



# Building Community with Compassion, Service, Diversity, and Spirit

*We express compassion through caring, love and support for others.*

*We serve by promoting our principles and purposes through leadership, giving and action.*

*We are inspired by diversity to accept, respect and celebrate differences and interdependence.*

*We grow in spirit through our religious experiences, inquiry, education, reflection and transformation.*

## Minister's Musings

*One hundred and fifty years ago ...*

James Buchanan prepared to turn the Presidency of the United States over to Abraham Lincoln. On the verge of Civil War, Clara Barton and Dorothea Dix were authorized to head to the front lines. South Carolina succeeded from the Union.

Pianist and Composer Claude Debussy was 2 years old. Franz Liszt was 49. Queen Victoria ruled the British Isles and Henry Wordsworth Longfellow was writing "Tales of the Wayside Inn." A haircut cost 12 cents and a gallon of whiskey was \$3.50. 10,000 Families owned more than 50 slaves.

In 1863 Olympia Brown, a Universalist, was ordained the first woman minister in the United States. Linoleum was invented and Thomas Edison was tinkering with the first light bulb. Ralph Waldo Emerson and Theodore Parker struggled against the doctrines of Calvinism and religious prejudice.

One hundred and fifty years ago in Syracuse, posters were slapped up all over town announcing the arrival of a new Universalist preacher named Aaron A. Thayer. He would preach in The Whiting Opera Hall on "The Elements of American Theology and Church Polity." For a rental fee of \$8.00, a morning and evening services were held every Sunday.

Shortly after Thayer's arrival, the congregation met on April 2, 1860 at 2:00pm and voted to seek incorporation as a formal religious society. The papers were filed on April 4th.

From that time forward the presence of free liberal thought remained in Syracuse, through ten settled

ministries and a myriad of covenants that defined the congregation's theological leanings through the years, from "we sincerely dedicate ourselves to God as servants; to Jesus Christ as disciples..." to the 7 UU principles that we profess today as guidelines for our living and our faith.

We have changed in 150 years. We have grown in spirit and in diversity embracing all who

accept our free creedless faith as a means for personal and community spiritual insights.

As we turn 150 years old in the light and shadow of the past, we have not changed at all as we face new challenges, we are proud of our ancestry and look toward the future that we may remain a steadfast force for social justice and religious freedom in the years to come.

**Happy Birthday! First UU and may the next 150 years be as amazing as the last.**

*Sincerely, Holly*



### 150 YEARS...IN CELEBRATION

**On Easter Sunday immediately following the service we will celebrate our 150th year. Due to the fact that it is Easter Sunday and many families will be traveling to relatives, we will have an enhanced coffee hour with a cake (of course!)**

**Please join us for this important event, and bring a Birthday gift to the church!**



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Email: firstuu@twcny.rr.com

Church Office Hours: 8:00 - 2:00, Tues.- Fri.

**Consulting Minister:**

Rev. Holly Baylies (firstuurev@twcny.rr.com)

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Diana Bellini (dianabellini@yahoo.com)

## SUNDAY MORNINGS AT FIRST UU

SERVICES START AT 10:30 AM

- April 4** "Fear, Fact and Faith..." (Easter Sunday) The earliest form of religious belief was rooted in fear of the unknown. In time as religious "truth" was questioned by the early seekers of religious freedom, Unitarian Universalism gave birth to a new and controversial faith. It was that risky walk on the 'wild side' that made Easter a true reality for all Unitarian Universalists and why we are able to celebrate 150 years as a religious community. -Rev. Holly Baylies
- April 11** A presentation of the Worship Service Committee. Subject and speaker to be announced.
- April 18** "Revelations from the Spectrophotometer" What does modern technology have to tell us about race? I found the answer in the paint department at a hardware store. -Rev. Holly Baylies

**There will be a Special Collection this Sunday to support the Duck Race to end racism sponsored by The Interfaith Works.**

- April 25** MUSIC SUNDAY An Annual Service of selected music and readings come and bring a friend!

