



## 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 Gleanings

**OH MY...OH MY**

*One of my favorite episodes of the television comedy "M.A.S.H." shown now only on cable, focused upon the various ways in which the primary characters of the 'good 'ole' 4077 struggled to respond to the mountains of mail sent to them in Korea from hundreds of grade school children back in the States.*

*Major Charles Emerson Winchester, the pompous arrogant thoracic surgeon, uprooted from his cushy practice on Beacon Hill (who continually referred to his assignment and location as "a merciless cesspool of despicable Cretins") had no use for taking his valuable time to respond to the 'moronic' inquiries of school children as to how it 'felt' to be at war. The good Major left his letters unanswered until the late hours of one unusually quiet evening.*

*Hot Lips, Hawkeye, Trapper, Radar and Klinger were all asleep. The compound was still. Finally, blessedly alone, Charles sought out his solitary comforts; a glass of vintage wine and his precious stack of classical records.*



*Illuminated under the flickering aura of an Army lantern, a badly warped phonograph record undulated precariously under the polished spindle of his antique Victrola.*

*In a moment of uncharacteristic reverie, Charles reached for the unopened stack of letters and selected one from the center of the growing pile.*

*As he removed the wrinkled lined paper from its envelope, a single scarlet maple leaf fell into his lap. He picked it up and studied it, turning it over and over as he began to read. His hands trembled and his eyes filled with tears. This 'moronic' unsolicited pen-pal who selected his name had no stupid questions to ask, only a gift to send. One reminder of home, of Beacon Hill from whence this tiny treasure was picked up from the cobblestones and thoughtfully posted to one unhappy, disgruntled soldier.*

*As he read he uttered only two words over and over, "Oh my ... Oh my."*

*Since that episode of M.A.S.H., I have never thought of Autumn in the North Country, New England or New York, in any other way. Every time I pick up an unusually brilliant leaf, no matter where I find myself, or what is happening, or how difficult life has become, I have to agree with Major Charles Emerson Winchester as the glories of this season unfold...  
Oh my ... Oh my.....*

*Sincerely, Holly*

**HAVE YOU SEEN THE NEW NURSERY WHICH HAS ALREADY ATTRACTED 3 NEW FAMILIES TO OUR CONGREGATION? IT'S LOCATED IN THE BETTS ROOM IN THE RELIGIOUS EDUCATION WING. PLEASE STOP BY AND CHECK OUT THE PROGRESS.**

**THERE ARE STILL A FEW THINGS THAT WE NEED, BUT MOST IMPORTANTLY WE NEED YOU! OUR CONGREGATION WILL CERTAINLY GROW WITH OUR NEW NURSERY PROGRAM STAFFED BY CONGREGANTS INTERESTED IN MINISTRY TO BOTH OUR YOUNGEST MEMBERS AND THEIR PARENTS.**

**THERE ARE TWO SIGN UP SHEETS IN THE FELLOWSHIP HALL, ONE FOR ANY ITEMS YOU MAY WISH TO DONATE AND ANOTHER FOR THOSE INTERESTED IN THIS MINISTRY. SIGN UP IN THE FELLOWSHIP HALL OR CONTACT RUTH MUDGE @ 243-4932**

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Phone: (315) 446-5940 / Fax: (315) 449-0874  
Email: firstuu@twcny.rr.com  
Church Office Hours: 8:00 - 2:00, Tues.- Fri.

**Interim Minister:**

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

**Secretary:**

Ruth Yamaguchi

**Music Director:**

Jonathan English (firstuusic@twcny.rr.com)

**Director of Religious Education:**

Sonja Lamicela (firstdre@twcny.rr.com)

**RE Assistant:** Glenn Gesek

**President:** Susan King (pilasters@gmail.com)

**Vice President:**

Diana Bellini (dianabellini@yahoo.com)

