithaca.org

Childcare Coordinator Melissa Heslop childcare@uuithaca.org

Music Director Stephanie Ortolano music@uuithaca.org

Choir Director Jayne Demakos choir@uuithaca.org

President, Board of Trustees Fred Balfour fred.balfour@gmail.com

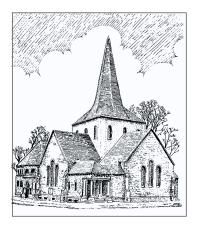
Director of Congregation Administration Michelle Waffner office@uuithaca.org

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Engagement and Outreach Coordinator Elizabeth Buckley membership@uuithaca.org

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

Possible Ponderings

The theme for June is Living Love Through the Practice of Freedom

Possible Ponderings is an offering of ways you might consider engaging more deeply with the theme or reflecting on the ways the idea of Living Love Through the Practice of Freedom shows up in your life.

June 1-7: When did you feel most free as a child? What story from your life best captures your understanding of freedom?

June 8-14: Has quitting ever set you free?

June 15-21: Is aging trying to offer you a new form of freedom? What is keeping you from accepting that offer?

June 22-30: What form of "imprisonment" are you most vulnerable to? Fear? The need for safety? Woundedness? Shame? Self-doubt? Anger? Fear of rejection? The inability to say sorry? Regret? Gossip? Society's standards of beauty? Your own standard of living?

Now Hiring

We currently have openings for a Music Coordinator and Summer Camp Counselors. To read more about these positions or to apply, visit our Employment Page. https://unitarian.ithaca.ny.us/index.php/about-us/employment/

Current Volunteer Opportunities

Volunteering is a great way to meet others in the First Unitarian Community and give back at the same time! Current Volunteer Opportunities are <u>https://</u> unitarian.ithaca.ny.us/index.php/connection/volunteer/

FUSIT Listserv

If you would like to be added to the First Unitarian Society of Ithaca listsery, please fill out the form at <u>https://fusit.breezechms.com/form/0e48af</u>. If you have any questions, email Michelle at office@uuithaca.org.

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!

NICE Spring Program Completed

We were so thrilled to have 12 community members in the Newcomers Inspired, Connected, and Engaged (NICE) program that was offered this spring! We're very happy to welcome them into

the FUSIT community.

If you want to learn more about UUism as a newcomer or returning member looking for connection, or if you're interested in discussing the history of UUism, questions about getting involved with FUSIT, and what it means to be a member, NICE may be the place for you!



Keep a lookout for the next installment of NICE in the fall.

Social Justice

We hope you will consider joining us in our social justice efforts and encourage you to reach out and learn more about how you can get involved. Find more information about various teams on our website.

Side with Love and Shared Plate

Teams, Committees, and Small Groups are invited to sponsor a month for our Side with Love and Shared Plate Collections. The group would be responsible for choosing the organization, communicating with that organization about needed items for Side with Love, delivering goods, and communicating any pertinent information to Michelle and Loretta for the Newsletter, Weekly Announce, and Order of Service.

This is a wonderful opportunity to lift up and support local or national organizations that do work that is meaningful to your team or group. Sign up information can be found below.

Side With Love and Shared Plate 2024-2025

8th Principle Action Ministry - June 1, Noon

Please join us in the Sophia Lyons Fahs Room (top of the steps near the Buffalo Street entrance) to gather in community to share ideas and companionship, engage with one another and educate ourselves and each other during this turbulent time in our history. We plan to learn more about the issues and legislation that is being proposed as well as actions to be taken.

The Environmental Interest Circle (EIC)

Environmental Interest Circle meetings will not happen in June or July. Instead, we'd like to hear from FUSIT regarding how we can take next steps. Send responses to <u>mattfranke71@gmail.com</u> for consideration: If we imagine that things are going relatively better for the Earth, say in 5 years

A. What would be happening that is better?B. What steps did we take to get to this better place?C. Is there anything FUSIT can contribute in particular?

Regular EIC meetings will resume on **August** 6 at 7 pm in the parlor. Thanks!



LGBT₂₊ Group Meets Monthly

This Small Group is especially for FUSIT's LGBTQ+ community and meets monthly. *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. Please reach out to Ely at eleanorwillard97@gmail.com for more information.