*Holly's sermons are available. Please email her at [firstuurev@twcny.rr.com](mailto:firstuurev@twcny.rr.com) to request a copy.*



### Minister's Weekly Schedule

(Tuesday, Wednesday and Friday: 8:00 am - 2:00 pm)

- Monday:** Holly's sacred day off!
- Tuesday:** AM Staff meeting and available for appointments, meetings
- Wednesday:** Church Office and appointments, meetings
- Thursday:** Sermon Prep at home
- Friday:** Church Office and appointments, meetings
- Saturday:** Office at home

*To schedule an appointment with Holly:  
e-mail: [firstuurev@twcny.rr.com](mailto:firstuurev@twcny.rr.com) or [revholly1@aol.com](mailto:revholly1@aol.com)  
Office phone: 446-5940  
For emergencies: Holly's cell phone is 617-548-5113*



### THE CARING TEAM NEEDS YOUR INPUT

First UU is a compassionate community of people who reach out to each other in time of need. The Caring Team serves as a conduit for information about those among us who are sick, shut-in, or in need of a kind word of consolation or encouragement. Please contact Diane Case, Nancy Clausen, or Rev. Holly Baylies so that the Caring Team can reach out to those in need.



**Join friends and family and participate in the 10th annual Kim's Walk of Hope**

Kim's Walk of Hope was created in 2001 by Alyssa Englis, as a tribute to her sister Kimberly. Kimberly was diagnosed with a rare pediatric cancer, rhabdomyosarcoma, in the spring of 1992, days after graduating in the top of her class at Denison University. Kimberly fought a strong battle for over four years and passed away at her home surrounded by her loving family on July 23rd, 1996. She was a smart, kind and passionate young woman who touched so many lives in the short period she was alive.

Over the past nine years nearly \$80,000 has been raised for the Ronald McDonald Houses of Syracuse and Boston. Both of these organizations offer services to families of seriously ill children traveling great distances to receive the best in medical care.



Saturday, May 1, 2010  
10:00am  
Unitarian Universalist Society of Rockport

# President's Report

April seems busier than usual. Here are a couple of events for you to consider:

FUUSS will celebrate a significant birthday on April 4, its 150th. Those of you who came to church on March 28 will know what birthday presents your congregation needs. Please bring your gift on April 4, and stay to enjoy the birthday cake during coffee hour. The wish list will remain available after that for those of you who didn't get a specific request.

The St. Lawrence District Assembly will be held here in Syracuse on April 23 and 24. May Memorial is the host, where a dinner will be held on Friday the 23rd. A very pertinent address, "Twittered, Tweeted, and Still Lonely – Choosing the On-Line Church," by Rev. Linda Hoddy of Saratoga Springs, will follow dinner. Saturday is a very full day. It has a keynote address by Rev. Robert Latham, who will discuss how and why Unitarian Universalism lost its sense of religious mission and what we can do to rediscover our reasons for being and act on them. To me, this sounds like a continuation of the important discussion that began last fall at the conference to celebrate our merger 50 years ago. Ten workshops are scheduled, focusing on our mission and how to attract and retain people who want to share in our work. Presenters are coming from several other districts of the UUA. There is child care and a children's program all day Saturday. I cannot attend; I'll be out of town. FUUSS can send two official delegates, but there are so many interesting events that I hope a large group from FUUSS will go to all or part of the Assembly. If you're interested, enroll soon: the fee, which is very modest, will increase on April 10. I have several brochures; I'll post one in the hall where we hang our coats.

We should expect visitors from the Assembly at our service on April 25th. I hope lots and lots of us will be there to welcome them.

We expect that the canvass will be completed by the time you read this. As I write this, more than half of you have submitted your pledges for 2010-11 – and most pledges were increased. If the Canvass Committee hasn't heard from you, you will hear from them! We, the Board and the Committee of the Whole, are very grateful to all of you who do your part to keep this wonderful congregation alive and well.

Start collecting your plants and gardening supplies to donate to the Plants Plus festival on Friday, May 21, and Saturday, May 22. And, of course, come to the festival and the silent auction and buy stuff for your garden.

*Susan King, President*

## CANVASS COMMUNICATION

Dear FUUSS member;

It is that time of year when we address our financial needs via our individual member and friend pledge drive. This pledge drive then enables us to develop an annual operating budget, this year for fiscal year July 1, 2010 - June 30, 2011. Our religious community is dependent for 80% of its operating income on the individual pledge commitments of its members and friends.