## SUNDAY MORNINGS AT FIRST UU

SERVICES START AT 10:30 AM

- Oct. 4** "Banned in Boston" Heralding the end of National Burned Book week, Holly will discuss the effect that censorship and the lack thereof has influenced society in the past and in the present. -Rev. Holly Baylies
- Oct. 11** "The Garage Sale: A Metaphor for Discovery of Self" Garage Sales aren't just fund raisers. They are a chance to move past old definitions into new ones. A Presentation of the Worship Service Committee
- Oct. 18** "Autumn Harvest" Once again we welcome the Susquehanna String Band. They will share the service with Rev. Baylies. We are so delighted to welcome Dan Duggan and Peggy Lyn back to church after a long and difficult year -Rev. Holly Baylies
- Oct. 25** "Miracle or Co-Incidence?" There are many unexpected events in our lives that we can only puzzle over as they seem much to co-incidental to be random. Could it be that there are true miracles offered to us, or a series of rare co-incidences? -Rev. Holly Baylies
- Nov. 1** "Traditions of the Afterlife" A Service of Remembrance, where we will recognize the ways of celebrating and honoring the lives of those who have left us. -Rev. Holly Baylies



*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
- Sunday:** Church and afternoon appointments

*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*

### Sunday Morning News:

- Please plan ahead to be in the Sanctuary by 10:30.
- Services begin with the prelude at 10:30. Ushers will be closing the doors to the sanctuary to allow a centering time with the music for those already in the sanctuary. Holly will signal the start of service with a chime slightly before the prelude begins. Ushers will allow people to enter quietly during the announcements.
- Our orders of service are one way visitors and newcomers are welcomed into our Services. Please help the ushers by sharing orders of service as you enter. Often our visitors come at the last minute and we have run out. as we try to balance paper waste. Chalice Lightings and other items printed in the orders of service change from week to week. Having nothing in writing detracts from visitors' experience. So please be aware, and share with people who come in with nothing in their hands as we work out how many to print.

**Worship Service Committee** is made up of several teams. Think about where you can serve those who serve you: Sign Up sheets for starred (\*) volunteer opportunities are on the Big Board.

**Flower Team:** Sign up to bring in flowers and dedicate them to someone/something special. Keith Bertrand, Brian Gruninger, Eileen Taveniere and Diana Bellini cover Sundays to make the arrangement beautiful. Marcia Tupper is coordinator (e-mail [marciatup@aol.com](mailto:marciatup@aol.com))

**Usher Team:** We need 2 ushers and 2 greeters every Sunday. Mary McLatchie has agreed to be Coordinator and is always grateful for volunteers. If you don't know her, look for her in church or contact her at 458-6558, [MMclatch@twcny.rr.com](mailto:MMclatch@twcny.rr.com). Wednesday Chalice Circle has volunteered for one Sunday/month.

**Sound Team:** Recording, volume and even lighting lessons! So far this year we have Jim D'Aloisio, Jerry Trexler, Betsy Spaulding and tech help from Kip Mudge but no coordinator.

**Worship Associates:** You don't have to be a star on stage to star on this team! (There's more to be done than meets the eye -- or ear!) Rev. Holly's contract calls for her to be in the pulpit only 3 Sundays per month. We meet with Holly for planning and coordinate 12 services during the "Liturgical year" and up to 12 summer services. Primary Associates as of September: Peg Flanders, Chair, Marcia Tupper, Gracia Sears, Ellyn Lentz, and Janet Petrou, Music Committee Liaison. ( [pegflanders@twcny.rr.com](mailto:pegflanders@twcny.rr.com), 488-8077).

## President's Report

I'm new as your president, but we also have new members of the Board. I want to welcome, with my appreciation, Diana Bellini, Vice President; Tanya Gesek, Marilyn Lyman, Ruth Mudge, and Julie Piato. Julie is Clerk, elected by the congregation in June. MaryGail Perkins continues as Treasurer, with a seat on the Board. Continuing members of the Board are Cynthia Kieber-King, Grant Reeher, and Eileen Taveniere. Jim D'Aloisio does not sit on the Board, but he continues as our Financial Secretary.

Regular Board meetings occur on the third Tuesday of each month, from 7 to 9 p.m. The agenda will be posted in the Fellowship Hall several days before each meeting.

Members of the congregation are welcome to attend Board meetings, subject to a few rules to ensure that meetings are productive and not too long. These rules are set out in each agenda.