June is LGBT₂₊ Pride Month

Celebrated as Pride in honor of the Stonewall riots which began the Trans and Gay Liberation Movement in the U.S. It also marks the month that same-sex marriages were legalized. **June 14-15 is Ithaca Pride Festival.**

Fond Farewell to Music Director Stephanie Ortolano

Thank you so much to everyone who joined us in celebrating Stephanie's 14 years of Music Ministry during the May 25th Sunday service. Rev. Janet Shortall and Director of Congregational Life, Emily Richards, invited the congregation into a shared time of appreciation for the many gifts that Stephanie has brought to this community, followed by cake shared during coffee hour. Her musical talent, creativity, and generosity will be greatly missed at FUSIT. We wish her all the best in her future pursuits.

Women's Circle Meets on June 23

Women's Circle usually meets via Zoom on the 4th Monday of the month from 7-8:30 pm. 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: <u>https://uso2web.zoom.us/j/82169260621?</u> pwd=ZDkyanRKMmo2czhqSWgrSVhmbGFqdzo9

Meeting ID: 821 6926 0621. Passcode: 015515

Thanks to Your Generosity

Through the monthly Shared Plate collection the following organizations received these amounts:

March - Code Blue Shelter \$224 April - Village at Ithaca \$516 May - Ithaca Community Gardens \$342

June Board of Trustees Meeting

The Board will meet on the third Tuesday of the month, on **June 17**, at 6:30 pm. Board meetings are a hybrid format, taking place in the Parlor and through Zoom.

All FUSIT members are invited to attend these meetings. Ten minutes are set aside at the beginning of the meeting for congregation feedback. Please join us!

Check the Weekly Announce for the link to join the meeting via Zoom.



Online Auction Celebrates Generosity!

This exciting event took place the last weekend in April. The 104 Bidding Owl auction items included donations given exclusively by 75 local vendors. There were gift certificates & cards, bags of merchandise, staycations, services, and much more. The generosity of our bidders and donors resulted in our raising approximately \$5,600! Congratulations to all the happy winners and a special thanks to our Auction Coordinator, Marie Benedetti and her energetic team, which included Loretta Heimbuch, Michelle Waffner, Brian Harrington, Rachel Seymour, Fred Balfour, Jack Roscoe, Madeline Natale, Melissa Heslop and joAnn kowalski.

Huge thanks to all the local vendors whose generosity was most appreciated.

Agway & Ace Hardware American Crafts by Robbie Dein Angry Mom Records Argos Inn Autumn Leaves Used Bookstore **Bool's Flower Shop** Brain Shoppe **Buffalo Street Books** Cafe DeWitt Canopy by Hilton Cat's Pajamas Cayuga Landscape Company Cinemapolis Corner Pub at Rogues Harbor Crossroads Bar & Grille Diamond's Indian Restaurant Diane's Downtown Automotive Discover Cayuga Lake Dolce Delight Cafe East Hill Antiques East Shore Roadhouse Edna Brown Photography **Fibers Boutique** Fifteen Steps/Breathe Fashions Gimme Coffee GreenStar Market Hammerstone Carpentry Handwork Hangar Theatre History Center Home Green Home Hopshire Brewery Hunt's Auto Service Inn on Columbia Island Health & Fitness Ithaca Ale House Ithaca Bakery & Collegetown Bagels

Ithaca Beer Co. Ithaca Guitar Works Ithacamade Gift Shop Ithaca Tompkins Regional Airport Kitchen Theatre Liquid State Brewing Company Luna Inspired Street Food Luna Love Hair Salon Mama Goose & Jillian's Drawers Maxie's Supper Club Mighty Yoga Mockingbird Paperie Moosewood Restaurant Multifaceted Minerals Museum of the Earth Northside Wine & Spirits Odyssey Books Petrune Pizza Aroma Purity Ice Cream Rasa Spa **Revelry Yards** RoseBarb Farm Sahej Yoga Salt Point Brewing Sam Peter Furniture Science Center Second Street Reiki Serendipity Boutique Six Mile Creek Vineyard Spindrift Sailing Charters State Theatre Sunset Grill Trader Joe's Wegmans YMCA Yoga Farm

Soul Matters Material for June - Freedom

The Soul Matters theme for June is *Living Love Through The Practice of Freedom.* This month's packet includes a few short readings, spiritual exercises, and discussion questions for you to consider. The material can be found at: <u>https://tinyurl.com/SoulMattersJune2025</u>

Adult Religious Exploration

Building a Better World

Beginning **June 8th**, HS Youth Room 2nd and 4th Sunday from 12 pm-2 pm Are you looking for a creative way to explore your values? Join Mike Timonin in the Youth Room every 2nd and 4th Sunday of the summer months to Build a Better World. This small group will construct and play in an RPG world using the Building a Better World curriculum. Space is limited so please register.