Canvass kickoff this year will be Sunday, March 7 with Holly preaching followed by a Canvass Coffee Hour in the Fellowship Hall. Our overall goal, as it is every year, is to increase pledge income for next year to keep pace with our ongoing needs. Particularly critical in 2010 will be:

- Support for an improved ministerial salary package
- Funding for routine church facility maintenance and repair
- Progress toward paying our fair share to the UUA and St. Lawrence District

You are a vital part of this church community, realized through your contributions in both time as well as treasure. Please consider the value you receive from your FUUSS participation and initiate a pledge or increase last year's pledge as much as you possibly can.

You will receive further information prior to March 7 with pledge canvass details and how you can help us make this annual pledge drive successful.

Your Canvass Committee - Jane Pickett, Andy Palumbo, Lee Murray, Jerry Sharfstein, Rebecca Karpoff, Mike O'Bryan, Joyce Homan, Paul deLima





## FUUSS CONCERT BENEFIT

On Saturday, March 27, at 7:30 p.m. there is a benefit concert at First UU Church, corner Waring & Nottingham Roads, featuring Syracuse Opera's Resident Artists Rebecca D'Ella (soprano), Vernon DiCarlo (tenor), Wendy Buzby (mezzo-soprano) and Evan Rainey Bennett (baritone), performing beloved arias and show tunes. Suggested donation is \$10-15.

## UNIVERSALIST CONVOCATION 2010

May 14-16, 2010  
First Universalist Society of Rochester, NY

Keynote: The Rev. Mark Morrison-Reed, "Dragged Kicking and Screaming to Heaven"

For more information please go to [nmuc.org/Convo](http://nmuc.org/Convo)

1 (Thur)	6:30 pm 7:00 pm	Vespers Service (S) Folk Dancers (FH)	<p>Key:</p> <p>B=Betts Room ER= East Room (room at the end of the RE Wing hall) FH=Fellowship Hall K=Kitchen L=Library (room behind sanctuary) MR=Music Room N=Narthex P=Parlor S=Sanctuary TR=Teen Room</p> <hr/> <p>Deadline for submissions for next issue: <b>Friday, April 23, for the issue that will cover events from May 1, to May 31, 2010, at <a href="mailto:firstuu@twcny.rr.com">firstuu@twcny.rr.com</a>, or in the office.</b></p>
3 (Sat)	9:30 am	Yoga (FH)	
4 (Sun)	10:30 am 12:15 pm	Worship [Easter Sunday] (S) Chalice Circle (P)	
6 (Tues)	7:00 pm	RE Committee Meeting (P)	
7 (Wed)	7:00 pm	Young Adults (P)	
8 (Thur)	7:00 pm	Folk Dancers (FH)	
10 (Sat)	9:00 am	Yoga (FH)	
11 (Sun)	10:30 am 4:00 pm	Worship (S) NYS Baroque Concert (S)	
12 (Mon)	1:15 pm	Chalice Circle (P)	
13 (Tues)	7:00 pm 7:00 pm	Finance Committee Meeting (L) Worship Service Committee Meeting (P)	
14 (Wed)	1:15 pm 7:00 pm	Chalice Circle (P) Young Adults (P)	
15 (Thur)	7:00 pm 7:00 pm	Board of Trustees Meeting (P) Folk Dancers (FH)	
17 (Sat)	9:20 am 8:00 am	Yoga (ER) Dying for Dummies (FH)	
18 (Sun)	10:30 am 12:15 pm 12:15 pm 6:30 pm	Worship (S) Potluck (FH) Chalice Circle (P) Junior Professional Artists (S)	
19 (Mon)	7:00 pm	Green Sanctuary Committee Meeting (P)	
21 (Wed)	7:00 pm	Young Adults (P)	
22 (Thur)	7:00 pm	Folk Dancers (FH)	
24 (Sat)	9:30 am	Yoga (FH)	
25 (Sun)	10:30 am 7:00 pm	Worship (S) "THE NINES" CONCERT	
26 (Mon)	7:00 pm	Green Sanctuary Committee Meeting (P)	
27 (Tues)	7:00 pm 7:00 pm	PFLAG (P) Trust Committee Meeting (TR)	
28 (Wed)	7:00 pm 7:00 pm	Chalice Circle (P) Young Adults (TR)	
29 (Thur)	7:00 pm	Folk Dancers (FH)	

### May Memorial gallery in April will exhibit prints by Syracuse Camera Club members

Many photographers of the Syracuse Camera Club will exhibit a variety of prints throughout April 2010, starting Sunday April 4, and running until Friday April 30. There will be a reception and sale of prints and cards on Wednesday April 7, from 6 pm to 9 pm.