If you need to put an item on the Board's agenda, I, as President, must receive it no later than one week before the meeting – by the close of business on the second Tuesday. I may suggest that a committee or a member of our staff should consider your item. If your item is placed on the agenda, I will contact you before the meeting to set a time for you to appear and to arrange for copies of documents if they are needed.

We are looking forward to a year of community and growth.

*Susan King, President of the Board of Trustees*

### **MARK YOUR CALENDERS FOR A GREAT CONCERT AND SOCIAL FUNDRAISING EVENT! NOVEMBER 22 @ 2 PM AT FIRST UU JEN CHAPLIN WILL BE PERFORMING AT FIRST UU TO RAISE AWARENESS AND MONEY FOR FIRST UU'S MELOR (SOCIAL JUSTICE) FUND**



Jen Chapin's music is jazz-tinged urban folk — story songs that search for community and shared meaning, powered by the funk, soul and improvisation of the city. Critics have hailed her work on albums *Linger* (2004) and *Ready* (2006) as “thoughtful.. worth-savoring” (People), “smart, observant, lyrically deft, politically aware and emotionally intuitive” (Milwaukee Journal-Sentinel), “addictive” (Boston Globe), “supremely confident, slightly off-center, and instantly compelling.” (River City Reader) and “brilliant.. soulfully poetic” (NPR). JazzTimes has called her “a first-rate storyteller” while Relix regards her as “one of the freshest voices singing today.” She has been featured on “Late Nite with Conan O'Brien,” honored by the USA Songwriting Competition, appeared on stage with Bruce Springsteen, and opened up for Bruce Hornsby and the Neville Brothers.

Recent work has highlighted Jen's gift for interpreting classic songs (notably those with a message), with the 2008 release on her own Purple Chair Music label of *Light of Mine*, a CD/DVD featuring songs from Van Morrison, Radiohead, Joni Mitchell and others, and the 2009 Chesky Records offering *ReVisions: Songs of Stevie Wonder*.

Jen's music reflects a diversity of experience. She is mother to pre-schooler Maceo Duva and infant Van Wallace Crump, who most often accompany their parents on tour. She is an activist, with a life-long involvement in WHY Hunger, an organization that champions innovative, community-based solutions to hunger and poverty; and is also active in the local and sustainable food movement. She is an educator, leading workshops and presentations to college, community and church groups, with a background teaching full-time in Brooklyn classrooms. And she is a student, with a BA in International Relations from Brown University, additional studies at Berklee College of Music, extensive travels and studies in Zimbabwe and Mexico, and an ongoing passion to learn more about the world, and its emerging pathways to greater social justice.

**Visit: [www.jenchapin.com](http://www.jenchapin.com) and [www.whyhungry.org](http://www.whyhungry.org) for more information.**

## HERPETOLOGY FIELD TRIP TO BEAVER LAKE NATURE CENTER



**Sunday, October 11 – meet in the church parking lot at 10:15 am**  
**Bring a healthy bag lunch and \$1.00.**  
**The YRE will bring a healthy snack and drinks.**  
**For anyone interested – young and young at heart.**  
**There will be a special exhibit of snakes and reptiles.**  
**A naturalist will lead us on a walk to see the awesome wonders of the natural world.**  
**Please sign up on the BIG BOARD or call Jerry Clausen at 727-95263 so that we can arrange car pooling.**



## MOVIE WITH THE MINISTER

**Beginning Wednesday evening October 14 at 6:30 pm in the fellowship hall. Bring a snack to share and beverage to share (non alcoholic).**

**This year Movies with the Ministry will cover a variety of topics, Beginning with the Nova documentary:**

## THE BIBLE'S BURIED SECRETS

**With contributions from a team of noted historians, archeologists and biblical scholars, this thought-provoking "Nova" documentary explores the history behind the creation of the Hebrew Bible, also known as the Old Testament. Drawing on more than 100 years of archeological discoveries and centuries of biblical examination, the program addresses many of the questions whose answers have long eluded the religious and scientific communities.**