Joys and Sorrows

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

Appreciations

As we nurture a culture of appreciation at FUSIT, let's sing praises to the many people who help make our community the wonderful place it is. 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. Send your submissions to joysandsorrows@uuithaca.org.

Summer Office Hours

Michelle is currently dealing with family health issues so her schedule will be unpredictable during the summer months. Please check the weekly announce for updates as to which two days during the week she will be working.

Care Cafe - June 1st (last session) (no summer cafes)

Rev. Peaches Gillette invites you to the Care Cafe. During our time in the 'cafe', we openly express our thoughts, reaching into ourselves and deeply touching upon and sharing what it means to be fully human in a complicated world. Each gathering will focus on a loosely structured theme around spirituality, encouraging participants to freely explore all aspects of their spiritual journeys. The flow of participants from week to week has created perfect cross-currents of relationships, broadening and securing FUSIT's sense of community.

Rev. Peaches Gilette pgfreedomo9@gmail.com



Summer services are held in the parlor each Sunday morning from 9:30 to 10:30. Following a shortened liturgy, speakers give sermons on a variety of topics focused on UU interests and values which are followed by moderated discussions among the attendees. The services provide a friendly and stimulating way to stay in touch with each other during the long summer season. Of course, coffee and tea are provided!

June 15 – Don Barber on "The Critical Importance of Thinking" (Music by Jesse Bates)

June 22 – James Garbarino, PhD on "The Critical Challenges of Trauma" (Music by "Emily, the Graves, and Nathaniel)

June 29 – Rev. Joseph Boyd on "Seeking the Truth in Love" (Music by Magdalen Lindeberg)

July 6 – Bob Parks and Angela Zhang on "Our Unexplored Truths: Dialogue and DEI"

July 13 – Howard Nelson on "Spiritual Experiences in Ithaca" (Music by Roberta Crawford)

July 20 - Preston Wilson on "The Musical Power of the Spoken Word"

July 27 – Carol Whitlow on "UUs r us" (Music by The Hospicare Threshold Singers)

August 3 – The Savage Club Folk Group (Fred Balfour, Paul Weidhaas, Jack Roscoe, and George Henkel) on "Folk Music, Resistance, and UUA Values"

August 10 – Vicky McMillan on "Gardening for the Soul" (Music by Kevin Moss)

August 17 – Rod Howe on "My Truth as a Mosaic"

August 24 – Caitlin Hunter (with Elizabeth Bixler) on "The Truth Behind Providing Sexual and Reproductive Healthcare in the Current Landscape" (Music by Jack Zinda)

August 31 – Taili Mugambee on "Building Resilience for the Most Vulnerable in Our Community" (Music by Margaret Nichols)

Mark Your Calendar!

Fall LIVE Service Auction on Saturday, October 25

Plans are underway to bring back our **LIVE SERVICE AUCTION** this fall! Don't miss out on this wonderful evening of community, a pre-auction dinner, and competitive bidding on goods and services from FUSIT members and friends. This will be an in-house auction (not involving local businesses- unless the owners are directly affiliated with FUSIT). The focus will be on connecting members of our congregation, in addition to raising funds.

Think about what kinds of things would interest you! Excursions, dinners, gardening assistance, organized hikes, babysitting, IT help, boat rides and more.

If you'd like to be involved in the planning committee, contact the co-chairs, Loretta Heimbuch adminasst@uuithaca.org and Jane Koestler j.e.koestler@gmail.com.



Camp Aurora

Camp Aurora is a week-long summer day camp in the heart of Downtown Ithaca for kids ages 5-12 that is centered on community, connection, and engagement. With a focus on creating meaningful experiences through exploring our interconnectedness to one another and the world, each fun-filled week will include art, music, movement, field trips, story, and adventure. Campers will have an opportunity to learn and grow together with an emphasis on self-expression, creativity, and belonging, with lots of space for free play and building social skills and relationships.

Camp runs from 9 am-3 pm each day. Weekly Camp Fee: \$325 Scholarships Available

Week One: August 11th-15th Week Two: August 18th-22nd Week Three: August 25th-29th

Register Today:

Camp Aurora Registration

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