The Gallery is located at the May Memorial Unitarian Universalist Society at 3800 E. Genesee Street, Syracuse. All are welcome. During the week call (315) 476-8920 for viewing access.

# UUSE YOUR HEAD: RATIONAL RELIGION FOR THE NEXT GENERATION



## Youth Religious Education News

I know, I know...it's only April, but end of year excitement and summer break are coming upon us quickly. So before attendance get's sparse, I want to catch all you dedicated folks who love our kids to see how you'd like to help in next year's program.

The Focus of the Curriculum next year will be our Jewish and Christian Heritage. And In Louder Than Words, we will be doing some of our old favorites and a few new things. But an underlying theme will be addressing how welcoming we are as a community. Is there a place at the table for people of all races, abilities, and socioeconomic classes?

Do you enjoy working from a guided curriculum? Do you have some happy memories of your childhood in a Jewish or Christian Faith, or in Unitarian Universalism when we were more comfortable expressing our ties to that heritage? Or would you enjoy going on several field trips with our 6-8 graders as they explore our "Neighboring Faiths"? Then you will want to sign up for a term teaching our regularly scheduled classes.

Do you have something to share about building a beloved community that it welcoming to all? Or reaching out into the community to do social action and justice work? Then you'll want to sign up to help in one of our Louder than Words projects.

Do you find Teenage youth exciting and fun to be around? Are you flexible and understanding, and willing to step back a bit and let them lead you from time to time? Then you'll be a valuable ally or support person for the YRUU group. In coming Sunday's we will have curricula available in the Fellowship Hall for you to look at. Please sign up early to ensure you get the best fit for your interests, skills and schedule.

Thanks, Sonja Lamicela, Director of Religious Education.

### The Six Sources

Most of us are familiar with the Seven Principles of Unitarian Universalism. But, many of us forget about the Six Sources and how they inform our faith's development.

The Living Tradition We Share Draws from Many Sources:

- Direct experience of that transcending mystery and wonder, affirmed in all cultures, which moves us to a renewal of the spirit and an openness to the forces that create and uphold life:
- Words and deeds of prophetic women and men which challenge us to confront powers and structures of evil with justice, compassion, and the transforming power of love'
- Wisdom from the world's religions which inspires us in our ethical and spiritual life'
- Jewish and Christian teachings which call us to respond to God's love by loving our neighbors as ourselves;
- Humanist teachings which counsel us to heed the guidance of reason and the results of science, and warn us against idolatries of the mind and spirit.
- Spiritual teachings of Earth-centered traditions which celebrate the sacred circle of life and instruct us to live in harmony with the rhythms of nature.

Grateful for the religious pluralism which enriches and ennobles our faith, we are inspired to deepen our understanding and expand our vision. As free congregations we enter into this covenant, promising to one another our mutual trust and support.

As spring arrives it is a great time to explore the First Source by getting out into nature with your children and even on your own.



Pictured:

Children of First UU  
Playing with streamers  
made from fallen  
branches of our favorite  
tree. We took them out  
to share them with the  
tree. March 21, 2010.



4 PM, Sunday, April 11  
First Unitarian Church  
109 Waring Road, Syracuse, NY



CARISSIMI: Jephthe

CAVALLI: Sonata a tre in C minor

FONTANA: Sonata seconda MONTEVERDI:  
Beatus vir

STRADELLA: Sinfonia in D major

GRANDI: O intemerata; iustus germinabit

More information: [www.nysema.com](http://www.nysema.com)

Phone: 607-533-4383; Email: [info@nysema.com](mailto:info@nysema.com)

Tickets: \$25 general admission, \$20 senior, \$7 student

## The Green Corner

### NO, THE HYDRA HASN'T BEEN SLAIN !!!



Hydraulic fracturing ("hydrofracking"), the use of high-pressure water to break up rock formations deep underground and release the natural gas trapped therein, has been under review by the New York Department of Environmental Conservation. DEC released a draft document in late 2009 and has received about 14,000 comments so far, according to Ken Lynch, its regional director, at a special forum on hydrofracking held by the Dewitt Town Board on March 8.