**A discussion will follow**

3 (Sat)	9a-5pm 10:30 am	St. Lawrence Dist. Ingathering (FH, K) Yoga (ER)	<p><b>Key:</b></p> <p>B=Betts Room ER= East Room (room at the end of the RE Wing hall) FH=Fellowship Hall K=Kitchen L=Library (RE Office) MR=Music Room N=Narthex P=Parlor S=Sanctuary TR=Teen Room AR = Archive Room (room behind sanctuary)</p> <hr/> <p><b>REMINDER:</b></p> <p>CHOIR REHERSAL IS HELD ON THURSDAYS (OCTOBER 8, and 22) AT 7:15 PM IN THE SANCTUARY</p> <hr/> <p><b>ABSOLUTE Deadline for submissions for next issue:</b></p> <p><b>Friday, OCTOBER 19,</b> for the issue that will cover events from <b>November 1, to December 1, 2009,</b> at <a href="mailto:fristuu@twcny.rr.com">fristuu@twcny.rr.com</a>, or in the office.</p> <p><b>(NO EXCEPTIONS TO DATE OR ROUTE OF SUBMISSION!!!)</b></p>
4 (Sun)	10:30 am 12:15 pm	Worship (S) Chalice Circle (TR)	
5 (Mon)	4-6 pm	Garage Sale Set Up	
6 (Tues)	11:00 am 7:00 pm	Staff Meeting (P) YRE Meeting (P)	
9 (Fri)	<b>4-9 pm</b>	<b>Garage Sale</b>	
10 (Sat)	<b>7am-3 pm</b>	<b>Garage Sale</b>	
11 (Sun)	10:30 am 12:00 pm	Worship (S) Christian Study Group (P)	
12 (Mon)	6:00 pm 7:00 pm	Yoga Class (P) Chalice Circle (P)	
13 (Tues)	<b>6:00 pm</b> 7:00 pm	<b>Adult Enrichment Soup and Discussion</b> Finance Committee Meeting (AR)	
14 (Wed)	1:15 pm	Chalice Circle (P)	
17 (Sat)	1:15 pm <b>7:30 pm</b>	Yoga Class (P) <b>SUSQUEHANNA STRING CONCERT</b>	
18 (Sun)	10:30 am	Worship (S)	
19 (Mon)	6-8 pm 7:00 pm	Yoga Class (FH) Green Sanctuary (P)	
20 (Tues)	7:00 pm	Board of Trustees Meting (P)	
23 (Fri)	7:00 pm	<b>NYS Baroque Concert (S)</b>	
24 (Sat)	10:30- 12:30pm	Yoga Class (FH)	
25 (Sun)	10:30 am 12:15 pm	Worship (S) Christian Study Group (P)	
26 (Mon)	6 -8 pm 7:00 pm	Yoga Class (FH) Chalice Circle (P)	
27 (Tues)	7:00 pm 7:00 pm	Trust Committee Meeting (TR) PFLAG (P)	
28 (Wed)	1:15 pm	Chalice Circle (P)	
30 (Fri)	TBA	St. Lawrence District (FH, K)	
31 (Sat)	10:30-12"30p	Yoga Class (FH)	
Nov 1 (Sun)	10:30 am	Worship (S)	

**OCTOBER GARAGE SALE: OCTOBER 9 AND 10**  
**LOOK AROUND - ANY ITEMS YOU CAN DONATE?**

**FROM ME TO UU!  
REACHING IN AND REACHING OUT WITH OUR UU FAITH**



**Youth Religious Education News**

**Not Just Milk and Cookies .....**

For many Years First UU has had the proud tradition of offering Quality Religious Education to our Children and Youth. But, what does that mean? We generally have the entire church year planned before we begin in September. Here is an overview of what we are doing.

**Curricula:** We offer well written, researched and field tested curricula as the base of our Religious Education Program. This year we are introducing two of the new UUA developed Tapestry of Faith Curricula, Moral Tales, and Toolbox of Faith. These are available online and can be viewed in their entirety at <http://www.uua.org/religiouseducation/curricula/tapestryfaith/index.shtml>. We are also offering Our Whole Lives, a curriculum developed by a UUA and UCC team. It is an exceptional resource with the most comprehensive scientifically based resource on relationships and sexuality that I have ever seen. The curriculum offered is so comprehensive that it takes 27 weeks to share with our Jr. High Youth.

**Louder Than Words:** Part of our curriculum is to put faith into action. With out Louder than words projects, we do just that. Our Youth cooperate to do something that makes a difference in the real world. Sometimes it is sending care packages, sometimes raising money for a cause, and sometimes, getting their hands dirty to clean up the environment.

**Community Sundays:** A few times per year, we just give the youth some time to socialize with each other, or we bring in a member of our church community to share a special passion or talent. This is an important part of community building, but is less common than folks might think. If you have a great idea for something fun to do with the kids, let us know so that we can try to accommodate it. If it's really great, we may suspend the planned curriculum for it. But, often we need to plan well in advance to fit it in.

**Youth Conferences:** Our Sr. High Youth follow the Young Religious Unitarian Universalists (YRUU) model of a youth group. The focus here is on Youth Empowerment. Our YRUU group is heavily involved in Unitarian Universalism on the District level. They attend 5 District Youth conferences per year, we have had members serve on the District Youth Adult Committee (YAC), 2 youth chaplains are currently in our group and one of our youth is on the District Board. You may not see them much on Sunday morning, but rest assured they are busy and tuned in to what it means to be UUs.



**Please respect our space on Sunday mornings.  
We are busy learning and building a community.  
If you have a meeting in the RE space after our  
classes, please wait until the teachers have  
concluded the classes at 12:00 before coming in  
to set up.**

**- Thank you.**

### Coming in October: Climate Change Colloquy



Expect fireworks this fall as the US government gets ready for the Copenhagen climate change conference in December. Some hope for an international agreement to reduce carbon emissions while others strongly oppose it. The Kyoto Protocol, which the US refused to sign, expires in 2012. The debate may become as heated as the one over health care. Get ready for a deluge of misunderstanding and misinformation about climate change!

The climate change debate has several aspects: the validity and interpretation of the scientific evidence of a significant increase in warming due to greenhouse gases from human activity; how severe and rapid change will be; which policies will reduce the rate of change; how individuals and groups can have a positive impact. Green Sanctuary has focused on the last aspect, encouraging practical ways to save energy and reduce the use of fossil fuels. This is consonant with the religious principles of Unitarian Universalism, especially our seventh principle, respect for the interdependent web of all existence. In fact, this issue involves ALL of our principles.

The US now has an administration committed to reduce the rapid growth in the rate carbon emission due to human activity. It has the will to participate in international efforts to regulate it. We as Unitarian Universalists and US citizens have an opportunity and obligation to ensure that decisions will be made to protect future generations. To this end, Green Sanctuary is offering a forum for meaningful discussion of the issues involved (in short, colloquy) to everyone at First UU and others interested.

Three sessions will take place on Tuesday evenings: October 20, November 17 and December 15. Each session will begin with a brief introduction on some aspect of climate change (scientific, political, social, economic, and religious) followed by a guided discussion. YOU can help make these discussions interesting, meaningful and fun!

Background readings—even some funny ones—will be suggested. For more information contact Fred Lyman at 446-8059 or [fmlyman@earthlink.net](mailto:fmlyman@earthlink.net).



## Adult Enrichment News

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# Adult Enrichment

**SOUP AND DISCUSSIONS** will return on two Tuesdays this fall. The group will meet in the parlor at 6 PM for supper, discussion will follow.

- **October 13th - Emerson and Transcendentalism**  
“----was a gathering of individuals who were generally suspicious of organized religion----“ (Could this be where our problems began?- we might discuss this)
- **November 3rd - Emerson’s Influence**  
“Emerson’s theological speculations lie behind a whole range of modern ideas about the dangers of religious extremism and dogmatism.”

These talks are from a Teaching Company series, “Emerson, Thoreau and the Transcendental movement.” Professor Ashlon Nichols of Dickinson College narrates Rick and Gracia Sears will facilitate these sessions and provide the meal. There will be a good will offering to cover costs. Registration is required-call the church office at 446-5940.