The main environmental concerns are about the huge quantities of water that will be used and the presence of toxic chemicals in the waste water, some of which are from the proprietary mix of additives injected to facilitate drilling and fracturing. Environmental groups in Central New York are particularly concerned, because so many leases have been signed for drilling in the Marcellus Shale, which intrudes into Onondaga County and includes many scenic and

recreational areas near us.

At the end of its meeting the Dewitt Town Board unanimously passed a resolution placing a one-year moratorium on permits. During the year they intend to look into the issues more thoroughly, and the Town Supervisor promised more open meetings to allow people to present their views.

The Green Sanctuary Committees of both First UU and May Memorial will make every effort to keep our congregations informed. Though it's not hot topic in the media right now, "The Hydra" hasn't been slain yet, nor has it gone away. Watch for future bulletins on this important issue in the Green Corner. Also, check out the ProPublica website:

<http://www.propublica.org/feature/drill-wastewater-disposal-options-in-ny-report-have-problems-1229> for more information.





## The Church Mouse



*Thank you for your help!*

- A special wish for a speedy recovery for Olive Silverstein who is recuperating from a broken hip at Menorah Park.
- Olive, Paul, and Betsy Silverstein would like to let everyone know how thankful we are for all the support and well wishes Olive has received. Also, we send a very special thank you to Holly for her spiritual comfort throughout Olive's stay at Menorah Park. Our family is deeply grateful to the congregation for their prayers and support. **In peace, Paul, Betsy, and Olive Silverstein**

***Usher & Greeters: for March:***  
*Mary McLatchie, Karen Bowman,  
 Barb Carter, Diana Bellini, Jane  
 Pickett, Jerry Clausen, Diane  
 Case*

### Grateful Thanks to the Sponsors of Easter/Spring Flowers:

- Marcia Tupper in honor of our families and all creatures great and small; Tim Rice in memory of Joanne Rice and Susan Rice; Peggy Flanders in memory of my "sister" Yvonne Clifton and in honor of all my chosen sisters; Justin, Cynthia & Dave Kieber-King in memory of Robert & Priscilla Kieber and Lois King; Mary Springston in memory of John Patinka and Forbes Springston; Margi Nasemann in memory of Ray Nasemann; Liz and Randy Kalish in memory of Dana Schultz; Jerry Trexler in memory of Lura & Irvi Hotchkiss and Diane Hotchkiss; Mary McLatchie in honor of Holly – our beloved minister; Mary Gail Perkins and Maria Brown in memory of Cookie Perkins, Mark Wyman, and Joan O'Looney; Julie and Rob Piato in honor of spring; Dana Sovocool and Brian Gruninger in memory of Thelma Story Ransom and Angeline Paratore; Debbie Pillsbury in memory of Rod Pillsbury and Cornelia Wallace; Bonnie Foley in memory of my sister Melody Foley and in honor of my love for DeAnn; Joe Cavallaro & Jim Vossler in honor of The First UU Community.



### Flowers for March

- Lee Murray
- Diana Bellini
- To all those that donated flowers for Easter

- Our Sympathies go out to Peg Flanders on the recent death of her close friend Yvonne Clifton. Peg will be coordinating Yvonne's Memorial service which will be held at First UU on April 10th.

## Visions of Hope and Promise St Lawrence District UU Assembly Hosted by May Memorial Unitarian Universalist Society 3800 East Genesee St. Syracuse, NY

Friday, April 23 - 6:00 - 9:00 pm: At May Memorial featuring Dinner, the Josephine Gould Discourse by Rev. Linda Hoddy, and a Reception. Join us for a stimulating evening and a chance to meet old and make new UU friends.

Saturday, April 24 - 8:00 am - 5:00 pm: At the Renaissance Syracuse Hotel. A day of activities for congregational members, staff, delegates, young adults, youth, and kids, including:

- Opening Worship
- Keynote address "A Mission Born of Mystery" by Rev. Robert Latham
- 10 thought-provoking workshops
- St. Lawrence District Annual Meeting
- Closing worship, including a bridging ceremony for our senior staff
- Child care & recreational activities for children

The District Assembly brochure and registration material is now available on the SLD website at  
<http://www.sld.uua.org/pdfs/2010/DABrochure2010.pdf>.