The Adult Enrichment group is: Diana Bellini, Margaret Richards, Barry Lentz, Jane Pickett and Gracia Sears-co-chairs.



# The Church Mouse



Thank you for your help!

### MEMBERSHIP NEWS:

- Several people on our Membership Path have completed our orientation and have submitted their "Intent to Join" forms.
- Rev. Holly will be welcoming these folks as they sign our Membership Book on Sunday, October 4th at 12:15 pm in the Parlor.

### Usher & Greeters: for September:

Thank you to:  
 Tim Rice, Marcia Tupper, Mary McLatchie, Susan King, Jane and Bob Pickett

## moveable feasts

## Movable Feasts

The cold winter winds will soon be blowing, and here's a chance to spend an evening with old friends and meet new ones at our **Portable Potlucks**. We meet in homes - groups of 8-10

people (or what ever size group you feel comfortable with) - all of whom contribute to the meal. It's not a couples event or a singles event - but for everyone who would like to socialize and get to know each other better on an informal basis. Please call Lee Murray at 446-2315 if you have questions or would like to try our first dinner of the year - scheduled for Friday, Nov. 13. There will be a signup sheet in the Fellowship Hall. **We welcome EVERYONE!!**



Coffee Hour Helpers for September  
 Thank UUs to:  
 Marcia Rand, Peg Flanders, Jim Anderegg

Thank UU's to Rebecca Karpoff, Mary McLatchy, Daniel Schell, Jerry Clauson, Elyn Lentz, and countless others who chipped to help with the potluck on September 20th. Many of them stepped up on the day of the event to pull it through.



## OCTOBER GARAGE SALE: OCTOBER 9 and 10

Now is the time to set aside those clean saleable items that will help us raise funds to meet our expenses. There will be no clothes this time around and books will be on sale in the Spring. If you are willing to give something away we can try to sell it. Remember, we have sheets to record your items for tax donations. As you know, one person's trash can be another person's treasure.

# NYS Baroque Concert

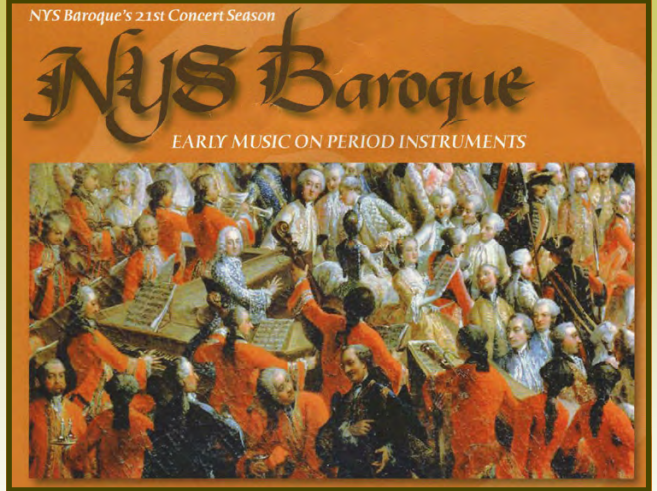
Friday, October 23rd at 800 pm at First UU

*Early Music on Period Instruments*

*Tears and Triumphs  
Music for the Virgin Queen*

Laura Heimes, soprano

The glorious reign of Elizabeth I inspired a golden age for the lute and viol consort. Combine them with the voice, and the expressivity is unsurpassed. Join us for an intimate musical evening as we evoke the passions of love and desolation, joy and tragedy, in dances, lute songs, and consorts. Music of Holborne, Byrd, Dowland (including his *Lachrymae, or Seaven Teares*) and fellow Elizabethans.



*The NYS Baroque musicians showed themselves to be world-class performers of high caliber, fully capable of interpreting this difficult music." – Syracuse Post-Standard (Tickets (\$5-\$25) are available at [www.nysema.com](http://www.nysema.com) and at the door.)*

## YOGA

### HAVE YOU EVER THOUGHT ABOUT TRYING A YOGA CLASS?

WELL HERE IS YOUR OPPORTUNITY. INFINITE LIGHT YOGA IS NOW OFFERING YOGA CLASSES WITH CERTIFIED YOGA TEACHER DEBBIE JOLY HERE AT FUUSS.

YOGA IS MORE THAN A PRACTICE OF CHALLENGING POSTURES THAT CAN MAKE YOU FLEXIBLE AND STRONG. IT'S A WAY OF REDISCOVERING WHO YOU ARE; A UNIQUE WAY TO INTEGRATE BODY, MIND, AND SPIRIT.

THE CLASSES ARE LED, AND ESPECIALLY DESIGNED TO TEACH ANYONE, REGARDLESS OF AGE, ABILITY, OR PHYSICAL CONDITION, THE POSTURES, BREATHING, RELAXATION, AND MEDITATION TECHNIQUES OF CLASSICAL YOGA.

YOU ARE GUIDED TO MOVE AT YOUR OWN PACE, HONORING YOUR BODY'S NEEDS IN EACH MOMENT. WHETHER YOU'RE LOOKING FOR WAYS TO MAINTAIN YOUR GOOD HEALTH, RECOVER FROM ILLNESS, INJURY OR JUST OUT OF BALANCE, THEN YOGA MAY BE FOR YOU. THESE ON-GOING CLASSES ARE APPROPRIATE FOR EVERYONE FROM BEGINNER TO ADVANCED. THE CLASSES ARE HELD EVERY WEEK HERE IN THE FELLOWSHIP HALL.

NO COMMITMENT NECESSARY, DROP-INS ALWAYS WELCOME.

MONDAY FROM 6:00 TO 7:30 PM AND SATURDAY FROM 10:30 TO NOON

FOR MORE INFORMATION VISIT [WWW.INFINITELIGHTYOGA.COM](http://WWW.INFINITELIGHTYOGA.COM) EMAIL [DJOLY@INFINITELIGHTYOGA.COM](mailto:DJOLY@INFINITELIGHTYOGA.COM), CALL DEBBIE AT 476-1809

### YOGA FOR CHILDREN AGES 4 TO 8 WILL BE OFFERED HERE AT FUUSS IN THE FELLOWSHIP HALL FOR A SIX WEEK SESSION STARTING ON NOVEMBER 3RD (TUESDAYS) FROM 4:30 TO 5:30.

PRE-REGISTRATION IS REQUIRED.

THE CLASSES WILL BE TAUGHT BY INFINITE LIGHT YOGA TEACHER, ANN PAGE.

ANN IS AN EXCEPTIONAL TEACHER WITH AN AMAZING AMOUNT OF EXPERIENCE TEACHING AND WORKING WITH CHILDREN. SHE CREATED AND TAUGHT WEEKLY STORY TIME PROGRAMS FOR CHILDREN FOR 20 YEARS AT THE BALDWINVILLE LIBRARY, TAUGHT RELIGIOUS EDUCATION TO CHILDREN FROM 1980 THROUGH 1998, TAUGHT NURSERY SCHOOL FROM 1980 THROUGH 1984, TAUGHT THE RED CROSS BABYSITTING COURSE FOR SEVERAL YEARS TO PRE-TEENS AND HAS CERTIFICATION IN MEDIATION AND CONFLICT RESOLUTION. SHE IS TRAINED AND CERTIFIED AS A INFINITE LIGHT YOGA TEACHER.

ANN IS EXCITED ABOUT SHARING THE WONDERS OF YOGA WITH CHILDREN OF ALL AGES. THROUGH STORIES, MUSIC AND GAMES, THEY WILL LEARN TO BE STRONG, CALM, CARING AND CREATIVE BECAUSE YOGA PRACTICE FOSTERS PHYSICAL STRENGTH, EMOTIONAL DEVELOPMENT, SOCIAL SKILLS AND IMAGINATION. ALL THIS HAPPENS WHILE THE CHILDREN ARE SIMPLY HAVING FUN!

CLASS SIZE IS LIMITED AND PRE-REGISTRATION IS REQUIRED.