Civic Morning Musicals Youth Division

# Junior Pro Art

*"Young Artists Supporting Young Artists"*

*presents*

## *A Dessert Concert*

of

Classical Gems

Broadway Fare

Ensemble Grand Finale: The Maple Leaf Rag  
*And Delightful Confectionery Creations*

**Proceeds benefit First Unitarian Universalist Society**

7:00 P.M., Sunday, April 18<sup>th</sup> 2010

First Unitarian Universalist Society

109 Waring Road, Syracuse

Suggested Donation: \$5 to \$15

*Help us thank the Society for their support of our program*

**PLEASE COME AND SUPPORT JUNIOR PRO ART IS A WONDERFUL ORGANIZATION**

**AND**

**THIS IS THEIR WAY OF SAYING THANK YOU TO FIRST UU !**



**DYING FOR DUMMIES**  
**"If only I had known..."**  
**Saturday, April 17th , First UU Fellowship Hall**  
**8:30 am to Noon**

No one ever likes to think about dying or losing the ones we love. Unfortunately too many are caught uninformed and unprepared when the serious illness or the death of a loved one occurs.. Lack of planning can lead to making some snap decisions that we could deeply regret later. The emotional, legal and financial costs, be they apparent or hidden, of dying unprepared, have little to do with our religious affiliations. They apply to everyone.

For this very reason, Rev. Holly Baylies, along with Joyce Homan representing the Funeral Consumers Alliance and the Syracuse Memorial Society, and Ellyn Lentz, a Tissue Donor Coordinator for over 12 years, at the Musculoskeletal Transplant Foundation; will offer a workshop which will be open to the general public to provide education and information about: making your wishes known, the importance of appointing an agent to carry out your funeral wishes, avoiding family conflicts, the reason for health care proxies, Power of Attorney , the meaning of 'resuscitation' and what 'extraordinary measures' entail, organ donation, shopping for a funeral service that meets your financial and religious needs, cremation, the legal and environmental issues of choosing a burial container, Memorial Societies and planning alternative services.

The Workshop is \$5.00 per person per session to cover the cost of materials and printing and it is open to the general public.

Please register by April 13, by calling the church office at 315-446-5940 and leave your name and telephone number.

For further information about the workshop contact Rev. Baylies at the church.



**"THE NINES"**

**ALL-FEMALE JAZZ ENSEMBLE, INCLUDING VALERIE  
MCKINCOL FUUSS MEMBER, IN CONCERT APRIL  
25TH @ FUUSS FROM 7- 8:30 PM!!**

This is an annual Cystic Fibrosis fund raiser for the Great Strides Walk (honoring her niece, Hannah McNickol). Donation entry or just come for the fun of it!! Raffles and prizes all evening!! **Children welcomed!! Dancing in the aisles a must!**

A portion of all proceeds will be donated to FUUSS. As part of the CF policy + commitment, 90% of all fund raising for the CF Foundation is allocated to research only - the new medications this year alone have improved the wellness of so many children + adults living with CF.

"The Nines" promises to entertain you with their own arrangements of jazz standards from the 1920's - 1940's in a style all their own, with class + style, wit, passion, charm + ingenuity!!

**HOPING TO SEE YOU THERE!!**



# PLANTS PLUS!



## MARK YOUR CALENDARS!!!

The PLANTS PLUS COMMITTEE is well under way planning our all-church fundraiser to benefit the general fund. We are involving every segment of our society from senior citizens to church school children. Together we can strengthen our financial situation here at home which will allow us widen our focus by supporting the larger community with contributions and volunteers.

**PLANTS PLUS PARTY:** May 21, 2010 at 7:00 PM

**SPEAKER:** Carol Bradford, horticulturist and columnist for the Post-Standard will be our speaker.

**PLANT SALE:** May 22, 2010 from 9:00A.M. To 1:00P.M.

**PERENNIALS:** We need these from you, perhaps a cutting from your houseplant or starting some seedlings, or deciding on what perennials from the garden to separate in the spring.



## Spring is Coming!

**Fresh food! Local food! Organic food! Good food! All summer long!**

Now is the best time to plan to eat well and help both a local farmer and our earth when the summer harvest begins. The Green Sanctuary will once again sponsor a pod at our church for CSA-CNY weekly pick-up. Information is available at [www.csacny.org](http://www.csacny.org) and click "Join." You can pick up a yellow flier including a registration form in Fellowship Hall. The Early Bird deadline is April 15 for registration and payment which allows a 5 % discount.

**Let's eat well!**



RETURN SERVICE REQUESTED

### NEWSLETTER NEWS

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