CLASSES ARE \$75 FOR 6 WEEKS. STARTING NOVEMBER 3RD AND RUNNING CONSECUTIVELY UNTIL DECEMBER 8TH.



**IT'S THAT TIME OF YEAR  
AGAIN!**



**TIME FOR THE 20TH ANNUAL  
RETURN OF THE  
SUSQUEHANNA STRING BAND!**



**THAT'S RIGHT; YOU AREN'T MISREADING THIS NOTE; THIS YEAR MARKS  
TWENTY YEARS THAT THE SUSQUEHANNA STRING BAND HAS BEEN  
FILLING OUR SANCTUARY WITH MUSIC—SINGING, DANCING AND  
INSTRUMENTAL!**

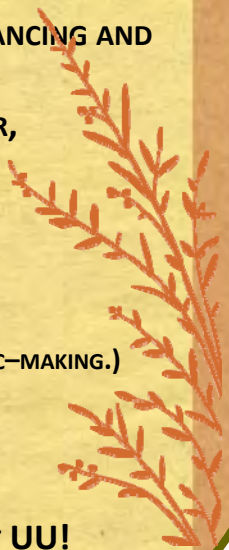
**RICK BUNTING, JOHN KIRK, TRISH MILLER,  
AND OUR OWN DAN DUGGAN  
WILL RETURN ON  
SATURDAY, OCTOBER 17, 2009  
AT 7:30 PM.**

**(RUMOR HAS IT THAT FIGHTING CANCER HAS DONE NOTHING TO REDUCE THE EXCELLENCE OF DAN'S MUSIC-MAKING.)**

**THIS WILL BE PRECEDED BY A POTLUCK SUPPER AT 6:00 PM.**

**THE 'BAND' WILL BE IN OUR SANCTUARY ON SUNDAY, OCTOBER 18TH  
PROVIDING WONDERFUL MUSIC FOR THE WORSHIP SERVICE.**

**SPREAD THE WORD! BRING YOUR FRIENDS! DON'T MISS THIS CONCERT AT FIRST UU!**





AT FIRST UU WE PROVIDE OUR CHILDREN A HAPPY AND NURTURING ENVIRONMENT. OUR NURSERY ROOM IS STAFFED BY CONGREGANTS INTERESTED IN MINISTRY TO BOTH OUR YOUNGEST MEMBERS AND THEIR PARENTS.

WE DEDICATED VOLUNTEERS ARE DOING OUR BEST TO PROVIDE A CHILD-FRIENDLY SURROUNDING - BUT WE NEED YOUR HELP.

CAN YOU HELP US BY DONATING ANY OF THE FOLLOWING?

# NURSERY

- ▶ ROCKING CHAIR IN GOOD CONDITION
- ▶ A SAFE CLEAN CRIB
- ▶ CLEAN BABY BLANKETS X3
- ▶ HANGING MOBILE X2
- ▶ WITH DOORS
- ▶ FIRST AID KIT
- ▶ SANITIZING KIT
- ▶ PRIVACY SCREEN FOR NURSING
- ▶ COMFY CHAIR

### Syracuse International Dancers

We are offering a six-week beginner International Ethnic Dance class. The class will run from 7:00 - 8:00 PM Thursday nights from October 15th - November 19th.

Participants will learn dances from a wide variety of countries, such as Romania, Bulgaria, Wales, Turkey, Israel, Hungary, Bolivia, Greece, and others. Most dances are non-partner so it's very easy for everyone to join in.

We charge \$40 for the six weeks, however we will reduce that to \$30 for members of the First UU congregation.

Additionally, all money collected from congregation members will be donated directly back to First UU. We welcome everyone to come and experience International Dancing and the window it opens to a variety of cultures.

- Keeps the mind stimulated
- Exercises the body
- Provides a social activity with a friendly group of people

JUST A REMINDER TO MAKE SURE TO CLEAR ANY SCHEDULING THROUGH THE OFFICE IN ORDER TO AVOID ANY CALENDAR CONFLICTS



**NEWSLETTER NEWS**

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RETURN SERVICE REQUESTED

{ We're on the Web!  
[www.firstuusyr.org](http://www.firstuusyr.org) }